

TillyTattle

Autumn 2021

Image credit: Brian Berkien



In this issue:

TILLYDRONE COMMUNITY
COUNCIL DEVELOPMENT
TRUST CRUYFF COURT

www.shmu.org.uk/press

Autumn Edition 2021

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Welcome to your Autumn edition of the Tilly Tattle.

In this issue we have articles covering the new Cruyff Court coming to Tillydrone, future plans for the area including at Tillydrone Community Campus and Tillydrone Community Development Trust and stories from local support organisations. On the front cover you can see an image taken of young people enjoying a game of football on the Cruyff Court in the Torry area – an example of what will be heading to Tillydrone very soon!

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 Tillydrone.

If you live in the Tillydrone 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 you can email her on laura.young@shmu.org.uk.

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

Our dates for the next edition have not been set yet but keep an eye out on the Tilly Tattle Facebook page for more information coming very soon!

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

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

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Restoration and development of the Wallace Tower

This is your chance to get involved with an exciting plan to get Tillydrone's very own Wallace Tower restored and back in public use. Wouldn't it be wonderful to see this abandoned building brought back to life and available for use by the community!

Tillydrone Community Development Trust was set up by a group of local residents and supporters to develop and improve facilities for the Tillydrone community. The Trust aims to support community development, arts, heritage and culture; to promote projects that will benefit residents; and encourage the community to participate in decision making.

Currently the Trust has plans to restore and develop the Wallace Tower and install a sensory garden between the Tower and Seaton Park.

We are inviting residents and those with an interest in the area, to register as members/supporters of the Trust on our website at www.tcdt.co.uk/home/join-tcdt.

Membership is free and all are welcome. If you have any skills that would assist us with our plans, such as administration skills, building skills/knowledge/ contacts, IT skills, fundraising experience etc then we would love to hear from you. Enthusiasm for, interest in and a desire to see this plan become a reality would also be hugely appreciated.

We will keep you updated on the work of the Trust and you'll be invited to our AGMs so you can have your say on how the Trust develops. You don't need to commit any time to get involved, although of course you can do that too! Involvement can be as much or as little as you wish and are able to manage. Just by joining and becoming a member you will be demonstrating public support for our venture and will be helping to take this project forward.

You can also like and follow our Facebook page at www.facebook.com/

Fit Like Benches

In the last edition of the Tilly Tattle we covered the ongoing community consultation around the Fit Like Benches. Funding was awarded for these to be installed in the area and members of the community were asked to vote for their three favourite locations for the benches.

The top three locations voted for were:

1. The top corner of St Machar Park
2. The big grassy bit at Conningham gardens and Formartine Road
3. The bottom corner of Tillydrone Park

We will keep you posted on updates with this story and when the benches are due to be installed.

Gateway Feature

The Tillydrone Gateway Feature team have been informed that they have been granted planning permission for the sculpture across from the Diamond Bridge.

The Origami Swans and the planning process were both covered in the last edition of the Tilly Tattle.

The group have also been awarded £10,000 from Aberdeen City Council's Creative Funding and while there is more fundraising to go, they are certainly spreading their wings and taking off!

For more information contact tillydronegateway@hotmail.com

Breastfeeding Support Group

The group are currently meeting virtually but once the Tillydrone Community Campus is open this group will be proposed as part of the new programme.

What is the group about?

Evidence shows that breastfeeding reduces the risk of babies developing infectious diseases. Human milk contains antibodies, antiviral factors, cytokines, and leucocytes that help to destroy harmful pathogens and boost the baby's immune system. Breastfeeding, when successfully established and where it is the goal of the mother, can benefit and protect her mental health. Stopping before readiness to do so because of difficulties or lack of support, however, can increase risk of postnatal depression. This will also impact upon infant mental health and the infant's attachment to the mother.

Considering the protection that human milk and breastfeeding offers the baby it is essential that we do all we can to promote, protect and support breastfeeding.

For more information contact Natasha on nawatson@aberdeencity.gov.uk.

Instant Neighbour

Instant Neighbour are now able to offer face to face advice appointments with their Community Connector for anyone seeking benefits and welfare advice.

Their foodbank remains open during its usual hours of **10am-1pm and 2-4pm Monday to Friday.**

For more information or to make an appointment with their advisor get in touch by calling **489955.**



Fit Like Family Wellbeing Hubs

During 2020 a multi-disciplinary team ran the children's hub for 5–13-year-olds at the Campus to provide additional support through a programme of child led activities to enhance their wellbeing. The activities included games, Lego, sandwich making, musical tuition, BBQs, Outdoor play, Giant games and many more.

The Senior Hubs for older young people also operated for young people during this time where the activities were also young people led.

'Fit like? Family Wellbeing Hubs are a group of services working together to support children and young people's mental wellbeing specifically targeted over the pandemic period.

We work with families across the city offering practical and emotional support from our three Hubs in Northfield, Torry and Tillydrone.

The Fit Like Hubs also helped with:

Finance and benefits

Family relationships and communication

Coping with daily pressures

Promoting positive emotional and mental wellbeing

Talking about traumatic things that have happened

An external review by Education Scotland of the Hub model was commissioned and noted the Hub was a highly effective place for children to learn and thrive. Feedback from parents, children and young people highlighted how much they valued the emotional and practical support delivered by the hubs.

For more information visit www.aberdeencity.gov.uk/services/social-care-and-health/fit-family-wellbeing-hubs

ABERDEEN LADS CLUB LITTLE LEARNERS

The Early Years' service operates from 9am – 3pm at Tillydrone Community Campus which offers families school term time placements. The children that attend are provided with full day care and healthy snacks and lunches. All of the children's places are funded either through the Aberdeen City Council Early Years Entitlement or through Eligible 2's Funding.

The children are engaged in a wide range of learning activities that are led by the children's interests. We focus on the use of real-world and natural resources; these expand the children's experiences and help them to relate to and understand the world around them.

We have been able to continue to operate this service throughout the pandemic which ensured that our children and families continued to be supported. We have operated at a slightly reduced capacity; this is due to recruitment difficulties during the pandemic and also through the desire to keep our class slightly smaller so that we can meet the extremely strict guidance set by the Scottish Government and Care Inspectorate. The mitigations that we have put in place along with the assistance and support of Mark, Centre Operations Officer has meant that we have not had any positive covid-19 cases from either staff or children over the last 16 months which is testament to the

fantastic work and commitment of our staff.

We are currently looking at recruiting new staff and expanding our numbers of children for the new term. We also hope to be able to get our garden improved over the summer we require outdoor storage that is accessible for the children to be able to self-select their outdoor play resources and we hope to get the fence screening installed (when back in stock).

Angie Johnston

Aberdeen Lads Club Manager

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Left to right, Consul Renata Wasilewska-Mazur & staff members - Consulate General of the Republic of Poland in Edinburgh, Mateusz L. & representatives from Polish Association Aberdeen, Mark and Zuzi - Communities Team Aberdeen City Council.

TILLYDRONE COMMUNITY CAMPUS

It has felt like a long time since March 2020 when the Campus had to close to the general public because of the restrictions. However, since then the Communities Team and partners have been coordinating and delivering essential services to respond to priority need.

www.facebook.com/tillydronehub

The Campus Library

Although Tillydrone Library closed in March 2020 due to the pandemic the staff were kept busy. The library staff, Louise and Sian helped move Book Bug sessions online, recording stories, songs, and rhymes for our younger library users. Tillydrone Community Campus opened as a hub for the care of extremely vulnerable children on 9th April. The library was open during sessions for the children and staff to access library resources and services. Tracey and Anna were onsite getting involved in

the various activities organised for the children. During this time staff also made welfare calls to our Home Service users who really seemed to appreciate these phone calls during what was a difficult time for all.

In the summer the library opened for Click and Collect appointments and we were able to restart deliveries to our Home Service users. Gradually it was possible to open the library for limited browsing, with computer access also being reinstated once we could do so safely for staff and users. The country went into lockdown again on 26th December, however this time the library was able to continue with its click and collect appointments and Home Service deliveries.

For more information about library services visit: www.aberdeencity.gov.uk/services/libraries-and-archives/find-my-local-library/tillydrone-library

The Food Larder

The Food Larder is operated by Mark and Zuzana and is a place for people to access food that is surplus, access additional services and save money on your bills.

There have been steady numbers attending each week and we have received food from CFINE that would otherwise have been destined for landfill. We have managed to provide around 40 bags to people weekly.

Funding obtained through the Covid Hardship Fund

The larder group through Mark Kaczmarek (Centre Operations Officer) and Zuzana (Community Development Worker) also successfully received £10,000 from the Covid hardship fund to provide support for the community. The funding provided food vouchers,

household items, kitchen appliances, clothes, baby items, gas, and electric cards. This also included more complex support such as domestic abuse victims who were identified and supported to be rehomed. This was delivered to anyone who came to us for support who were struggling due to the ongoing C19 pandemic.

Polish Embassy and Citizens' Rights Project, 15th May – 16th May 2021 at Tillydrone Community Campus

It had been reported that many of the EU citizens living in Aberdeen would have been at risk of missing the deadline to apply for citizenship due to many reasons, such as not having valid documents, not being aware, language barriers. So, during the week beginning 10th May 2021, Community Team members Mark Kaczmarek, and Zuzana Jatelova worked on a tight deadline with the Polish Association, Polish Embassy, and a representative from the Citizens' Right Project to deliver an event to support the EU citizens in this matter. The event was a great success, with over 100 people attending. On the back of this event, we continue to work closely with all partners involved to support those seeking help.

The Polish Consulate in Edinburgh said: "We would like to express our gratitude to Mark, and Zuzi who for the support and hard work they put into this event. We managed to help many community members who struggled to apply for their passport during the Covid-19 pandemic!"

The NHS Health Facility

The NHS lease a room from the campus to provide a community

health facility. Throughout the lockdown this has been for vaccinations, including MMR, HPV, Flu and ongoing C19 clinics.

Drop-in testing and collection.

Tillydrone Community Campus has been open Tuesdays and Fridays from 10am –4pm to provide people with lateral flow and PCR tests.

If you are not registered with a GP?

All adults in Scotland are included in the NHS Scotland Covid-19 vaccination programme, including asylum seekers, refugees, people who are currently homeless and members of travelling communities. Most people will receive an invite because they are registered with a GP practice however if you are not registered with a GP, you can contact the National Covid-19 Vaccination Helpline on 0800 030 8013 and they will arrange for you to be allocated a CHI number (a unique NHS number given to all patients in Scotland) so that you can receive an appointment with your local Health Board.

Covid-19 Health and Safety risk assessments for overall Campus usage.

Whenever there is a change in the way the Campus operates, detailed C19 risk assessments had to be completed and continually updated for authorisation by the ACC Health and Safety team.

In July the campus had recently passed 2 C19 inspections to ensure

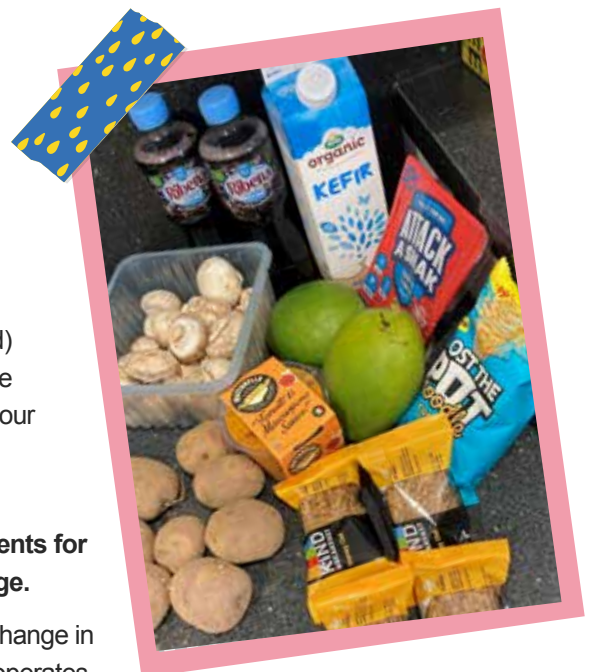
the steps have been put in place which comply with government guidelines, happy to report that Mark the Centre Operations Officer scored 100% on both occasions.

What is the route map for the Campus?

This will be dependent on restrictions, tentatively we are looking at being able to progressively reopen from late September.

For more information aabout anything going on at Tillydrone Community Campus visit their Facebook

page <https://www.facebook.com/tillydronehub>



The Tillydrone Community Management Group SCIO (TCMG)

The original intention behind the Community Campus was to help regenerate the area and for the facility to be managed in partnership with the local Tillydrone community residents. A facility like this had been requested by the local community for many years.

An Operational Group of local community group representatives and Aberdeen City Council (ACC) Officers was then set up to co-ordinate the buildings design, layout, and future aims.

As a way of optimising engagement The Communities Team were tasked with forming a steering group of local volunteers who would work in partnership with ACC toward managing the Campus facility.

The timeline agreed on by the Operational Group is as follows; (inclusive of a 2-year postponement due to the Covid restrictions).

Year 1 (2019-20)– Community Advisory Group form a representative SCIO and considers charitable status.

Year 2 (2021-22) – The SCIO is supported to adapt all policies and procedures and create a business plan.

Year 3 (2022-23)– Handover of building is planned, and SCIO take over the building with ongoing defined capacity building support.

The Year 1 aims have been completed and we are now looking forward to the future.

The Future (2021-23)

In **Year 2** the TCMG and council will look at the following agreed actions from the self-evaluation:

Membership through a promotional and recruitment phase

Planning and volunteer/ programme involvement

Firming up agreements and future plans with Aberdeen City Council and partners.

Identifying digital training needs to achieve improvements with engaging in the community.

Potential link with Locality Board to increase communication and understanding of locality priorities

Updated statistics for Tillydrone regarding demographics and priority needs to help target representation

Year 3 will still retain its original aim but will depend on capacity of the membership to deliver and to conclude on whether the Campus is to be managed in partnership with ACC and other organisations.

Pending any review of the management agreement the following models could be explored:

Consultation group model

Full community responsibility for programme and building (Leased)

Joint partnership responsibility

Social enterprise model (especially the community café)

Steering group model

Recently the membership has been considering the need to further expand the involvement and membership of the TCMG to align with the campus volunteering needs and to develop a more active role within the campus. It is therefore necessary to look toward recruiting new members who can take up the task.

TCMG Membership - what can this entail?

Being committed and pro-active about your community

Having a positive and welcoming approach

Attend group meetings once per month (At the moment by Microsoft Teams) 6-8pm, first Tuesday of every month)

Keep updated on campus activities

Help in representing Tillydrone issues that you observe/ experience to help develop the programme

Volunteer at the Community Café and other groups (once opened)

Become more involved in the Campus

Help develop the 3-year plan and beyond

If anyone is interested in becoming involved, please email hcattanach@aberdeencity.gov.uk



Thanks to Brian Berkien for these photos of the Tullydrone Cruyff Court as an example of what it could look like in Tillydrone.

THE TILLYDRONE CRUYFF COURT

The good news is Planning permission for a Cruyff Court in Tillydrone has been granted.

Cruyff Court projects were started in 2004 and there are currently more than 260 Cruyff Courts all around the world (7 in the UK). Cruyff Courts are small, free to access, unbookable, fully floodlit 4G astro pitches that aim to promote sports and values such as social responsibility, integration, team play and personal improvement.

The Tillydrone Cruyff Court will be located near Formatine road and will be a facility which effectively replaces the football pitch built over by Hillcrest Housing. The Tillydrone Court will be a floodlight 3G/4G pitch and hard surface multi sports area.

In 2019 The Cruyff Court proposal was put out to the community alongside 3 other options which

included a five-a-side football pitch, a community pitch or retain as a green space. Once the consultation was carried out the overall consensus was that a Cruyff Court was the best option.

Progress on the Tillydrone Cruyff Court has now reached a final design stage and the project team has been working hard despite increasing demands and drainage issues.

Within the Cruyff Court option there will be a multi-sport hard surface and a running track. In 2019 over 50 children from Riverbank Primary School were consulted on the hard surface sports as well as 46 St Machar Academy Pupils.

A location consultation was also carried out by local volunteers to determine the local views and concerns about where the Cruyff

Court would be located. Antisocial behaviour concerns and car park car safety were all mitigated against due to the fence height and the school location.

Shauny O'Driscoll, local resident and volunteer said: *"I think the Cruyff Court will benefit the community for there is nothing for kids in area to do also it will keep them off the streets."*

Reece Sutherland, 17, said: *"I've lived in the Tillydrone community for 10 years. The Cruyff court will have a massive impact on the area. It's what it's been missing and kids of all ages in the area will be kept off the street with an opportunity to kick a football around and enjoy themselves with their pals."*

For any questions or more information please contact;
hcattanach@aberdeencity.gov.uk



The Allotment Market Stall

The Allotment Market Stall (TAMS) has returned to Seaton Park again this summer.

They will be selling locally grown fresh produce in the park on Fridays between 10am and 1pm.

TAMS are a network of local allotment growers who enjoy growing produce. However, when the produce is in season too much is produced so in order to reduce food waste, TAMS sell it on to the community.

They are a not-for-profit organisation and all the money made either goes back into running the market stalls or goes to the local growers to help them keep up the good work.

For more information about TAMS you can visit www.theallotmentmarketstall.org.uk.

Flytipping

Over recent months it has become apparent that flytipping has become more of a problem in the Tillydrone area again.

Flytipping isn't just old furniture or unwanted items, it includes literally anything that people discard on the side of the road, near a river or in a field. It is also an illegal act.

Local councillor Ross Grant said: "It is literally never ending but I won't stop reporting it. Unfortunately, I've also detected more and more evidence that rubbish is being dumped by people not resident in Tillydrone with addressed mail from Kincorth, Torry and Anderson Drive. Please be vigilant of your communal waste bins and report any one you might see flytipping."

You can report flytipping issues using the following link: www.aberdeencity.gov.uk/services/environment/report-flytipping

TILLY COMMUNITY FLAT UPDATE

Isn't it great to see an easing of some of the Covid restrictions and a sense of things getting back to a more normal footing? There's still a way to go yet but it's nice to see things opening up and people being able to get together.

Unfortunately the end of the pandemic is going to bring hardship to some with the end of the end of the enhanced Universal Credit payment which was introduced in April 2020 to help struggling families during the pandemic. This payment of an additional £20 per week will cease in September. This will be very hard for claimants who have got used to the additional income and particularly for newer claimants who have never known any difference.

This will be all the harder because many charities including ourselves have been able to provide a bit of support with household bills thanks to receiving Covid-specific funding from various sources. Obviously this funding has now stopped and with it, our ability to assist in this way. Please understand that this is beyond our control and that it applies to everyone – difficult times are ahead for all and we ask for a bit of understanding. We will of course continue to provide a food bank service.

We have resumed five day opening but in line with Government advice we still have to restrict numbers in the Flat at any given time. If you have an

appointment please try to stick to it and to arrive no more than five minutes before the scheduled time. We ask for your patience and cooperation during this recovery phase.

We have a supply of Covid Lateral Flow tests which can be collected for use at home. If you would like a kit please come and see us.

We were delighted to have a visit from Brian Dempster of The Lodge of Old Aberdeen (No 164) even though we didn't initially recognise him! When I last met Brian he had an impressive waist length beard and I had no idea who the neatly trimmed gent was. Brian started growing his beard at the start of lockdown and raised a lot of sponsorship fund. He generously donated £500 of this funding to our food bank and we are hugely appreciative. It also needs to be said that he looks 20 years younger!

Many other groups and individuals have been incredibly generous in supporting our food bank over the last year or so and we would like to express our ongoing gratitude to them all. Their kindness means we can help so many more than we would otherwise manage.

Lastly – we have a Social Work placement student for the first time in two years! Alysha Green started at the Flat on Monday 23 August and will be here until early December. Come in and say hello!

Fiona



Tillydrone Community Council

Tillydrone Community Council are currently trying to establish locations that would benefit from dog poop bag stations.

They have received funding in order to improve the dog fouling issues in Tillydrone. Residents are noting their concern via the community Facebook group (Tillydrone Community) and also by contacting the organisation directly.

The community council said: "We understand that installing poop bag stations throughout the community will not stop careless dog owners from letting their dogs foul, but we hope it will improve the situation. We will be liaising with our community members in order to establish the best locations to install our poop bag bins.

For more information or to contact the community council email secretary.tillydrone@hotmail.com.

Pathways in Tillydrone

Pathways have been actively working in Tillydrone helping people to find work for a number of years now and our Employability Keyworker, Dave Cook, helps people from across the area to find the employment opportunities they want.

As of the date of writing this article, we are still unable to meet people face to face in Tillydrone and hope that this changes quickly, but we have adapted and are helping lots of people to find work through telephone appointments with email follow up.

Dave has helped many people to find work across a number of industries and types of jobs. One of Dave's clients came to see him for assistance having been paid off by his previous employer due to downsizing. Although he had a lot of experience in the construction trade his CSCS card required to be upgraded due to changes in the CITB card scheme. Dave requested an Individual Training Account (ITA)

for him and created a new CV as well as setting up a new email address and Universal Jobmatch account. Dave also carried out job search and applied for a handful of jobs while we waited for the client's ITA account to come through. Once received the client attended his Health & Safety course and test and then studied for his CSCS card and he took the exam and passed. With his new CSCS card Dave and the client applied for several jobs gaining interviews and the client was successful and got back into work.

If you would like help to find work you can contact Dave Cook by phone on 01224 682 939 or by email at davidcook@pathways-online.org

To keep up to date with developments at Pathways and when face to face meetings resume in the Tillydrone area, follow Pathways on Facebook www.facebook.com/PathwaysAberdeen1A



St Machar Drive

ALAN JOHNSTONE

On 18th April 1922 the Aberdeen Daily Journal published a reader's thoughts on Aberdeen's new road which connected Woodside with Old Aberdeen, followed a few days later by a photo looking east towards St Machar's Cathedral taken approximately from where St Machar Academy is located today.

"The Town Council has now finally settled the name of the splendid new road from Woodside to Old Aberdeen. It is to be known as St Machar Drive. .

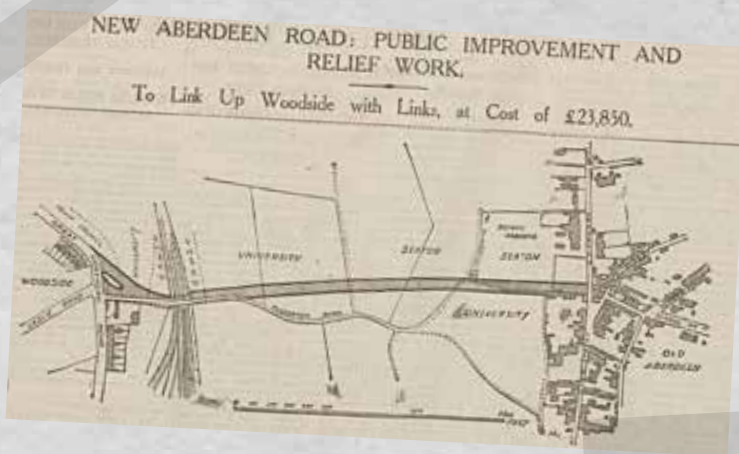
[The road] cuts through historical ground. It passes, on a new embankment, right over the site of the ancient Loch of Old Aberdeen, the draining of which was, for long, a tax upon the inhabitants of the little burgh. It passes the site of St Luke's Fair - a singular name, since there is no religious house so dedicated in the neighbourhood but, of course, the market named from St Luke's day, 18th October. Then the new road touches, also, the "Brouster Lands" of the fourteenth century, from which, I think, Kittybrewster really got its name.

The new road destroys some interesting landmarks in Old Aberdeen, such as Cluny's Wynd,

a quaint old thoroughfare, laid out on the land of Sir Alexander Gordon Cluny, who gave the ground for the lane, and whose town residence and garden adjoined. The Wynd was causewayed by a contribution from the inhabitants of Old Aberdeen in 1636, and that was the cobblestone paving, I suppose, that lasted till the making of our new road the other day. Of course, Cluny's Wynd is not destroyed, only widened, but its ancient aspect has quite passed away. The fine old dyke that formerly ran along the north side of the Wynd has been moved back to give width to the new street, and has been most carefully re-erected by the town's workmen. I take it that this is the same old dyke erected as the south boundary of Gordon of Cluny's garden, now the south boundary wall of the Cruickshank Botanic Garden. You can still pick out - as before the recent removal of the dyke - many blocks of freestone taken from the Cathedral (ruins of the central tower and transepts) when the dyke was originally built.

On the other side of Chanonry, and between Chanonry and Don Street, St Machar Drive will run straight across in due time, and will occupy the site of some old

houses there - not, I think, of any historical significance. It will pass behind the Town House, leaving that structure, fortunately, untouched. The Town House will then stand by itself, more conspicuous, and perhaps more distinguished in appearance even than to-day. It is about the last symbol of separate burghal life in Old Aberdeen - a story that takes us back to the erection of Old Aberdeen into a Burgh of Barony under Bishop Elphinstone in 1498. The Town House is not, of course, as old as that. It was constructed, as the burgh booth, in 1702, and was re-built about 1795, but it is very interesting in many ways. Its stone coat-of-arms and motto tell their interesting story to every passer-by that will listen to it. In 1713 a bell was placed in the Tolbooth, the cost being defrayed by a voluntary contribution by the inhabitants; and the clock, dial-board, and town's arms were put up by a similar arrangement. The amount of the last-mentioned contribution was 10/- sterling, a good sum for the time, but it covered also the price of a "globe for the moon's age," which I do not remember ever to have seen at the old Town House."





LANGUAGE CAFES



From Language Cafes to Language Walks – free opportunities to improve your English and meet new friends

Language cafes are weekly meetings organised by the Grampian Regional Equality Council (GREC) to meet and greet people living or coming to live in Aberdeen. The aim of the Language Cafes has always been to provide an opportunity for people from all walks of life to share a relaxed space to promote and strengthen communication in English, whilst providing a friendly environment to share and promote relevant information for anyone living in the city.

When lockdown started last year, we had to replace our weekly meetings at the Belmont Cinema with online meetings. Just like our face to face meeting, our Zoom language cafes included volunteers and cafetistas (everyone who is not a volunteer would be a cafetista) bravely facing the new challenge of polishing up their IT skills, navigating their way through mobile phones, tablets and laptops. Whether native English speakers or not, everyone learned new words that proved to be very useful now that online communication has become a necessary tool to stay in touch.

It is now the summer and as social distancing regulations are finally becoming more flexible, we have the wonderful opportunity to meet face to face again. We are walking away from our online devices and walk around Old Aberdeen instead. We have been meeting for Language Walks every Thursday at 10:30 am in front of the Elphinstone Hall in Aberdeen University. From our meeting point, we break into small groups so that people can chat with each other and walk around at leisure. Take away drinks are provided for free and there are plenty of beautiful places around to visit, but the small groups also allow us to simply choose a nice bench to sit in and enjoy a relaxing time getting to know each other.

Those who have not lived in Aberdeen for long are reminded that the weather can change unexpectedly and that Aberdeen requires you to be weather-ready. The summer gave us amazing sunshine which meant it was hard to leave by noon to return to day routines after the morning walk. However, rainy days are also welcome. As long as people wear the right gear use umbrellas or shelter from heavy rain around the area, nothing should stop us from enjoying the time when we get to know people

who like us may be struggling to practice English or to deal with the many difficulties and obstacles that exist when moving into a new country or city.

Cafetistas and volunteers come from everywhere in the UK and in the world; we've met people from East Timor, Syria, Turkey, Greece, Bulgaria, Romania, Mexico, Peru, Ecuador, Venezuela, Spain, Egypt, Colombia, Brazil, Poland, China, Russia, Ukraine, Thailand and Portugal. By the time the summer is over and you are reading this, we are likely to have included many more nationalities in this list, not to mention the interesting lives, varied interests and stories from those joining us as cafetistas or volunteers.

The language walks have been a great way to stay in touch and take advantage of outdoor spaces that we seldom take the time to appreciate. When the weather becomes colder, we may have to find a new alternative or perhaps we will be able to return to the Belmont cinema. For the time being we can still rely on an umbrella or a waterproof jacket if needed. If you would like to join us, you can ask us for more information emailing:

language-cafe@grec.co.uk

shmuTRAIN

We're delighted to let you know that our most recent Positive Transitions group (PT48) have all passed their Personal Development Awards.

Callum, Reece, Chloe and Amy from the group have also all passed their National 3 in Media, and we've also had the pleasure of working with Greg and Mo for an additional 4 weeks as they finish off their coursework. Callum, Reece and Chloe will be back for Stage 3, while Greg is moving onto pastures new with LEAD in Aberdeenshire.

Well done everyone!



Volunteers

We have now started phasing adult volunteers back into the building. We started with a building induction, a review of their current activity and looking at their aspirations for future volunteering and new projects.

It was amazing to see our volunteers face to face and see them in the studios. We can't wait for live shows to start back up again soon!

Tell Us Facebook page

We have launched a new Facebook page to share community information through. Lots of organisations ask us to share this kind of information on our main channel so we decided to extend the Tell Us service that we provide through shmuFM and create a Tell Us at shmu Facebook page. If you could spread the word and give the page a like/share we would really appreciate it. If you get any requests in to share information please send it through to either John, Laura or Tracy and we can share it.

Covid Mythbusters

Today we're going to talking about busting covid vaccination myths. Even if you're young and healthy you need to be protected against Covid. It's a nasty disease that can affect your heart, your lungs, your brain, so you need to get it to protect yourself from getting seriously ill and having something like long covid and it's also important to protect those around you and make sure you're vaccinated to protect society.

You can have the vaccine if you have allergies. The main thing to do is to ask the person who is vaccinating you about your allergies and if they're worried about it, they'll refer you to an allergy specialist.

You won't catch Covid from the vaccine. What the vaccine does is that it helps your body mount a defense against Coronavirus so it won't give you coronavirus and the vaccine disperse in your body very quickly. What you might have is a few mild symptoms after having the vaccination, a bit like having flu but that won't last long.

The vaccine went through the same safety precautions and the same rigorous research processes as any other clinical trial. The different with this is the sheer interest in having a vaccination developed so quickly so lots of money was given to vaccine trials and lots of people came forward to take part in those trials. These are two hurdles that normally take years to do in normal research circumstances so it helped us get the vaccine quickly which was necessary but it didn't bypass any of the important safety regulations and processes.

The long-term impact of catching covid is also a risk for you but the research that we have about the

vaccine itself because it's been subject to clinical trials is that we would expect it to be safe. Of course, time will tell – this is important but research is coming forward about the effectiveness and safety of this vaccine. Many millions of people across the world have been vaccinated and will be protected as a result of doing so please come forward and be vaccinated, it's important that you do that

There are likely to be other variants and strains of the virus until we have the world vaccinated against covid, right now we know that the 2 main strains of the virus that are circulating are protected to the same extent after the vaccine but particularly after two doses so you're protected even after one dose but especially after two doses. That'll protect you against the two main strains of the virus so we have a lot of confidence and developing confidence that the vaccines we have for use now will protect you against new variants.

Well no vaccine is 100% effective but this vaccine is estimated to be around 80% effective so it gives you a significant amount of protection against serious illness and disease.

Worried about getting ill after the vaccine? Well it's possible that you may have a sore arm, or you may have very mild flu like symptoms. The best thing you can do is take a paracetamol or other mild painkiller. You're very likely to have no symptoms after 24 or 48 hours so any you do have shouldn't be long lasting.

Many, many millions of people have been vaccinated with the Astra Zenica vaccine and have been vaccinated very safely. The blood clots are a very rare event and it

has to be seen in the context of the millions of people who have been successfully vaccinated safely.

You can't choose the vaccine that you get. There are three vaccinations at the moment but if you are under 40 you will be offered either Moderna or Pfizer. For everyone over 40 it could be any one of those three (including Astra Zenica) simply because of supply and logistics. All of the vaccinations are shown to be highly effective.

The vaccination does not affect fertility. There is absolutely no evidence to say that it does.

If you've missed your original appointment or if you got the time wrong then call the national helpline. The number will be on your letter so give them a call and have a new appointment time offered to you.

The vaccine will not alter your DNA.

The vaccine doesn't have a microchip tracking device in it and to be honest if people wanted to know what you were doing then they need look no further than your social media pages or your receipts to see what you bought at the shop. There's absolutely nothing to say that you're going to be tracked or that anything is going to enter your brain that you have to be worried about.

The vaccine does not contain pork or any animal derivatives.

Covid is not caused by 5G masts. That's information that is circulating but it really is absolutely untrue.

There are community vaccination clinics happening throughout Aberdeen city with new dates and locations being added regularly. For more information visit **www.nhsgrampian.org/COVID-19-vaccination-clinics**

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

DENTIST

Emergency - G-Dens - 111

DOCTORS

NHS 24 Emergency - 111

POLICE

Non-Emergency - 101

ELECTRICITY

If you have a power-cut - 105

GAS

Gas Emergency - 0800 111 999

WATER

Scottish Water Emergency - 0800 0778 778

HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

Aberdeen Carers Support Service - 01224 914036

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at CFINE 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

St Machar Credit Union 01224 276994

Oldmachar Medical Practice

0345-337-0510

Old Aberdeen Medical Practice

01224 486702

Tillydrone Clinic

01224 276723

Tillydrone Library

01224 489539

Woodside Medical Group

01224 492828

LOCAL COUNCILLORS:

Councillor Alex McLellan

07500 999522

amclellan@aberdeencity.gov.uk

Councillor Jim Noble

07748 760557

jimnoble@aberdeencity.gov.uk

Councillor Ross Grant

07738688458

rossgrant@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:

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

LGBT Domestic Abuse Helpline

Telephone: 0300 999 5428 or email info@galop.org.uk

Men's Advice Line

Telephone: 0808 801 0327