

# woodside free**press**

Spring Edition 2020



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## Editorial

**Welcome to the spring edition of the Woodside Free Press. This is YOUR magazine.**

We are here to help you find out what's going on in Woodside and connect with your community.

In our pages you will find news, views, reviews and features.

Within this magazine we have news from both Printfield and Fersands and Fountain Community Project as well as news and information regarding the current Coronavirus situation.

If you have something you would like to say, some local issue you think deserves coverage, or if you would like to get involved by joining the happy band of volunteers that puts this magazine together, please contact

Laura at shmu on **07752586312** or  
**email [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk).**

All the content in this magazine has been produced and approved by members of the editorial team.

The staff at SHMU are able to support and train anyone living in the area who is interested in developing their ideas and skills in either writing, photography or proof reading.

Woodside Free Press is a community publication and the views expressed are not necessarily those of the editorial team or of shmu.

## Dear Woodside Free Press reader,

The volunteers involved with the Woodside Free Press community magazine and the support team from Station House Media Unit (shmu) would like to wish you well during these unprecedented times. Woodside Free Press is put together by volunteers in partnership with shmu and its purpose is to share important local information, celebrate the community and encourage positive social change around the issues the community is passionate about.

As the magazine is produced in partnership with local volunteers and community organisations, the production time of the magazines is a longer process than most commercial news or magazine products. This unfortunately means some of the content initially submitted to this edition is no longer relevant given many community services have had to temporarily suspend their services in line with social distancing advice.

However, we thought it was important to still deliver the magazine for a variety of reasons. With a substantial amount of information on Coronavirus circulating, we believe it is important to continue to present the great things that were happening in the Woodside area before we went into lockdown. There are also a significant number of people throughout Woodside and Aberdeen city who do not have access to the Internet, where a huge amount of information is being shared and we know they look forward to receiving their magazine from us.

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

Our plan is to continue to produce and distribute Woodside Free Press despite the present restrictions, although they may look slightly different depending on how much information we get from our local communities to include in the magazines. We are keen for the magazines to showcase and celebrate our amazing communities and would like people to get in touch with us if they know someone who has gone the extra mile to help their area during the coronavirus outbreak (or generally) whilst also sharing important community information you may have that will benefit your community.

We are aware that information may date as things are moving quickly so please tune into our community radio station on 99.8FM or online at [www.shmu.org.uk/fm](http://www.shmu.org.uk/fm) to keep up to date with the latest news regarding coronavirus and your local area. Woodside Free Press also has a Facebook page which we are keeping up to date with community information.

In the meantime, if you are looking for information on receiving or providing help during the coronavirus pandemic, please use the following resources;

**Aberdeen City Council Helpline (8am – 8pm, 7 days a week): 0808 196 3384**

**Grampian Coronavirus Advice Hub: [www.gcah.org.uk](http://www.gcah.org.uk)**

**Scottish Council for Voluntary Organisations: [coronavirus.scvo.org](http://coronavirus.scvo.org)**

**Please take care and stay safe.**

**Woodside Free Press Editorial Team and shmu support team**

Supported by







# DENIS LAW MURAL

On Monday 2nd March Aberdeen City Council passed a motion asking officers to begin speaking to the Denis Law Legacy Trust regarding a proposal to create a tribute to Denis Law at Printfield.

The proposal called Printfield 10 includes artwork on Clifton Court and the wall of the St Joseph's Church car park and a heritage trail through Printfield depicting the life and career of Denis Law.

This project has the potential to transform the area and, if it can be delivered, will undoubtedly become a major tourist attraction for football fans.

The original idea came about at a meeting of the Printfield Community

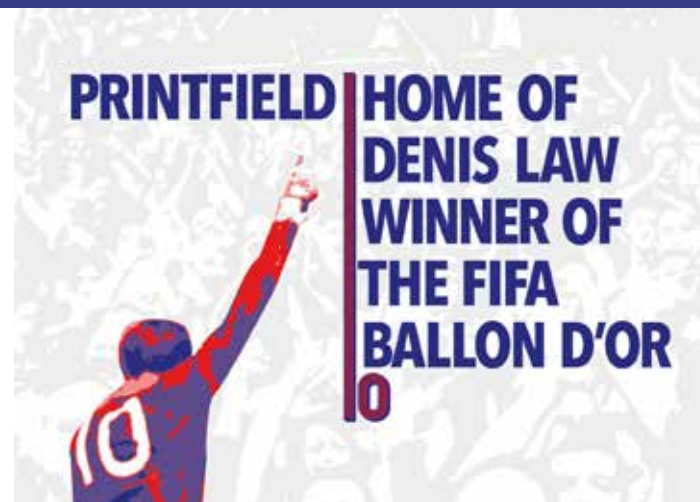
Forum chaired by Mrs Margaret England who wanted something in the area to recognise that Denis Law was one of their own.

Contact was made with the Denis Law Legacy Trust who, working with the Forum members, came up with this project idea.

At present work is ongoing to bring all parties together to deliver this and will of course include consultation with tenants in Clifton Court and Printfield.

I truly believe that the Printfield 10 project will be a major benefit to the area and I hope that the residents of Clifton Court and Printfield will think likewise and give their approval.

**Councillor Neil Copland**



**“This could quite literally be the best thing to happen to the area in years”**

# CORONAVIRUS CHAMPIONS



**Instant Neighbour are turning 35 this year! They had hoped to hold a big event to celebrate this special occasion but that will have to wait until later on in the year.**

The coronavirus pandemic has proven to be a difficult time for the majority of us in a variety of different ways. We have had to adjust to different ways of working, school, getting food for our families, exercising and entertaining ourselves. Though in times of adversity there are always those who step up to help people in their community and here at the Woodside Free Press we want to take some time to celebrate those in the area who have done this. First up is a local charity who have been a key part of the Woodside Community since they opened over 30 years ago.

## INSTANT NEIGHBOUR

They provide a range of services for people who need some support including a food bank and low-cost, high quality nearly new furniture and electrical goods. They also support parents with access to nappies, baby food and affordable

and safe baby care and childcare equipment. Every year they run the Giving Tree appeal where members of the public donate Christmas presents which are distributed to families who need them.

During the coronavirus outbreak many community organisations have had to close their doors and develop ways of working remotely due to government guidelines around social distancing.

Whilst many of the larger foodbanks have closed and are doing deliveries only, Instant Neighbour are still open as normal and getting food out to as many people as possible.

They are also working closely with CFINE and Aberdeen City Council and sharing information with them (subject to people's agreement connected to GDPR) so that together we can get food to those who need it most.

Staff at Instant Neighbour have also been liaising with Mark at Fersands and Fountain Community Project and have been able to help each other out this week by supplying food and putting those who need some support in touch with the charity.

Fortunately the charity are still receiving donations, not just from CFINE but also from members of the public, church groups etc.

Granite City Trailer Hire have lent them a refrigeration unit which has helped by allowing the charity to accept donations of fresh produce.

Information and service provision is changing really quickly but at the time of going to print the foodbank at Instant Neighbour was open at the following times:

**Monday to Friday: 10am to 1pm and 2 to 4pm. Please give them a call on 01224 489955 if you are struggling and could benefit from support.**





# WOODSIDE POST OFFICE AND CONVENIENCE STORE

*You can count on us!*

From the day our friend Norman Davidson cut the red ribbon we knew Woodside Post Office was going to be a community success, bringing vital banking and postal services back to Woodside. One year on and we are officially a "Top Performer" - ranked amongst the top 150 post offices in the UK.

At Woodside Post Office and Convenience Store, we're ready for the challenges that COVID – 19 presents. We're designated as an essential service by the government and we intend to keep our branch open to continue serving our community during these unprecedented and testing times. We're taking steps to keep our customers and colleagues safe, particularly our elderly and vulnerable customers but, we need your help! Please support social distancing when you next visit us, always stay 2 metres (6ft) away from other people and remember to wash your hands as soon as you get home!

Below are some of the key services that our customers can access locally:

**Banking services - access your high street bank account. You can make withdrawals, balance enquiries and deposit cash and cheques.**

**Bill payments - access bill payment services including gas and electricity top ups. Customers who are affected by the temporary closure of Woodside Customer Access Point will be pleased to note that you can pay your council tax bill and make council rent payments at the post office too.**

**Mail - Royal Mail and Parcelforce Worldwide are keeping delivery and collection services running. We are encouraging the use of our drop and go services so that the time you spend in our shop is limited.**

**Food to go – our amazing key workers out there can still pop in for a bacon roll and service with a smile (behind a mask!).**

We also host regular drop in sessions with Officer Sam of Police Scotland, giving residents the chance to raise any concerns they may have about

their community. Officer Sam takes every opportunity to raise awareness about local scams and rogue traders in our area; details of the next drop in session will be advertised on our Facebook page.

Even during this Coronavirus crisis, we still believe that a Post Office can and should be an integral part of a local community; not just simply providing services, but going above and beyond to be the heart of the community - provide convenience and, in fast changing times, provide stability to those nearby, those who are vulnerable and may need us the most.

**If you'd like to know more about the services we offer or know of other groups who could benefit from our services then please pop by and speak to one of our team. Remember to like our Facebook page for all our latest news and any changes to our services and opening times during the COVID-19 pandemic.**

## The Ministry of Found



My name is Nicola Watson and I'm the new minister of Woodside Congregational Church. I was Inducted and Ordained on Saturday 18 January 2020.

I have had on the job training as well as self-study and am thinking about going to University. I am fortunate to have good back up from Rev. Andy Cowie, minister of Balmedie, Cove, Kittybrewster, Northfield and Potterton Congregational Churches; and Rev. Anne Robertson of Danestone Congregational Church. As well as the ministers from the Scottish Congregational Fellowship.

### What I get up to:

Minister for the Church, non-stipendiary position (hours per week vary)

Do admin etc. for Church (4hrs per week)

Run Craft Club for P1-P7 kids (4hrs per week including prep), also help with outings and playschemes

Work for Aberdeen City Council's Library Service doing admin (20hrs per week)

### So, how did it all start?

My daughter, Katie started attending the Church's Girls' Brigade in 2009 and then their Craft Club in 2010.

In 2011 we started attending Woodside Congregational Church; in December 2012 we made the decision to become "regulars." In 2013 my husband, Stuart and I became Church members and in June the Church hired me for 5 hours a week to be a Youth and Admin Worker. I took over the running of the Craft Club as well as producing posters/flyers/some newsletters etc. and February 2014 saw my work heading in a different direction.

Andy, the minister, asked if I had ever given any thought to becoming a minister, as over the time he had worked with me he could see a potential calling there. I had never thought about it but the more I did think and the more I prayed to God to discern if this is what He wanted me to do, the more sense it made. So that March I became the Assistant Pastor for an initial 6-month trial.

Then, later on in 2014 I found out I was pregnant and early April 2015 gave birth to my son, Josh. Late 2016 I got back to work at the Library but it was September 2017 before I got fully back to Craft Club and then 2019 before I got back to Pastoral duties.

Last year Andy asked what I thought about taking over from him. I prayed over it, and spoke to

folk. I needed to make sure that this was the right thing to do, that it was from God and that it was a minister He wanted me to be.

I decided to go for it and Andy took it to the Church congregation for them to decide if they wanted to call me or not and they all said, "yes." And that's that really. I have stepped out in faith, with the knowledge that God is with me and the belief that He has called me to be His minister.

My plans for the future? At the moment I'm just taking it a week at a time and learning to incorporate it into my life. I hope to develop my ministry and faith and that of others. It's going well so far and I hope to see the congregation grow in faith as well as in number.

Normally Woodside Congregational Church meet every Sunday at 10.00am in the Printfield Portacabin (behind Spar on Clifton Road). Why don't you come along and say, "hi!" once we are able to have face to face activities again?

[enquirieswcc@gmail.com](mailto:enquirieswcc@gmail.com)

[woodsidecongregationalchurch.com](http://woodsidecongregationalchurch.com)

[www.facebook.com/woodsidecongregationalchurch](https://www.facebook.com/woodsidecongregationalchurch)



# Project news

Although the project are not offering any face to face activities or support at the moment the staff wanted to share the work which had been happening before the coronavirus outbreak. The staff are still working from home and can be reached through the project Facebook page – Fersands and Fountain Community Project or by emailing mark.fersands@gmail.com.

## Short Story Competition

The Woodside Writers group are setting a challenge to find the best new short story written during the lock down. We will be giving big £100 cash prize to the winner. The rules are:

- 1) the story must be original, recently written and not published in any form.
- 2) Must have some link with Woodside (the writer is from Woodside or a character or the setting is based in Woodside.)
- 3) Entries are completed and sent to me by the 14th July at 5pm. The entries should have the writers name address and contact phone number or email and their date of birth. Entries should also be between 1000 and 5000 words long.
- 4) A panel of judges will be selected and their decision will be final.

There will be two categories: Category One open to Adults over 16 years with a £100 prize and Category Two is open to anyone aged under 16 years with a £50 prize.

Email your entries to mark.fersands@gmail.com. We are sure there are lots of people out there who have fun making up stories or would enjoy writing but haven't tried it for a long time. Maybe you know a good storyteller who should be encouraged to write their stories down. It may be written in Doric, the Queens English or any other style. It can be a work of fiction fantasy, a memory a real-life story or any mixture you wish. It can be a terrifying horror or a heart-warming comedy, a love story or a story of survival or any kind of story you can imagine.

Use this “quiet time “productively and get your stories started. We look forward to receiving them!

## Adults asked to take part in Opportunities in Woodside

The Woodside Network was awarded a grant from the Health Improvement Fund to trial a range of new adult classes and opportunities for Woodside residents. Fersands and Printfield Community Projects organised the activity programme following the results of a survey they conducted with local adults. It is hoped the new activities will get adults out of the house, using their minds, socialising, improving mental health and increasing their physical activity. The new programme started in the middle of February. Already there has been chair yoga, tai chi, female gym group, creative writing group, and board game sessions.

Mark Lovie, Coordinator of Fersands Fountain Community Project said: “Thanks to the Health improvement Fund we have been very fortunate to be able to offer such a range of free or affordable activities. Hopefully some of these will prove to be very popular and become a regular activity available in Woodside.”

For more information on joining these activities once we are back to normality get in touch with Mark at the project.

## New space for Music

Fersands and Fountain Community Project unveiled a new music room and community space in Woodside. On Tuesday 3rd of March Claire Whyte organised an opening ceremony to show all the work that had been carried out. Thanks to the STV Kilt Walk the basement garage of Woodside Fountain Centre has been redesigned. The cold pipe and valve cluttered space with exposed brick walls has been transformed into a cosy, neat and safe space for young musicians to rock in. STVs grant of £25,000 will encourage young people from Woodside to come and learn drums, guitar and keyboards. Aberdeen City Council managed all the work and got a great job done well before schedule. They and their contractors lowered the ceiling added a ventilation system, added walls to create more storage, enhanced the electric sockets and painted all over. Around 40 community members turned out to see the grand opening. This valuable space is now available for music groups, youth groups and other community groups to use. Sharon Donaldson, STV presenter handed over the cheque to Claire Whyte while many residents and users came to explore the new facility.

When the centre reopens we'd love for you to come and visit our new music space.

# Say “Pants” to Period Poverty!

The painters are in, Aunt Flo, the curse, chatties, time of the month, monthlies, menstruation, periods. Whatever you call them, for women and girls all over the world they are a natural fact of life.

You may associate period poverty with developing countries but in a time where food banks outnumber McDonald's restaurants in the UK this is an issue that is affecting Scottish communities today including Woodside.

With people struggling to make ends meet and pay for bills and food it stands to reason that other essentials are out of reach. Imagine being a self-conscious teenager without access to sanitary products and having to go to school. Many will skip school rather than go in and risk their clothes being stained and being pointed out by their peers. It doesn't have to be a teenager; you could be a woman not wanting to face going in to work for fear of being “caught out.” Despite being a very natural process there is still a strong stigma and taboo associated with periods and people still don't talk about them as much as other issues.

Some people have had to improvise protection using items such as newspaper, socks or strips

of material. If this was your wife or daughter, how would you feel?

On average, a girl will start her period from about age 11 and a woman will stop round about age 55, that's potentially 44 years, 528 monthlies! A popular brand of sanitary pads costs £2.99 for 26 pads. The average period lasts for 5 days so that's about 20 pads (if you use 4 a day). Add that up and that's about £1,584. Of course, everyone is different so more or less may be used.

To address this issue the Scottish Government introduced a period poverty pilot scheme which saw free sanitary products being made available. This was then rolled out on a larger scale and now covers all Scottish Government Buildings, schools, colleges, universities and other buildings in local communities. CFine are the driving force in the North East for making sanitary products available to women and girls.

No one who menstruates should have to feel that their dignity, rights or their equality are affected by a natural process. They should be able to participate fully in their education, work or other activities regardless, and not have barriers placed in their path due to circumstance.

## Where you can access products

- Woodside community Centre
- Woodside Pantry
- Fersands and Fountain Communiy Project
- Fersands Family Centre
- Middlefield Community Project
- St Machar Academy (for pupils)
- Printfield Community Project
- Hilton Community Centre
- Central Library shmu

## Where to access help:

If you are of school age, you can talk to the school nurse about accessing sanitary products and other health advice.

## CFINE SAFE:

Call 01224 531386 (Mon-Fri 10am-4pm) [www.cfine.org/safe](http://www.cfine.org/safe)

## Citizens Advice Bureau:

Call 01224 586255 for local telephone advice Mon-Wed 9.30am-12.30pm or 01224 569750 to make an appointment, drop-in Mon-Fri 9am-2.30pm or visit [www.aberdeencab.org.uk](http://www.aberdeencab.org.uk)

There is also a **Money Advice Outreach Program** at the Woodside Community Centre Wednesday's 10am-3pm

## COVID-19 UPATE

Normally you can access free sanitary products in the venues above. However, due to the coronavirus outbreak these buildings are temporarily closed to the public. CFINE are still providing emergency home delivery food parcel service for those who need and can include sanitary products in those. Give them a call on 01224 596156. Instant Neighbour can also provide these products and their food bank is open Monday to Friday 10am – 1pm and 2 - 4pm.

# KEEP CALM BUT DON'T CARRY ON

## Eh?

Nicola Watson

**Keep calm but don't carry on. It goes against everything we've ever been taught! The coronavirus has brought life as we know it almost to a standstill, but I feel the emphasis is on the almost. Most people will be trying to work from home if they can, children and young people are being home schooled, there's no meeting up with folk out with your own household and the reasons that you can leave your house have been severely narrowed down. Yes, we are in lockdown!**

We've now had a few weeks to get used to our "new normal" and as we fast approach our first 3-week review, how will things look going forward? Who can say? What I do know is that these last 2 weeks have been very challenging for everyone and in ways for the better, and some for the worse, it has shown people's true colours. People have been rallying to help where they can, joining together in a new form of community almost a "contact without the contact." Others have found ways to lower

the bar when it comes to crime and taking advantage. For me personally, I have found a resilience that I didn't know I possessed. I have two children aged 4 (nursery) and 14 (3rd year) and a husband (who is a baker). I have four jobs. I'm the minister for Woodside Congregational Church as well as the Admin bod and a Youth Worker. I also do admin for the Council's Library Service. At the moment I'm only managing to do little bits and pieces for the library as I don't have access to systems

and I have had to find new ways of bringing church to the congregation, a lot of whom don't have access to the Internet.

We live in a 2 bedroomed flat so as you can imagine there's not much room to space out a family of 4 to get on with work, school, meals and the usual things that you need to keep a household running. Plus, you don't really get a break, where can you go? I must admit that I have taken my phone into the bathroom, sat on the floor, and hid until someone notices I'm not there!

I've adapted my daughter's third year timetable so that she has six 50-minute periods a day (with 2 breaks and lunch), then she has music practice, time for chores, supper and the rest of the evening for chatting online to her friends and doing her hobbies. For my son, he's got a morning, afternoon and evening timetable with breaks etc. and me and my husband will do things with him like jigsaws, colouring, some numbers and letters that sort of thing. My husband goes to work as normal as he's a baker and we need to keep the area supplied with loaves and buns. We only have one laptop so I need to wait for my daughter to finish her work so I can jump on and do mine, so I'm usually working into late evening.

Sound organised? Yeah right! Unfortunately, I don't live in an ideal world! My son never wants to do the activities we have for him and throws strops, my daughter is still trying to adjust to the changes that have taken place and has lost her motivation a bit. My husband's work has announced that they are still going ahead with the redundancies they announced before we were anywhere near a lockdown. And I have no idea how to be a Secondary School Teacher, Nursery Teacher, Guidance Counsellor, doing all of my work from home, as well as all the usual house stuff and getting messages in when we don't have a car and feel guilty about booking a shopping slot for home delivery.

But hey, when is life ever perfect? There's always something going on, this situation just happens to be a big one rather than a load of little problems. We'll adapt because that's what we do. We keep calm and we carry on. We should give ourselves a

break, no-one is perfect. What you see on Facebook and the like is the one photo that came out right. The one just before or after everyone threw a major strop. No one ever posts those photos because we are trying to live up to some invisible "one-up-manship." All we can do is our best and be there for each other. Look after yourselves, stay safe, stay home.

### PROTECT YOURSELF AND OTHERS:

#### Stay at home

Only go outside for essential food, health and work reasons

Don't go out to meet others, even friends and family

Stay 2 metres (6 feet) away from other people

Wash your hands as soon as you get home

### TIPS:

Remember to wash your hands regularly.

Set an achievable goal for each day.

Try to have a daily routine (you could follow your school timetable).

Don't turn night into day (try not to sleep too late and go to bed at a decent time).

When you get up, get washed and dressed; pyjama days are fun but only once in a while.

Set up an area to be your workspace.

Balance time doing your school work/work and having fun with hobbies (have breaks away from technology).

With everyone being in the house, it's not going to be as clean and

tidy as it usually is. Don't worry, the kids will have their toys out etc. but none of us live on the cover of Good Housekeeping magazine! Get everyone to help, make it fun, "many hands make light work."

Exercise is important, if you have a garden, use it; if not, you can still go for a walk.

Communication is also important, talk to those in your household, phone people, use Social Media and video apps or even write to people. Don't leave your house to socialise.

Look after your mental health as well as your physical health, be kind to yourself.

Limit watching the news to once a day, don't rely on Social Media which can be over sensualised and exaggerated to receive likes and shares. Just as we should be mindful of not spreading germs, we should also be mindful of not spreading falsehoods.

### KNOW WHO TO TURN TO:

NHS  
[www.nhsinform.scot/coronavirus](http://www.nhsinform.scot/coronavirus)  
0800 028 2816 general information helpline

Aberdeen City Council  
[www.aberdeencity.gov.uk](http://www.aberdeencity.gov.uk)  
0800 0304 713 freephone crisis line open 24/7

Scottish Government  
[www.gov.scot/coronavirus-covid-19](http://www.gov.scot/coronavirus-covid-19)

### NEWS

[www.bbc.co.uk/news](http://www.bbc.co.uk/news)  
[www.news.stv.tv](http://www.news.stv.tv)



Printfield  
Community Project

Printfield Community Project are available to help local people during the coronavirus crisis.

The project is open Monday to Friday 9am-1pm, only 2 staff at one time and so far this is working okay.

They have been receiving food deliveries from CFINE and have been providing food packages to people who need. Items are either collected from the project door or staff are delivering to residents' doors.

Amanda has been supporting parents via Facebook and phone calls.

Some of our parents are struggling to keep their kids occupied so we have supplied colouring pages and crayons.

If you live in the Printfield area and need help from the project please get in touch with them on **01224 276788**.

St Machar  
Credit Union

The main office of St Machar Credit Union remains open throughout the coronavirus crisis. **They are operating on reduced hours of 9:30am to 3pm every day (except Wednesday where they continue to close at 12:30pm).**

Members can still pay into their credit union accounts through their bank account.

If you would like to get in touch with staff at the credit union call them on **01224 276994**, email **f-credit@fersands.org** or search for them on Facebook (St Machar Credit Union) for more information on how to set this up. You can also contact the office for information on all your transaction applications.

Councillor  
Comment

One thing that always strikes me as I go about in Woodside is the commitment of local people to make life better for themselves their families and others and much of the time, they receive little thanks. Often, they can do with more people to take part.

We've seen some very positive news recently and some not so positive news regarding Woodside. I'm going to share some of these stories with you below.

First there's been lots of great news about the Printfield 10 Project, a partnership to celebrate Denis Law's family's connection to Printfield and Denis' achievements and contribution as a world-class football player. I'm sure everyone will agree it's great this is happening and Printfield will shortly be on the map for football fans from far and wide. As important is that our current generation of young people can be inspired by Denis to be the best they can be. Well done to everyone involved including Margaret England, Chair of the Printfield Community Forum who had the original idea to let local folk know about Denis and his family's connection to Printfield.

I met recently with some members of the Danestone Community Council who are also working hard to make their side of the River Don pathway more user friendly! They have some great ideas and are looking to team up with the Woodside Community Council and the Riverside and

Jacobs Ladder Group that Rosalind Walker has been recently working hard to set up. Although the pathway is in the Tillydrone ward area we all in Woodside benefit from having such a wonderful greenspace to enjoy that also has a rich industrial heritage. Again, if you've got a few hours to spare take part and get involved. Physical work is on hold at the moment but there will be things going on behind the scenes.

The other not so good news story that was recently released was that the latest round of statistics for Scotland that the Scottish Government collects and publishes in the Scottish Index of Multiple Deprivation (yes what a mouthful) had one of the areas in Woodside as having the worst health in the city.

Now we've known for a long time that there are some areas in the city, Woodside being one, where if you live there, your life expectancy can be as much as nine years less than the other richer areas in the city. That's despite much hard work being done to address this social injustice.

**Councillor Lesley Dunbar**

**Hilton, Woodside,  
Stockethill Ward**

**Get in touch if you  
need anything:**

**Please telephone:  
01224346624**

**Email: [lesdunbar@  
aberdeencity.gov.uk](mailto:lesdunbar@aberdeencity.gov.uk)**



Community Trust Seeks New Members

Tillydrone Community Development Trust (TCDT) is looking to expand its management committee after a recent period of inactivity.

The Development Trust was founded in 2011 with the aim of promoting sustainable development throughout Tillydrone and the surrounding area. The Trust has worked on several projects, most notably the redevelopment of the historic Benholm's Lodge, affectionately known as the Wallace Tower. The Trust latterly announced its ambitions to transform the greenspace surrounding Benholm's Lodge into the North East's first truly inclusive adventure playpark, dubbed Benholm's Gateway with plans still to be revealed.

However, Colin McFadyen, who has recently been appointed to serve as Chairman explains: *"The Trust's lengthy period of hibernation isn't due to a lack of initiatives. Instead we've*

*found that the existing management committee have already committed as much time as they're individually able to and we badly need some more help to be able to increase our capacity in order to deliver on our incredibly exciting plans."*

Any interested volunteers are invited to get in touch with the Trust, either through the Tillydrone Community Development Trust Facebook page or by emailing [TillydroneCDT@gmail.com](mailto:TillydroneCDT@gmail.com). Volunteers do not have to live in the area, but have an interest in development within the local community would be helpful.

The trust are still working hard remotely during the current crisis and while things have been made more challenging, the workload can be done electronically which should allow us to progress.

Sheila Gordon, Chairwoman of the Friends of Seaton Park and who recently attended a meeting of the

Trust, said: *"Friends of Seaton Park is fully supportive of the efforts by the Tillydrone Community Development Trust to progress with their ambitious plans for a visitor cafe at the Wallace Tower as well as "Benholm's Gateway" but, as we are all too aware, groups like ours and the Trust can only make progress if they have the capacity and strength to do it. Volunteers are always welcome, and I would particularly encourage anyone with experience in project management, fundraising and working with historical buildings to get involved with this particular project to help us make this part of Aberdeen even better than it is."*

*"The Benholm's Gateway project which has taken a lot of planning work so far and we're hoping to formally announce at the start of the New Year, so this will be the start of a very exciting period for the Trust and a great time to get involved,"* Colin McFadyen added.



## Shmu - very much open for business!

Due to the current Coronavirus outbreak, shmu have had to adapt how we work with our target communities while we are on lockdown.

In light of the latest guidance from the government and NHS we have made the difficult decision to close our building.

This means that for the foreseeable future we will be working remotely and providing our communities with information in a different format.

It is even more important to share information and celebrate communities at this challenging time. There are also a significant number of people who do not have access to the Internet in their homes. We believe that community magazines and community radio will provide useful content for these people.

shmuPRESS will still be delivering magazines during this time and will be ensuring this is done safely and in line with government guidance. We believe it is important to bring some sense of normality to people and to continue to celebrate the great work that is happening in each of the communities we work in. If you would like to get in touch to celebrate someone or an organisation in your area who is going above and beyond to help those in need or know

of an interesting community story please get in touch with Laura on [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk) or call her on 07752586312. All of the community magazines also have their own Facebook pages which will be sharing the latest community information.

shmuFM staff and volunteers are now recording and editing shows and community information from home.

We are continuing to provide a daily schedule of radio programmes which now include a variety of information hours, entertainment and news shows. Keeping our communities safe at home, connected and informed is our priority.

We are working with community partners to ensure information is relevant and up to date and have launched our "Tell Us" campaign which allows shmu to reach out to all service providers in Aberdeen to give them a



platform to share their information. If you have something to share please email [tellus@shmu.org.uk](mailto:tellus@shmu.org.uk).

Remember to tune in to 99.8FM or online at [www.shmu.org.uk/fm](http://www.shmu.org.uk/fm).

While we may be apart, shmu is connecting us together.

## ABERDEEN PLAY FORUM - LOCKDOWN SUPPORT

### Ten Activities you can do Around the House

- Sometimes it can be hard to think of ideas to keep everyone entertained. Good sources of inspiration include YouTube and Pinterest, where you will find instructions, pictures and videos that will inspire you when you are stuck or help you expand on your ideas. Here are a few to get you started:
- Obstacle course: why not make an obstacle course, utilising furniture and other household items. Even better, get the kids to design it themselves. Make tunnels to crawl through with large boxes, chairs, tables, blankets, cushions. Tie balloons/scarves at the beginning or end of your tunnel for them. Use rolled up towels or long cushions to create a balance beam. Use paper/masking tape to draw arrows and write instructions. Why not have a big pile of cushions, scrunched up paper or material to jump into! Hula-hoops, cones, boxes or anything you can find to jump over or into. Bring out their competitive side by timing them!
- Target practise: you can make a variety of target practise areas with items you probably have in your recycling bin. For example, cut some holes or shapes in a large piece of cardboard or paper. Then try to get scrunched up paper, balls or paper airplanes through the targets. You may have nerf gun at home, these are good fun to use for shooting targets! Balls, scrunched up paper or toys can be balanced on boxes or kitchen roll tubes. Empty plastic bottles could be skittles for bowling. Mark the floor with masking tape to create circles to aim a ball into.
- Let the kids raid the recycling bin to create their own art work and constructions. If they are looking for inspiration you could set challenges, such as building a den for one of their toys.
- Set up scavenger hunts. Create a list of things that the children have to find, for example, something shiny, something green, something triangular shaped.
- Minute to win it games. Have a family challenge seeing who can get the best scores and times for a variety of minute to win it challenges.
- Make a den, using items of furniture, blankets, pillows and cushions.
- Go for a walk and create a list of things to tick off when they have been spotted, such as a bird, something purple, a rainbow in a window, a blue car.
- If you are lucky enough to have a garden or outdoor space fill some basins, containers with water and using any plastic items you may have in your recycling or old kitchen equipment create a mud/water kitchen.
- Dress up race: lay out items of clothing in a line and race each other to put them all on in order. This is a lot funnier than it sounds, especially if you have some fancy dress or novelty items such as silly hats.
- If you have got a piece of paper and a pen then games such as hangman can keep children focused and entertained for a long time and are good activities to get the whole family involved. Other popular pen and paper games include, dots and boxes, Pictionary (create your own subject cards) and Squiggles.

## Woodside Activity Centre

Although the Activity Centre is shut for the time being these are the activities usually on offer. Once things have gone back to normal and we are able to run groups again we would love to see you come along and join us.

Woodside Activity Centre is run by VSA and offers a weekly programme of activities.

They are open for line dancing Monday 10.30am to 12 noon and they have an art class on Monday afternoons between 1.30 to 4pm.

Wednesday is a games morning 10am to 12 noon, followed by card making 2 to 3.30 pm.

Thursday is an exercise fit to dance 10 to 11am.

Friday is intermediate line dancing 10.30am to 12 noon

If you needed another reason to come along tea and biscuits are served at all activities!

For more information contact the centre on 01224 212021.





# Community Contacts

## Alcohol

Alcoholics Anonymous 0800 9177 650  
Drinkline 0300 123 1110

## Crime

Crimestoppers 0800 555 111

## Drugs

Alcohol and Drugs Action Helpline 01224 594700  
Aberdeen in Recovery 07936 008808  
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

Aberdeen Community Health and Care Village 0345 337 9900  
Family Information Service 01224 346034

## Samaritans

Need to talk 01224 574 488 or 116 123

## Social Work

Social Work Duty Team 0800 7315520  
and Emergency Out of Hours

## Young Carers

VSA 01224 21202

## General Support

Scarf 01224 213005  
CFINE 01224 596156  
Pathways 01224 682939  
Citizens Advice 0808 800 9060

Woodside School 01224 484778  
Kittybrewster School 01224 484451  
Woodside Parish Church 01224 484562  
St Machar Academy 01224 492855  
St Machar Parent Support Project 01224 487813  
Aberdeen Lads Club 01224 492672

Fersands and Fountain Community Project  
01224 524925

Printfield Community Project  
01224 276788

Woodside Fountain Centre  
01224 485983

Woodside Medical Practice  
8am – 6pm

Contact: 01224 492828

## Woodside Network

Contact: [printfield@printfieldproject.co.uk](mailto:printfield@printfieldproject.co.uk)  
or [mark@fersands.org](mailto:mark@fersands.org)

## St Machar Credit Union

Info: Credit Unions are financial co-operatives owned and controlled by their members, that offer savings accounts, low cost loans and other services.  
Phone: 01224 276994