



woodside freepress

Winter Edition 2018



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Editorial

Welcome to the Winter 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 plus lots of opportunities to take part in training and leisure activities for everyone in the community, young and old.

Within this magazine we have news from Active Schools, CFINE, and Woodside Burgh Hall. 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 **Mark Lovie** at the Woodside Fountain Centre on **01224 524926** or Laura at Station House Media Unit on **01224 515013** - or email **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.



Supported by



Woodside Parish Church Renovations

Have you seen the photos in the local papers of Markus, our minister, holding the model of proposed alterations and additions to our Woodside Parish Church buildings? Good, weren't they?

The Fundraising Team has been busy arranging events with a view to adding to the growing project fund while the Fund Seekers team have been meeting with quite a few experts to learn from their experience. It is imperative that the team asks the right questions, using the correct buzz words when they seek donations from various Trusts and other charitable bodies.

The latest person they consulted was the Funding and Sustainability Officer from the Aberdeen Council for Voluntary Organisations. Since Woodsiders and others could benefit from the use of our quality space, she approved of the idea of inviting representatives of already existing groups in the Woodside area to be part of the team, so that their local knowledge could be used in decision making. Her advice was to have a business plan in place before applying for any grant and so that is the current task.

Please keep looking out for posters in local shop windows telling you about fundraising events which could involve you!

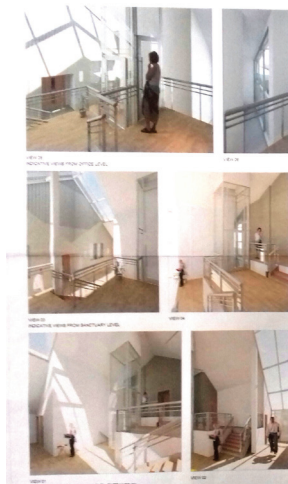
In order to raise money for a big Flower Festival next September, a Flower Demonstration has been organised for the 6th December, at 1.30pm in the Northern Lights room in the Beach Ballroom. Gill Garrow from Elgin will be the demonstrator.

She will create several large Christmas floral arrangements which will be raffled. Refreshments include mulled wine, tea, coffee and mince pies. Tickets cost £12.

Phone the church office if you are interested on 01224 277249.

Upcoming services in Woodside Parish Church

- **Guild Dedication Service, November 18 at 11am**
- **Advent Services, December 2; 9; 16 and 23 at 11am**
- **Christingle Service, December 2 at 5pm**
- **Christmas Communion Service, December 9 at 11am**
- **Christmas Play Service, December 23 at 11am**
- **Christmas Eve Watchnight Service, December 24 at 10:30pm**
- **Christmas Day Service, December 25, at Woodside Parish Church at 11am**



Sylvia and Rosella

Sylvia and Rosella both volunteered at Woodside Community Centre for over 30 years. Sylvia was the chairperson and Rosella was treasurer, for a while she was both secretary and treasurer to help keep the centre running. They both worked hard for their community from doing the fun activities like running bingo, to attending meetings at the Town House.

They've decided to retire from their work at the community centre, though Sylvia will still be on the committee. Both originally from Woodside, the ladies moved from the area with Rosella regularly travelling all the way over from Torry on the bus to volunteer at Woodside Community Centre.

Their presence and hard work at the centre will be missed and they have done lots of hard work in the community.

A friend of the ladies commented: "Ladies like you are quite special and your dedication is what has kept the centre going and successful for all these years. Enjoy your retirement although I can image you will still be involved in some way"



MCR PATHWAYS

“My mentor tells me that I am good enough. She makes me believe in myself as well. That alone makes me feel more confident. I haven’t had a lot of times where someone tells me that I’m good enough or ‘you can do it’,” Shannon, MCR mentored young person.

At MCR Pathways, we know that all young people are brilliant and talented. However, Aberdeen City Councils care-experienced and disadvantaged young people face challenges beyond their control that make it more difficult for them to succeed. These young people are in our community but we don’t always see their struggles.

Our vision is that every young person in Aberdeen City Council gets the same education outcomes, career opportunities

and life chances as every other young person, no matter their home circumstances.

And we need your help to make this happen.

We recruit and train volunteer mentors who are matched with a young person based on personality, interests and career aspirations. Mentors meet with their young person at their school for just one hour a week and provide a compassionate, listening ear. Our mentors come from all walks of life but what they share in common is their desire to help Aberdeen City Council’s young people.

One of our mentors, John Hetherington, says, “I have a young family and I felt mentoring would help me understand some of the things they may encounter.

It has opened my eyes and will definitely help me to relate to my own children better.

Through meeting each week, mentors and young people create a supportive relationship. It’s this relationship that makes the difference.

Our most vulnerable young people need our help. When they fall, their mentor is the hand up. When they succeed, their mentor is the loudest clap, and years from now when they look back, their mentor is the face that shines bright.

Can you #GiveAnHour and mentor a young person? Sign up today at mcrpathways.org/get-involved/ or contact Roxanne Card at roxanne.card@mcrpathways.org or 01224 492855.



PARK NEWS

Friends of Stewart Park

The Friends of Stewart Park are a small and friendly group of residents who are committed to maintaining and improving this beautiful and historic local park. The Stewart Park is used and loved by lots of us in Woodside/ Hilton (and further afield), whether it's to walk the dog, take our children to the play area, to exercise or simply to get a breath of fresh air.

Whether you use the park once in a while, or every day, the Friends of Stewart Park is your opportunity to get involved and make a difference. To keep updated on all the goings on, why not take a look at the Friends of Stewart Park Aberdeen Facebook Page. We would love to meet you and your families at our volunteer events, where we get together and tackle a project together in the park.

The date of our next volunteer event is Saturday 24th November from 2pm - 4pm, meeting at the

path by Hilton Road to wage a war on weeds! We would love to see some new faces from our community, for all or part of the afternoon!

For our younger park users, we have word that fairies are moving to Stewart Park, and there will be an afternoon organised in Spring 2019 where we will be decorating and installing the Fairy Doors on their new houses. We would love some help and creative minds to join us for that!

Furthermore, our next Committee Meeting is 23rd of January at 7pm in the Hilton Community Centre. If you would like any information on the Friends of Stewart Park group, meeting dates or any of our volunteer sessions, please don't hesitate to make contact through our Facebook Group, or by emailing Alison Campbell (Secretary) at fospa@gmail.com.

www.facebook.com/hiltonFOSP/

History Cairns in Stewart Park nears completion

If you've been in the Stewart Park recently you'll have seen that the trail of five stone cairns with interpretation panels is nearing completion, telling some of the history of the Stewart Park and the surrounding areas of Hilton and Woodside.

This has been a partnership project between Aberdeen Women's Alliance's Women's History Group volunteers who researched the information and gathered photographs and maps and Aberdeen City Council's Libraries Service and Communications Team. Members of the Unpaid Work Team with their supervisor Peter Noble assembled and built the cairns. A Creative Fund grant from Aberdeen City Council contributed to the costs of some of the building materials for the cairns and producing the panels.

Each panel also tells the story of a local woman. So, if you're interested in our local history, be sure when you're next in the Stewart Park to have a look at the interpretation panels.

**Fiona, Lesley and Vida
Stewart Park History volunteers
Aberdeen Women's Alliance**



COOKING IS CHEMISTRY

Margaret Aisbitt

Because cooking is essentially a series of chemical reactions, it is helpful to know some basics.

So, the physics first - when you cook your food, you are giving heat to the food (kinetic energy) giving the food molecules more energy to move about. Slowly as the heat builds up and the food is reaching its boiling point, then this energy, starts to break some of the intermolecular bonds in your raw foods.

The information on nutrients I found on the website www.hypervibe.com is very useful to know.

A breakdown of cooking methods:

Steaming/Boiling

Both these methods involve boiling water, but steaming is the best for keeping the nutrients (loss of approx. 15%) in your foods especially vegetables and fish. Cellulose (which is found in the cell walls of fruits and veggies) can't be processed by the human

digestive system until steaming/boiling breaks down these cell walls, allowing the nutrients to be released. Whereas boiling has approximately 25-35% of nutrient loss. These methods are mainly used for pasta, rice, potatoes and making soups.

Baking/Roasting

This cooking method destroys some unfriendly micro-organism in foods and is mainly used for roasting meats and baking bread and cakes. The higher temperatures and extended baking times destroy more nutrients, so if baking, you will get better results with vegetables and fish if you wrap them in protective foil or pastry.

Frying/Grilling

This is the least healthy option as frying requires you to cut and peel the foods before cooking them, so nutrients are lost as soon as you cut into them. Frying can add to your calorie intake but sometimes you can oil the food and not the pan.

Healthier than frying, grilling allows for high fat content foods to lose some fats during cooking.

Recently I have been making my own bread and found it cathartic to knead and pummel the dough and following the process to create loaves and rolls. This brings me to yeast and the chemical reaction that it has with grains and fruits. The yeast metabolises sugars, causing fermentation, which changes into carbon dioxide and alcohol, in bread dough, the carbon dioxide gas is trapped within the gluten strands, creating bubbles and causing the bread to rise.

While I was researching for this article I discovered a few interesting facts about cooking such as the maillard reaction and how cooking temperatures change our food. So, if you want to know more it's only a click away.

Whatever method you use to cook your food eating good food is a pleasure to be enjoyed.

Bon Appetit!

GIVE YOUR FAMILY A HEALTHY START!

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

NHS Grampian Health Improvement Team are currently working hard to increase the uptake of the Healthy Start Voucher Scheme in the AB24 area. Public Health are working hard with midwives, health visitors and any other people or establishments that work with pregnant mothers or families with children under the age of four years to encourage them to claim for Healthy Start.

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

Income support OR

Income-based Jobseeker's allowance OR

Income related Employment and Support Allowance OR

Child Tax Credit (with a family income of £16,190 or less per year)

Universal Credit (with a family take home pay of £408 or less per month)

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

You can pick up your Healthy Start forms from your local GP surgery, the Department for Work and Pension, or you can download and print the form from www.nhsgrampian.org/healthy-start and send to the freepost address advertised on the NHSG page.

Your form must be countersigned by a midwife or health visitor or practice nurse prior to sending.

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

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





LAUNCH OF THE TILLY-WOOD STREET DESIGN PROJECT

Communities invited to help with design of improvements to Woodside and Tillydrone neighbourhoods

Residents and stakeholders in and around Tillydrone and Woodside in Aberdeen are invited to take part in a community-led design project.

The project, recently launched on Wednesday 19th September, is run in partnership by Aberdeen City Council and Sustrans Scotland and funded by the Scottish Government funding through Sustrans' Street Design Programme.

It builds on the street audit undertaken by Living Streets in 2017 with residents which identified potential solutions to address road safety along Hayton Road. The project team now want to develop a concept design that aims to strengthen the connection between Tillydrone and Woodside.

Between July 2018 and June 2019, Sustrans will work in partnership with Aberdeen City Council and the local community to:

- Redesign public spaces so they feel safer, more attractive and sociable places to spend time in;
- Make it easier for people of all ages and abilities to travel on foot and by bike to local facilities in the area;
- Improve community connections between Tillydrone and Woodside; and
- Motivate and empower residents to influence decisions affecting them and their environment.

Emily Davie, Street Design Project Coordinator, Sustrans, said: "We are delighted to be working with Aberdeen City Council and the communities of Tillydrone and Woodside to improve the connection for people to move actively around the neighbourhood.

We are inviting all residents and stakeholders of the local area to come along to share their knowledge and ideas for change. We will be running engagement sessions and workshops in the local area from September 2018 to May 2019 to ensure we put forward proposals that work for the

whole community. Whether you live, work or travel through the area, we would love to hear from you."

Residents, businesses and stakeholders attended the first public drop-in event on Wednesday 19th September and shared their local knowledge on the area and ideas for change. This was a great start to the project and the information gathered will help shape ideas for the designs of the project area and will feed into our hands-on design workshop in November.

To find out more about the project and see what events are coming up in the area visit the Tilly-Wood Project website - tillywood.commonplace.is/about

For more information please contact

Emma Williamson
Sustrans Scotland
Communications and
Promotions Officer
Email: Emma.Williamson@sustrans.org.uk
sustrans.org.uk
Tel: 0131 3461384

Insulation Support from Scarf and City Council

Award-winning social enterprise, Scarf, was founded in Aberdeen in 1985 and has grown to offer a number of services to households and businesses across the North-east of Scotland.

For householders struggling with high energy costs, fuel debt and warmth related problems such as condensation dampness, our Home Energy Advice Team (HEAT) funded by Aberdeen City and Aberdeenshire Councils offers free home visits to anyone regardless of tenure and our highly trained Energy Advisors can act as a third-party champion on your behalf to deal with energy suppliers and other bodies. Through simple things like switching energy supplier or tariff or educating households on effective use of heating controls, our team can help you save hundreds of pounds a year on fuel bills. To speak to a HEAT advisor, call 0808 129 0888 or visit www.scarf.org.uk/heat

Working in partnership with local authorities, Scarf manages a number of home insulation programmes across the region. Currently we have a scheme offering free loft, underfloor and cavity wall insulation to households

across Aberdeen City (not council tenants) which meet any one of the following criteria: Council tax A-C, householders with a child under the age of five, anyone in receipt of state pension, any household within postcode area AB11 8-9 AB16 and AB24 as well as private landlords who rent out only one property. To check your eligibility call Home Energy Scotland on 0808 808 2282 or email warmeraberddeen@scarf.org.uk.

Referrals for this programme are being taken until January 2019.

Thane Lawrie, Scarf Chief Executive, said: "Scarf has been operating in Aberdeen for more than 30 years and many people will know us through our insulation projects of years gone by, however we have grown into a business which can offer a range of energy services for households and businesses and we are proud of our amazing track record for customer service and commitment to the eradication of fuel poverty and lowering carbon emissions."

To find out more about any of Scarf's services call 01224 213005, email info@scarf.org.uk or visit www.scarf.org.uk.



Pathways in Woodside

Pathways have been actively working in Woodside and Printfield helping people to find work for a number of years now and our Employability Keyworker, Andrea McDougall, meets with people looking for help at the Woodside Community Centre, Aberdeen on Mondays from 2 to 4pm.

Andrea has helped many people from the area to find work across a number of industries and types of jobs. One of Andrea's clients had worked in the hospitality industry successfully for a number of years but had been paid off and had found it difficult to find a new position. During this period their Personal Licence required to be renewed and they could not afford to do this. Andrea applied for funding and the client successfully passed their refresher course. With new licence in hand Andrea helped them to apply for a number of positions and they were successful in gaining employment.

Pathways help people from the age of 16 upwards and from all backgrounds and help to identify the job or training that is right for you. We also help you to develop a plan to reach your job goal, help with CV's, assist in completing application forms and we also have access to funds to remove barriers to work e.g. clothing or equipment needs.

If you would like help to find work you can contact Andrea McDougall by phone on 01224 682 939 or by email at a.mcdougall@pathways-online.org



Alcohol and Drugs Action in Kittybrewster

Alcohol and Drugs Action (ADA) is currently running a drop-in at Kittybrewster custody suite. This came about mainly due to the work we do within the custody suite with people who are detained and/or charged with alcohol or drug related offences.

Kittybrewster Custody Suite have given ADA a room which we can use every Tuesday morning, so members of the surrounding communities can access support. The drop-in is open every Tuesday morning from 9am-12pm for people living in the community including Woodside. People can attend and get immediate advice/information/support with regards to their substance use including alcohol. We can also refer to appropriate external organisations such as housing, financial services and the NHS services to name but a few.

We also offer support to families who are concerned about their family member or friend's alcohol or drug use.

Though the drop-in is based on the same premises as Kittybrewster custody suite it is an ADA run drop-in and is a confidential service.

To access the service, you can give Donna a call on 07718772721 and I will be there to meet you at the front door. The custody suite at Kittybrewster can be found at 52 Great Northern Road.

GRAMPIAN WOMEN'S AID Why doesn't she just leave?

When we talk about the brave women who found the courage to escape domestic abuse, we're often asked the same question: why didn't she leave sooner?

For many people, it seems like the obvious solution, but for women experiencing domestic abuse, it's never that simple. There are a number of reasons why they stay.

Fear

Most of the women we talk to have stayed with their partners because they're terrified of the thought of attempting to leave, for fear that they will be in further danger. Simply leaving the family home doesn't immediately mean safety and perpetrators will often do everything in their power to retain control and persistently intimidate from afar.

Children

Often, the women we support also have children to think about. Taboos surrounding refuge accommodation can be a barrier between women moving themselves and their children to safety, especially if it means removing children from a comfortable and familiar family home.

Shame and guilt

After months, and sometimes years, of abuse, perpetrators know exactly how to make women feel ashamed and worthless. It can be difficult for women to believe that they haven't done anything wrong and don't deserve the abuse. Often, women stay simply because they don't want

anyone to know what's going on behind closed doors and worry that they won't be believed.

Financial dependency
Domestic abuse isn't just physical. Coercive control is a pattern of controlling behaviour that intimidates, humiliates and isolates victims, and financial control is a key part of this. By limiting access to money, perpetrators can easily isolate women from their friends and family and ensure they are financially dependent on them for food, clothing and essentials for their children.

Hope

Many women believe he can change or that things will get better eventually. Often, perpetrators will switch between two personalities which can be confusing if the perpetrator is upset and remorseful after abusive incidents.

Love

Despite everything, she still loves them. This can be the most challenging barrier to overcome.

If you think you might be experiencing domestic abuse, we can help. We'll never judge you and can find a safe place for you and your children.

Safety planning is the most important thing when considering leaving an abusive partner, so call us on 01224 593381 for free, confidential advice and one-to-one support.



WOODSIDE JUNIOR CLUB

Woodside Junior Club meets every Tuesday between 6 and 7:30pm in Woodside Community Centre. The club is open to all Primary One to Primary Seven children.

The kids take part in loads of activities including arts and crafts, board games, air hockey and much more. There's a tuckshop available during the sessions too.

Project news



Free Meal Monday Christmas Special 10 /12 /2018

01 Fersands Christmas Free meal event starts at 5.30pm on Monday the 10th of December.

Everyone is welcome!

Beware it will be busy, and some will have to wait. If you can come along a bit later at 6.30 or 7pm for the second service when it's usually a bit quieter.

The Fersands volunteers will be working tirelessly to ensure a good meal and nice atmosphere is enjoyed by all who come!

Fersands Free Meal have been on the go for four years and have served at least 1500 free meals in the community! Fantastic service please support it and show your appreciation to the dedicated volunteers who make this happen.

Junior Club Making Moves

02 In October we started dancing classes for local P1-7 children. A professional choreographer comes every Thursday from 4-5pm to teach children hip-hop and other dance styles. This fantastic free opportunity gives children a chance to improve their confidence, express themselves and show they can achieve whatever they put their mind to as long as they are willing to work hard for it. Our young dancers enjoy the loud music and some cool moves every week.

Also, the sports club for wider community is back. Every Monday 6-7pm at Woodside Community Centre, P4-7 play sports games and do variety of exercises to maintain their physical health and improve their skills.

Please come and register your child if you are interested! For more information come and see Almas at the Project Office.

The Wall came tumbling down!

03 It's happened: the wall is down on the Fersands Family Centre. The dividing wall between Nursery and Two's groups is finally down. Although the groups have actually been mixed for some time now the old physical barrier has now been removed. This will create more space in the room, for children to walk around and choose where they play. It will hopefully be easier for the workers too to supervise the children's learning and to positively intervene and enhance the children's play and develop their learning opportunities. We want to offer a modern good quality childcare setting for the children in our area. We aim to provide a nurturing and stimulating environment where 2-5-year olds can learn together, where the emphasis is on their learning and helping them have the best start in life. The wall came down during the first week of the October School holidays when there was no children present. The youngsters got a great surprise when they went back after the holiday to see the changes that had been made!





Woodside Congregational Church's 200th Anniversary

Nicola Watson

The 24th November 1818 won't mean a lot to people these days. But 200 years ago, this date made a huge difference to the people in the then Burgh of Woodside. This date is when the first church was established.

Prior to this there was no place of public worship and those that did wish to attend a service made their way to St Machar's Cathedral or Gilcomston Chapel of Ease which were the closest at that time. A great number of people have come through the doors of the church; for baptisms, marriage or burial, and of course as members too. But this isn't a history lesson this is a celebration and a look towards the future.

The current congregation of Woodside Congregational Church meet in the Printfield Portababin behind the Spar on Clifton Road. They are currently planning how they are going to mark the date. A book is being written continuing on from the "Records of the First Church in Woodside, Aberdeen (Independent or Congregational) 1818 to 1945" by Robert Duthie. The book will contain a more recent history of the Church as well as reminiscence by past and current members. A Praise and Worship Celebration Service with buffet is planned for the big day.

The Rev. Andy Cowie minister of

the church said: "The congregation are really positive about the future of the church and how it can help further in the community. They may be small in numbers but are willing to help wherever they can. They run a craft club for primary school children in the Hilton Community Centre, have both Boys' and Girls' Brigades, run a summer playscheme with summer camp, as well as outings for the children who attend the clubs. There is a ladies' group and a men's group which meet weekly for coffee and a chat. As well as helping out at the Charity Shop on George Street to raise funds to help the outreach into the local community. Members are always looking out for ways they can help further, they even put in a bid for the Burgh Hall to try and secure it for the local community. We are here to serve our God in the community of Woodside."

A member of the congregation said: "I can't believe that it's 200 years that our church has been in the Woodside area. We're really a part of the fabric of the area. Today we may be a small congregation but there are still people who remember us and had some connection to the church. This really is a good time to celebrate, 200 years service to the community is incredible, and we've got a special service planned for

Saturday 24th November 2018 as well as the book and are really positive about the future of the church. Like all churches, we pray that new members will come through the doors and become involved and help us with the vision we have for the future of the church. Everyone is welcome!"

If you would like to come along to a Service, they are held at 10am every Sunday in the Printfield Portababin, with communion the first Sunday of the month.

If you would like to get in touch, you can contact the church or find out about our work with children/youth at enquirieswcc@gmail.com visit www.facebook.com/woodsidecongregationalchurch or call Rev. Andy Cowie on 07715 279478.

WHAT IS CONGREGATIONALISM?

Congregationalism is a form of Church governance where each Church is independent in the management of its own affairs and each member has a voice in decision making.

Photo credit: Neil Williamson

For These Are My Mountains

I've been saying it for years. I've got to get out for some fresh air and exercise. I'm over sixty now, and well out of shape. Something like golf or the gym has no appeal. I really have to get out into the hills. There's nothing quite like being out in the wilds, and here we are in Scotland, one of the world's last wildernesses. All you have to do is get on a bus. And now I have a bus pass...

First port of call was good old Bennachie. It's only a short bus ride to Inverurie (get on their stop past the Haudagain roundabout, get off at Pitmeddon). It's like a mini mountain range right on our doorstep and just right for getting the hill legs back into the swing of things. Aquhorthies Stone Circle and the Mither Stane are well worth a visit while you're there!

So then, (when you're getting into some kind of fitness) a good

choice is the long distance trails. You have to decide whether to go on your own or with another person or a group. It's great to share an adventure with someone else, but on the other hand you're more likely to have a real adventure on your own.

The Great Glen Trail was the one I went for. It goes from Inverness to Fort William. A bit harder and less busy than the West Highland Way, but not as formidable as something like the Cape Wrath Trail. It's about seventy miles long and takes four or five days, depending whether you take the high or low road. Again, there's loads of history on the way. I took a bivvy bag and crashed out in the woods all the way down, staying in a hostel (there's lots of them) to have the luxury of a shower and a soft mattress. One aspect of a trip down one of the old trails is the people you meet. They're usually friendly enough, and if you're on

your own you can usually mate up with someone.

Now I'm ready for some mountains. I've got some winter walking plans on the go. Beginning with an easy Corbett or two (under 3000 feet) before having a go at the Munros (over 3000 feet). Next spring I'm planning to tackle a hill called Beinn an Eoin on the west coast. The gaelic means 'the hill of the birds', by a loch called the 'lake of the night'. The Earth is 4.3 billion years old, with Torridon a mere 2.6 billion. And this hill has a view over the whole range.

Who needs lots of money to go on holiday? It's amazing what you can do with a rucksack, a bivvy bag and a bus pass!

TIP: You can get some amazing deals on Scotrail if you book far enough in advance. e.g. Aberdeen-Kyle of Lochalsh £15.

James Douglas



shmuFM

Community

Newsdesk

Do you have an event taking place in Middlefield, Northfield, Cummings Park, Torry, Woodside, Seaton and Tillydrone and would like us to advertise it?

ShmuFM has a community newsdesk where community groups and charities can promote their activities for free. If you have things happening in any of these communities let us know and we'll promote it for you.

Message us on Facebook or email newsdesk@shmu.org.uk.



Upcoming Fundraising Events

As regular readers of the Woodside Free Press will know the shmuCREW are currently fundraising for money to move back to our Woodside building.

At the time of print we had raised around £4,500 and have several fundraising events coming up.

Pub Quiz #3 at East End Social Club in Seaton on Friday the 23rd November. Tickets cost £4 and you're allowed a max of 5 in your team.

A night of Soul Music with shmuFM's very own Whole lotta Soul hosts, Eddie and Acky on Saturday the 1st of December at shmu. Tickets cost £5 and include a raffle strip.

Christmas themed Rock 'n' Roll Bingo on Tuesday the 18th of December at shmu. Tickets cost £6.

All tickets are available from shmu (202 Ashgrove Road West) or by emailing Frieda on [frieda](mailto:frieda.strachan@shmu.org.uk).

strachan@shmu.org.uk. They are also available online by visiting our BT My Donate page: mydonate.bt.com/charities/shmu and clicking on the event you would like to attend.

We would love to see you along at any of these events. The money raised will go towards ensuring the best experience possible for our volunteers, programme participants and visitors to our studios. There is still a long way to go before our efforts are done!

Thank you so much to everyone who has helped us Pave the Way to Woodside by donating, attending events and organising their own! If you would like to hold your own fundraiser, or want to chat about a fundraising idea you have, get in touch with Frieda to get one of our fundraising starter packs! frieda.strachan@shmu.org.uk or 01224 515013 for more info!



Pete the Punk

public image limited

LOVE him or loathe him, John Lydon has made a major contribution to the culture of our times. More than 40 years since he exploded into public consciousness as Johnny Rotten, snarling vocalist of iconoclastic punk band The Sex Pistols, he remains a much talked about, often divisive figure.

Despite an inclination to court publicity through making controversial statements akin to those that have punctured the reputation of ex-Smiths singer Morrissey, Lydon seems to thrive on adversity and always has. Ever his own man, he walked away from The Sex Pistols following a tumultuous US tour, when manager Malcolm McLaren pulled one stunt too many in announcing the band was flying to Brazil to record with Great Train robber Ronnie Biggs.

While his bandmates jetted off to Rio, Lydon returned alone to London. He could have taken the easy option, gathered together a few new wavey musicians and churned out a Sex Pistols Mk II that might have sunk without trace. Instead, he formed Public Image Limited (PiL) and went on to produce some of the most influential recordings of that era.

Fast forward to 2018, the post-punk behemoth that is Public Image Limited rolls into Aberdeen for the first time since 1986, when a tumultuous appearance at the late, lamented Capitol went so utterly pear-shaped, Lydon vowed he'd never return to the city.

It has taken 32 years but he's finally relented, leading his band onstage at The Assembly, a former cinema fast becoming one of the city's best smaller venues. Tonight, the place is rammed, and Lydon and his crew are greeted with an almighty roar.

A quick, "Hello Aberdeen," and PiL launch into a fullblooded, entirely apt version of 1989 single Warrior. At 62, a bespectacled Lydon these days rather endearingly reads his lyrics from a portfolio he's carried onstage, old school but very cool for all that.

With the band in full swing behind him, Lydon peers at us over his half-moon, Dumbledore-style eyewear. Any doubts we have as to whether the old warrior still has it are dispelled the moment he opens his mouth: the old magic is still there.

I've seen PiL three times over the years but this marks my first near the front of the crowd, the one opportunity I've had to see close at hand just how much Lydon puts into a show, the sheer love he has for what he's doing. He is quite magnificent onstage, his voice an astonishing force of nature despite the passage of years.

Lydon has often stated the present incarnation of PiL is the best ever. As the set progresses - a fine selection of singles and choice album cuts from across PiL's long and distinguished history - it is apparent just how comfortable

the musicians are with each other, razor sharp, tight as any band on the planet.

With Lydon to the fore, guitarist Lu Edmonds is happy to take something of a back seat. The saturnine ex-Damned man proves more than master of PiL's back catalogue, however, and provides the cutting edge over what is one of the best rhythm sections in the business.

The tunes we crave are all here: *Flowers Of Romance*, a tremendous, extended version of *(This Is Not A) Love Song*, *Death Disco*, *Cruel* and set closer *Rise* (a full house singing: "*Anger is an energy*," can be no bad thing - it's just a pity we couldn't channel that collective rage into our outside lives and use it to push for positive change) - and then we're into the encores.

As the band kicks into magnificent debut single *Public Image*, every middle-aged drunk in the place takes it as a cue to relive their youth by throwing themselves around with scant regard for life or limb - their own or anyone else's - an almost comic hysteria barely softened by the opening chords of *Open Up*, Lydon's 1994 collaboration with dance wizards *Leftfield*.

A certain calm is restored as *Open Up* segues into *Shoom*, one of three tracks taken from 2015 release *What The World Needs Now*. Lydon at his sardonic best, his cynical yet playful assertion that "*It's all bollocks, innit?*" takes us full circle back to 1977, when the use of that word in the title of the Sex Pistols debut album led to the band being charged with obscenity and taken to court where, to the delight of all, it was eventually thrown out.

As the last notes fade away, it seems appropriate to recall Lydon's famous question of an earlier era, when he mischievously asked of an American crowd: "*Ever get the feeling you've been cheated?*" Tonight, it's safe to say, after this tremendous performance, that no one has. Thirty-two years on, all has been forgiven.



Community Contacts

Alcohol

Alcoholics Anonymous 0800 9177 650

Drinkline 0300 123 1110

Crime

Crimestoppers 0800 555 111

Drugs

Drugs Action Helpline 01224 594700

Dentist

Emergency - G-Dens 111

Doctors

NHS 24 Emergency 111

Electricity

If you have a power-cut 105

Family Planning

Aberdeen Community Health and Care Village 0345 337 9900

Gas

Gas Emergency 0800 111 999

Gas emergency with a meter 0845 606 6766

Housing

Emergency Repairs 01224 219 282

Call Centre Emergency 0845 608 0929 or 116 123

Police

Non-emergency 101

Samaritans

Need to talk 01224 574 488 or 116 123

Social Work

Social Work Duty Team 0800 7315520

Emergency Out-Of-Hours 01224 693936

Young Carers

VSA 01224 212021

Water

Scottish Water Emergency 0800 0778 778

CFINE 01224 596156

Pathways 01224 682 939

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

Community Information for Woodside

Woodside Community Council

Meetings are held on the first Tuesday of every month in the Fountain Grange Common Room at 7pm

Contact: woodsideccsec@gmail.com

Fersands and Fountain Community Project

01224 524925

Printfield Community Project

01224 276788

Woodside Fountain Centre

01224 485983

Woodside Library

10am – 1pm 2pm – 5pm

Contact: 01224 484534

Woodside Medical Practice

8am – 6pm

Contact: 01224 492828

Woodside Network

Contact: printfield@printfieldproject.co.uk
or 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

Opening hours: 9:30am – 4:30pm every weekday except Wednesday (12:30pm finish on a Wednesday)

Cash in your Pocket

Info: Working with partner organisations to reduce inequalities for people living in economic disadvantage within Aberdeen City and Aberdeenshire.

Phone: 0800 953 4330

Citizen's Advice

Info: Aberdeen Citizen's Advice Bureau gives residents of Aberdeen free, confidential and impartial advice on a range of topics including benefits, debt advice, work related problems, immigration and housing.

Opening times: Wednesdays 10am-3pm in Woodside Community Centre

Legal Advice

There are law students who visit Woodside Community Centre every second Thursday. Their sessions started on the 26th of January and will run every two weeks from then. If you need legal advice you can visit them between 5:30 and 7pm in the centre.