

woodside free press

Spring Edition 2021



Image: Laura Davidson

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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.

Within this magazine we have news from Fersands and Fountain Community Project, UDecide Participatory Budgeting and a feature celebrating inspirational women in Woodside. We found out loads in our research so we may look to do more features like this in the future.

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**.

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.

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LET'S GO FOR A WALK!

Laura Davidson

Covid and lockdown restrictions have meant a lot of us have been exploring our local areas more. Woodside Free Press magazine volunteer Laura has been out doing lots of walks in the Woodside community and has put short guides together for you if you would like to try them.

Walk 1 – go down past the shmu building and keep going past the care home and down the steep lane, past the electricity plant and there is a path around the new Cala houses they are building. I walk up another hill and it takes me on to Mugiemooss Road then back to Great Northern Road. There is also paths to go off to the river. I would say this is about a 30-minute walk.

Walk 2 - Through Tillydrone and down to the river, follow the path and then through Donside Village and follow the path to Seaton Park. I would say this is about a 45min to an hour walk as you can take lots of detours in the park.

Walk 3 - Walk up to Stewart Park, come out the other side and you arrive in Hilton. Then keep going down to six roads roundabout, straight down and land up at Westburn Park. I would say this is about a 30 minute walk.

Walk 4 - Walk down to Grandholm, across the bridge and there is a path that takes you along by the river and you come out in a big playing field. If you keep walking you come out at Tesco or you can turn back.

THE BENEFITS

- **Walking improves your circulation, wards off heart disease and lowers blood pressure.**
- **Your body will release natural painkilling endorphins through exercise. Research done by California State University showed that the more steps people took during the day the better their mood was.**
- **Walking will tone your legs and abdominal muscles. It also increases your range of motion, shifting the pressure from your joints to your muscles. This also improves your balance.**
- **It can also relieve insomnia and improve sleep, walking more can also increase your energy levels.**
- **Walking helps clear your mind and is a great way to unwind if you are feeling stressed or overwhelmed.**



It's OK Not to be OK



Nicola Watson

On Monday 23 March 2020 the UK went into a full lockdown due to the Covid-19 pandemic. A year on, did any of us think we would still be living with some level of restrictions and uncertainties? Some may have seen it coming, some may have hoped it wouldn't and others, well... But one thing we can all agree on is that we all failed when we answered the question back in 2015, "where do you see yourself in 5 years' time?"

Some people seem to have thrived working from home and limiting their human contact, whereas others are chomping at the bit to find a cure for cabin fever. The physical signs of lockdown are easy to spot. Tight fitting clothes or a sudden preference for lounge wear but the mental signs are harder to see, and these are the ones that can hit us the hardest. Mental health is something that doesn't get talked about until something goes wrong and this is when it is often too late.

Back in the 1980s it was quite rare to meet someone with a food allergy but now you can spend an extra five minutes at the sandwich shop while someone reels off all of their intolerances to food! Mental health issues on the other hand have been the close companion of humans since the dawn of time. So why aren't they talked about the same way that we talk about physical illnesses? If you have a physical disability, have broken a bone, scraped a knee, or have a scar, people will see it and either be understanding or they won't. There can still be a stigma, but people can see that a person is unable to use a tin opener if their arm

is in a cast. What about if a person is paralysed by fear, are people as understanding? What if a person has severe depression and can't get up one morning, are people as understanding then?

It's difficult when you can't see something to understand what's going on. But for centuries people have tried to hide mental illness, it wasn't talked about to the point that family members could be placed in asylums and never spoken about again! Many see it as a weakness, something to be hidden. In the UK people have been taught not to talk about their feelings, to 'keep a stiff upper lip.' Leaving generations of people unable to show affection for their children or their parents. In today's society there is still a strong stigma attached to mental health to the point that people try to show themselves larger than life. On social media there are billions of posts showing how great a day people are having. Pictures of meals, pets, new clothes, video games, sunsets, strange or funny street signs and people with fake smiles plastered to their faces. How much of this is actually reality, and what is the reality that people wished they had?

What goes on behind the camera? A mother screaming at their child to look happy with the activity that has been chosen for them. Thousands of photos deleted that didn't capture the feeling that the mother wanted to portray. The kid just wanted to play with the box rather than the thing inside, but we can't have that. So called influencers bombard social media with countless images of what they class to be the acceptable

norm. "Choose this clothing brand it will make you happy! Choose this make up, it will make everyone fall in love with you!" But the truth? Sponsorships, bribes, 'free samples,' contracts, are people truly free to make an informed choice or be comfortable with who they are? There are so many negative influences, body shaming, lifestyle shaming, fat shaming, simply shaming. If you don't fit the template, then we don't want to have anything to do with you."

Becoming a teenager is a difficult time. Everything is changing, your body, your mind, your feelings, your skills. People can feel clumsy as they get used to their increasing height. Hormones are flooding every nook and cranny taking you on an emotional rollercoaster and don't even talk about the feelings that start developing for completely random people sending you ducking for cover to hide the traffic light red on your face every time they walk past! Not to mention your mind changing as your understanding of how the world works changes. Some people appear to just go with the flow and cruise through. Others struggle, questioning everything and thinking there is something wrong with them at every turn. Then there are those who you really don't know what's going on with them and you try to give a wide berth in the hope of keeping your head attached to your shoulders.

It doesn't get any better when you're an adult. There are those who seem to have it so together. They drop the kids off at school, head to work while arranging play dates, food shopping and paying a couple of

bills. Then they arrive at work solve a couple of major problems, have lunch then head off to collect the kids while planning the week's meals and dropping them off at their after-school activities. It's superhuman. I'm just excited when I get me and the kids out of the house on time! How do they do it? Most of them don't, it's one of those 'life lies.' People feel that they have to show the world that they are coping, that they've got it all figured out and everything is perfect.

Unfortunately, it's often those who need help. The illusion that we are coping can often be more harmful than the truth that we're not. By setting unrealistic goals, only posting the perfect pictures and deleting anything that doesn't fit with our own personal narrative are we really living our best lives? And are we really doing the best by our children? It's OK to not be OK! Asking for help is not a weakness, it's actually a sign of strength. To recognise what we can and can't do with or without help. To recognise when we're doing too much, or things are not just quite right. When we recognise how we are doing that is true coping. Our children look to us as an example of what they should be doing. If they see us running around doing 100 things, not showing our true feelings and pushing all the negative deep down into ourselves and not expressing how things are, then they think that's the norm.

Give your children the best chance, let them see that it's OK to feel, the good as well as the bad. They are both a part of us, it's how we choose to react that makes us who we are. We are allowed to feel and we shouldn't hide from it. If we are upset that's OK, we are allowed to feel that if something has happened. It's when it doesn't go away and gets worse that we need to talk and see

what's going on. Sadly, there are so many examples of people who have taken their own life because they thought they had to hide how they were feeling. That somehow there was something wrong with them for feeling the way they did when everyone else seemed to be doing fine. The people who seem the life and soul of the party, who are so full of fun and laughter can often be the ones suffering in silence.

When you are lucky enough to meet a friend or family member under the current restrictions or phone/text/video call them; ask them how they are doing. But don't just ask. Listen to the answer. And try the two times approach. Ask them once, listen and talk for a bit and then ask again. We are all experts at giving the automatic pilot answer, 'yes, I'm fine. How are you?' When someone asks us how we are. And how often do we truly listen to someone's response? Did it sound genuine? Was it in keeping with their character? Asking someone twice shows that you are genuinely wanting to know how they are and that you are not accepting the go to response. Keep in touch with people

even if they seem like they're doing fine. Let them know that you care about them and what is going on in their lives, that you're there for them. The same goes for anyone you have contact with. No-one should feel that they're alone and have no-one to turn to. Remember asking for help is not a weakness, it's a strength!

Life is hard, there's no sugar coating that. But when we have the right support in our lives, we are able to accomplish so much and get through a lot more. Don't ignore the negative because you'll be saving up problems for tomorrow. We still don't fully understand our mental health and how it can affect us, and we need to stay healthy mentally as well as physically. Just because you can't see how someone is struggling or stick a plaster over the hurt doesn't mean that it's any less valid when someone has a mental health issue. It's not a case of cheering ourselves up. We can't just go for a walk and stick a smile on our face to make everything better. Talking is the first step but listening is also important.

Be there. Be kind.





UDECIDE IN ST MACHAR

The concept of Participatory Budgeting is well known in the St Machar area of the city and has been done for the past few years to help local people decide how money should be spent in their community. This year the event had to take place virtually and successful projects were awarded funding:

Help is All Around

Since March 2020 the Woodside Junior Club has had to be closed. A lot of the kids enjoyed their club as it was their way of getting out after school in a safe surrounding. Since lockdown children have been indoors a lot more and folk are finding it harder as food bills go up, along with gas and electric. People on low incomes are struggling more and on top of that there are issues with people losing their jobs. The team at Woodside Junior Club have tried as

much as they can to help people and have been signposting people who need help and they can now help more by providing food vouchers, money for gas and electric, phone top ups etc.

We Play

Printfield Community Project are going to be supporting children aged between one and two who don't have access to nursery by providing weekly play sessions. These play sessions will encourage development, improve social skills, build emotional confidence, encourage physical activity, support learning and creativity through play. Sessions will include outdoor play, planting and growing, messy play, dance, arts and crafts. Children will benefit from a positive and stimulating environment, social interaction, encouragement, support

to meet important milestones, a smoother transition on to nursery.

Jim Duncan from the Printfield Community Project said: "Thanks to the UDecide funding the community project will be able to support children from the area to benefit from a comfortable and caring environment which will support them through important milestones as they grow up. What we hope to do is encourage friendly interaction between the children while working closely with their parents and carers to develop social skills."

Fit Like Benches

While most people have relied on being outside and spending time in their garden during the Coronavirus pandemic, a significant number of people in Tillydrone live in flats with no access to their own outdoor

space which can lead to isolation and health issues. We need people and connections and in order to get this we need to be visible. On a walkabout, my daughter suggested we should have picnic benches all over Tillydrone as there's so many nice grassy bits they could go on and it would be good for people like us who live in a flat to sit outside and enjoy the sun and just chat to people. There will be sets of two benches being installed in the community so while we're still socially distanced we can become socially connected. There are five proposed sites for the benches and the community will be asked to vote for where they would like the benches to go.

Proposed bench locations include:

St Machar Park

Green space between Formartine Road and Coningham Gardens

In between the high rise buildings

Tillydrone Play Park at Gordon's Mills Road

Between Alexander Drive and Dill Road

Storehouse Foodbank Hub

Catalyst Vineyard Church have experienced an increased demand for support from their Storehouse Foodbank due to Covid. The group has secured premises in

the St Machar area which will help support those in the area who need help with food, clothes and household products.

Kendall Thow from Catalyst Vineyard Church said: *"It means that we can top up our food reserves. We rely on donations from the public but sometimes these donations can dip as people's situations change. It is vital that we always have food on hand for the hundreds of people who need it, so having a bit of a reserve is always so helpful."*

"We would also love to extend that support to include referrals to our free debt help service through our CAP debt centre, parish nursing services, and befriending services. Our hope is that this Storehouse Hub would become a meeting place (when regulations allow) for many of the services that we supply already, like drop-ins, and be a great community resource."

Earth and Worms

The group want to alleviate food poverty while providing a safe space to help people with their mental health. The project started in March 2020 and has developed from an idea to a place where we can utilise waste and produce food. We use natural solutions to sustain our growth with worms playing an important role here by producing a highly nutritious fertiliser for the plants

we grow. This and other elements bring other people into the space to learn about natural ecosystems and more. The team wish to use the funding to put up a polytunnel in a bright and sunny area of the site creating enough room for everyone involved to sew, plant and harvest fruit and vegetables. The polytunnel increases the growing season and improves crop yields which would mean we could provide fresh and local food to community venues like the flat and the campus for individuals to pick up.

Aberdeen Lads Club Little Learners and After School Club

Due to the Coronavirus pandemic, Aberdeen Lads Club has had to ensure the children who attend their nursery and after school club play outside no matter what the weather is doing. To be able to ensure they can stay safe and dry while playing outside they want to purchase all weather suits in order to make sure that the children stay safe and dry while enjoying outdoor experiences. The funding for the suits will ensure the children and young people have suitable clothing without adding any more financial burden to the families. They also want to put up some screening in order to protect the nursery children from some of the harsher weather and to ensure more privacy for the nursery.



Wellbeing Health Hampers for the Local Teens

An idea was formed to make Wellbeing Health Hampers for local young people by Claire Whyte, Senior Development Worker at Fersands and Fountain Community Project and was funded by Youth link Scotland.

Claire said: "We have a long history of supporting young people but the last year has been very difficult for many teenagers. We wanted to show that whatever happens we are here for them."

The team at Fersands were able to provide a wonderful hamper to our local young people. Inside the hampers there was loungewear, socks, slippers, face masks, sleep eye masks, healthy variety of food, snacks and drinks, deodorant, toothbrush and paste, bath bomb, shower gel, adult colouring book, pencils, wellbeing journal, a reusable flask, mental health worksheets, affirmation cards, and mental health information and contact details provided by Mental Health Aberdeen.

Each hampers had around £50 worth of goodies inside for the young people, the youth work team delivered 43 hampers and carried out a small survey with the young people to ensure they knew our services are still running and where they can get support.

We hope this is the start of a fantastic partnership with Mental Health Aberdeen by working together to provide a more localised service to young people regarding mental wellbeing.

We have received some very positive feedback from the young people and parents.

Shireen: "Thank you so much for the care package you gave to Kaela yesterday, she was so happy with it and went and put her jammies on straight away. What you all do for the kids is just amazing, Kaela is starting to come out of her shell with the online music club and both tutors are just lovely and understanding with her. You all show how much you care about the kids and what you do is so appreciated."

James said: "Wonderful and thoughtful wellness hamper."

Michelle said: "It's been a strange year and these excellent workers and volunteers have kept going and made time for us all. Zooms, quizzes, competitions, clubs, Christmas treats, and they are available if they need a chat. Thanks again from all of us

Kayden said: "I'm overwhelmed with the kindness and thoughtfulness of it."

Michelle P said: "My daughter just had a wellbeing check at the door by some of the project staff and been given a bag of gifts containing lots of handy treats and gifts. These teenagers have had a terrible year missing out on so many things and the kindness of these workers is second to none the advice and encouragement they give is awesome. I've one delighted girl tonight that's for sure."

Julie said: "Thank you guys all so much, I was absolutely blown away with what was gifted to the boys and me. It's really cheered us all up! The work you guys do is fab, thanks again."

Agnieszka said: "I just want to say a big thank you because of the present from yesterday. You and your team are doing such a lot for other people from our area. Thank You, my daughter loved the presents from you."



Goodbye to Dudes

Ian Armstrong (Dudes) died suddenly at the beginning of March. The colourful Woodside character was well known for his voluntary work at Fersands & Fountain Community Project for many years. As a young man in the 80s he helped with summer play schemes and activities for children in the community. Later he became a Management Committee member and was heavily involved in food poverty issues working in the food coop, food bank and helping set up Scotland's first ever Food Pantry.

It will be his friendliness and humour though that he will be most remembered for. No one was safe from his cheeky and shocking banter. Loud bellows of laughter would be heard coming from the small shop space in Woodside Fountain Centre. Here he would hold court and entertain customers with his funny stories and naughty jokes.

Hundreds of people will be saddened with his departure as he gave thousands of hours volunteering every year and brought a smile to everyone's face, The Woodside Pantry is going to be a much quieter place without him in.



Bike Service

Fersands and Fountain Community Project has teamed up with Adventure Aberdeen to take advantage of a nationwide initiative to get bikes in regeneration areas serviced free of charge.

Adventure Aberdeen, part of Sport Aberdeen, was the first in the city to sign up to the 'Scotland Cycle Repair Scheme', a free bike repair and maintenance service funded by the Scottish Government and delivered through Cycling UK.

The scheme aims to remove barriers such as cost while encouraging active travel; allowing more people to take part in cycling through access

to free bike maintenance up to the value of £50 per person. The scheme welcomes all cycles; adult's and children's bikes, e-bikes and non-standard cycles (tandems, tricycles, handcycles and side-by-side cycles).

Adventure Aberdeen collects the bicycles and ensures they all get a comprehensive safety check and service at their bike workshop in Kingswells. Each owner receives a full report on the work carried out and gets a list of recommendations to increase safety.

So far 18 bikes from the Woodside area have received a free professional bike service, helping individuals and families to increase the amount of exercise they take part in, travel safely and reduce accidents.

Woodside Pantry

The Woodside Pantry is still providing a priceless service to community members.

Thanks to the fantastic support from CFINE and Fareshare and the team of volunteers that refuse to stop working, the wee shop at the Woodside Fountain Centre still sees eighty customers a week.

The socially distanced cut price shopping experience is still saving Woodsiders hundreds of pounds every week and bringing a touch of social contact for some isolated members. Even through the height of restrictions the service remained determined to support families and households in need. The Pantry not only gives Woodsiders a fantastic bargain but uses up the excess food from manufacturers and supermarkets that would otherwise have to pay to have it disposed of. So big business is saving money, customers are saving money and were reducing waste to help the environment. Well done Woodside Pantry!



WOODSIDE AND TILLYDRONE COMMUNITY POLICING TEAM UPDATE

As a Community Policing Team we are alert to public concerns affecting our area. In order to ensure that Woodside and Tillydrone are safe places to live, we are committed to combating those involved in criminality, monitor offending trends as well as priority offenders.

We are aware of the damage that domestic abuse causes to partners as well as wider family units and are committed to tackling domestic abuse, a priority for Police Scotland. In response the Woodside, Tillydrone and Seaton Locality Team have recently undertaken proactive

enquiries in relation to domestic offenders. As a consequence of the investigation work carried out, five individuals were reported to the Procurator Fiscal for breaching court-imposed conditions.

A further male appeared at Aberdeen Sheriff Court regarding a warrant linked to a domestic incident.

We are victim led, making sure that those exposed to domestic abuse are provided with the appropriate level of support, and if requested they are signposted to the relevant partner agencies. To further provide help

to victims we have continued work alongside local based organisations and charities who offer essential services and assistance to those who face violence, abuse or coercive behaviours at the hands of a current or ex-partner.

Our work will continue, and as a community policing team, we will remain visible and accessible within Woodside and Tillydrone, endeavouring to address the issues that you raise. I look forward to building on the successes already achieved during the coming months.

Covid-19 Lockdown & Self-Isolation Restrictions – help to stay safe

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

1. Have your phone charged and with you at all times in case you need to phone emergency services or a friend or relative to make that call on your behalf. Wearing clothes with pockets can help you carry your mobile with you easily.
2. If it is safe to do so, have a daily communication routine with a friend or relative outside your home at the same time every day. If there is a day you don't phone, your friend or relative will know to call you or to call for help.
3. Have a code word you can use with friends, family and neighbours you trust. Use the word if you need to contact them for help.
4. If you can, and it's safe to do so, carry a piece of paper with your details and a message that you can leave in a shop or, if you trust them, post through a neighbour's letterbox or under their door.
5. Know where the safest place in your home is if you do need to hide

– somewhere you can lock yourself in or where you can place furniture against a door to impede access.

6. If there are children in the home of a suitable age, ask them to memorise emergency phone numbers (make a game of it if you need to) and also to find the safest hiding places in the house.
7. Have an emergency escape bag ready with the basic necessities, ideally including all your essential documentation, medical papers and money, ready to take with you if you need to leave immediately. The bag should be hidden in a safe place.
8. Don't use your possible decision to go as a threat during a row. If you have taken the decision to leave, go without telling your abuser.
9. Remember, leaving your home because of a threat of this kind is an exceptional situation and it's okay to do so during local or national restrictions of movement during lockdown. The police, local authorities and women's aid offices are providing essential services and are there for anyone who finds themselves outside the home at any time of day or night due to threats of domestic abuse. In an emergency situation, or if you are concerned, still call 999.

Grampian Women's Aid are here to talk with you and support you.

Tel: 01224 593381

Email: info@grampian-womens-aid.com

Complete the "Contact Us" form on our website [HERE](http://www.grampian-womens-aid.com/contact-us/). (www.grampian-womens-aid.com/contact-us/)

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

Always, if you are in immediate danger, ring 999 for the police.

Women of Woodside and Further Afield

Nicola Watson

March is International Women's History Month, so we've delved into the vaults here in Woodside to discover some of its women of note. Here are some of "Oor Quines."

Mrs Jean Taylor

If you go down to the woods today... Well, you'll find the Woodies. Rewind a couple of hundred years and you would be standing in a quarry, the Hilton granite quarry housed on the Hilton Estate. A wee bit down the road and you have the area of Woodside which goes right back to a few wee cottages back in the early 1800s. In 1834, the area of Woodside was created when Woodside, Tanfield and Cotton (a corruption of the Gaelic "cuitan" meaning small fold) were joined. Fast forward just a mere 30 years to 1864 and it has become a police burgh. The area continued to grow steadily in size and became part of Aberdeen City in 1891. This is where we meet our first Woodside quine, Mrs Jean Taylor.

Mrs Taylor has been a figure of note in Woodside for quite some time but it is important that we don't forget those who have had a positive impact on our community. Mrs Taylor was the wife of John Taylor, a grocer by trade who both worked and lived in Barron Street in Woodside. Not the Barron Street beside Farmfoods today but one closer to Shmu. As a well-respected merchant in the community, the couple would have seen the majority of Woodsiders on a daily basis. They would have seen them through the highs and the lows. Usually the lows. Many

were struggling and children were missing out. And it was this that compelled Mrs Taylor to act. Upon her death, Mrs Taylor left a sum of money to create a playground for the children of Woodside, and the perfect opportunity was about to show itself. In 1891 Woodside was to become part of Aberdeen City, and to commemorate this event, the Woodside Burgh Commissioners and Town Council were working on plans for a park. Mrs Taylor's bequest was £500 which may not sound like much but in today's money it is roughly £65,700!

Up until this point, the Burgh Commissioners were unable to find a suitable site to position the playground. As talks of the burgh merging with the city progressed the Commissioners saw an opportunity to get their playground. And it was agreed that the Town Council would contribute to sourcing land for the establishment of a park for the community. The Town Council gave £4000 towards the project for the purchase of land from the former Hilton estate and the Stewart Pleasure Park with ponds, flowers, meandering paths, and playground was open on 4 June 1894. It was named Stewart after the then Lord Provost but the Burgh Commissioners wanted a tribute to Mrs Taylor for the 'Taylor's Children Playground' so a fountain was built in memorial to her in 1903.

The next time you visit the Stewart Park spare a thought for Mrs Taylor who always had the welfare of the people of Woodside at heart. She left provision in her will for her

community, so that even after she had gone some good could still be done.

Margaret Penny (1812-1891)

Margaret is known as a female explorer and pioneer. She was married to an Aberdeen whaling captain, William Penny (1809-1892). She spent a year, from June 1857 to August 1858, with her husband and son at Baffin Island in Nunavut Canada. It was extremely rare for a woman to travel on a ship back then as it was considered bad luck. But not only did she buck this trend but is considered to be the first European woman to winter in the Arctic islands north of Canada.

Margaret wrote of her journey nearly every day (except in winter). She described the weather, the state of the ships, how the crew were doing and information about the Inuit people she met. Back in 1832 when she was 19, she lived with her family at Hayfield Farm, Hilton. Her father, George Irvine, was a farmer. The Hilton estate was mainly farmland located on the outskirts of Aberdeen. The area has changed beyond anything Margaret would recognise today but the memory of Hayfield Farm has been retained in the street names of Hayfield Place and Hayfield Crescent.

I feel that Margaret would have been a formidable woman. She would have known her own mind and have been courageous to go on such an adventure and take her son with her. The Aberdeen Arctic Company Shareholders recognised her contribution to the exhibition by

presenting her with a silver tea set which now resides in the Aberdeen Art Gallery.

There is a set of lower jaw bones from a whale that were gifted to the Stewart Park by the Captain of the Arctic Whaler Benbow in 1903. Could this have been someone known to the Penny family paying tribute to their home area?

Inez Mary McKay Ferguson CBE (1895-1981) Suffragist

Inez Ferguson was only five years old when she appeared in the 1901 census. She lived at Hilton House with her mum and dad, brother Francis and three servants. But things were about to take a strange turn for this wee toot. The very next day her dad, who was a local solicitor, vanished! More shocks were to come when the family found out that he owed £50,000 and a warrant had been issued for his arrest. The mystery continued and it was thought in 1902 that he had left the country. By the time it got to 1909, Inez had moved to Berkhamsted in England to live with her mother's family. Did this strange start hold her back? No! When we reach 1917 Inez has earned herself a distinction in a Diploma in Economics and Political Science from St Hilda's College, Oxford. It is also at this time that she grew an interest in what she is known for, becoming a suffragist.

Here's where you have to pay attention to family trees. Inez's grandma's brother was James Skelton Anderson and he married Dr Elizabeth Garrett, who upon getting married changed her name to Dr Elizabeth Garrett Anderson. And it's Elizabeth's sister, Millicent Garrett Fawcett, who was the leader and founder of the National Union

of Women's Suffrage Societies (NUWSS), popularly known as the Suffragists.

The Suffragists had been peacefully and legally campaigning since 1897 to get women the right to vote. In 1918, a year after graduating, Inez was the society's press secretary, moving swiftly on to become Millicent Garrett Fawcett's secretary the following year. Meanwhile in Scotland, Inez's maternal aunt, Jane Corbett Barker, was serving with the Scottish Women's Hospital for Foreign Service in Serbia during World War I. The NUWSS financed women's hospital units employing only female doctors and nurses.

After the war in 1921 Inez was involved at the headquarters of Women's Institute in London. She married Frederick C. Jenkins in 1923 aged 27. Fast forward to the Second World War, and Inez is Assistant Director of the Women's Land Army. It was for this work that she was awarded as a Commander of the British Empire, a CBE in 1943. Now heralding from the North East of Scotland, the Press and Journal jumped on the story reporting that she was an Aberdonian! She died in 1981 aged 85.

So, here's a wee bit about me... Nicola

I was brought back to a one bedroomed flat in Woodside 40 odd years ago by my proud parents from the now closed Fonthill Maternity Home. We moved out two years later when my brother came along and then I moved back to the area with my family in 2005.

I'm a daughter, a sister, a wife, a mother, a Christian, a dreamer, and a worker. I have four jobs doing admin

for the city's library service, as well as being a minister, admin worker and youth worker for Woodside Congregational Church. I have two children, a 15-year-old girl and a 5-year-old boy, a husband and a flat to look after. I'm also a sufferer of poor mental health.

For hobbies, I write to a penpal in Finland, do handicrafts, I like learning new things, and the usual stuff like TV, films and music. I'm trying to get back into playing the clarinet again too. I enjoy volunteering for shmu mainly on the Woodside Free Press magazine, and I try to participate in Woodside School's PTA.



Foundation Apprenticeships

Based on the success of the Creative and Digital Media (CDM) Foundation Apprenticeship pilot of 2020, shmu will now be running two new pilot courses in both CDM and IT & Software Development. Pupils enrolling on our pilot FAs are offered additional support to increase their confidence to learn.

Using a youth work model approach to learning and wellbeing helps the pupils contribute in a way that feels more natural to them, as the structure of a school-based curriculum style of learning is an experience many do not enjoy or engage well with.

We will be offering each pilot course online introductions before the school Easter holidays and hope to have the new cohorts in shmu as soon as restrictions allow this to happen safely. Additionally, we will be providing evidence to Skills Development Scotland based on robust evaluation of these new pilot courses as there is a national interest in the outcomes achieved attributable to our approach.

Our CDM FA is also one of eight case studies featured in a new Scottish report commissioned by the Arts in Education Recovery Group. The report highlights where creative practitioners and organisations have successfully delivered face to face work during 2020 in partnerships; in schools, in communities and with families.

See the www.shmu.org.uk/news to read the report, there's a video from Aberdeenshire Council featuring FA participant Josh (and his dad) on the site too!

Volunteer Spotlight

We are excited to welcome Sochima Iroh and George Adam to our FM volunteers this month. Sochima's AfroBeats show has aired and George has recorded some scripts for Tell Us while he works on his own show.

We welcomed Kerry back with her music show. Tim, Alan Clark and Steven and Stephen Baxter helped us celebrate all things Valentines. Stephen Baxter also produced a new country themed show. Dave Whites third weekly show "Music Man" is now a regular feature on Monday evenings.



Sochima Iroh



George Adam

Youth Media

The Youth Media team are continuing online calls twice weekly at the moment, and we are seeing good engagement from a core group of young people with others joining us when they can.

This month we have been able to post out science kits to our youth team for a session facilitated by Helen, our Curiosity Fund science mentor. Helen guided us through how to swab household items and grow microbes on petri dishes of agar jelly, and a week later we identified the microbes with Helen's help. It was really fun to have something practical for the group to do as they have been saying this is what they are lacking from school at the

moment, and we are looking at more things we can do at home as part of the Curiosity Project with lots of plans in the pipeline.

We have produced two Saturday shows this month, one about future opportunities where we interviewed Yvette about how to get a job, and one about history, for which Megan hosted a history quiz for the team. We are aiming to keep all of our sessions as active and engaging as possible while we are still at home and will be running additional workshops and tasters during the April holidays.

Kintore Airport

Alan Johnstone

Kintore Airport was opened in May 1935, serving destinations north of Aberdeen until it was taken over by the RAF during World War II. The last flights took place in 1949. Here we look at extracts from “Aberdeen Press and Journal” articles from May and July that year.

“The resumption of Highland Airways Aberdeen-Wick-Kirkwall air service will be carried out from the new base at Kintore, although as far as passengers are concerned, the Palace Hotel, Aberdeen will be the point of arrival and departure in the city. The site consists of some seventy acres of level ground, situated in a very central position. Not only is it in swift and easy reach from Aberdeen city, it also serves a very important and heavily populated agricultural area. The airport is within a few hundred yards of the excellently appointed Station Hotel at Kintore, situated alongside the main Aberdeen-Inverness road. A frequent and speedy bus service is available, the stopping place being outside the Station Hotel.”

By a P&J correspondent: *“Aberdeen depart 12.45pm. Kirkwall arrive 3pm. These prosaic time-table figures epitomise the resumption of the air service between Aberdeen and the Northern Islands, a development which will be welcomed both by businessmen and holidaymakers. Today I enjoyed the north trip on the airliner Aberdeen which Highland Airways Ltd uses on the route. Though air travel is fast becoming familiar to many, it will long retain the refreshing feature of novelty, presenting a completely new outlook to the traveller. The times I quote at the outset are from the Palace Hotel, Aberdeen to the point of*

arrival at Kirkwall. Leaving Kintore Airport at 1.15, the plane rose over the winding Don, and at 106 miles per hour sped over the sunlit green lands of the Garioch. Soon Turriff appears on the left, with Fyvie village directly below. No better evidence of Aberdeenshire’s agricultural importance could be had than the wide life-size map of the farmlands that go up to meet Bennachie and roll over the foothills of the upper part of the county. In 20 minutes the plane was circling over Macduff and Banff, where at the coastguard station we were signalled over the Moray Firth. Heading straight over the 58 miles of sea for Wick, the plane droned over deep, green waters and heat haze soon cut off the land. The airspeed indicator showed 120 miles an hour. To the powerful drone of the Gypsy Major engines, each capable of developing 130 horsepower, the Aberdeen plane was as steady as a fireside armchair, and a lady passenger resumed her study of the “Press and Journal.” Twenty minutes after leaving Wick, we were over the graveyard of the German High Seas fleet at Scapa, and after a circling glide, made a perfect landing at the Orkney capital.”

“Thousands of spectators stood thrilled and fascinated as they watched the movements of one of the latest types of aircraft – a machine which, operated by direct control, can rise almost straight off the ground, ascend in a vertical direction and land similarly, coming to a complete standstill within inches of the spot where it touches the ground. It was a demonstration of the “Press and Journal” autogiro that formed the most interesting item in the dazzling performance comprising

Sir Alan Cobham’s Air Circus at Kintore Airport. The autogiro looked almost comical in its resemblance to a giant grasshopper, but before it was many seconds in operation it was an object of the most intense interest to the vast crowd of spectators. It rose straight up until it had attained a height of 1,000 feet; it raced along at a speed of over 130 miles an hour; it swooped down almost close to the ground; rose again slowly and hovered, remaining practically stationery for a short time; and then flew at such a slow rate of speed that an ordinarily brisk walker could have kept pace with it. The pilot of the autogiro, through the machine’s radio-telephony equipment, was all the time in communication with announcer at the loudspeaker van, and was taking instructions from him.”

HIGHLAND AIRWAYS LTD.			
Resumption of Aberdeen-Wick-Kirkwall Service on THURSDAY, 23rd May (Thereafter Daily Service)			
TIME TABLE			
Final Despatch		Read Up	
10.10 a.m. depart	KIRKWALL	arrive	5.00 p.m.
10.20 a.m. arrive	WICK	depart	2.25 p.m.
10.40 a.m. depart	WICK	arrive	2.30 p.m.
12.05 p.m. arrive	KINTORE	depart	1.15 p.m.
12.50 p.m. arrive	ABERDEEN	depart	12.45 p.m.

The PALACE HOTEL is the Aberdeen point of arrival and departure. The Company's Car carries Passengers between Palace Hotel and Airport at Kintore.
ABERDEEN BOOKING AGENTS ARE NOW:
MACKAY BROS. & CO., 35a Union Street, Aberdeen.
Phone 825. Fares and full particulars on application.



Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

Virtual School Helpline - 01224 523322

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

DENTIST

Emergency - G-Dens - 111

DOCTORS

NHS 24 Emergency - 111

POLICE

Non-Emergency - 101

ELECTRICITY

If you have a power-cut - 105

GAS

Gas Emergency - 0800 111 999

WATER

Scottish Water Emergency - 0800 0778 778

HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

VSA Carers Support - 01224 358631

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at CFINE 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

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

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

DOMESTIC ABUSE SUPPORT

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

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

Help and support

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

Police Scotland

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

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

Grampian Women's Aid

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

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