



woodside freepress

Summer Edition 2020

Contents

3	COVID -19 Update
4	Volunteering
5	Community News
6&7	Mid the Gap
8&9	Woodside Primary
10	Nursery News
11	Project Update
12&13	Community News
14	shmu
15	Get Active at Home



Christian Bews

Editorial

Welcome to the summer 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**.

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.



Supported by



Changes to Bus Services

Laura Davidson

From 30th May 2020, Union Street will be closed to all traffic between Market Street and Bridge Street. This will affect First buses No. 17A and 172. All Stagecoach buses are currently unaffected by the road closure.

During the road closure the buses will take the following route:

Heading west up Union Street (Market Street to Bridge Street) the bus will:

***Turn left into Market Street**

***Turn right into Guild Street**

***Turn right into Bridge Street**

***Turn left into Union Street**

Heading east down Union Street (Bridge Street to Market Street) the bus will:

***Turn right into Bridge Street**

***Turn left into Wapping Street and follow the one-way system around to Guild Street**

***Turn left into Market Street**

***Turn right into Union Street and resume normal route**

During this diversion bus stops on Bridge Street and Guild Street will be used.

For regular updates or any changes to the buses please check First Bus and Stagecoach website.

www.stagecoachbus.com

www.firstgroup.com

This information was correct at the time of printing, however, information may change and we recommend keeping up to date at this link: **www.aberdeencity.gov.uk/services/coronavirus-covid-19/city-centre**

Locals Shocked at COVID Findings

Abeer Eladany

On 17th June, The Press and Journal published an article that highlighted an important fact related to Woodside. The figures revealed that the Coronavirus death toll is connected to the level of poverty. Woodside has suffered the highest number of Covid-19 deaths per head of population in the North East. The breakdown reveals that 17 people have lost their lives in Woodside, in a population of 3,989 – which is the 17th highest death rate in the country.

Volunteers from the Fersands and Fountain Community Project (FFCP) are providing help for Woodside residents during lockdown and keeping in touch with vulnerable families and people in the area. Staff and volunteers from Printfield Community project are providing food parcels and support to local families during the lockdown. So, what went wrong?

“We are all in this Together” does not appear to apply as the results shows. According to the National Records of Scotland “People in the most deprived areas were 2.1 times more likely to die with COVID than those living in the least deprived areas.” Looking at deaths involving the coronavirus (COVID-19), the rate for the least deprived area was 25.3 deaths per 100,000 population and the rate in the most deprived area was 55.1 deaths per 100,000 population; this is 118%

higher than the least deprived area.

As a Woodsider, it is shocking and scary for me to read these figures. This certainly did not make the weekly trip to the supermarket any easier. It also made me reluctant to rush into any activity related to easing of the lock down. I am even more appreciative of the efforts of the volunteers and community projects staff in the area. As a resident, I would like to know the short-term and long-term plans to address this inequality and to protect the residence who have been disproportionately affected? Would this change our locality priorities? Should we do another survey in the light of this new information?

On 17th June, The Press and Journal published an article that highlighted an important fact related to Woodside. The figures revealed that the Coronavirus death toll is connected to the level of poverty. Woodside has suffered the highest number of Covid-19 deaths per head of population in the North East. The breakdown reveals that 17 people have lost their lives in Woodside, in a population of 3,989 – which is the 17th highest death rate in the country.

Volunteers from the Fersands and Fountain Community Project (FFCP) are providing help for Woodside residents during lockdown and keeping in touch with vulnerable

families and people in the area. Staff and volunteers from Printfield Community project are providing food parcels and support to local families during the lockdown. So, what went wrong?

“We are all in this Together” does not appear to apply as the results shows. According to the National Records of Scotland “People in the most deprived areas were 2.1 times more likely to die with COVID than those living in the least deprived areas.” Looking at deaths involving the coronavirus (COVID-19), the rate for the least deprived area was 25.3 deaths per 100,000 population and the rate in the most deprived area was 55.1 deaths per 100,000 population; this is 118% higher than the least deprived area.

As a Woodsider, it is shocking and scary for me to read these figures. This certainly did not make the weekly trip to the supermarket any easier. It also made me reluctant to rush into any activity related to easing of the lock down. I am even more appreciative of the efforts of the volunteers and community projects staff in the area. As a resident, I would like to know the short-term and long-term plans to address this inequality and to protect the residence who have been disproportionately affected? Would this change our locality priorities? Should we do another survey in the light of this



VOLUNTEERING IN WOODSIDE

June 2020 saw a slightly different Volunteers Week than what we expected! Volunteers' Week is a national celebration of the amazing work volunteers do throughout our communities and normally it involves lots of get togethers and celebrations but unfortunately we couldn't have any events this year due to the Covid-19 pandemic.

However, we wanted to continue to celebrate the volunteering which happens in this community.

There are loads of people doing great voluntary work from the community media volunteers at shmu to those who help with Free Meal Mondays at Fersands and Fountain Community Project to those who do community litter picks, run voluntary groups in

community centres and projects, you all do an amazing job and we wanted to say thank you!

Over 10, 000 hours of volunteering take place in Woodside every year – and that's just the ones we know about! Thank you so much to everyone who does things to make their community a better place.

If you're feeling inspired by the efforts of Woodsiders and would like to do something for your community then there are loads of places looking for your help!

Here are some of the organisations in the Woodside area who rely on volunteers:

Fersands and Fountain Community Project

**Printfield Community Project
Shmu**

Woodside Network

Woodside Parish Church

Woodside Congregational Church

Instant Neighbour

St Machar Parent Support

St Machar Credit Union

Woodside Community Centre

To find out more about other volunteering opportunities in Aberdeen visit: acvo.org.uk/volunteering

Volunteering may look slightly different during the Covid-19 lockdown but your efforts will still be majorly appreciated!

Access to the CFINE services during COVID-19



Community Food Initiatives North East (CFINE) had to close its premises to the public for the duration of the coronavirus outbreak to safeguard their beneficiaries, volunteers, and staff. Although there is no access to the building for members of the public, the charity and social enterprise continues to provide emergency support services for those self-isolated individuals and families who are facing difficulty.

CFINE's SAFE Team offers over-the-phone help and support for people who are facing challenges navigating the welfare system while the rest of the team is busy preparing and delivering emergency food parcels for those who placed a request. The charity distributes over 1,500 emergency food aids weekly to families who are struggling to get by.

Besides the CFINE fleet, partners and volunteer drivers are making sure that no one goes hungry in Aberdeen during the lockdown. CFINE's two electric cargo bikes have also joined the fight against hunger in the middle of April. The bikes are part of a wider project, called "Vegaroonitoo", aiming to provide access to food for house-bound beneficiaries and reduce CFINE's carbon footprint by making smaller fruit and veg deliveries in the city.

If you are self-isolating and you have no way of accessing food, you can request a contact-free food parcel delivery on 01224 596156 or at info@cfine.org. In case you are having a hard time applying for Universal Credit or would need support with any other benefits, get in touch with the SAFE Team on 01224 531386 or at safe@cfine.org

HELP TO HEAT YOUR HOME

Scarf launches new fund to help households in need

Local charity Scarf has launched a new emergency fund that aims to help households across Aberdeen access support to heat their homes in these difficult times.

The Scarf Heat Fund will help provide instant access to heat for those who need it most.

The new Scarf fund can provide help and support in the form of:

Plug in heaters

Prepayment cards

Costs for emergency boiler repairs

Lawrence Johnston of Scarf, said: "We recognise that with more of us

stuck at home for the coming weeks we'll see our fuel use rise and of course, worries about fuel bills increase.

"Our advisors are on hand to help guide you through the best way to keep your bills down and ensure that you're aware of the funds that can help take away the immediate fuel bill worries. By calling 0808 808 2282 you can check your eligibility for the Scarf Heat Fund and other grants and schemes.

"If you, or someone you know, is struggling with fuel bills or heating your home the new fund could be the answer to your problems."

Each application will be treated on a case-by-case basis with those

needing the most help given priority.

Scarf works with Aberdeen City Council and the Scottish Government to provide free and impartial advice on reducing fuel bills. To get more information on how to cut your energy use while at home you can check out the Scarf website, www.scarf.org.uk or access free and impartial advice from the Scarf team by speaking to one of our experienced advisors.

Call Home Energy Scotland at Scarf on 0808 808 2282 for more information on how to access Scarf's fund as well as other grants and schemes.

Mind the Gap! The Attainment Gap

Nicola Watson

In every community there are pockets of people who are managing and those not so much. You may have the fancy house in Cults but can you afford the mortgage, the Council Tax and heating bills? The “heat or eat” debate is happening everywhere but that’s another story. This article is focusing on the attainment gap between our young people.

The attainment gap in education is the difference between young people from well off backgrounds and those from low income backgrounds, and how well they perform at school. There is a close link between people from lower income households and their opportunities to achieve. Research carried out by the Joseph Rowntree Foundation in May 2014 found that by age 5, children from lower income households were about a year behind those from wealthier backgrounds in terms of vocabulary and numeracy. They also found that in literacy and numeracy there was an attainment gap of 14-17% for reading, 21% for writing, and 12-28% for numeracy from Primary 1 through to S4. It might not seem like those figures are high but for every 100 children in a school 21 are struggling with their writing and roughly 17 with their maths. That’s too high!

There were already barriers to learning for a lot of young people in Scotland but how has lockdown impacted on this situation? Is it the same groups of young people who are struggling or is a new group emerging? Are those who were falling behind still struggling? Playing catch up is never easy!

Before lockdown, getting an education was difficult enough for some Woodsiders for a number of factors, such as illness, mental health, learning difficulties, lacking people in their lives

to encourage and support; having English as a second or other language, being a young carer, or having little or no interest in going to school. But now the attainment gap may seem like the attainment void! It has been almost 10 years since Scotland’s Curriculum for Excellence was introduced, the new national curriculum for children and young people in Scotland aged 3 to 18. Has this aided in closing the gap?

A key factor in this new situation of lockdown is motivation. A significant amount of young people still look to the lessons and guidance of a teacher in a classroom to keep them on track. To explain what they will be doing, how to do it, keep them focussed, give encouragement, and answer questions. In lockdown young people are no longer in that familiar, reassuring environment. They are learning the art of self-study very quickly. Self-study in itself is an artform, it’s usually in college/university that a person is expected to do it. Yes, pupils do homework but self-study is another level. It takes a lot of time to learn and even for adults can be very difficult. It relies on the individual being able to motivate themselves, prioritise their own work, keep their focus and pull themselves back to what they were doing quickly after being distracted. Of course, teachers are still available for guidance, answering questions, encouragement and motivation but that involves the pupil reaching out and asking for help. A social skill which comes easier to some more than others.

There are many children and young people who enjoy learning, and there are many who don’t. What do you do when you are at home with one laptop/PC and more than one child/young person? Whose education is more deserving of computer time? What if mum or dad need the computer for work? There are

always ways around situations and if this lockdown has taught us anything it’s how to be versatile, free thinking and resilient!

Some young people don’t have access to technology at home like the Internet or a laptop/PC and these are typically the students who are from low-income households. It is not clear what the criteria is for families to receive a device, whether this is from the Pupil Equity Fund (PEF). And whether pupils had to be in receipt of free school meals and/or free school uniform to be able to apply. There are many pupils who come from households who are just out with the criteria to apply for assistance, and it is not clear the impact lockdown is having on them. They may not be able to apply for assistance but do they have technology at home? Is there more than one child in the household complicating access to the family computer?

Aberdeen City Council have distributed over 3,500 laptops/Chromebooks and over 300 Internet dongles (access to Internet) to pupils across the city to enable access to online classes through Google Classroom. This online classroom has a module for each subject that the pupil is enrolled in. The teacher then posts assignments to the module for pupils to complete. These can contain videos, audio files, documents and links to videos and information on the web. Teachers can also arrange Google Meets (video chats) with pupils which are recorded sessions that allow pupils to ask questions and chat to their teacher and fellow pupils. This is a huge achievement, to put in place, and it was done in a significantly short time period. There have been over 1.8 million files used in Google Classroom across the city, showing an increase of 100% on previous months. Google Classroom has also seen over 23,300 users in its 5,630 Classrooms.

The First Minister, Nicola Sturgeon has expressed her concern for the attainment of young people in lockdown. Ms Sturgeon said that the Scottish Government were working to minimise the impact of the covid-19 lockdown on young people in the hope that a widening gap would not be one of the lasting legacies left by this pandemic. We have seen the impact coronavirus has had on our economy, our job situation, our communities, our families. What can we do as the community of Woodside to bridge the gap? Mark Lovie at the Fersands and Community Project has said that he has workers currently stood down from working with youth groups who have IT knowledge who could mentor young people remotely if the proper guidelines were put in place. Parents have either been working from home, been furloughed, lost their job or been stood down and have had the extra pressure of trying to be a teacher too. They don't have to do this alone. Teachers are available for support and guidance; you can post questions on Facebook and other social media to get opinions and advice. The community may have people who have knowledge that can be tapped into from a physical distance and share that with people. What can we do?

We are now over 14 weeks into lockdown, and in the summer holidays. School is scheduled to restart on 11 August in a blended approach between home and school learning so we're not out of the woods yet. Beneath the surface of this pandemic has emerged a strong community. A strong force for good. Even at a distance, people have come together and looked out for one another. People want others to do well and succeed. Let's harness that power and focus it on the younger generations. Let them have pride when they say they are from Woodside. Let's do what we can to help them achieve and succeed. Some people may have had a rocky start to life but it's how you finish that counts.



WOODSIDE PRIMARY

Colour, Collage and Consumption

Woodside Primary School learning together, apart.

Woodside pupils have been reaching for the art stars and continuing their learning journey in art and design using the online learning platform, Artstarcastle. Pupils have developed their knowledge, understanding and skills in art and design and have made connections across the curriculum. Pupils are learning about sustainability by reusing and recycling to create art from things they already have in the house. Their work has been celebrated and displayed online via artstarcastle Instagram.

Henri Matisse Inspired cut outs

Pupils have developed their understanding and knowledge of the

visual elements by using scissors to cut out different types of lines, geometric and organic shapes inspired by French artist Henri Matisse.

Collage Rainbows

Pupils have explored the art practice of collage to produce collage rainbows made from food wrappers. Their rainbows have been placed on their windows in support of the key workers. Pupils have developed their understanding and knowledge of the visual element of colour. They have learnt about Isaac Newton's theory that there are seven colours in a spectrum: red, orange, yellow, green,

blue, indigo and violet (ROYGBIV). They have learnt the colour names in different languages.

Collage Hearts

During these uncertain times it is important to consider our health and well-being. Art plays an important role in allowing us to express how we feel. Colour therapy and art activities can help manage stress and anxiety. Pupils have explored how colour can make us feel. They have developed their collage skills by producing a complementary colours collage heart using old magazines.



Friends of Woodside Primary School

Since Woodside Primary had to close the doors to children and change to home learning in March, the Friends of Woodside (FOW) have been busy thinking of ways to support the school, parents and, most importantly, the children during this difficult time. In normal times FOW is a group of parents and teachers whose main aim is to raise funds to support the work that goes on in school as well as helping to pay for things such as school trips, book bags and leavers' hoodies.

During the first week of home learning the members of FOW, along with school staff, delivered home learning packs to 420 children. This meant the children had jotters and basic stationery as well as worksheets to compliment the learning they would be doing online. Recently we have delivered superhero teddies to the children leaving our nursery and getting ready for primary one. This time has been especially hard for younger children; many transition activities have had to be cancelled due to the pandemic and they miss their friends. They haven't had the opportunity to meet

their new teacher face-to-face or visit their new classrooms. P1 is going to be a very different experience for them compared to previous years. We wanted to give them something to welcome them to the school and let them know we think they are superheroes for coping with the situation so well.

On the 9th of June we held our first Friends of Woodside Zoom meeting. Eighteen parents came together with Mrs Cook and her senior management team for an update on home learning, preparations for the re-opening of Woodside after the summer holidays and the opportunity to ask questions about what the future may look like at the school. This was our best attended meeting ever, so we have taken the decision to continue with online meetings after things return to normal. Minutes of the meeting can be read on the Friends of Woodside Facebook page.

Our latest project is collecting preloved uniforms for distribution to families in preparation for the school building re-opening in August.



Woodside Primary is an eco-school, so as well helping families cut down on the cost of kitting out their kids for school, we are helping the environment by reusing good quality, preloved uniform. Looking forward, FOW will be moving away from fundraising for the foreseeable future, and will be looking to see how we can support the school with mixed learning, assisting the children to adapt to "the new normal" and families who may have been affected by furloughing or redundancy. We are always open to suggestions on the best way of doing this and welcome any new members.

Please join our Facebook page (Friends of Woodside Primary) for updates, to ask questions or offer your support.



STEP INTO SEESAW

At Kittybrewster Nursery we have been home learning using the fabulous app 'Seesaw'. This is a great tool allowing staff to provide activities such as stories, songs, dancing, baking, making and creating, drawing, role play, gardening and playing games. Staff take turns to post a good morning video each day so the children continue to 'see' us all. In return the children can easily send drawings, videos, photos and recorded messages. Both teachers and learners have benefited from this use of digital technology to keep in touch and continue learning as the photos and drawings show.



Fersands and Fountain Community Project Lockdown Update

Since Lockdown our premises, leased from the city council, have been closed and not allowed to open. All our usual services and timetable of activities came to an abrupt halt. So our plan has been to try and keep as close contact with the community as possible.

Our Nursery workers make regular contact with all parents by phone to make sure we can offer support if needed. We delivered notes around every household with contact numbers for our workers and for other emergency services. We delivered surprise Easter eggs at the beginning of April to 120 families to keep spirits up and that certainly brought a smile to many faces.

We surveyed the area and asked which families were struggling due to Covid 19 and why. Since then we have supported around 50 families who responded to the survey with further information and supermarket vouchers. Many families had big changes to cope with due to sudden redundancies, social isolation and home schooling. Families were consuming far more food and fuel than they expected, and many were struggling financially. With grants we received from Cash for Kids and STV we were able to help many families.

Due to the contact we have made we have also supported isolated

families with IT devices and supported single people as well with small vouchers. We have bought gardening equipment and many families are using it as they spend more time in the garden. We have worked with Cultivate Aberdeen to provide 25 vegetable growing packs to families.

Our youth work has been groundbreaking and been among the first to trial virtual youth groups getting kids chatting together again. They offered several discussions to offer support and played fun games and challenges to while away the hours. Young people have taken part in an art competition, a short story competition and photography challenge all proving popular and discovering some secret talents. Young people have taken part in interactive theatre group sessions. They have had a live private performance with a stand-up comedian all aimed at stimulating discussion and helping people express their feelings.

Our team have organised many quizzes, competitions and delivered many prizes again keeping up an important link and line of communication that the young people are happy to use. We are in discussion with the council so we can return to the building as soon

as possible as we need to get our fantastic nursery and twos group services up and running as fast as possible. We want to offer support to the most vulnerable and need to prepare for the financial and social effects of lockdown.

The high amount of deaths in Woodside due to Covid is a very sad statistic to see. Although evidence will show many of these deaths were from care homes it still reflects the poverty that exists within the community. It emphasises the need for better access to exercise and it shows how important it is for people to get affordable, healthy food on a regular basis. It tells us there is a need to provide active and interesting past-times and opportunities for learning and development. We need to reduce stress and anxiety and increase the resilience within the community. We believe it shows that grass root community services are more important than ever to contact the hard to reach most vulnerable and offer support systems and opportunities that can be effective in delivering these services..

Hopefully you can come and visit us soon. If you need support please contact us on 07927486485.

Woodside Community Noticeboard

Would you like to see a community noticeboard in Woodside? What would you like to see included on a community noticeboard?

Other communities have them, they have been sponsored by the residents and mean that everyone has access to community information, even if they don't have access to the Internet.

What do you think, could Woodside benefit from one?

Aberdeen City Mutual Aid

A group of community volunteers have formed a support group for those in need during the Coronavirus outbreak.

Aberdeen City Mutual Aid is part of a nationwide group who are coordinating community support for vulnerable people.

These community members are not medical professionals but volunteers who are interested in supporting people by running errands, picking up prescriptions and shopping and emotional support.

The group was put together by Robyn Ward, a student nurse who was witnessing how Covid-19 was affecting people on the front line and wanted to offer support in the community to those who needed it. The group has lots of volunteers who can provide assistance to those who need, whether it's picking up shopping, prescriptions or running other errands for people. They also provide emotional support for those who need. If you would like to request assistance from Aberdeen City Mutual Aid please call them on **01224 515513** or email **aberdeenmutualaid@outlook.com**. Their community fundraiser is still open so if you would like to donate to support vulnerable people go to www.justgiving.com and search for Aberdeen City Mutual Aid.

Life under COVID-19

One of the most positive aspects of Covid19 has been the public recognition that public services provide essential support to our communities. Another positive aspect has been the great response in the Woodside community with growing numbers of new people volunteering. I've been keeping in touch with all our great community projects in Woodside who have all been doing great work. Alongside our admirable community activists our new volunteers have been showing their neighbourliness to fellow Woodsiders by helping to deliver CFINE food parcels out of Printfield Community Project and the Instant Neighbour. It's been great seeing everyone come together as one and here's hoping that the community spirit that we've seen remains

Food poverty affects many individuals and families, not only in Woodside, but across the city. It has grown during Covid19 with CFINE seeing food deliveries increasing from 45 tonnes to 150 tonnes in the last month. Aberdeen City Council is a member of the UK wide Sustainable Food Places (SFP) which has as one of its priorities fighting food poverty and saw in Woodside last year the opening of the Woodside Pantry, the first in Scotland.

Families will be looking forward to children returning to school on August 11, however it can be a stressful time for families on low incomes. Anyone who is entitled to free school meals and not already signed up, will need to sign up soon. You are entitled if you are in receipt of one of certain benefits – for more information please see:

www.aberdeencity.gov.uk/services/education-and-childcare/school-life/apply-free-school-meals

Aberdeen City Council can, in some circumstances, also provide a grant towards the costs of school clothing and footwear if you receive certain benefits or your income is less than £16,105 a year. The current grant is £100 for primary and secondary school pupils. For pupils aged 11-15 the grant is paid to parents; for pupils 16 and over the grant is paid to the student. For more information: www.aberdeencity.gov.uk/services/education-and-childcare/school-life/apply-school-clothing-grant

Anyone who needs a food parcel delivery or has a crisis should contact Aberdeen City Council crisis support line on 0800 0304 713 open 24 hours a day, seven days a week.

Finally, well done to all the volunteers and staff at SHMU for winning the Queen's Award for Voluntary Service, announced during Volunteer Week in the first week in June. It's a great achievement. SHMU have also done a great job adapting their services during the Covid 19 pandemic.

Please be in touch if you have any complaints or compliments or matters you'd like to discuss - **lesdunbar@aberdeencity.gov.uk** or **01224 346624**.

Keep well and safe.

Lesley

Councillor Lesley Dunbar

**Member for Hilton/Woodside/
Stockethill Ward**

Aberdeen City Council

Woodside Bike Equipment

Some of you may have noticed equipment popping up in Woodside.

These pieces of equipment include bike racks and maintenance stations which aim to encourage active travel along the A96 corridor.

They have been installed at various locations from the Arts Centre out to Craibstone Park and Ride.

One of the maintenance stations has been installed outside Woodside Community Centre and will allow people to look after their bikes without having to purchase expensive equipment.



Woodside Parish Church

Dear fellow Woodsiders, please allow me to take the opportunity to thank you from my heart of hearts for being so patient and supportive to one another during the Coronavirus pandemic and the lockdown. You have done a great job and can be proud of yourselves. You have prevailed and still prevail under very difficult, strange and challenging circumstances. Thank You! It is of course very sad to know that for instance in our three care homes in Woodside they sadly have cases of COVID 19. So, our thoughts and prayers please need to go out especially to all the wonderful residents at these homes as well to all the so dedicated, caring and committed staff there. Thank you. We from Woodside Parish Church offer monthly services in two of these very good homes but sadly of course can't do so at the present time which is heart breaking.

On a more positive and lighter note though I see many more people in the Woodside and also Hilton community, particularly young families making good use of our nice and beautiful neighbourhood parks, Deer Park and Stewart Park, which is great and wonderful. Long may it continue.

I close with my request that we all please - if we can - continue to support our local foodbanks, e.g. Instant Neighbour, who are in even greater need of non-perishable food items donations. They need these so they can help people in need. Please continue and make any effort you can to support your fellow people in Woodside and Aberdeen. Thank you so much. It is greatly appreciated and means a lot.

If we from the church can be of any help to you or if you know of anybody who has a request and needs help,

Please don't hesitate to contact us at any time. You will always find a listening ear and a caring heart.

Stay healthy and safe!

Blessings and peace, Markus

01224 484562



Volunteers receive award which is equivalent to an MBE

shmu has been honoured with The Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK - the equivalent to an MBE.

The Queen's Award for Voluntary Service recognises outstanding work done by volunteer groups in their local communities and was established in 2002 to celebrate the Queen's Golden Jubilee.

We support over 200 volunteers on a weekly basis, and our CEO Murray Dawson said "It's an incredible honour for our organisation to have secured the Queen's Award for Voluntary Service. We just wouldn't exist without our amazing volunteers and everyone has played a part in our story over the last 20 years. Absolutely fantastic news."

Our Volunteer Coordinator Tracy Ewing summed up the importance of our volunteers by adding: "We're incredibly lucky to have so many talented and committed volunteers at shmu, with almost 100 volunteers still volunteering and rising to the challenge during COVID-19. Whether writing

articles for community magazines, recording radio shows, participating in our Tell Us campaign, or supporting other volunteers with technical queries our volunteer community has never been stronger. I'm proud to support and be part of such a loyal and creative team who are very deserving of such a huge award."

The commitment and dedication of the staff and volunteers was also praised by Trustee and volunteer Abeer Eladany who said they have a "profoundly positive impact on the wider local communities", and that she was "thrilled that they have been recognised with this prestigious award as shmu always inspires, motivates and holds the cultural banner across the region".

Finally, our Chair Jillian Evans paid tribute to the volunteers who "make SHMU one of Aberdeen's most valuable assets. Their energy, enthusiasm and



commitment to support local communities says a lot about who they are, and the vital part they play in our great big shmu family".

Representatives of shmu will receive the award from Barney Crockett, Lord Lieutenant of Aberdeen later this summer, with two volunteers from shmu being invited to a garden party at Holyroodhouse in July 2021, along with other recipients of this year's award.

Connected Woodside

Station House Media Unit (shmu) have been developing community websites for each of the regeneration areas of Aberdeen, including Woodside.

These sites will create an exciting new platform for local news, up to date information regarding

coronavirus, and a directory of local services which work in the area.

Our aim is to create a credible and trustworthy source of online information that will be able to support people during the coronavirus pandemic and will carry on doing so in the future.

Connected Woodside will feature news from the community, a what's on guide and features on local history.

We are looking to work with a group of local people who are interested in getting involved in this project. If you would like to get involved, please email Laura on laura.

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

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

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

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

Standing Workout Card

LEVEL 1



1 Calf Raise

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



2 Toe Raise

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



3 Hamstring Curl

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



4 Heel-Toe Stand*

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



5 Front Knee Strengtheners

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



6 Sit to Stands

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



Setup

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

Repetitions

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

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

Rest

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

Frequency

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

Benefits

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

Precautions

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

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