

woodside free**press**

Winter Edition 2020



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Christian Brown

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 Woodside Partnership Afterschool Club, Instant Neighbour as well as news and Woodside Parish Church.

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.

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



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MURAL IN WOODSIDE

Be on the lookout! A vibrant, eye-catching mural will be appearing at the Woodside Community Centre. This exciting art work is being designed by local teenagers at the Fersands Community Project.

With funding from Start the Change, the teenagers have been thinking about the Sustainable Development Goals and focusing on Goal 3- Good Health and Wellbeing.

They bravely took up the challenge to raise awareness of mental health and highlight ways to overcome difficult times.

With the help and expertise of local street artist, Fit Like Art, the young people hope to create a buzz and get the locals talking about good mental health.

For more information visit www.startthechange.eu or look up fitlikeart on Instagram.



Instant Neighbour foodbank

The Instant Neighbour foodbank is still open and has been open throughout lockdown and anyone who finds themselves facing food insecurity is welcome to come and register.

The foodbank is open Monday to Friday between 10am-1pm and 2-4pm. There are no referrals required to use this service.

We have been open throughout lockdown for people to come and receive help and have been partnered up with other foodbanks and the Council to 'Feed the City'

Use of the foodbank has increased massively over recent months but the kind donations from churches, communities and businesses have meant we have been able to stay open and offer assistance to those who need and donations are always welcomed.

Thanks to everyone who has helped in anyway over this period of uncertainty.



Godspeed and Farewell Woodside

Dear friends,

It has been a great honour, privilege and pleasure to serve the parish and community of Woodside as the minister of Woodside Parish Church of Scotland for the past 14 years. I am now moving back to Germany where I am originally from.

I have made many friends in Woodside, particularly among the great people of shmuFM, Woodside Primary School, Woodside Fountain Centre, Printfield Community Project, Fountain Grange, all the pubs in Woodside and many more.

We all have tried our very best to improve and help our beloved community and its residents through all these years.

A lot has been achieved during this time like getting the brand-new Woodside Medical Practice, new shops and housing.

My heart has and always will be with the needy, lonely, elderly and vulnerable in Woodside and I hope and pray that all of you will continue to look after them and each other in the years to come. Please help to make sure that the parish church and the congregation remain in Woodside to continue to help build an even better Woodside where people like to live and support each other.

**Blessings and peace,
Markus**

**Rev Markus Auffermann,
Minister of Woodside Parish
Church of Scotland, Aberdeen**





WOODSIDE PARTNERSHIP AFTERSCHOOL CLUB NEWS

We are excited to let everybody know that we reopened our service at the beginning of September. It has been a battle for us but managed to find a temporary premise at Woodside Community Centre where we worked with Kittybrewster school children until now. However, after the October holidays, we are planning to offer the service to Woodside primary children again. We have everything set and ready to go, and hopefully, it will go as it planned.

We also had to consider some protective measures to make sure that children will have a safe and inclusive environment. At the

moment, schools will be separated from each other and have their allocated staff members, equipment, games, room and a toilet which will keep them in our setting as safe as possible.

If your child goes to Kittybrewster or Woodside Primary Schools and you are looking for professional childcare, we are here for you!

If you would like to register your child with us, please drop us an email at almas.asclub@gmail.com, we will send you a registration form as well as answer the questions you might have.

Although we are limited to the activities we can run, we still have plenty of fun and safe games for all the age range of children. We have access to the gym hall where we play active games and sports challenges, we go outside to the park when the weather suitable, we have movie nights occasionally and lots of other fun stuff to do with children.

For more information email almas.asclub@gmail.com and you can find us on Facebook: Woodside Partnership ASC.

Gaslighting is a manipulative tactic in which a person, to gain power and control of another individual, plants seeds of uncertainty in another person's mind. The self-doubt and constant questioning slowly cause the individual to question their reality.

Gaslighting can happen to anyone. Abusers carry out gaslighting behaviours slowly and deliberately so that the person it is happening to does not realise it. The abuser disproves concerns time and again to the point a person does not recognise the reality of what is happening.

10 Signs of Gaslighting Behaviour

1. Blatant Lies

You know the person is lying, often and with ease, yet they say they do not recognise this in their behaviour. You begin to have self-doubt, question everything and become uncertain of the simplest matters.

2. Deny, Deny, Deny

You know what they said. They deny ever saying it. They ask you to prove they said it. You start to question your memory. Perhaps they were right, they never said it. Increasingly you question your reality and accept theirs.

3. Using What You Love Against You

This is a manipulative tactic used by the gaslighter, causing the person to question themselves and things they hold close. For example, if the person loves their job, the gaslighter will find issues with it. If they have children, the gaslighter will make them believe they should not have had them, that they're a poor parent.

4. Losing Your Sense of Self

The gaslighting continues methodically and continuously over a long period of time. The victim, over time, becomes a different person. Self-confidence disappears, and the victim becomes a shadow of their former self.

Their reality and being becomes that of the abuser.

5. Words Versus Actions

A gaslighter will talk and talk to convince a person of their concern for them. However, their actions will not reflect the words.

6. Love and Flattery

A gaslighter will tear a person down, build them back up and tear them right down again. This abusive pattern becomes reality for the victim and the praise associated with the building back up convinces them to think the abuser isn't all bad.

7. Confusion

A gaslighter instils constant and consistent confusion leading the victim to become desperate for clarity. As the person searches for clarity from the abuser, the cycle continues, and the abuser's power increases.

8. Projecting

A gaslighter projects their actions on to their victim. For example, if the gaslighter is a liar and a cheater, they accuse the victim of being a liar and a cheater. The person feels that they constantly need to defend themselves for things they have not done.

9. "You're crazy"

The gaslighter knows the person is already questioning their sanity. They also know the victim is searching for clarity. Hence, when they call the person crazy, the person believes it. The gaslighter will also tell other people the victim is crazy or mad. Hence, if the victim ever approaches those people for help, they will most likely not be believed.

10. Everyone Else is A Liar

The gaslighter may tell the person everyone else is against them and that everyone is lying. Such action further blurs the victim's sense of reality and increases their dependence on the gaslighter.

Gaslighting is a form of mental and emotional abuse. The sooner the signs are recognised, the sooner the victim can take steps to find help. If you recognise the signs and believe you, or someone you know, is in a gaslighting relationship, we can help and support you.

Contact Us

During these uncertain times Grampian Women's Aid are still providing all support services.

Women seeking support should reach out to us by calling 01224 593381 or emailing info@grampian-womens-aid.com or visiting grampian-womens-aid.com/contact-us/

When we're closed, Scotland's Domestic Abuse and Forced Marriage Helpline is available 24/7 via phone on 0800 027 1234, email helpline@sdafmh.org.uk or web chat at www.sdafmh.org.uk. Specially trained staff are available to offer support and information for anyone experiencing domestic abuse, those concerned about someone else and professionals with questions.



Domestic Abuse

16 Days of Action

16 Days of Action is an international campaign which calls for the elimination of violence against women and children. It is supported with a series of events in Aberdeen which span over 2 weeks in November and December.

The 16 Days of Action campaign runs from November 25 (International Day against Violence against Women) through to December 10 (International Human Rights Day) with the aim of highlighting the connection between human rights and domestic violence.

The campaign is about increasing women's safety, highlighting the nature and prevalence of violence against women, raising awareness of violence against women as a human rights issue, showing solidarity among women around the world, promoting women's leadership, lobbying government, and strengthening local work to tackle violence against women.

DI Karen Main, from the Public Protection Unit, said: "16 Days of Action is an International campaign with an important message; however, Domestic Violence

occurs every day of the year. Often victims of domestic abuse don't want their family to be torn apart, they want to stay with their partners and live safely with them. Our experience tells us that people will suffer in silence but it's never too late to speak out or seek help. I urge people to come forward, whether it is to the Police, work colleagues, neighbours, Partner Agencies, such as Rape Crisis Grampian, Aberdeen Cyrenians or Grampian Women's Aid. We are here to provide help and support to those who are suffering the effects of domestic violence. We all have the right to live a life free from violence.'

This year's events will be different from past events due to Covid-19. Unlike previous years we are unable to hold any in-person events, however, we anticipate there will still be opportunities to attend online events for 16 Days. Domestic Abuse organisations will be promoting their events in the coming weeks via social media and press releases – watch out for these!

Violence against women includes but is not limited to physical, sexual and psychological violence occurring in

the family, general community or in institutions, sexual harassment and intimidation at work and in the public sphere, sexual exploitation, dowry-related violence, female genital mutilation, forced and child marriages, and honour crimes. These different forms of violence against women have their roots in gender inequality and are therefore understood as gender-based violence.

If you or someone you know is experiencing domestic abuse, help and support is available nationally and locally:

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

For more information on local support visit: www.communityplanningaberdeen.org.uk/domesticabuse



MY YOUTH WORK STORY

Why I stand by youth and community work and why I will always support community services

When I left school at 16 years old, I had no idea what I was going to do with my life and no idea about my future. The only thing I had were a few Standard Grades, a family who cared and the support from community and youth workers. Little did I know at that time these people would change my life and continue to influence me even today.

As a 16-year-old I was asked to represent the young people of Printfield Community Project on the board of a new service called Aberdeen Young People's Project. This project would soon become Aberdeen Foyer and would offer training and housing to young people in Aberdeen and Aberdeenshire and would become one of the city most inclusive services.

Whilst I was involved in the Foyer, they got quick to work in finding out what I was good at. As well as representing

the young people on the board I was also on the Youth Management Team who would help and aid the staff. I worked in the office learning office skills. I worked on the Youth Information Point giving young people peer support and advice on youth issues. I interviewed, employed, and trained staff, worked in the food coop and kitchen and provided lunch to young people for 25p. I also became a member of the Prince's Trust Team Two in Aberdeen with a placement at St Machar Parent Support Project and helped design the Crown Street accommodation. During this time, I learned that the world for young people was not always a fair one, especially if you come from a regeneration area. I felt this was unfair, unjust and I was angry. But what could I do? I was just a young person from the "wrong side of town" ... oh, how wrong I was!

In August 1997, the staff at the Foyer sent me to Stirling to a little event called the International Youth Summit. This had young people from all over Europe aged 16-25, along with their youth worker. The summit looked at youth work across Europe through different types of youth work from community education to music, drama, and culture. What I discovered was that other young people across Scotland had a Youth Forum which would work with the local authority on issues that affected them but young people in Aberdeen did not have one. Across Europe young people had a National Youth Assembly or Parliament, while Scottish young people did not have one. The Scottish young people at the summit were ready to change this.

On my return to Aberdeen I was asked to give the Foyer Board a report as to what the summit was about and how we



could influence change for the better for young people in this city. As the board was made up of different interests, different funders as well as young people and city councilors they all had different views on what should and could be done. It was decided that I should present this information to the Youth Strategy Committee at Aberdeen City Council. This was my first time in the Town House but it would not be my last. In the following year, the council would get young people from across the city involved in youth work and in education and ask the young people what they wanted and needed. This would become Aberdeen Youth Action Committee and then Listen, Young People Speaking. This continues today as Aberdeen City Youth Council. In 1999 these young people would protect the rights of the young people in this city by producing the city's Youth Charter and Small Youth Work Grants in partnership with the Lord Provost Charitable Trust.

In August 1998 I was asked to represent the young people of Aberdeen on a national group called Connect Youth which was a partnership between councils, youth workers, young people Youth Link, Young Scot, and other national youth organisations from across Scotland. This group would take a national look at youth work and youth participation but it would also campaign to create the Scottish Youth Parliament. Whilst representing the city in my spare time I also started college studying social science and had a part time junior youth work job at Printfield Community Project. I was still volunteering at Aberdeen

Foyer and had also completed a media course at shmu and was the Youth Representative on the Great Northern Partnership. So, I was a busy young person. The Scottish Youth Parliament opened for the first time in 1999 and in 2001 I would become a board member and chair of the National Youth Rights Committee. In 2002 I moved away from Aberdeen and planned to study Community Education in Glasgow but this did not go to plan. I was still a member of the Scottish Youth Parliament but I did not continue my studies at I gave birth to my daughter. I became the Convener of Social Justice for the Scottish Youth Parliament in 2004 and would remain in this position until I left the parliament in 2007.

I found myself back home in Aberdeen in 2006 as a single parent to a three-year-old with what seemed like no future, no career, and no hope. Once again, the community projects of Printfield, Fersands and St Machar Parents Support were there to help me out. St Machar Parent Support Project put me straight on a HNC (Higher National Certificate) in Working with Communities and Printfield Community Projects allowed me to do my placement with them. After graduation I was elected to the management committees of both Fersands and Printfield Community Project where I continued my learning in community work.

So, years later what is my view, and where am I now?

I am a fully qualified playworker at Woodside Partnership After School Club,

Chairperson of the local community council, Chairperson of the local network, a qualified volunteer community worker, an artist, a healer, a mother, a daughter, a sister, and a friend.

At the beginning of this I said I was a girl from the wrong side of town but I never was. I was a girl from the best side of town who owes most of my success to community work and community projects. Through the years I learned that if you tell a young person they are nothing and they will never succeed in anything that is likely what they will become. If you support them, nurture them, listen to them and help them build the tools they need to succeed in life then these young people become amazing adults with positive minds and a bright future.

Without youth work and community workers what would the futures of our young people look like? Would we have the safe, supporting, friendly community that I know and love? I will continue to pay back my community back by always have their back like the community projects have always had mine

One day I hope to stand for council and continue what I started all those years ago but even if I do not, I will always have the back of the community service and people of Woodside.

Love, light, and healing

Always and forever

Charlene Kilpatrick



MCR Pathways

MCR Pathways have joined forces with Aberdeen City Council to expand their Young Aberdeen Talent mentoring programme.

MCR Pathways have worked in St Machar Academy since August 2018 and this has now expanded to include Lochside, Dyce, Harlaw, Northfield and Hazlehead Academies.

Their programme involves volunteer mentors meeting the young person they are matched with for an hour each week in school and during term-time.

In S1 and S2 pupils meet weekly with the MCR Pathways Coordinator to take part in activities and learning and then in S3 pupils begin to meet weekly with their mentor to help them make positive plans for the future.

MCR Pathways is now looking for 150 volunteer mentors to get involved and help reach young people across the city and Aberdeen City Council will support their staff to mentor as part of their corporate parenting responsibility.

Graeme McEwan, MCR Pathways CEO said: "Our volunteers are from all walks of life; anyone can be a mentor,

you just need an hour a week and to care. We'd also love to hear from local employers who would like to support staff in becoming mentors. Mentors and their employers gain massively from the experience for relatively little time commitment."

For more information or to register your interest visit www.mcrpathways.org/aberdeen. There is an information session available online and you can email mentor.services@mcrpathways.org for any enquiries.





ABERDEEN CITY YOUTH COUNCIL

Aberdeen City Youth Council is the voice of young people aged 12-25 who live, work and study in Aberdeen. We have been a group for 22 years and rebranded as Aberdeen City Youth Council in 2008. Before this you may remember us as Listen, Young People Speaking or Youth Action Committee. We are a group of 22 young people aged 12-25 all from various backgrounds. We meet on the last Tuesday of every month to discuss issues which directly affect you as a young person!

On the 30th June we held our EGM virtually on Google Meet due to the current circumstances. We voted in our new committee and said a very fond farewell to Martin, our previous Chair who has been involved in ACYC since 2014. That makes him the longest serving Youth Council Member. During his time as Chair, Martin's role was to oversee the daily running of the Youth Council and he did that job to perfection. He is also your local MSYP (Member of The Scottish Youth Parliament)! He is still very much involved in the Youth Council but we will miss him as our Chair. We welcome Eric Rosljajev who is our newly elected Chair. We

are also supported by our fantastic Youth Development Officer, Kirsty who supports us with fundraising, events etc.

Each year we grow from strength to strength. Our most successful campaign has to be Bog Standards where we campaigned to ensure that every young person had access to toilet facilities which were free from labels and anxiety. We also been debating or have yet to debate on various subjects which you can see below:

Young offenders mental health

Suicide awareness and prevention

Better lighting in public spaces

Teacher shortages

Better and accessible public transport in Aberdeen

The climate emergency

Also some of our past campaigns are:

Face2Face - this campaign focused on access to future opportunities

Voter registration drive - this campaign focused on getting young people to vote in elections

Diversity, inclusion and anti-bullying

We also have a few working groups at the moment both of which are based on young carers and mental health. We are also involved in lots of external groups including Aberdeen Tenant Participation, Youth Activities Small Grants Fund, The Gornell Trust and Reboot.

Our Current Campaign, Coronavirus Voices, is yet to be launched! However it focuses on three aspects which are Loud, Proud and Relevant because we want young people's voices to remain heard throughout the pandemic, we want young people to remain proud that they can share their voice and we want to ensure that young people's voices are relevant to what they need.

We are always on the lookout for new members! So why not come and join us? Maybe you want to fill that spare few hours you have in the week or maybe you need volunteering hours for a project. ACYC is a welcoming environment whatever your circumstances may be. We will be happy to have you on board. If you want to find out more you can contact us at aberdeen.city.youth.council@gmail.com.



MESSY PLAY WITH ABERDEEN PLAY FORUM

The team at Aberdeen Play Forum have a passion for play! It is our job to promote children's right to play and raise awareness of the important role play has in supporting children's development and fostering their physical and mental wellbeing.

Sensory play is important because it provides children with opportunities to experiment, problem solve and make decisions. It supports the development of both fine and gross motor skills, and language. Furthermore, sensory play has been proven to build nerve connections in the brain and also helps to develop and enhance memory.

Messy play, describes materials such as, paint, sand, slime, water, clay or mud that provide a sensory experience for the child. Messy play enables children to explore texture, sensations, imagination, and of course get messy and have fun! Messy play activities can be cheap and relatively easy to provide for your children at home. However, it can be daunting for many families. The team at Aberdeen Play Forum have some top tips to encourage you to try messy play at home with your children.

TOP TIPS FOR MESSY PLAY

Be positive and prepared

Keep it simple (very few and simple materials)

Set ground rules before you start and explain why (for example, try to keep the water inside the tub so that the

floor does not become slippery)

Older children can help prepare and set up the messy play. Also encourage them to help with cleaning up any spillages.

Have fun!

Think about clothes!

Put children in old clothes or strip them down to their nappy

Use mum/dad's/older siblings old tops for cover ups

Have face cloth/wipes handy for a quick clean up

Contain the mess!

Use the bathtub or outdoor area

Lay down a wipe clean tablecloth/ tarp/towels

Have towels and a bin bag handy for a quick clean up

TASTE SAFE MESSY PLAY FOR BABIES AND TODDLERS

Babies and toddlers love to explore using their mouths, this does not mean that they cannot get involved with messy play. Here are some ideas for taste safe messy play:

Cooked or uncooked pasta shapes (there are loads of recipes online explaining how to dye pasta for an optional twist!)

Jelly, wonderful to squish and squeeze and it smells amazing! You

could even try burying toys and objects in the mixture before setting.

Cereal. Add a cereal of your choice to a basin/container. (A good addition here would be kitchen utensils or toy animals).

Dye yoghurt with food colouring for some finger-painting fun!

Taste safe mud. All you need is two cups of plain flour, 1 tablespoon of cocoa powder and two cups of water to create this taste safe mud. Perfect for your own mud kitchen or for some dinosaurs to stomp in!

NON-MESSY SENSORY PLAY

Here are some mess free sensory play ideas:

Fill plastic bottles with materials such as coloured water, sequins, glitter etc. Try dried beans, rice, bells or stones to create interesting sounds. (Remember and seal the lid with superglue or duct tape)

Create your own texture boards. Using superglue attach various textured items such as colourful scourers, stones, fur, cork etc to a large piece of cardboard.

Get out your kitchen utensils and pots and pans to create your own musical instruments.

Make an indoor den, close the curtains and create cool effects with torches, fairy lights and glow sticks.

Tillydrone Community Policing Team Update

Listening to community concerns we have undertaken high visibility patrols on roads where speeding vehicles were identified as a problem. Officers undertook high visibility patrols and speed checks on identified roads in the Tillydrone area educating and charging those exceeding proscribed limits.

The use and supply of controlled drugs continues to be a scourge on our communities, with us actively pursuing this. To combat the problem, officers from the Seaton and Tillydrone Community Policing team, supported by the City Centre Problem Solving Team and Specialist Officers recently undertook "a day of action". During this day two people aged 29 and 26 were arrested in connection with the supply of Class A drugs. A further three persons were arrested in connection with being in possession of Class A and B drugs.

This operation was instigated in response to community concerns and shows our commitment to dealing with serious and organised crime within the area. In addition to dealing with the ongoing criminality of controlled drugs the operation was also about providing support to addicts who are seeking assistance to address their substance abuse problems. Strong partnership bonds ensure that those seeking support can be signposted towards help, ensuring that some of the most vulnerable in our society are protected.

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

Pathways in Woodside

Our dedicated and experienced team of Employability Keyworkers are working on a rota between the office and from home during the current restrictions which are in force, but we can still help you to look for work, or help you prepare so when things open up, you are ready to go! In the meantime we can offer appointments by video call or by telephone, so let us know if you would like us to contact you!

1) We can get you registered to work with us at Pathways. A few simple questions to get to know you and what kind of work you would like to do.

2) Write a new CV for you or help update an existing CV.

3) Set up an email address for you if required.

4) Carry out jobsearch and help you apply for any suitable vacancies.

5) One for you to do! If you have a smartphone or tablet, go to your app store and download the app for Indeed, the job site. Create an account with your email address and a password and then upload your CV to your account. Your Keyworker can help you with this if required.

6) CONTACT PATHWAYS:

Call 01224 692 939, Monday to Friday, between 10am and 2pm or email davidcook@pathways-online.org stating which area of Aberdeen city you live in.

This article was written after the Scottish Government Update on Wednesday 7th of October 2020 so things may have changed by the time you read this. To keep up to date with current operations and assistance available please visit our Facebook Page here: www.facebook.com/PathwaysAberdeen1A

Councillor Comment

Halloween and Bonfire Night are still my favourite times of year. As a child growing up in Middlefield I went out 'guising' with my pals. It was a different time then. Children weren't accompanied by adults. As we move into Autumn there is still uncertainty about a 'second wave' of COVID-19. This year Halloween 'trick or treat' will be very different for local children and their families and neighbours.

I heard the news yesterday that Aberdeen Art Gallery has won the Art Fund Museum of the Year 2020, described as 'the most prestigious museum prize in the world', so it's definitely now time for a visit! Check online to book your slot for free and see the BP Portrait Award 2020 till 24 January on the top floor while you are there. Open Wednesday till Monday 10am to 4pm.

Finally, please do not hesitate to be in touch if there is anything you'd like to bring to my attention and it doesn't have to only be concerning the Council. You can email me on lesdunbar@aberdeencity.gov.uk or telephone **01224346624**

Councillor Lesley Dunbar

Participatory Budgeting

A steering group, made up Community representatives from Tillydrone, Seaton and Woodside, has been meeting virtually to plan and progress a participatory budgeting (PB) event.

The concept of PB originated in Brazil and the idea is that local people can vote on how local authority money is spent.

There was a total of £13,000, with £10,000 coming from Fairer Aberdeen and £3,000 coming from Police Scotland.

The themes for potential projects are:

1. Young people

2. Mental health

3. Safety in your community

Initially the voting event was meant to happen in Autumn 2020 but has been postponed due to Covid-19 related restrictions and will take place in January.

If you have already sent in an application you do not need to resubmit. For more information email udecide.tillywoodsea@gmail.com.

Youth Media Update

In line with Scottish Government Guidance face to face sessions for Youth Media sessions resumed in Station House on Saturday the 19th of September. It was great to have the young people back in the building, producing live radio. They are all wearing face masks

in the building and we have plastic screens installed in the studio in order to ensure everyone's safety.

While it is different to usual it's been lovely to have a sense of 'normality' back and have young people using the building again.



shmuTRAIN Update



ShmuTRAIN, our employability project, is now back up and running virtually and staff are currently supporting four young people regularly to gain employment, education and/or training.

There is currently a rolling recruitment process to get

another group started. If you know of a young person, living in Aberdeen city or shire, aged between 16 and 25 who would like some help with job-hunting please email michelle.trail@shmu.org.uk.

FANS Youth Film Festival

shmu is the fund-holder for two national projects for Film Access Scotland; the FANS Youth Film Festival and the Strategic Development of the Sector.

We are now in the third year of the FANS Youth Film Festival, which is designed and programmed by a team of young people and aims to

celebrate the films and interests of young filmmakers living in Scotland. There are two young people involved in the team from Aberdeen, who shmu Youth Development Worker, Lori is supporting, and there ten young people involved in total. They have been working remotely throughout

the COVID-19 lockdown to develop ideas for the festival in November. Originally the festival was going to be held in Aberdeen this year, but it is now looking like it will be completely online.

For more information visit filmaccess.scot/festival.



Pete the Punk

ALICE COOPER

I was never a huge Alice Cooper fan. I hummed and hawed about buying tickets for this – the second night of the seven-date *Ol' Black Eyes Is Back* UK tour – but support acts *The Stranglers* and *MC5* (the legendary *MC5* celebrating the 50th anniversary of their classic *Kick Out The Jams* album) – are enough to convince me this will be a sound investment.

On the night, we arrive at TECA, a state of the art steel and glass building designed to replace the old exhibition centre at the Bridge of Don. It's impossible not to be impressed as we make our way to the main entrance.

Walking around the crowded concourse, it seems like almost everyone we know is here. Alice Cooper is making his first ever appearance in the city and the people of the north-east have turned out in droves to greet him.

The main auditorium is buzzing; there's a noticeable warmth here, something I always found lacking in the over-sized cattle shed that was the AECC. This is a great improvement.

Openers *MC5* come out all guns blazing with *Kick Out The Jams*, and Wayne Kramer, the last of the original lineup, leads guest players from iconic alternative bands *Fugazi*, *Soundgarden* and *Faith No More* through a short but electrifying set of *MC5* classics.

Next up is *The Stranglers*, who for some reason are the band I've seen the most times live. Their hit-strewn, 45-minute set will no doubt have won them a host of new fans: *(Get A) Grip (On Yourself)*, *5 Minutes*, *Hanging Around* and their terrific version of Burt Bacharach's *Walk On By* are all in there before they finally bow out with a rip-roaring version of *No More Heroes*.

Little do we know it but this is the last time we'll see *Stranglers'* keyboard maestro Dave Greenfield in Aberdeen. The man whose virtuosity was always at the heart of *The Stranglers'* unique sound was struck down by coronavirus while in hospital earlier this year and sadly passed away due to complications.

And now to the main event.

The lights dim. The band walks on to a tape of *Nightmare Castle*. The set itself is a huge castle and as the band launch straight into *Feed My Frankenstein*, any idea that I'm here as an interested observer only goes right out the window the minute Alice Cooper takes the stage.

Resplendent in top hat, tails and cane, Cooper directs the action like the consummate showman he is. *No More Mr. Nice Guy* is the first hit of the night and sets a pace that rarely slows across the next two and half hours.

Despite having a huge back catalogue to choose from, tonight's set comes mainly from the band's glory days of the '70s and '80s. And what a band it is, some of the best rock musicians on the planet.

After a mid-set triple whammy of *I'm Eighteen* (Cooper's breakthrough hit from 1970), *Billion Dollar Babies* and *Poison*, Nita Strauss treats us to an astonishing display of guitar histrionics. The 34-year-old blonde from L.A. spins and pirouettes across the stage, firing out a perfect maelstrom of notes that show exactly why she is currently the number one female rock guitarist in the world.



One thing I had not expected, though, was just how much fun this show was going to be. It is, perhaps, the ultimate meeting of theatre and rock and roll.

Much of that is down to the pure magnetism of Cooper's stage persona, undiminished despite the passage of more than half a century since the release of his debut album in 1969. In the interim, his character has evolved from one-time public enemy number one into the perfect pantomime villain. As ringmaster, pirate or strait-jacketed lunatic (he is all of these tonight), he can pose and preen, flaunt and feint or glower and gurn with the best of 'em.

Then there are the glorious set pieces: a large cannon firing a mass of silver streamers into a delighted crowd; the lunatic Cooper guillotined for his sins, his severed head paraded before the audience by a giant baby; the huge black balloons that fall from the ceiling as the show nears its end.

The main set closes with 1986 single *Teenage Frankenstein* and, never one to miss a trick, Cooper returns for the encores wearing a Scotland football shirt with his name and number 18 on the back. The crowd absolutely loves it, of course.

The encores kick off with *Under My Wheels* but the pièce de résistance comes when the show finishes with a climactic *School's Out*, extended to take in a verse or two of Pink Floyd's *Another Brick In The Wall*.

As we pile out into the cold afterwards, I reflect that while it's taken Alice Cooper 50 years to get to Aberdeen, he's made sure that no one here tonight will ever forget it.

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