

JOURNALOLOGICAL

I'M FREE

Anchors Aweigh

Youth Media team visit
summer art attraction

Food Banks

How you can help

Peacock Visual Arts

A hidden gem in
Aberdeen city centre

A Job In Journalism

What you need to know

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HELLO

Welcome to the fifth edition of Journalological

We have been working hard over the last term to bring you news about news and events from across Aberdeen city. In this edition you can find information about the Friends of Anchor 20for20 Campaign, the Young Artists Music Project and foodbank provision through Aberdeen.

Just in case you missed our last edition we'd like to tell you a bit about this magazine and where it came from.

Journalological is put together by young people for young people who are part of the youth media team at shmu. We started off writing articles to go with the community magazines which shmu produces already and we had such a great time writing these articles that we wanted to produce our own magazine. shmu applied for funding and now here we are with our very own magazine!

There will be three editions a year (spring, summer and winter) and this is our winter edition. We

will be focusing mainly on the regeneration areas of Aberdeen (Woodside, Seaton, Tillydrone, Middlefield, Northfield, Cummings Park and Torry) but we are always open to ideas about any topic that affects young people. If you live or attend school in one of those areas and would like to get involved Journalological then please get in touch. We're always looking for writers, photographers, proof readers and ideas people. Let us know what you think is important to you and we will try our best to cover it.

The team involved in this edition has included Glen Lukasz, Connor, Ella M, Ella W, Rosa, Kiera, Danny, Kacper, Miku and Yasmin and we meet every Tuesday between 4 and 5pm at shmu.

We have had a great time producing this magazine and we really hope you enjoy reading it. If you would like some more information, then get in touch with Laura at shmu.

You can email laura.young@shmu.org.uk or call 01224 515013.

We hope you'll have as much fun reading the magazine as we did making it.

shmu offers an exciting and vibrant Youth Media programme to young people, prioritising those living in the regeneration areas of Aberdeen aged 12 -19, to actively participate and engage with our enhanced youth media platforms (radio, film, music and journalism); increasing confidence and self-esteem and encouraging communication with the wider world in a creative, balanced and informed way.

The programme offers the opportunity for our young participants to share their experiences with the wider world by digitally sharing all content produced through the SHMU website, social media pages, 57 North and our YouTube channel. If you have an interest in media and would like to find out more then contact our Youth Media Manager on denise@shmu.org.uk or call Denise on **01224 515013**

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A Community Heart Transplant

by Rosa

The Tillydrone Shopping Centre, located in the heart of the regeneration area, was once the centre of a community. Now, after over fifty years of serving our community they've lowered the shutters for the final time.

The Tillydrone Shopping Centre will give way for a brand-new project, The Tillydrone Community Hub. The new £6 million development will feature a cafe, information centre, job advice service, as well as a crèche and fitness classes.

The Community Hub is also expected to have a start-up business unit and library because of the £4 million from Aberdeen City Council and £1.9 million from the Scottish Government's Regeneration Capital Grant Fund.

The site was seen as ideal by both local people and councillors across Aberdeen City Council. They favoured the site due to the large space the shopping centre covers, the more flexible design options and the transport links.

As a result of this exciting new development groups like Tillydrone Youth Project, Lighthouse and M26 were all asked to relocate before the end of summer to ensure the site would be ready for the hub to be built. All groups remain accessible to the

community. The Lighthouse tends to meet in Fountain Hall Church and Woodside Community Centre with men's drop in, music groups and bible study groups. M26 is a group set up to help over 25's live healthy and fulfilling lives. Tillydrone Youth Project is currently running sessions in Tillydrone Community Flat and is set up for young people aged 12-19 who live or study in Tillydrone.

There is a timeline to the new Community Hub's construction that can be found on the council website.

The contractor broke ground on the 3rd of November 2017 so this project is set to be well and truly underway by the end of the year. According to the timeline posted on the Aberdeen City Council website the hub will be officially opened to the public in January 2019.

Tillydrone councillor Ross Grant, the council's Regeneration spokesperson, said in an interview with the Evening Express earlier in the year: "We are on the verge of starting the first chapter of an exciting new era for the area and there will be benefits for everyone. However, there is a tremendous amount of history attached to the shopping arcade and many people have fond memories of it."

"It is important for us to do all we can to record those memories for posterity."

Councillor Grant also told us that the Community Hub is years of hard work of the community with plans that reflect what residents told the council officers. It is the beginning of a transformation for Tillydrone and is giving our area what it deserves.

Both Councillor Grant and Tillydrone community council leader Linda Barclay are asking people to record their memories of the Tillydrone Shopping Centre. The community council meet once a month to discuss issues across Tillydrone and the Donside Village. If you have any fond memories of the former heart of the community get in touch by emailing Karen Finch, community council liaison officer at communitycouncils@aberdeencity.gov.uk

This is an exciting time for the community of Tillydrone as we have the heart of our area revitalised and have a very special chance to help reshape our area. For more updates on the project make sure you look up Tillydrone Community Hub on Facebook.



ACCESS RGU

By Connor

If you are currently in S5 or S6, you can apply to take part in the RGU "Access To" course. This is a course that allows you to get a vague idea of what studying at RGU will be like, in order to give you an idea of whether or not you would like to apply there for a course.

You can get a feel through short sessions held once a week after school on a certain weekday for around 10 weeks. You will also receive a short tour of the building and meet staff members.

They currently work with St Machar, Northfield, Hazlehead, Torry and Kincorth Academies, so if you are currently attending those academies, it would be a very good idea to give this course a shot.

If you would like more information, you can get in touch with RGU on 01224 263098 or access@rgu.ac.uk

Applications for the next intake will be open in May 2018.

I have personally been involved with Access RGU, doing the media course for 10 weeks, and I would recommend it. Over the course of the weeks, we did the standard radio and journalism. We also covered some other aspects of media, such as animation, advertising and television. We covered a broad range of topics and we weren't just taking notes in a classroom, a lot of the work we did was practical. For example, we actually got to use stop animation to create a short movie, and we created a poster made to advertise a certain product as part of advertisement. This is what persuaded me to apply for a media course at NESCOL, and has led to pursue this as a career.



kiera's party tricks

Here at shmu we've been talking about the party tricks we can do. Here's a how to for our favourites. If you have any cool party tricks email us at laura.young@shmu.org.uk

HOW TO JUGGLE

1. Stand comfortably shoulder width apart
2. Throw one ball in an arc formation at the eye level
3. Add another ball
4. Throw the second ball before the first one is caught
5. Put two balls in your dominant hand
6. Throw them as before but throw the third ball before the second one is caught
7. Practice, Practice, Practice

HOW TO MOON WALK

1. Put your weight on your left foot
2. Transfer your weight to your right foot
3. Slide your left foot back
4. And repeat

HOW TO DO A BACK BEND

1. Lie on your back with your legs bent
2. Put your hands beside your head
3. Push up

Note: If anything hurts stop, we don't want to cause any injuries!



Moving to a new school

So recently we have started first year and what a journey, from the quiet halls of primary to the busy halls of secondary (what a rush).



HOMEWORK

Homework is definitely different, shorter deadlines harder work and lots more of it, but how much do others get?

Lukasz says 'it's random'.

Ella M "says you usually get at least once piece a week".

Kiera says "that it is harder than primary and you get it more frequently".

Ella W "says the teachers won't give homework for the next day, but the older you get the teachers give closer deadlines".

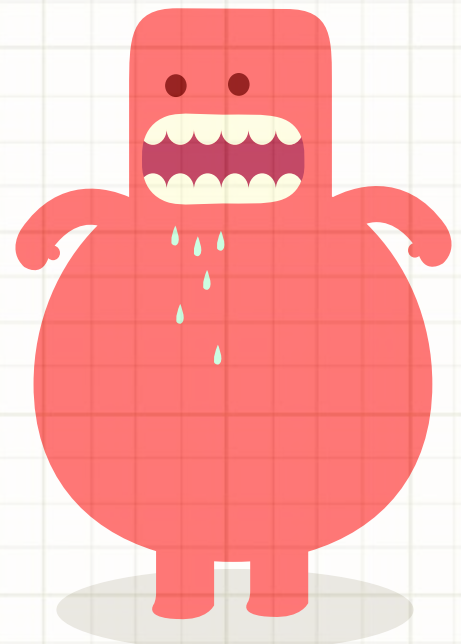
Glen says "homework is a wild card, classes can give you an abundance of homework, or none at all. Either way as you go up the years your're expected to do less homework and just study and go over what you've done."



SHIFTING CLASSES

Shifting classes is hard, getting to where you want to go is even harder with all the pushing and shoving it's all a part of life even if your strong the little ones will win, you see it's all about quantity. There are more faces to learn - those teachers must have a hard time. There's a whopping 620 pupils in my school and is just first years so imagine trying to read a time table with that amount of people.

Everyone knows that there's a lot to learn up in the big school but you get used to it so just take it easy and just go with the flow.



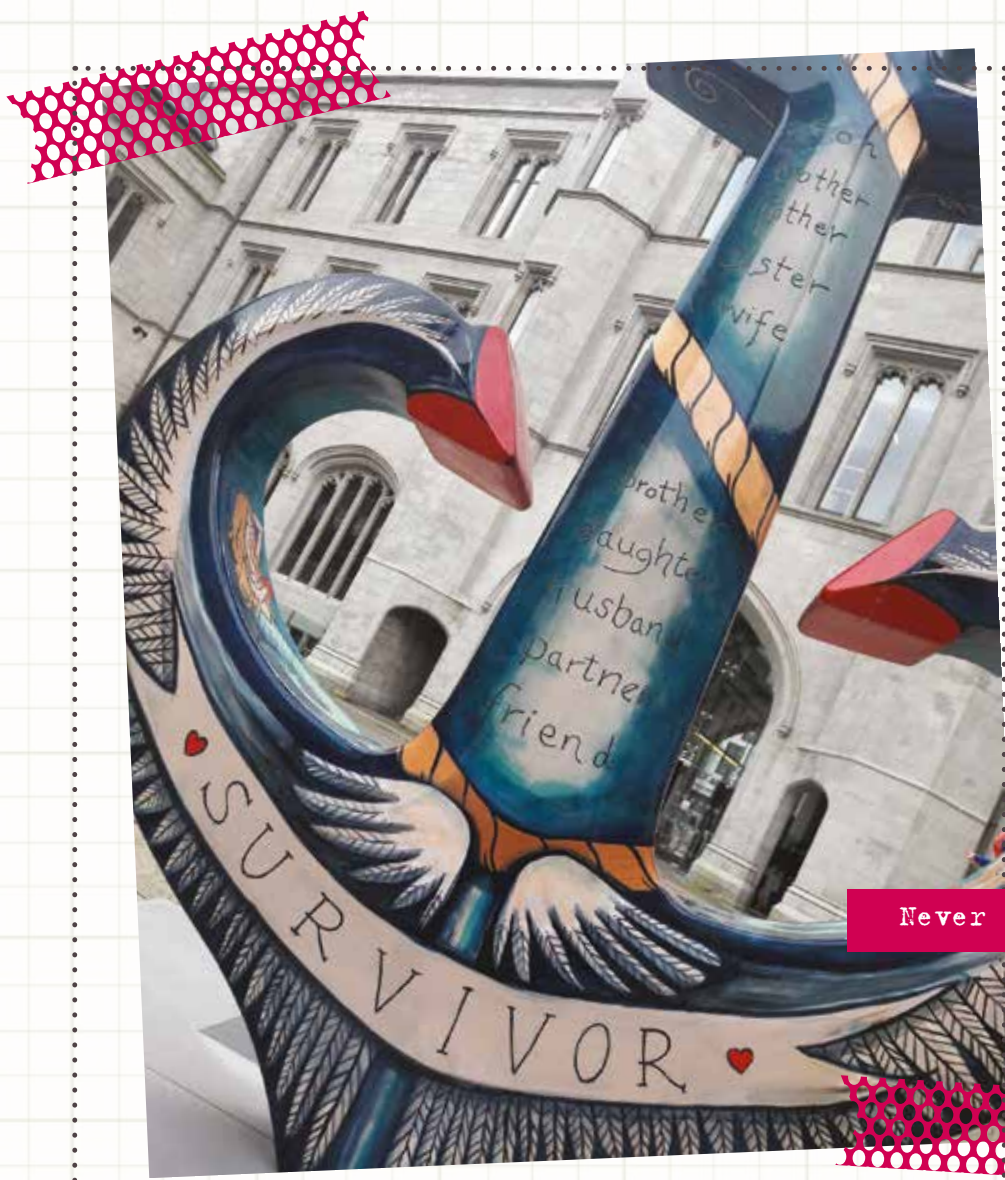
FAVOURITE CLASSES

Kiera thinks: "People have favourite classes, because of their personal interests." For example, she likes maths and English and I like P.E and art because we are all different.

Lukasz thinks: "Maybe that subject is what that person wants to do when they grow up, or because they like the teacher, or they just might find the subject easy or challenging so they like it because of that."

Conner thinks: "Sometimes it depends on the teacher, if you like a certain teacher you are more likely to like that subject. The teacher might make it more fun for you and they might teach it in a way that helps to you understand it better."





Never Lose Hope

ANCHOR

Friends of Anchor are a charity “with a vision to help make cancer and haematology care in the North-east of Scotland the best it can be.” The Anchor Unit operates within Aberdeen Royal Infirmary. To mark the 20th anniversary of Friends of Anchor they launched the Anchor Campaign. Twenty anchors were individually designed and decorated by very talented local artists and were on display throughout the North-east of Scotland, Orkney and Shetland between 1st July through to the end of October.

The Dream Big campaign

This year their milestone 20th anniversary, the charity launched their biggest fundraising appeal yet - ‘Dream Big’. Earlier this year they pledged a total commitment of £1 million to the University of Aberdeen’s ambitious £4.5 million project to attract and recruit a world-class oncology (the study on tumours) research team to the North-east. This is a massive investment that will ultimately see

clinical care improved for cancer patients in Scotland. Members of the research team will have dedicated clinical hours to strengthen the overall oncology consultant clinical hours for the ANCHOR Unit, improving patient care within the cancer wards. The team will also aid further opportunities, access and participation for clinical trials, often the last hope, for North-east cancer patients. The Anchors were auctioned off at the end

of November to raise money for the Dream Big Campaign. Selling off the anchors raised a whopping £349,000 which pushed the total fundraising amount to over £1 million. Every penny raised from the event goes directly to Dream Big, to see Aberdeen become a centre for ground-breaking cancer research.

Youth Media Team members went to the Marischal Collage to take photos of the Anchors.

HORS AWEIGH

By Kiera

North Sea Sucker



Mrs Melgorium's
Botanical Emporium



Light the Way



Folk Song





GAMING'S WINTER HITS

Connor

Pokemon Ultra Sun and Moon

Following the release of acclaimed titles such as Pokemon Sun and Moon and their latest spin-off game Pokken, the first ever Pokemon Fighting game has arrived. GameFreak were quick to reveal the latest addition to their library, Pokemon UltraSun and UltraMoon.

When it comes to new game features, we have a photo mode where we can take photos and make Pokemon look fabulous. Some Pokemon have new Z-Moves, such as Kommo-o with "Clangorous Soulblaze". Apart from sounding overtly edgy, this move allows it to take out both opponents in a Double Battle and it also raises all of its stats by one stage (bringing up the question of whether or not it's overpowered). We also have some news about new Pokemon forms. There is Lycanroc's new Dusk Form, which just seems to be Lycanroc sporting some hair dye. There is also Necrozma "Wings of Twilight" and Necrozma "Wings of (Breaking) Dawn", which allow Necrozma to use the signature moves of Solgaleo and Lunala respectively.

Sonic Forces

The latest Sonic game to be released by Sega will see a return to the

formula of Sonic Generations, with the "Classic" and "Modern" Sonics joining forces to defeat an alliance of Dr Eggman, Metal Sonic, Shadow the "Edgehog", the Cell rip-off from Sonic Adventure and a being named "Infinite." What makes this game stand out is that you can create your own character to play as during the game allowing people to recreate their original characters and play through the game with them. Also, for the launch version of the game, players will be given an additional campaign mode that will allow them to play as Shadow the Hedgehog in a bid to discover the "untold story of Infinite."

Super Mario Odyssey

Released on October 27th, this game returns to the open-level based gameplay previously used in Super Mario 64 and Super Mario Sunshine. In this game, you play as the titular Mario character as you attempt to foil the plans of King Bowser Koopa, who is attempting to marry Princess Peach Toadstool. What makes this game stand out amongst the rest is that Mario teams up with a sentient hat named Cappy. By throwing Cappy, you can use him as a platform, hit enemies and collect objects such as

coins. You can also throw him at certain enemies, objects and characters to take control of them, being referred to as "capturing", essentially making this Mario meets Pokemon.

WWE 2K18

Also released in October on PS4, Xbox One, Microsoft Windows and Nintendo Switch. It is the latest game being developed by 2k Games and features Seth "Freakin'" Rollins on the cover, as well as Kurt Angle as the Pre-Order Bonus Character. It will be the first ever professional wrestling game that can support up to 8 wrestlers participating in a match at any given time. The create-a-match feature (a feature that allows you to mix and match different rules and environments to create your own unique matchup) will return and there have been significant changes to the career mode, allowing you to roam backstage freely and complete side-quests, perform interviews and get into fights with other wrestlers backstage. You can also choose to appeal to two different groups of people. You can aim to please the fans (by putting on great matches and great promos) or the General Managers (basically authority figures). Each will grant you different rewards depending on who you appeal to.

GLEN'S GAME REVIEWS



These past few months have been an absolute blast with lots of different Nintendo games coming out. Nintendo have been on an absolute roll since the release of the Switch. After knocking out gamers with the Switch and Zelda they have just been relentless with hit after hit. Their three main titles are Arms, Splatoon 2, Mario + Rabbids Kingdom Battle. These titles were all released in the past 6 months and are all exclusive to the Switch.

Arms

First and foremost is Arms. The game is Nintendo's newest intellectual property and while it might not have been the knockout that Nintendo wanted it certainly was a hit. Arms is a third person fighting game, with a literal and metaphorical twist- the arms. Do you remember the rock'em sock'em robots that you pressed a button and their arms would extend? Yeah? It's that. You throw a punch and their arms will fly forward towards the enemy and then spring back to be used again. This is a very fun mechanic and is enhanced with the surprisingly good motion controls thanks to the switch's joy-cons. But that's all the motion controls are - fun, when playing competitively they aren't the best, with accidental swings, moving can accidentally turn into a block and punches can sometimes not register.

Arms has 12 great characters, all with their own special arms. Each character has different abilities like an extra jump or a slide dodge or bulking up to take bigger blows. It really switches up the gameplay and keeps it from being repetitive. While the game itself is fun and enjoyable to play it can get boring pretty quickly because of a general lack of content (surprisingly) and an extremely slow trickle of new content. In the 4 months the game has been out there have only been two new fighters, two new stages and six new

arms added. In comparison to other games on the market is minimal. Arms is a well-polished, fun experience for younger people who like to swing a remote about to the competitive player who goes to tournaments and plays with friends. Now let's switch to the next one.

Splatoon 2

What do you get when you cross uncooked calamari and ink? A rhetorical joke and Splatoon. Specifically, we are talking about its sequel, unsurprisingly called Splatoon 2. The game is a third person shooter game where instead of shooting the other players you shoot the ground with ink. It's all just one big game of turf war, cover as much ground as possible in your own coloured ink and whoever has the most when the bell rings wins the game. Simple concept, simple game, right? It takes a simple idea and does a lot with it.

With a good amount of game modes and a lengthy main story it's never boring. The main story is a sequel to the original game and it's essentially the same thing, different levels require different weapons and mechanics. But who actually buys games for the story huh? Just go watch a movie or something geez. The main bulk of the game is online. There is regular, ranked and league battles. They do what they say on the tin. The other online mode is completely new to Splatoon 2 called 'Salmon Run'. This utterly fantastic new mode is a horde mode where you have to shoot little salmonids and collect eggs and survive the round. This is by far my favourite mode. It's challenging in later rounds and needs great team coordination. Yet there is a huge negative - it's only on at certain times. Yup. you can only play Salmon Run online when you're told you can. You can play locally with friends at any time but if your friends don't have a Switch it is a problem. Apart from those things the whole game is fantastic. I'd give it a solid 9/10. Now it's time to switch over to the next game.

Mario + Rabbids Kingdom Battle

'BWAAAAAAAAHHHHHHH'. 'It's-a

me, Mario'. And that's the game. 82/10. I'm joking of course. Mario + Rabbids Kingdom Battle is an interesting team up and one of the biggest video game risks of the year, along with Animal Crossing mobile and Sony's 73 press conferences all showing the same exact stuff we've known about for 2 years. It mashes together Mario, the moustached, princess saving, kart racing, brother smashing, golfing, tennis playing, footballing, go fish playing, Italian plumber and some cartoon rabbits who go Bwaaah. The Rabbids were introduced through Rayman in a few games and then went on to have some bad motion games on Wii and bad motion games on Kinect and bad non-motion games on other consoles. They are essentially the minions of video games. They've been gone for a while and suddenly reappeared next to our overall wearing pasta pal. This stirred up the video game community a lot and people feared that it would be a cringe inducing, unfunny, horrific mess. Lucky for all it was none of those things.

The game turned out to be a tactical role playing game that played like X-Com. But instead of aliens it's rabbids. The game builds on you playing 8 main characters, Mario, Peach, Luigi and Yoshi as well as their rabbid cosplay counterparts. Each character bears arms with unique weapons with different abilities and damage. You've got your usual suspects such as fire, ice and wind but then there is ink to make enemy's blind and explosions to blow enemies away. The game is full of very funny humour and smart references that are surprising for a game with rabbids who usually resort to toilet humour. Overall, it's a good game but replay ability is lacking severely which makes it a onetime experience really. I would give it a 7/10.

And that's your lot. The switch has had a smashing year so far and with the genuinely 10/10 Mario odyssey that just came out and Xenoblade Chronicles 2 capping off the year Nintendo is doing fantastic and I believe that they will just keep hitting home run after home run.

PEACOCK. VISUAL ARTS

Lukasz

In the back streets of Aberdeen there lies Peacock Visual Arts. To many its unknown but don't worry that's what I'm here for to tell about this workshop that is packed full of equipment and experiences.

On the 5th of September members of shmu's Youth Media Team went to Castle Street and into Peacocks. We walked in to a small room full of machines such as a laser cutter and 3D printers. We sat down, and they told us about the many projects they have been involved in, for example back in Ireland they were involved in a project where they found a horse paddock that had been built by locals. It was made of some interesting materials including scraps like clothes hangers, bed frames and anything else the villagers could find, rather than the

usual equipment you would use to build a horse paddock.

After telling us about some of the projects that they were involved in we got a tour of their facilities. We started off by walking into a print shop and they had many machines including things like roller printers and a machine to print lino. Then we proceeded to go upstairs to the screen printing shop.

After a couple of weeks, we were invited back to try out screen printing for the first time. We were shown the assortment of tools on offer and then took a piece of paper and designed something. We were told to keep it simple and involve around 2 or 3 layers. After making a design we had to take some clear film and trace each layer onto the film. We then picked our colours and placed the film onto a large piece of plastic which had a UV light under it. We placed a screen made of emulsion and put it under a vacuum to force them together and

then the light is turned on. After half a minute or so we took out the screen and wash it. It was later attached to an apparatus where it would keep it in the same position and help us paint on the paper.

I made a man with an umbrella walking through the rain, other members made a shoe, a spray can and an eye. We went back a second time to do another workshop. This time I had opted for a WW1 air raid above London image while two members made an abstract art piece of sorts, and someone made a treble clef.

Overall the visits that we had were amazing and offered a lot to learn which is why I personally recommend anyone interested in art to try out the multitude of workshops that are on offer at Peacocks.

For more info check out: www.peacockvisualarts.com





What is a Journalist and How to Become One

By Miku

A journalist is a person who distributes the news to the public. They do this through news articles, television, magazines etc. A journalist first gathers this information by hearing about a subject, seeing the subject, or something happening to them.

As we, the people who bring you this magazine, at shmu are journalists; I have decided to bring you a guide on journalism. If you are interested in becoming a journalist or if you just want to know what it's about then you have come to the right place.

What types of journalists are there and what do they do?

Journalism spans over a massive area. You may have seen people on the television telling you the news, or read an article in a newspaper. The people that deliver these are called reporters. Their job is to deliver the news. There are lots more journalists and here are some examples:

Broadcast Journalist: broadcast journalism is everything that happens on TV. The area includes: the presenters, the crew, weather or traffic presenter and much more. If you want the world to know about something TV is very effective.

Photojournalist: these are the people who never sit at their desks. A photojournalist is always away, documenting the world we live in through photography. You can be a photo reporter and write about what you see.

Sports Journalist: a sport journalist always has so much to do. Whether it's broadcasting sport, writing, maybe even commentating. If you love sport you will always love your job.

Communications Careers: communicating the news to the world is highly important. If you have always liked blogging, then this is for you.

Social Media: social media journalism includes: web design, multimedia design, professional blogging, or social media management. You could turn your hobby into a job.

These are just a few examples but there are loads more including anything from fashion journalism to war reporting. Most journalists these days have several strings to their bow and can be competent in a variety of skill sets.

How to Become a Journalist?

Journalism is tough at times but rewarding and fun. If you really want to be a journalist then you need to have a passion for truth, honesty and you need to have the guts to go out and get your story!

Here are some steps on how to become a successful journalist.

Get a good education: for college or uni look over a course curriculum and make sure it meets the standards that you want. Get a degree that focuses quite a bit on what you want to do. Having a good idea of what you're doing will increase your chance of getting hired.

Choose your niche: make sure to study what you want to do, become an expert in your area. Study hard for your criteria, be passionate.

Get an internship (or more than one): many schools have newspapers, yearbooks, newsletters, or radio stations that accept interns. The experience gained is essential when it comes time to applying for a job.

Practice: making sure that you practice your area of curriculum is essential. If you want to be a reporter then write about anything you can, make sure to mostly avoid using computers that correct your grammar. Having good English will give you a higher chance of employment.

Be willing to start small: think community publications, local newsletters, or small area newspapers. Anything to get your work published. If you have a hobby, look for opportunities to write a piece for a newsletter. Sometimes for free, but again, anything to get your work published.

Look out: you can even check on social media or on the internet. There will always be someone hiring, it might be that they need someone in your area. Just look out. Your first job may be small, but it may lead to something big.

Hopefully you have learned something from this article and it helped you even a bit if you were seeking advice. Remember that if you want to be successful, in any job, never give up.



READING

By Kiera

This section of the magazine is about reading and what are better real books or eBooks. I decided to write an article about reading because I like reading, I always have a book in my school bag to read.

In my school we have a period a week of just reading, so I've interviewed my school librarian.

What does your job involve?

It varies from working with children, running projects to sticking labels into books. There is no-one to be my assistant, so I have to do everything.

How do you or the school encourage reading?

The important thing is realising not everyone likes the same books and not everyone likes reading. It's trying to get the right book in the right pupil's hands, which I know sound a bit cheesy.

What programmes do you use to monitor the school's reading?

We use something called accelerated reader and that allows us to star test pupils and it gives us a rough idea of a reading age. Then they read the book and do quizzes on them to let us know if they understand the book and that's the importance of reading. A lot of pupils can read the words but don't understand what the words and phrases mean. The programme monitors how pupils are getting on, but we don't just rely on computers, we use our common sense too of course!

What are the benefits of reading?

You need reading everywhere - it's one of the things we talk about quite early on in first year. Pupils quite often tell us they don't read but they read their social media accounts which uses reading skills. Perhaps it's not a physical book but you're reading every day even if it's not a War and Peace length novel.

Did you always know you wanted to be a librarian and how did you become a librarian?

I wanted to be a primary teacher but when I was at university I worked as a student helper in the library and realised I quite liked that. I did a post graduate library qualification, really wanted into schools but couldn't get there to start with. I worked in oil and special collection and fisheries, research lab, museum, library then finally here Northfield Academy's library in 2000 and I've been here ever since.

What do you think is good qualities for a librarian?

Different librarians need different qualities but in a school library patience, a sense of humour, and the ability to multitask are important. You can have 10 kids at once all needing you at the same time, but I think the main one apart of skills of time management and research skill is really patience and definitely a sense of humour as it gets you through the days.

What is the busiest day in the library?

The busiest times are when we have classes down using accelerated reader. We have 11 classes a week coming down. Also, lunch times now, we can have 70+ in the library at once, it's quite noisy and there's quite a lot going on.

What is the biggest challenges of being a librarian?

You know it's managing your time although most people think of librarian as people getting to sit behind a desk stamping books in and out and sitting reading all day. It's a busy place, you don't know who's coming through the doors or what they're going to look for or how long it's going to take to help them. You can spend a lot of your day working on stuff you didn't know was going to happen at the start of the day. It's just always on the go.

E-BOOKS VS REAL BOOKS DEBATE:

I asked the 8 young people and 2 youth workers what side are they on and why.

REAL BOOKS:

5 people voted for real books, and why:

The new smell of a book

Seeing your progress

Showing off your books

The feel of the pages

E-BOOK:

1 person voted for real books, and here's why:

Easier to read

Convenient

Portable -can have lots of books at all times

Lighter

Trees are cool

INDECISIVE:

4 people voted for indecisive, and here's why

Balance of both

Likes the idea of eBooks but prefers real books



BY ELLA W

You might think that foodbanks are for people who are homeless or who don't have a job, but you are wrong. Some people might be on benefits or might not earn enough to feed themselves or a family. There are even sections in foodbanks for pets so owners can get the food for them and their pet when visiting.

In the last year more than 145,000 food packages were handed out by the Trussel Trust, a charity which runs a network of over 400 food banks across the country. According to Third Force News, this has helped to stave off hunger in almost 50,000 children and young people and would be enough food to feed the entire population of the city of Dundee. Food bank use has almost doubled in the last seven years. It may sound like a long time but it really isn't.

If you know someone who needs to go to a food bank, just support them and keep them on their feet. Don't make fun of them, don't stay quiet and don't just sit back and watch them fall down

because they may need that little bit of support to keep them going. If you see anyone bully them for it, comfort them. Be the one that keeps them happy and stress free.

There are lots of options for people living in Aberdeen who need some support. The main place in the city is Community Food Initiatives North East (CFINE). CFINE run a variety of services in Aberdeen city including selling high quality fruit and veg at low prices to fund their charitable work, operate a food bank from their building on Poyernook Road, redistributing edible in-date surplus food from supermarkets to charities and community organisations across the north-east. They also support local community food outlets which let people buy what they need at a cheaper price in their area and they provide support for those dealing with food poverty.

For more information about CFINE and what they do you can call 01224 596156 or email info@cfine.org

If you would like to donate to a food bank please do. You can donate the following:

- Canned fruit
- Canned soup
- Powdered milk
- Pasta and pasta sauce
- Rice
- Tinned meals
- Water
- Jams
- Just add water meals (pot noodles etc)
- Cereal
- Tea and coffee
- Biscuits
- Toiletries
- Baby products



Young Artist's Music Project

By Kacper

Over the last year Station House Media Unit (shmu) have been running a project aimed at young musicians living in the regeneration communities of Aberdeen. The Young Artist's Music Project (YAMP) was aimed at musicians between the ages of 14-25, living in any of the regeneration areas in Aberdeen (Seaton, Tillydrone, Woodside, Middlefield, Northfield, Cummings Park and Torry). It gave them support to write and record their own tracks.

I started taking part in YAMP at the start of this year and I've been really happy with my progress and how much it helped me improve. I've recorded a 4 track EP titled "Chances" with two original tracks and two covers. This helped me learn to write music and also interpret other people's music. YAMP

has not only been a huge experience and a learning opportunity for me but also a whole load of fun. I loved playing music, not just in my bedroom, but out there with other people and have a chance to get help to record my music.

I first heard of YAMP through shmu and initially started out as a 3-piece band but ended up as a solo artist. I have much more freedom to implement my style on the music I make. It's amazing to be able to express myself through music.

I spoke to Shawn Balfour, Community Media Support Worker at Station House Media Unit, who was involved in running the project.

He said: "What I like the most about the projects is that the majority of the

musicians we work with didn't realise they have the talent. People think they can only play a bit of guitar or a bit of drums but what they don't realise is how close that is to a finished track.

"We've worked with people through YAMP who thought they'd never sing in front of people but they went on to record in front of two tutors."

Young people involved in the project received around 16 hours of support, which includes 12 hours of studio time and post-production support. The project has come to an end now but keep an eye out on shmu's social media pages for similar scheme's in the future.

DISNEY WORDSEARCH

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Mickey Mouse, Minnie Mouse,
Pluto, Jiminy,
Cinderella, Beast, Bambi,
Sebastian, Oswald, Walt Disney

SPEAK OUT

Speak Out broadcasts live on shmuFM 99.8FM every Tuesday and Friday morning between 11am-12pm, presented by pupils from the following schools;

Manor Park, Bramble Brae, Heathryburn, Walker Road, Tullos, Riverbank, Northfield Academy, Hazelhead Academy

The programme consists of six sessions working on interviews, scripting and preparing to present their live radio show.

Tune into shmuFM and hear your local school.

IMPORTANT CONTACTS

- * ACIS Youth Counselling
01224 573 892
or iTEXT: 07758 360 095
- * Childline - 0800 1111
- * NHS 24 - 111
- * Police - 101
- * Aberdeen City
Youth Council
www.facebook.com/aberdeencityyouthcouncil
- * Sexual Health Services
0345 337 9900
- * Aberdeen Guarantees
www.aberdeenguarantees.com

THANK YOU FOR READING



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