

mastrick Matters

Autumn 2022

In this issue:

SCAM AWARENESS

WALKING GROUPS

GREENFERNS LANDWARD
DEVELOPMENT

www.shmu.org.uk/press

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editorial

Welcome to the Autumn edition of the Mastrick Matters community magazine!

Read on to find get funding advice for your energy bills from scarf, read about an exciting new dance class beginning next year and get the news from Mastrick Library and other exciting community updates.

If you would like to get involved and join the editorial team, or if you have ideas for the community publication, you can easily get in touch with us.

The staff at shmu are able to support and train anyone living in the area who are interested in developing their ideas and skills in either writing, photography or proof reading.

So please don't be shy, this is your magazine written, edited and designed by the good folk of Mastrick. If you live in the Mastrick area and would like to come along to the editorial meetings (when it is safe to do so) or submit an article then get in touch with Rose at shmu on **07752586312** or you can email her on **rose.ross@shmu.org.uk**.

You can also get in touch with us via our Facebook page - look up 'Mastrick Matters' and hit that 'like' button, and you can view this magazine alongside previous editions on the shmu website: **www.shmu.org.uk** then click the '**PRESS**' option

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

Mastrick Matters is a community publication and the views expressed are not necessarily those of the editorial team or of shmu.



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Boogie, ballet and bop with Babs

Mastrick residents are being given the opportunity to prove that no one is too old to dance.

Classically trained ballerina, Barbara Adderton, will begin teaching a new dance class 'Boogie, Ballet and Bop' in the new year.

Babs will hold two classes a week at Mastrick's North Church. The Thursday night session at 7pm is open to anyone over the age of 40. Her second session of the week is reserved for those a bit older, 60 and over, taking place on Friday mornings at 10:30 am.

Having begun dancing at 2 years of age, Babs is proud to have been dancing for 66 years. Trained in classical ballet, by her mum, she has spent her life dancing on stage, and television.

Babs also taught dance for many years before retiring, running her own school in Glasgow, before taking over her mothers studio.

Determined to prove that you're never too old to dance, keep fit and enjoy yourself, the new class is an opportunity for people to learn the basics of a variety of dance styles, including ballet. With an emphasis on having fun, singing, and 'bopping' to music.

"Quite often classes and exercise for older people are very quiet and static." Babs explains, "this will be

far from that. There will be music, so we can enjoy ourselves and you can go home singing."

For those concerned with whether they are physically up to dancing and or learning new steps, Babs reassures that there is no pressure to overdo it or attempt anything they don't want to.

"If they don't want to do something, they don't have to. They know their bodies better than anyone. I'm not going to force the issue."

Babs will teach the basics of a variety of dance styles from ballet to Jazz and modern, maybe tap too.

"Dancing has kept me going through dreadful times in my life. Just get up for one hour and go and do some exercise." She encourages, "Do something different for your mental health, rather than being sat quietly, reading a book or watching telly."

If you're interested in joining Boogie, Ballet and Bop, you can contact Babs on **07521 965562**. Classes are £5 (offered at a discounted price to those with a Bus Pass on Friday morning sessions).

Mastrick North Church is located on Greenfern Road, AB16 6TR.



What is known so far

Greenferns Landward is the name given to a patch of land and greenspace near the Bucksburn area which is a hotspot for walking.

The greenspace falls under the Newhills expansion area, this is an area on the periphery of Aberdeen City which is marked for urban development. Aberdeen city council are hoping to ease the demand for council houses with this development, as more than 6000 people remain on the waiting list.

Current development plans for the site include building 1570 homes, a traveller's site, a primary school, and a commercial space.

Previous plans for the development included a large medical centre. In 2018, the Scottish government proposed plans for an £8.1 million medical facility known as the aurora development. This development would cover the Mastrick, Northfield and Denburn areas, however the latest plans for the Greenferns site have not included this and have left many questioning whether the aurora development would go ahead.

Roohi Bains, Information Governance Manager & Deputy DPO NHS Grampian, provided shmuPRESS with a statement regarding whether the new facility will go ahead in the Greenferns development. "The assets that service our practice populations have had a change of use during the pandemic. The medical practice no longer feel that they require additional space in the Greenferns building and are happy that their current provision

is adequate given that the largest proportion of their patients are now in the city centre."

With the NHS no longer looking for an additional space within the area, it seems there will not be a new medical practice on the development patch. Both the NHS and the Aberdeen Health and Social Care Partnership (AHSCP) state the people in the area are being provided with alternate healthcare options.

An Aberdeen City Health & Social Care Partnership spokesperson said: "We want to ensure everyone living in Aberdeen – but especially the most vulnerable people in the city – have access to health and social services in their community.

"The Greenferns project – like many large building projects – was paused in March 2020, due to the pandemic. COVID-19 brought major changes to the health & social care system. The way services are delivered has changed. Many buildings have seen changes to the way they are used as well. All of this is currently being reviewed; we expect this work to be complete during Autumn 2022.

"There are currently 10 GP practices providing services across Northfield and Mastrick. There is also a clinic in Northfield which is open five days a week with multiple services provided by Aberdeen City Health & Social Care Partnership and Newburn Medical Practice."

While the review is taking place, the 10 practices allocated to the

area are, Calsayseat, Elmbank, Newburn, Links, Westburn, Woodside, Holburn, Rubislaw, Albyn and Hamilton.

Wilma Collie, a local resident commented "This could be a problem for those unable to travel such distances and not everyone has transport available to them? I worry about the idea that the service is there, and people have to make a greater effort to get the help which was more readily available in the past."

A group within the Bucksburn community have raised their concerns about the environmental impact it may have on the area. A Petition was started by Kate Krawczyk in the hopes of stopping the development and has received over 900 signatures.

Wilma also said "I'm very concerned about air pollution. As someone with a lung condition I struggle most days to just breathe, and I am acutely aware of the days when air quality is poor. Traffic fumes combined with the increase in travel corridors add to the poor quality of the air we all breathe, and such a development will surely have a huge impact on us all."

The council have held a public consultation which ended on the 29th of July, this gave the public the opportunity to express their views on the project and will be used to inform the planning permission application.

Award-winning charity Sport Aberdeen all set for the opening of Get active @ Northfield

Award-winning charity Sport Aberdeen and Aberdeen City Council recently announced the opening date for the much-anticipated health and wellbeing venue, Get active @ Northfield.

All set to open to the public on Monday 26 September, the £4.8m venue has been funded by Aberdeen City Council and Sport Aberdeen and has been supported by sportscotland's highest value grant of £100,000.

The excitement and buzz in the local community has been apparent in a recent survey conducted by Sport Aberdeen. The results highlighted that 98.5% of survey respondents

said they will make use of Get active @ Northfield when it opens, with over 85% saying they will use the facilities more than once a week.

Get active @ Northfield will provide the local community with a 25m swimming pool, 40 station gym and a studio offering a range of fitness classes for all ages and abilities, as well as community wellbeing space.

Programmes within the venue will include specialised classes for older adults, help and support for those starting out on their fitness journey, public swimming sessions as well as swimming lessons for children and adults.

Story of my head shave – June 18 2022

“Good people do good things for each other. End of story.”

Those were the words of one of my schoolteachers, words which resonate with me daily.

I had my head shaved for Cancer Research UK (CRUK) in the summer.

With the funding raised, CRUK do research into treating Cancer patients (their research has played a role in developing eight of the world's top ten Cancer drugs) - and also on their Cancer nurses, who provide support and guidance to people affected by Cancer.

I felt that it was important that I contributed. People in my family have had Cancer then died. Nine years ago my dad died after a brain haemorrhage and various Cancers were mentioned on the death certificate. More recently,

other members of the family have been affected by the disease.

I felt that participating in fundraising and shaving my head was a small thing compared to what people with cancer go through every day.

I would wholeheartedly recommend fundraising to anyone in the future. You don't have to do a head shave like me – you can raise money in lots of ways, e.g. holding a raffle, having a coffee morning, having a quiz night or holding a bake sale. There are many other ways too. The only limit is your imagination.

It gives me a sense of enormous satisfaction, knowing that I've made a difference and contributed to society.

By Kevin Morrison

Meet the Keyworker – Theresa McKay

Theresa is part of the experienced and dedicated team of Employment Keyworkers at Pathways, working in the Cummings Park area.

Theresa joined Pathways in 2013 but prior to this she was already gaining experience in the field of employability.

In 2007 Theresa became the Training for Work Co-ordinator Support Training / Lifeskills where she helped a lot of people gain valuable skills on their way back into work. As part of her role, she was also a tutor and invigilator for ECDL and Microsoft Word Specialist courses. Other courses delivered by Theresa covered topics for the hospitality and retail sectors as well as general employment courses helping with creating CV's and running Interview Skills Workshops.

Theresa brings all this experience to her role as an Employment Keyworker with Pathways, where she helps clients to create CV's, job search, completing online applications and coaching through interview techniques.

If you would like to meet Theresa to discuss your employment options please call her on **01224 682 939** or email t.mackay@pathways-online.org for an appointment in your local community.



MASTRICK LIBRARY IS OPEN

We look forward to seeing you over the Autumn Months

Our current opening hours are **Monday and Wednesday 10am-7pm, Tuesday, Thursday and Friday 10am-5pm and Saturday 10am-1pm**. Visit www.aberdeencity.gov.uk/services/libraries-and-archives/find-your-local-library for information on our other libraries.

A very big THANK YOU to all who took part in our Aberdeen Reads Challenge: The World Tour.

Library Bear has travelled round the world using Bear Miles converted from the books you read and challenges you took part in. He's now resting up at Central Library, after visiting some very exciting places like Australia, Antarctica, Argentina, Canada, and New York. If you'd like to know about these and other places, please, come and have a look at our travel books.

We have reintroduced our 4 weekly Bookbug sessions at Mastrick Library, to make sure that these are run as safely as possible, we are hosting smaller sessions. Spaces are limited, and booking is essential. Look out for details on our Facebook page or check with the library to see when the next session is being held.

Lego Club for 8-11 year olds is coming back too. Our first session is on 24th October from 3.45pm-4.45pm. Master Builders should book their place in advance. To register visit Mastrick Library or call 01224 788558.

Check in with the library or keep an eye on our Facebook page as more activities and author talks are reintroduced.



Visitors to the library can browse and borrow items. We offer books (including large print and audio books) and Junior and Adult DVDs. Borrowers can also request items, subject to availability.

If you know anyone who would be interested in borrowing library items but are unable to visit the library due to disability, illness, shielding or caring responsibilities, give us a call and we'll let you know about our Home Library Service where we deliver items to customers every 4 weeks.

We offer up to two hours per day of PC access. These slots can be booked online via Netloan or by contacting libraries. We also offer printing services and have photocopying and scanner facilities.

Visit: www.aberdeencity.gov.uk/library for information on our online services.

We are always delighted to meet new faces. For more information on how to become a member, please visit our website or contact your local library.

For information on our services, please visit www.aberdeencity.gov.uk/services/libraries or contact Mastrick Library by email: MastrickLibrary@aberdeencity.gov.uk or telephone: 01224 788558.





Anyone can be scammed – here’s how to avoid it happening to you.

We hear more and more about the dangers of being scammed and the rise of phishing. In June last year, Citizens Advice reported that more than 36 million people had been targeted by scammers in the first half of 2021 alone. The number of scams which were reported to Citizens Advice increased by 123%.

While many are aware that this is a prominent issue that could happen to anyone. Not everyone knows what they are looking for and how to avoid being scammed.

What is phishing?

Phishing is a cybercrime conducted by scammers to try and trick you into sharing sensitive information or data or even sending money.

Scammers can phish in a variety of different ways, such as, through email, by text or over the phone and by using different techniques.

Here are some of the most common phishing techniques

Email phishing – scammers create email addresses which impersonate that of actual companies.

HMRC, the NHS and GOV.UK were among the most spoofed brands in phishing emails which were reported to the Suspicious Email Reporting Service (SERS) in 2021.

Spear phishing – this method is like email phishing but usually more targeted and personalised. The scammer may try to replicate the email of a company you are known to have used or be associated with in the hopes you will be more likely to follow the instructions they give, as you trust the source.

Clone phishing – this an email which replicates an email you have already received but is likely to include a dodgy link or attachment in place of reliable links.

Pop-up phishing – Pop-ups are designed to be clicked on and scammers may use these to trick people into downloading viruses onto their devices which may harvest their data.

How to recognise phishing

Due to phishing becoming increasingly common and scammers advancing their techniques, it can be difficult to tell what’s a scam and what is legitimate.

There are a few details to look out for which may alert you to a scam.

Receiving correspondence from a bank (whether you bank with them or not) asking for account or personal details, such as pin or security numbers, or security information. Your bank will never ask you to provide this type of information via email. Never share any financial information.

Look out for spelling or grammatical mistakes in messages, this may highlight that it is not a professional email.

If the email appears to come from a source which you usually receive correspondence from, does the greeting match how they usually address you.

Calls for immediate action may be sign of a scam.

Be wary of any unusual hyperlinks or attachments. Don’t click them if in doubt.

If you receive an email that you believe to be a scam, make sure you report it by forwarding it to **report@phishing.gov.uk**

History of the Green

The Aberdeen Press and Journal of 8th July 1932 describes the Friday morning scenes at the Green's weekly market.

"Summer is the time to see Aberdeen's weekly Green Market at its best. On a sunny Friday, what could be more picturesque than those cheerful open-air stalls surrounded by eager purchasers, in the quaint setting of a bygone age? Six hundred years ago this narrow street was the chief approach to the city, and then led to a bleaching green at the Den burn. The market was held on this road to the green, and so the name arose. Our main thoroughfares may now roar above this part of the town, but the old place still keeps its ancient charm. Marketing at the Green is by no means a simple matter. It requires practice, skill, and some courage before it can become the great achievement which some women have made it. And when once the habit has been acquired, it cannot be uprooted.

Yet one says much about it; and sometimes this reticence leads to surprise when certain people encounter each other amid the jostling crowd beside the stalls. There are others who have never gone down at all; although probably every woman in "Aberdeen and twal mile roon" has the secret conviction that sooner or later she will be drawn into it. Business at the Green Market starts at a early hour all the year round and goes on till late in the afternoon. The stalls are erected - at a merely nominal charge - long before most of the citizens have had breakfast; and everything is in order

by the time the earliest customer hurries down. And all day long the enthusiasm is kept up.

Yet beginners often hesitate. Perhaps it is just the "going down" that scares them; they don't quite know what to expect. Pausing at the first landing, they cling to the centre rail, like timid bathers afraid to make the plunge. They are slightly jostled by the empty baskets of eager purchasers hastening downwards; and on the other side of the division, they see successful buyers panting upwards with all their bursting bundles. There may be a quiet intensity in the air, and this adds to the nervousness of the beginners;



or, more often, they hear terrifying cries, imploring, desperate shouts, like the voices of people drowning. Sometimes, too, weird music floats up, and suggests the song of sirens luring victims to their doom. But, owing to the unwritten law of the stair, there is no return on this side of the centre rail dividing the "ups" from the "downs." Everyone must plunge to the bottom. It is a relief to discover at once that the melancholy music is merely the outcome of a violin and melodeon side by side, though not unanimous - the one giving vent to "Robin Adair," and the other to "Flowers o' the Forest."

And what about the shouts of distress? No one seems to be drowning, or in immediate peril. Those sounds are merely the cries by which stallholders try to attract custom. And there are the stalls! A whole row of them stand end to end along the left side of the narrow little street. And overhead, about the middle, a quaint shop-sign attracts the eye - a huge gilt teapot. It extends well forward, as if setting out to cross the narrow space. And, as even the suggestion of "tea" is cheering, the presence of this big teapot is all to the good. The crowd and the noise are overwhelming, yet the stalls are very attractive in their array of Nature's finest products. Fruit and vegetables are piled high in masses of glowing colour, there are bunches of cut-flowers, pot plants of many kinds, and all those hardy little roots and shoots so popular for putting in the garden. There are also butchers' and grocers' stalls, to tempt people who have come in from the country.

The atmosphere is extremely mixed, combining as it does the fragrance of lilies and the presence of rampant gorgonzola. Fish, too, finds a place, and it is hard to resist the bunches of glistening yellow haddies offered by the nice old "wivies." At its upper end the street expands like a fan, and this part is reserved for the sale of farm produce. Crowds surround the cases of new laid eggs, fowls, and fresh farm butter. How can anyone know which dealer to go to? Customers lean over the huge cases and watch a bag or basket being filled. What amazing dexterity! Think of lifting three eggs at a time, and never a chip! Perhaps he will put in that big one, or this

brown one, or will he give one extra? Anyhow, the eggs from this stall are always fresh. But, to beginners, what a confusion it all seems! In stentorian tones, or piercing yells, the quality and value of the goods are continually emphasised, although their excellence is visible, and price tickets are on everything. Noise is a feature of the Green Market, and here, at any rate, it produces the desired effect.

At one point, tomatoes may be the original attraction - such fine tomatoes, so firm, so gleaming, and, above all, so cheap! The beginners are wedged in a dense queue. When they find themselves at last in the front row they hastily ask, in a guilty undertone, for an unfair quantity of tomatoes; and then, to cover the transaction, they boldly mention bananas and onions as well, while the stallholder is busy at the scales. There is a feeling of impatience in the crowd. The beginners try to look innocent, but their guilt is detected when the overflowing bags are thrust into their arms. An obliging customer lets them prop the bags against him while paying for the goods. Then the crowd surges forward, and the beginners thankfully wriggle out. Beware! The same thing happens at the next stall, and the next. People who have the intention of buying, say, three grapefruit, find themselves lured into the purchase of pears and penny lemons as well. No beginner can resist the magnetic influence of the stirring cry, "Three pun' a shillin'!" Everyone is drawn forward by it; and coming under the fierce compelling glance of the salesman, the beginner weakly yields. Half unconsciously she nods a response to his challenge, and then finds three pun' of apples she really does not need in her possession. But now surely it is time to toil up the long stair again. Pause for a moment and look back. Have you, too, come under the spell of this queer old market? Next Friday, then - let's all go down to the Green!"



Walking Groups

The Strollers went out to Maryculter to walk Crynoch Burn Den, this is a lovely walk at the side of the water and through the woods on lots of different trails. We had our lunch at the top of Old Man Hill.

Next was a walk at Fraserburgh right along the beach to the Water of Philorth, we returned along the boardwalk then over the sand dunes to the beach. We went out to Aboyne to walk the Deeside Way and onto a path at the side of the River Dee where we had our lunch, then continued along the path back to Aboyne.

A trip to Glen Tanar to do the Fairy Lochan walk, it starts along the side of the Water O' Tanar and up and over a wee incline to a track that takes us to the Lochan where we had our lunch. After lunch some of the group went to the view point the rest carried on to the Visitors Centre. {Photo taken at the view point}.

Out to Finzean to walk in the forest, the main tracks have been cleared of fallen trees, we were going to go up to the Long Burial Cairn but this track was still blocked by fallen trees, so we had to change the walk slightly.

Out to Pannanich forest near Ballater, the walk takes us down the side of the River Dee to the Cambus O' May suspension bridge for lunch. This walk had

lots of inclines, so after lunch most of the group went over the bridge to a coffee shop and waited for the bus, and four of us went back to get the bus.

The Amblers went for a walk around Pitfour Lake where we saw the Osprey fly from its nest high up in a tree, then we went for the group's Summer lunch at the Country Park Inn.

It was down to Kinnaber near Montrose for a walk across moorland and down the side of the river to the beach where we had our lunch, returning by the sand dunes and a wood, then over to the Fruit Farm for a coffee and Strawberry tart.

We also went down to Loch Lee in Glen Esk. This is a lovely walk at the side of the loch.

Arbroath was next to a beautiful cliff top walk.

We are looking for new members to join our groups. Amblers walk every Monday, the Strollers walk every Friday. Walks are easy to moderate with no hills.

We do have the use of a Minibus.

We are on facebook "Mastrick Walking Group"

Contact me, Raymond on 01224 783627 or email mastrickwalkers@gmail.com



SCARF's Energy Funding Breakdown

The rising cost of energy bills is a concern for many right now, with a further increase to arrive in October and yet another expected in January.

However, there may be funding available to you to help ease the financial strain over winter.

Scarf, an Aberdeen-based charity and social enterprise, offers free and impartial energy efficiency advice to householders and communities. Funded by the council, they have a local home energy advice team in Aberdeen offering advice via free home visits and deliver the phone-based Home Energy Scotland service in the Northeast funded by the Scottish Government.

Advisors at Scarf can help householders access grants and funding, subject to availability. There are various schemes running now, and others that may open in the near future.

The Energy Bills Support Scheme is the main UK-wide programme announced by the Government in response to rapidly rising costs, in which all households will receive £400 off their electricity bill. You do not need to apply for the scheme - it

will be taken off your bill automatically in stages, starting this winter. If you have a prepayment meter it will automatically be added to your meter or you will be given vouchers. You do not need to supply your details to anyone to apply for this funding; please be aware of scams asking you to do so.

The Warm Home Discount Scheme is £140 off your electricity bill, paid between October and March. You are entitled to the discount if you get the Guarantee Credit element of Pension Credit. You may also qualify if you are on a low income and meet your supplier's criteria. Please note that not all suppliers take part in the scheme, and the window to apply varies for different suppliers. Scarf advisors can help you find out if your supplier offers the scheme and if you are eligible.

If you are a homeowner, you might be eligible for funding to improve the energy efficiency of your property which will help lower bills. The Warmer Homes Scotland programme and the Home Energy Scotland loan may be available to you. Applications are made through Home Energy Scotland.

There are other schemes that you may qualify for automatically or by assessment. New schemes may appear and existing schemes may change to better support people through the energy crisis.

For up-to-the-minute information on grants and funding, get in contact with Scarf for free and impartial advice. An advisor can find out more about your household circumstances and help you apply for funding.

Scarf can also help you resolve issues with your energy supplier, and even contact them on your behalf; and their advisors can offer you tips on how to use less energy, as well as managing your heating system through an effective use of controls and timers.

Contact 0808 808 2282 for more information. This is the freephone number for Home Energy Scotland, a Scotland-wide service delivered by Scarf in the Northeast. Alternatively, visit homeenergyscotland.org/contact to leave a message.



Why Doesn't She Just Leave? It's NEVER that simple.

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

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

Fear

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

Children

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

Shame and guilt

After months, and sometimes years, of abuse, perpetrators know exactly how to make women feel ashamed and worthless. It can be difficult for women to believe that they haven't done anything wrong and don't deserve the abuse. Often, women stay simply because they don't want anyone to know what's going on behind closed doors and worry that they won't be believed.

Financial dependency

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

Hope

Many women believe he can change or that things will get better eventually. Often, perpetrators will switch between two personalities

which can be confusing if the perpetrator is upset and remorseful after abusive incidents.

Love

Despite everything, she may still love him. This can be the most challenging barrier to overcome.

There are many more reasons a woman will not leave. Or leaves after many years. These are just some. What's certain is, it's never as simple as it may seem.

If you, or someone you know, is experiencing domestic abuse, or you are unsure and just want to talk, contact Grampian Women's Aid for free, confidential and non-judgmental specialist advice.

Telephone: 01224 593381. Email: info@grampian-womens-aid.com. Or, you can contact us via our website here: <http://grampian-womens-aid.com/contact-us/>



Getting recycling right

Aberdeen City Council opened its Materials Recovery Facility (MRF) and introduced the new recycling service in 2017. Household recycling rate has risen from 38.8% to 49%. Whilst this is good news, we would like to improve this and we need your help to do so.

Please consider whether you can recycle an item before you put it in your waste bin.

What can I recycle in Aberdeen?

Whether you use your own wheeled bin or a communal bin you can recycle the following:

Glass bottles and jars;

Plastics bottles, trays and tubs – all colours;

Paper and cardboard;

Metal tins and cans, including empty aerosols, foil and foil trays;

Food and drink cartons.

All recycling should be free of food and rinsed.

What items are non-recyclable and should go in your waste bin:

Plastic bags or bin bags – think about reusing plastic bags

Plastic film

Mixed material packaging e.g., crisp packets or crisp tubes

Bubble wrap - reuse for parcels especially closer to Christmas

Food waste - use your food waste bin for this

Polystyrene/foam trays - use these to fill the bottom of plant pots to help drainage instead of rocks

Nappies – please put this in your general waste bin or invest in reusable nappies for an improved environmental impact.

Drinking glasses/Pyrex

Plastic plant pots - return to your garden centre for re-use

To find out more about what happens to your recycling after it gets collected, take a virtual tour of Aberdeen's state-of-the-art sorting facility www.youtube.com/watch?v=C6XhtWgWQXQ

Aberdeen residents can also now apply for Garden Waste permits for their brown bin for 2022 to 2023.

This permit costs £30 and covers fortnightly collections of two bins of garden waste for the year. For an extra £30, residents can apply for a third garden bin.

Apply for a permit via Aberdeen City Council's website.

Brown bins can still be used for food waste only, without a permit.

Aberdeen Donside MSP – Jackie Dunbar

Since my last update, the Scottish Parliament has been on its summer recess, this has meant that I have had the opportunity to be out and about within the Aberdeen Donside Constituency, including holding joint surgeries in Kingswells, Hilton/ Rosehill, Middlefield and Bucksburn, along with some of the councillors for the wards.

One local issue that has been highlighted to me is the maintenance of Eric Hendrie Park. Following communications with Aberdeen City Council, I understand that there are plans to turn the north section of the park, passed the ball court towards Provost Fraser Drive into a biodiverse space, with the area south of the ball court, towards Ythan Road, being maintained by the Council to ensure that members of the public are still able to get use of the park. Therefore, I would be keen to hear your views on the proposed maintenance of Eric Hendrie Park, please do get in touch.

A local project which I have recently been made aware of is the Junior Cop Initiative, which sees Police Scotland partnering with schools such as Muirfield School, Quarryhill School, West Park School and Manor Park Schools, to allow pupils the opportunity to carry out speed checks around their school area, whilst also allowing them to speak with road users. I understand the initiative was initially set up to help create positive relationships between the children and the police. I recently submitted a motion to the Scottish Parliament to recognise this important initiative.

I had the opportunity to meet with a number of organisations during the summer recess period, including SSEN, Openreach, Aberdeen South Harbour, Charlie House, Autism and Neurodiversity North

Scotland, Aberdeen Bay Wind Farm, Stroke Association and Scottish Rugby Union to name but a

few. Through these meetings I had the opportunity to discuss with the organisations the work they have done/ are doing within the Aberdeen Donside Constituency and how their work benefits all communities not just in Aberdeen Donside but also across the whole of Aberdeen City. Now that Parliament has returned from the summer recess period, I will now be back in Edinburgh from Tuesday to Thursday, however, my office remains open and are more than happy to assist with any issues or concerns that you may have, please do not hesitate to get in touch via the following: email: jackie.dunbar.msp@parliament.scot, by phone: 01224 011 936 or by post: 12a Mastrick Shopping Centre, Greenfern Place, Aberdeen, AB16 6JR”

Yours sincerely,
Jackie Dunbar

Councillor Donna Clark

Since being elected as a councillor in May for the Northfield/ Mastrick North ward, I have been tirelessly working hard to ensure the views of Mastrick North are heard.

I have received a number of queries regarding housing, fly tipping, condition of roads in the area amongst a number of other matters within the local area.

I recently took part in a walkabout of Eric Hendrie Park with Aberdeen City Council’s Environmental Services Team. Following conversations during the walkabout, I understand that Eric Hendrie Park is to be turned into a biodiverse space north of the ball court, heading towards Provost

Fraser Drive, with the park south of the ball court towards Ythan Road, continuing to be maintained by Aberdeen City Council. I am keen to hear from local residents what your views and opinions are on Eric Hendrie Park and its maintenance.

I understand that there has been an issue with the rerouting of the number 11 bus toward the terminus point at Howes Road, as well as the lack of buses running on the routes of the 3 and 13, which serve communities in Mastrick, as a result of driver shortages. I have spoken with various groups and organisations regarding this but in terms of the number 11 bus

service, First Aberdeen are not willing to budge.

I will be holding a surgery at Mastrick Community Centre at 6pm, every 3rd Monday of the month, with the first taking place on 19th September. Feel free to pop along if you have any issues or concerns that you would like to discuss.

If you have any issues, questions or concerns, regarding any matter, please do not hesitate to get in touch, I can be contacted via the following methods:
email: **donclark@aberdeencity.gov.uk**, **Mobile: 07977 399622**

Donna

Musical Memories

shmu FM – Tuesday's 2-3pm

Musical Memories is a radio show on shmuFM that is designed for the elderly in our communities.

Residents and staff in Care Homes, Sheltered Housing and Day Centres can send in a list of requests to be played on a Tuesdays 2-3pm.

Each show requires around 15 songs and booking a show is easy. Just send a list of requests with a contact name and number and we will be in touch to let you when your show will be on air.

Hosted by Dave White, Dave is always looking for song requests, if you'd love to hear a certain song, don't hesitate to get in touch!

Contact the station on 01224 515013 or email davewhite007@hotmail.co.uk to send request or to find out more.

FM

An exciting month for shmuFM, with a live broadcast from Inverurie when Aron Smith took his Geek Grotto on the road from the Garioch Heritage Centre covering their Sci Fi Encounters costume exhibition!

We were also live from the Celebrate Aberdeen Parade with Alan Parker back in the studio talking to various volunteers on the parade as well as other organisations.

Ukrainian Refugees

Many of shmu's various strands have had the wonderful opportunity to attend Rosemount Community Centre to meet with and deliver sessions to Ukrainian families who have landed in the city.

The Rosemount Community Centre have been host to a weekly event which allows refugees to access help, support and a chance to discover Aberdeen's organisations.

shmu's employability team have been to the centre a few times to deliver a give support and employability advice. Laura and Alison also held a fantastic CV workshop which had a great turn out and allowed them to further support some of the Ukrainian women looking for employment.

The strands shmuPRESS, FM and TV have also delivered media tasters, to give the event goers an idea of what shmu can do and how they can get involved. The creative bunch were keen to try using some of the equipment such as the podcast kit, they enjoyed discovering what it would be like to have a radio show!

We are looking forward to having them join the shmuCREW and welcoming them to Aberdeen.



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

Aberdeen Carers Support Service - 01224 914036

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at CFINE 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

Mastrick Doctors

01224 662933

YOUR LOCAL ELECTED OFFICIALS ARE:

Local Councillors

Councillor Ciaran McRae

01224 346630

cimcrae@aberdeencity.gov.uk

Councillor Gordon Graham

01224 523594

ggraham@aberdeencity.gov.uk

Councillor David Cameron

07876760760

Dacameron@aberdeencity.gov.uk

Councillor Donna Clark

07977399622

donaclark@aberdeencity.gov.uk

Councillor Steve Delaney

01224 346614

Sdelaney@aberdeencity.gov.uk

Jackie Dunbar

– MSP for Aberdeen Donside

01224 011936

Jackie.Dunbar.msp@parliament.sco

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