

# mastrick Matters

Autumn 2023

## In this issue:

---

YOUTH HUB

GRANITE CITY

GOOD FOOD

CHALLENGE POVERTY

[www.shmu.org.uk/press](http://www.shmu.org.uk/press)

contents

3 Youth Hub  
 4 Elected Officials  
 4 Your Neighbourhood  
 6 Library News  
 7 Learning Together  
 8 Granite City Good Food  
 9 History Page  
 10 A Paraguayan in Aberdeen  
 11 Walking Group  
 12 Spot the Signs  
 13 Kevin's Page  
 14 shmu  
 15 Walking Groups



editorial

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

In this edition, find out the different ways to have your say in your community. You can also catch up on the Tesco youth hub and keep an eye on your mental health with our latest Spot the signs piece.

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.

Supported by



TESCO YOUTH HUB CONTINUES TO PROVIDE POSITIVE OUTLET FOR MASTRICK'S YOUNG PEOPLE

The Youth Hub at Tesco Woodend runs free youth led activity sessions every Thursday for local young people.

Situated in the carpark of Tesco Aberdeen Woodend, it might seem like an unlikely place for a Youth Hub to thrive. However, the Tesco Youth Hub has been nominated for several awards and hailed for its success in reducing youth anti-social behaviour and providing a safe space for young people to come together.

This summer, the Hub organised plenty of popular activities including a movie night, BBQ, facepainting and Gaming Bus. On top of that, there were the usual Streetsport games on offer, such as football and tennis.

All the Hub's activities are free to access and more importantly, it provides a space for young people in the area to socialise and call their own.

The innovative Tesco Youth Hub is thanks to a successful partnership between the supermarket,

Aberdeen City Council, Police Scotland and Denis Law Legacy Trust. Together, they run week nightly youth led activity sessions on a Thursday from 19:30-21:00.

The scheme has already made a significant positive impact on Mastrick, as Police Scotland reported youth related anti-social behaviour calls in the area dropped by around 90% since the Hub began operations. So far this year, there have only been 5 incidents of youth anti-social behaviour in the area compared to little under 600 incidents before the Hub's launch in 2020.

Through the initiative, the partnership has been able to build up positive relationships with young people in the community, improving their confidence and interpersonal skills. 3 of the Hub's participants returned to education with 12 receiving Saltire awards for volunteering.

Rhys Jones, Denis Law Legacy Trust's Community Coordinator, said "The Hub provides a safe

space for young people to take part in a range of sport and creative activities. Youth Hubs, like ours, are hugely important in reducing youth anti-social behaviour and you see a change in confidence in the young people here once they take part and engage with us."

Colin Lemmon, Aberdeen City Council, Community Learning and Development Team Youth Work Development Officer, said "When we pool our resources and share the load, more gets done and the success of the Hub is testament to that."

Sarah Dunn, Early Intervention Officer at Police Scotland, added "Our aim is to continue to enhance the Hub so it can continue to provide youth led activities to young people and benefit the local community."

Sessions welcome all young people who want to take part. Activities and games are provided and most importantly sessions are free to attend!



## Elected Officials

### MSP Jackie Dunbar

Over the last few months, I've hosted regular surgery meetings to learn about and address the many varied personal issues affecting constituents around Aberdeen Donside.

Unfortunately, many constituents share similar issues relating to the cost-of-living crisis. I believe helping folk through these tough times and improving the economy are top priorities, as reflected in the Scottish Government's 2023/24 Programme for Government.

I have therefore been busy around Kirkhill Industrial Estate, Dyce, discussing with businesses and charities what challenges they have experienced and how the Scottish Government can assist. It was particularly insightful to visit

AberNecessities, a charity that provides families with the basic necessities, with First Minister, Humza Yousaf, in order to gain a better understanding of how their operation is run and to see first-hand the impact of austerity. I also learned that folk are experiencing difficulty physically getting to the industrial estate if they do not have a car, which negatively impacts customer footfall and recruitment, particularly of younger apprentices. I have therefore been engaging with bus operators and Aberdeen City Council to expedite improved bus and cycle routes to the area.

Additionally, I supported the Credit Their Service Campaign by Poppy Scotland RBL, which aims

to ensure that veteran military compensation is not treated as income when applying for income-based welfare support. Currently, some local authorities treat military compensation as income which unfairly reduces the welfare benefits veterans are entitled to. This compares poorly with civil awards, such as for personal injury or medical negligence compensation, which are exempt. As a proud supporter of our armed forces, I was pleased to create Aberdeen City Council's Armed Forces Covenant whilst I was a Councillor, and more so to ensure that it's respected as an MSP.

Please do not hesitate to get in touch.

---

### Cllr Donna Clark

Since my last update, it has been a very busy time in the Mastrick North area.

I have been receiving a large number of enquiries relating to housing issues such as mould and damp, delays to housing repairs, unkept gardens, housing move requests, especially requests to move to smaller accommodation, with many individuals feeling they have to downsize as a result of the cost-of-living crisis. I have also had a number of queries relating to money advice.

I have recently changed the dates and times for my surgeries as well as

adding an additional surgery for the Cummings Park area. If you would like to make an appointment to meet with me, please either give me a call or send me an email.

On 20th June I was invited to attend the celebration of success event for Northfield Academy which was held at Kings Church in the Bridge of Don. The event was to recognise the success and achievements of pupils from Northfield Academy for the 2022-23 school year. I would once again like to congratulate all pupils for their hard work and thank all staff for their efforts throughout the last school year.

I also had the opportunity to pop along to the ABZ jobs fair which was also held on 20th June at the Beach Ballroom. The event was well attended by various companies from across Aberdeen and the wider North- East Region.

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



## Your Neighbourhood, Your City, Your Plans: What matters to you?

Do you care about Aberdeen and your neighbourhood? We want to hear from you.

Community Planning Aberdeen is the name for your local partnership of public, private and third sector organisations as well as communities all working together to improve people's lives across Aberdeen City. With our Locality Empowerment Groups and Priority Neighbourhood Partnerships we are refreshing the City's Local Outcome Improvement Plan and the Locality Plans for North, South and Central.

We would like all residents of Aberdeen to participate in a short exercise to discover what things that are good now and improvements

you think we should prioritise working on together to make our city and our neighbourhoods better in the future. The engagement is open to any resident of Aberdeen City.

You can participate by:

Completing the online tool open from Friday 6 October until Sunday 5 November 2023.

Follow this link: <https://bit.ly/whatmatterstoyouAberdeen>

OR

Attending one of our Locality Events in your area. Our events for Aberdeen North are:

North Priority Neighbourhood Partnership on Saturday the 7th of October from 10am to 12pm. This

will be held at the Cummings Park Community Centre, AB16 7AS.

North Locality Empowerment Group on Wednesday the 1st of November from 7pm to 9pm. This will be held at the Danestone Community Centre, AB22 8ZP.

Sharing your views about what is good now, and what could be better, can help us make good decisions and allow us to target resources where they are needed most. Your response will help guide the refreshing of the priorities within the City's Local Outcome Improvement Plan and in the North Locality Plan.



## News From Mastrick Library

Mastrick is one of ten libraries across Aberdeen City which, along with the Central Library, are all warm, welcoming spaces for their local communities and those visiting from further afield to use our fantastic services and resources.

Mastrick Library's 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](http://www.aberdeencity.gov.uk/services/libraries-and-archives/find-your-local-library) for information on our other libraries.

Pathways – Helping people find jobs since 1998! Job coaches from Pathways meet at the library every week and offer 1 to 1 support with CV writing, training opportunities, online applications and interview skills. If you think this would be of help to you, please contact Pathways directly on 01224 682939 or email [info@pathways-online.org](mailto:info@pathways-online.org)

Our Bookbug sessions at Mastrick Library take place on

Tuesdays every 4 weeks. Spaces are limited, and booking is essential. Look out for details on our Facebook page or check with the library staff to see when the next session is being held.

Lego Club for 8–11-year-olds is back. These sessions run every 4th Monday from 3.45pm-4.45pm. Check with the Library Staff for the dates. We'd love to welcome more children to these sessions. Master Builders should book their place in advance. To register visit Mastrick Library or call 01224 788558.

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 or illness, give us a call and we'll let you know about

our Home Library Service where we deliver items to customers in their own homes 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.

We've introduced a new printing service called Princh. Which makes it easier to print straight from a mobile phone or device. Ask staff for more details.

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 and online resources, please visit [www.aberdeencity.gov.uk/services/libraries](http://www.aberdeencity.gov.uk/services/libraries) or contact Mastrick Library by email: [MastrickLibrary@aberdeencity.gov.uk](mailto:MastrickLibrary@aberdeencity.gov.uk) or telephone: 01224 788558.**

## Aberdeen is Learning Together for Better Lives

The two Universities, Aberdeen City Council and NHS Grampian are working together to make research easier to access for the whole city. By creating opportunities for everyone to get involved in research projects and by sharing the learning as far and wide as possible, Aberdeen will make decisions based on evidence that puts the needs of communities first.

Everyone can help make a big contribution to learning in the City. In fact, evidence shows that the quality of research is better when members of the public are helping to shape the project. But all too often, people don't get involved because they think they need a qualification or special skills. This couldn't be further from the truth!

By being involved in research you'll meet new people who share your interests and find out lots of new information. The conversations you will be part of will make a huge difference to the communities of Aberdeen and beyond.

You may be interested in some of the topics that are being researched right now:

Food Insecurity and Nutrition, Fuel Poverty, Social Prescribing, Drug &

Alcohol Deaths, Early Learning & Childcare.

Employability, Convictions & Reconvictions, Climate Change, Community Empowerment and more.

So if you think you might want to learn more about getting involved in research, the team would love to hear from you! There are friendly faces that will support you through the whole process.

Bea Dawkins (pronounced Bee) looks after all public involvement in research. She'll chat with you about what you're most interested in and will join you up with a project that matches your interests. Speaking of interests, Bea's interests include arts & crafts, anything cat related, and drinking too much coffee.

Kathryn Martin is a senior lecturer and researcher at the University of Aberdeen who is passionate about making research more inclusive. She is working with members of the public and people with lived experience on projects about chronic pain, arthritis, and physical activity. In her spare time, Kathryn enjoys being in the kitchen baking, exploring Aberdeen and

the Shire, and the occasional trip to Costco.

Alan, Gbemileke (pronounced Bay-mee-lay-kee), and Isaac are contributing their ideas to make sure that getting involved in research is easy for everyone. Alan is retired and has an interest in supporting vulnerable people in our local communities through the use of reminiscence therapy, particularly on sport and local/social history. You might have read his articles that shmu publishes in this magazine! Gbemileke is a student at RGU interested in inclusive communications that unite people and Isaac is the Minister at St Andrew's Cathedral on King Street.

To find out more or to get involved in research email Bea at [bdawkins@aberdeencity.gov.uk](mailto:bdawkins@aberdeencity.gov.uk). You can also call or text her work phone on **07971706765**.

**Website:** [aberdeencity.gov.uk/hdrc-aberdeen](http://aberdeencity.gov.uk/hdrc-aberdeen)

**Twitter:** [@ahdrc](https://twitter.com/ahdrc)

**Facebook:** [Aberdeen Learning Together for Better Lives](https://www.facebook.com/AberdeenLearningTogetherforBetterLives)

**Instagram:** [@aberdeenhdc](https://www.instagram.com/aberdeenhdc)

**Thank you for reading.**



# THE PEOPLE'S PALACE DISASTER

On the 30th of September 1896 the Aberdeen music hall known as the People's Palace, situated in Bridge Place, burned to the ground. The tragedy claimed four lives, with many others requiring hospital treatment. The photo shows the Palace Theatre, erected on the same site and opened in 1898. The Aberdeen Daily Journal of 1st October gave early reports of the fire.

"Not since the Ferryboat disaster, twenty years ago, has there been an occurrence of more lamentable in Aberdeen than the fatal fire at the People's Palace in Bridge Place last night, which resulted in the death of least three persons, and the more or less serious injury of between 30 and 40. The suddenness of the outbreak, the swiftness with which the destruction was done, the disastrous and fatal effects of the conflagration, and the shocking spectacle which the interior the wrecked building presented when the exploration of the ruins became possible, cannot fail to impress and horrify the public mind. From being a place of mirth and amusement, the building in the short space of few minutes was turned into a place of death and desolation. Fortunately, at the time of the outbreak the audience was not a large one. Had the house been crowded, one shudders to think what the consequences might have been. In such a case the death toll could have amounted to hundreds. Even as it was, had the management been less judicious and considerate in communicating the information of the fire to the people assembled in the building, the list of fatalities could have been longer. The stage manager, Mr

Russell, is to be commended for the cool and reassuring manner in which he cautioned the audience to leave the building quietly and without panic. It is only too certain that if the stage manager had not calmed the apprehensions of the audience there might have been a repetition of the horrible fatality in Belfast last year, when large numbers of children were trampled or burned to death in a stampede from hall in which fire had broken out during a school entertainment.

There appears to no mystery as to the cause of the fire. As is usual in the case of music hall and theatre fires, the conflagration had its origin amongst the "flies" over the stage. While the curtain was down during the preparations for another "turn," some portion of the scenery over the stage would appear to have come in contact with a gas jet. Instantly the light, inflammable material was ablaze, and, despite the plucky efforts of the assistant



stage manager, Mr Macauley, who attempted to pull down the burning scenery, the flames spread over the proscenium. At this point Mr Russell, the stage manager, realising the danger, went in front of the curtain and asked the audience to retire quietly. Already, however, the people had become aware of the fire, and had begun to leave the building.

Hardly had Mr Russell spoken, when the fire, with extraordinary rapidity, rushed along the roof. It had reached the door before half the people had quitted the building. Then panic seized those still within the burning structure, and there was a wild, mad rush for the door, in which, no doubt, many were knocked down and injured as well as burned. The flames, which in the graphic words of a spectator "swept the roof at a stroke," were scorching the unfortunate people while they struggled forward towards the exits. All the artistes escaped, though some of them ran great risk in getting out by the side entrance. The victims were therefore entirely amongst the audience. How many people met their death in the doomed building will not be ascertained until daylight permits of an examination of the heap of debris on the floor of the hall. Three bodies - two men and a woman - were discovered not far from the door. They had almost reached safety, but had either been trampled upon or suffocated, and then burned to a cinder. It is feared, however, that the great black heap of debris covers or contains many more hapless victims who had gone for evening's amusement and met death in its most dreadful and appalling form. The majority of those who were amongst the last to escape were certain that numbers could not have got out, and unfortunately this fear has been realised. Much sympathy will be felt with the relatives of the unfortunate victims of this tragic end to an evening's enjoyment."

**Alan Johnstone**



## Granite City Good Food - Aberdeen's Sustainable Food Partnership The sustainable food hub for Aberdeen City

Food is a major part of so many different parts of our lives – socially, financially, and even politically.

From how and where we access food, to how we enjoy it, and even who we enjoy it with, it plays a major role in our day-to-day life.

By creating a food system which is sustainable – for people, businesses, and the environment – we can maximize the role of food in our lives, in a healthy and efficient way.

A coordinated approach, which brings organisations and communities together, is one way that we can make our food system sustainable. That's where we come in; Granite City Good Food is Aberdeen's Food Partnership and here to do just that!

Granite City Good Food has six main areas of focus in the work we do: 1) Food governance, 2) Food citizenship, 3) Food poverty,

4) Food economy, 5) Procurement & supply chains, & 6) The climate and nature emergency. Set up in 2017, as part of the Sustainable Food Places national network, partners include: Aberdeen City Council, NHS Grampian, CFINE, Aberdeen City Health and Social Care Partnership, Robert Gordon University, The Allotment Market Stall, Tillydrone Community Flat and The Rowett Institute.

As the Steering Group, these partners work alongside the community to drive vital work in the city – alleviating food poverty, creating a food economy, and generally creating a Good Food movement.

However, we can't do it without you! To take part in the Good Food movement, you can;

Visit the Granite City Good Food Website for lots of great hints and tips around how you can take part in creating a sustainable food


system (whether that's growing, buying, or enjoying!) - including our Good Food Directory, Events Listings, and Resource Hub: [www.granitecitygoodfood.org](http://www.granitecitygoodfood.org).

Follow Granite City Good Food's social media feeds to keep up to date with the latest news, events, and tips on sustainable food!

Join the Good Food Movement by signing our Charter: [www.granitecitygoodfood.org/charter](http://www.granitecitygoodfood.org/charter)

As a city, we have achieved a lot through partnership. In 2022, we were amongst the first in Scotland to gain the prestigious Silver Sustainable Food Places Award, which celebrates the great work around the city around sustainable food! As we progress quickly towards gold, if we all get involved, small actions can create a big difference.

**Get involved in food, with Granite City Good Food!**



# A Paraguayan in Aberdeen

My name is Blanca Matto, I'm from Paraguay, I have lived in the UK about 10 years, we lived in Brighton, England before moving to Aberdeen City, one year ago.

I moved with my daughter to the little city of Aberdeen, every morning we prepare a delicious breakfast, I must have my morning coffee and my daughter has milk to make her strong.

My daughter is happy in her school in Aberdeen, and is enjoying the summer holidays, getting to go swimming and playing in the park.

I like to play sports, and I use the bicycle in the City Centre. I also go to a cycling group for adults, called Belles on Bikes, which is a volunteer group and free to join. We have been to Torry, on a bike ride and I enjoyed the view of the coast. My favourite place in Aberdeenshire to visit is Stonehaven, we explored Dunnottar Castle, which had an amazing view.

I really enjoy photography and Aberdeen and Aberdeenshire is a beautiful place to take photos. It is very green and there's lots of wildlife, like Highland coos, which I love.

Aberdeen city has beautiful buildings, people are very friendly, we love exploring the green areas, for example the park, our favourite place is Footdee and the beach.

We love sweets, my favourite Muffin cake with tea, and my daughter favourite ice cream.

There are lots of activities to do in the spring, such as the family day in Duthie park, which is my daughter's favourite park. But my favourite month to spend in Aberdeen is October. It's not too cold yet and there's lots of beautiful orange colours as the leaves fall from the trees.

I like Scottish culture and its typical clothes, I recommend Aberdeen city for its amazing Museum, the view from the Art Gallery is glorious in the sun it is a picturesque city.

Aberdeen city it is a great opportunity to start over and learn English. I have had the opportunity to learn English through Grec's group the Language Café. This group welcomes people of all cultures and languages. I enjoy going to the group, they are brilliant, they organise speakers from helpful organisation to come and chat to us. They provide, tea and coffee and lots of biscuits and let us get to know one another and make friends. The sessions run every Thursday from 11am to 3pm starting on the 31st of August at Aberdeen Arts Centre.

We get to learn all about Scottish culture, which is very interesting. I learned a lot about Scottish

traditions, such as wearing the Kilt and the different Tartans. I have also tried Haggis and really liked.

Aberdeen is great for a start over as a single mother, to raise my special daughter. The city is small, it has a school, shopping, universities, children's play area, library, many activities on holiday for children. There are many good pubs and restaurants to try out too!

My friend in Paraguay asked me if I like it here, and I said, 'I love it here, but January is very cold, so have a hot chocolate!'

## Blanca Matto



# MASTRICK WALKERS By Raymond White

The walks that the Amblers and Strollers do are very similar.

They walk every Monday and Friday, leaving the Community centre car park at 9.30am and are usually back about 3pm, unless they go in for a coffee on the way home.

Here are some of the walks they have done recently.

Logie Coldstone - this walk starts by walking through the lovely village up through a wood passing the Poldhu Well, the Victorians used the water from the well for different ailments, we then went through some moorland with some ruins of crofts.

On the next walk, we walked down the side of the River Don at Kemnay then a track to Dalmadilly

Ponds, these are two very large Ponds, there is a Boardwalk around part of one of the ponds, a lovely place to sit and have our lunch.

At Aboyne, the walk to Birsemohr Lake, you go through Castle Wood onto the Tarland Way then Lady Wood to the River Dee then up the Fungle Road to Birsemohr Lake, this is quite a new walk for the groups

We did our annual walk to Kinnaber near Montrose to visit the Fruit Farm, this walk has moorland, riverside, sand dunes, beach and woods, a bit of everything. Then over to the Fruit Farm for our Strawberry tarts and Coffee.

Fraserburgh - This is a beach walk along to the Water of Philorth River where we have our lunch,

then up the side of the river onto a boardwalk across the sand dunes and back along the beach.

We went to Cruden Bay, the group split up, some doing the walk to Slains Castle then the beach, others down to the Harbour then the beach, the rest did the beach only, we all met up at the rocks at the far end of the beach. After lunch, it started to rain very heavily. We did get a bit wet that day.

About the groups: We are not fast walking groups and the walks are easy to moderate, come and meet new friends, improve fitness and see our beautiful countryside

**If you are interested in joining Email me at [mastrickwalkers@gmail.com](mailto:mastrickwalkers@gmail.com)**

**Raymond**



## Spot the signs – Looking out for Generalised Anxiety

We all have mental health, but we don't all keep an eye on our mental wellbeing or know what signs to look out for which may indicate our mental health is declining.

In this edition, the editorial team would like to bring your attention to Generalised Anxiety. There are many different types of anxiety, from panic disorder, social anxiety disorder and more, however Generalised Anxiety Disorder (GAD) tends to be the most common.

Statistics from the Mental Health Foundation show that sadly, anxiety is not uncommon among adults in Scotland. From a report the Foundation published in May this year, around six in ten (70%) adults in Scotland experienced anxiety that had interfered with their daily lives in the two weeks prior to the research. On top of this, 30% of the adults

said they were not coping with those feelings and 44% said they keep those feelings a secret.

Having feelings of anxiety is nothing to be ashamed of, and although it may feel daunting, opening up may be the first step towards understanding these feelings.

### WHAT TO LOOK OUT FOR?

According to the NHS, GAD has both physical and mental symptoms, and everyone will experience them differently. Here are some of the symptoms highlighted by the NHS.

### Psychological symptoms of GAD

**Feeling restless**

**Feeling dread or fear**

**Feeling of being "on edge"**

**Trouble concentrating**

**Feeling irritable**

### Physical symptoms of GAD

**Dizziness**

**Tiredness**

**Strong, fast or irregular heartbeat (palpitations)**

**Muscle aches and tension**

**Excessive sweating**

**Shortness of breath**

**Feeling sick**

**Headache**

**Difficulty falling or staying asleep (insomnia)**

If you experience any of these symptoms and feel they cause you distress or interfere with your daily life, please speak to your GP.

Remember mental health is nothing to be ashamed of, don't suffer in silence.

## WORD SEARCH

A	L	L	Y	R	A	G	N	U	H
G	N	A	K	J	J	P	L	R	I
E	T	I	S	P	A	I	N	U	T
R	I	T	T	O	T	J	L	G	A
M	M	A	R	N	K	K	I	U	L
A	E	O	J	O	E	F	Z	A	Y
N	R	R	P	L	E	G	A	Y	H
Y	E	C	N	A	R	F	R	J	V
O	H	P	I	P	P	O	B	A	O
L	I	E	N	G	L	A	N	D	I

All the words below will be found in the puzzle below – except one.

The words that are there are found horizontally, vertically, or diagonally. In some instances, the words are backwards.

The words are names of countries whose teams got to a FIFA Men's World Cup final.

Can you spot the word that is not there?

### The words:

ARGENTINA • BRAZIL •

CROATIA • ENGLAND •

FRANCE • GERMANY •

HUNGARY • ITALY • SPAIN •

SWEDEN • URUGUAY

## MORRISON'S MELODY

This time's offering is "Fool's Gold." by The Stone Roses from 1990.

The track has a funky bassline and so listening to it whilst not moving your head (or any other part of the body) is impossible. It reminds me of my embryonic months at secondary school.

## Kevin's Diary

August 14 2023: Recently my wife bought a pack of toilet rolls which are "tubeless" (I'm not sure how they do it, but I think magic is involved), meaning it's good for the environment.

However, I have issues (more than usual). I pine for the days when my toilet roll had tubes that I could then put in the recycle bin.

I am more reassured and comforted by the finality and the closure it gives when I have something in my hand that I can then put in the recycling receptacle.

It gives me tremendous peace of mind and I am very comfortable knowing that I can move on with the knowledge that I have done my bit so that future generations have a planet to live on.



## Meet Ayesha - Part I

The Mastrick Matters team wanted to use the shmu page to introduce you to some of the staff and volunteers who are involved with shmu. Recently we spoke to our Media Development Worker, Ayesha Zielinski, who has worked and volunteered at shmu for over 20 years.

Here are some of the things Ayesha had to say about working at shmu.

### AYESHA, CAN YOU TELL US ABOUT YOUR ROLE HERE AT SHMU?

A: The main part of my job is teaching the foundation apprenticeship in Creative and Digital Media to the Aberdeenshire schools we work with. That is the main part of my job, but I do help the volunteers, as you know. If Adele, our FM Development Worker is off or is doing something else, I cover the Radio volunteers as well as audio to edit.

### WHAT DID YOU DO BEFORE YOU WORKED AT SHMU?

A: I was a lecturer at the College in Perth where I taught in the Music and Music Business department, but I also taught in the Audio and Audio Engineering, Sound Production department. I was a personal

academic tutor, so if that year had any issues, they would come to me. Sort of like a guidance teacher. If they weren't performing or doing their work, I would support or eject, depending on the situation.

### DID YOUR PREVIOUS WORK HAVE TRANSFERABLE SKILLS TO WHAT YOU DO NOW?

Yes, they all had transferable skills, so I'm quite grateful for that. Because this is quite specialised in Audio and Radio and Creative Media, I had a vast experience in that. Prior to that, I did voluntary work for hospital radio in Perth. To start with, I was a ward visitor before I then started my own show. I did that weekly, like you guys. I was then a member of the board before I became the programme controller, which is like what Adele does here. It's all relevant to this job.

### WHAT'S YOUR FAVOURITE PART OF SHMU?

That's quite difficult. I'd like to say Adele, because she's always telling people that they're her favourite. It would have to be radio as I have a background in music, audio, radio and all the different work that I've done. But I think it's a bit unfair to have favourite parts of shmu, there's lots that I really enjoy.

## Volunteers' week 2023

shmu have been nominated for a Celebrate Aberdeen Award and we're absolutely delighted!

We have been nominated in the category of Campaign or Event of the Year for our Challenge Poverty Week Campaign. Shmu are immensely proud of our campaign and all the volunteers, young people and organisations who took part and helped make it happen!

We are honored to be nominated alongside many of the other brilliant organisations of Aberdeen's Third sector.

We can't wait to take part in celebrating them on at the awards on the 28th of October.

## Join us in Challenging Poverty

The Poverty Alliance's Challenge Poverty Week is extremely important to us here at shmu so we had to take part again this year.

This year the week ran from the 2nd to the 8th of October and is incredibly relevant today with persistent poverty on the rise in Scotland.

The Scottish government estimate that around 21 percent of Scotland's population were living in relative poverty between 2019 and 2022. Poverty is an issue which effects every aspect of one's life. Figures from March 2023 suggest that 49% of Scottish adults reported their mental health being affected by the Cost-of-Living crisis, which is why it is so important that we tackle this issue.

Shmu volunteer, Kerry, kindly shared her story with us. "I wanted to share my story, just to get it out there that, although I'm working, I'm still struggling and I'm still in poverty. Things need to change."

Kerry said, "At the moment, I'm really struggling, I'm having to use the foodbanks at the Community Centre and that's something I never thought I'd have to do."

For this year's Campaign, The Poverty Alliance have five key policy asks of the Scottish Government, each day of the week will represent one of the key asks.

One thing that the Alliance is asking for, is to ensure that everyone has access to an adequate income. This policy addresses the need for a minimum income and for benefits to cover all of people's needs. Employers can also commit to providing adequate income by pledging to pay the Real National Living Wage.

"Society makes me feel like I'm worthless." Kerry shared, "Like 'Oh she's got a job but she's still moaning.' Yes, because, I may have a job but it's still not enough to live on. I work in a part time job, so I live

from paycheck to paycheck. I don't always earn the same amount every month, making it quite difficult to budget."

Many more, like Kerry, understand the pain and stress this causes.

"I am working, I'm still struggling, and things need to change, for the better, not just for me but for everyone. shmu has been a great help, just by getting this information out, is going to help a whole host of people."

If you didn't manage to join us throughout Challenge Poverty Week 2023 as we addressed these issues, please look at our social media where we have signposted amazing organisations and services, shared more of our volunteers' stories and short films throughout the week.

**You can read more about the Poverty Alliances Policy asks at [www.povertyalliance.org/cpw/](http://www.povertyalliance.org/cpw/)**

## Come and enjoy the Cairncry Community Café!

Cairncry Community Centre on Foresterhill Road, operates a community Café on Monday, Tuesday and Friday. We offer tea/coffee and toast, free of charge. Bacon or sausage softies are also available for £1 each.

The café closes briefly between 11am and 12noon, to prepare for our free lunches. Lunch is served on the same days between 12pm to 1:30pm. Food can go fast, so please arrive as early as possible!

Our Community Food larder runs whenever the café is open. We have canned and dried foods, available to anyone who needs them. No forms are required. Unfortunately, we cannot offer food support out with those times. Booking is not needed, so if you're in the area, pop in past for a cuppa and an opportunity to meet new friendly people.



# 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](http://sdfmh.org.uk)

### Grampian Women's Aid

Telephone: 01224 593381. Website: [grampian-womens-aid.com](http://grampian-womens-aid.com)

**Rape Crisis Grampian** Telephone: 01224 590932. Website: [rapecrisisgrampian.co.uk](http://rapecrisisgrampian.co.uk)