

# mastrick matters



**NHS Grampian..**  
Involving You!

**Mastrick**  
Parent &  
Toddler Group

**Family Gala Day**  
Sheddocksley  
Baptist Church

**Mastrick Pensioners**  
Easter Bonnet  
Parade

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### editorial

Welcome to the Spring/Summer edition of the Mastrick Matters magazine. The content inside is a fine representation of the activities and events which happen on a daily or weekly basis in our community. We are a vibrant and creative community with a big heart. Mastrick Matters is here to give a voice to the citizens of Mastrick, so if you're interested in voicing *your* opinion, then why not get involved in the editorial team? Meetings are held fortnightly at the Mastrick Community Centre - Monday mornings at 10am.

And don't worry if you can't manage to attend our meetings - you can still get involved!! If you have any ideas, articles or photographs you'd like to see in print, please get in touch with Mary Clare at Station House Media Unit (SHMU) 01224 515013 or email [maryclare@shmu.org.uk](mailto:maryclare@shmu.org.uk)

happy reading.

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# Mastrick

## Parent and Toddler Group

**If you are a parent or carer with children under the age of 5, then why not come along to the Parent and Toddler Group at the Mastrick Community Centre.**

The Parent and Toddler Group meet every Monday afternoon from 1pm till 3pm. It is a group open to children under the age of 5 and only costs £1 per family which also includes snacks.

The Group is organised by Sarah Benzie who says; 'The Parent and Toddler group is a great chance for children to interact with other kids of the same age group, while also allowing the parents to socialise with one another. The group is open to all, and we welcome anyone to come along and join the group.'

For more information please call the centre on (01224)788288. There is also a Tots Time group

which runs at the Cocket Hat and is again for children under 5. The group is held on a Tuesday and Thursday from 9.15 to 11.15am and 12.45 to 2.45pm.

Prices for this group are £2.50 per adult and £1 per additional child, which also includes Tea/ Coffee and Snack for kids.

If you're interested in attending this group then please call on (01224) 695684.

## Grays Inn News

Grays Inn is a popular pub in the Mastrick area. Last year we celebrated our 50th Birthday. The pub opened in 1961 and has continued to be involved in the Community.



Last year we won the Community Pub of the Year award for the UK due to the never ending generosity of our Grays Inn customers, staff & local shops, who have raised an average of £10,000 every year for the last 17 years.



At present we are collecting funds for Muirfield School to replace stolen playground matting.

This year we are displaying Art Work to celebrate the Jubilee: 'A Portrait of the Queen',

From mid May right through to mid June, our budding artists - children from the 3 local primary schools - Kingsford, Quarryhill & Muirfield, will be expressing their artistic ability.

There is always something going on at Grays: darts - Monday & Tuesdays, sports quiz - Wednesdays as well as fabulous weekend entertainment. We also have a small function room and can cater to any requirement. We have a Grays menu offer with meals from £2.99 including Lasagne, Scampi & Sausage & Mash.

Our ladies darts team are having a charity night to support The James Tyrell Centre and we are planning a fundraising night for Mastrick Toddlers Group. Any one who wishes to get involved please come along and see us.

## **CANCER, DONT GET SCARED, GET CHECKED.**

If you're worried about cancer, the best person to speak to is your doctor. It could be nothing, but it's better to be safe than sorry, outcomes are much better these days. In fact, twice as many people survive cancer compared to 30 years ago.

Whatever you do, don't worry that you might be wasting your doctor's time - they want to see you. All you have to do is make an appointment.

### **A FEW SIGNS TO LOOK OUT FOR:**

***A new lump which appears or gets bigger, in the breasts, testicles or anywhere else.***

***A sore that doesn't heal up - in the mouth, throat or skin. A mole that changes shape, size or colour.***

***Any growth that appears on the skin and continues to grow.***

***Coughing up blood, or blood in the urine or mixed through stools.***

***Things that refuse to clear up, ie. a cough that never goes away, or a pain somewhere that won't settle.***

***A change in pattern of going to the toilet.***

***Unexpected weight loss (that's not because you've been on a diet).***

Please remember that these symptoms don't necessarily mean you've got cancer, but they could indicate that something else is wrong. So it's still important that you talk to your doctor anyway.

Don't just rely on screening. Although it is important, you should still check yourself regularly and keep an eye out for any of the above changes in your body.

For more information on signs or symptoms and signposting to local cancer support organisations, contact your local NHS Grampian healthpoint, call the free healthline on 0500 20 20 30 or log into [nhsinform.co.uk](http://nhsinform.co.uk).

Sheddocksley Baptist Church

# Family Gala Day



## It's Back...

After a great success last year the Sheddocksley Baptist Church is holding another Family Gala Day. Events like this are great for the community as it gets everyone together and is a great day out for all the family to enjoy.

Last year's Gala had a great turn out, and everyone had a brilliant day. The Gala will be on Saturday the 25th of August and is hoped to be even bigger and better than last year. So pencil it into your diaries!

# NHS Grampian... **Involving YOU!**

## **Did you know that you can get involved with the work of NHS Grampian?**

Patients, carers and members of the public are involved in lots of different ways; helping to make a difference to services now and for the future.

### ***By getting involved you could influence:***

- The design of local health buildings.
- The development of services in community settings.
- Patient safety and hand hygiene in hospitals.
- Improvements to services such as maternity, diabetes and cancer.
- NHS policies and strategies.

## **What will being involved mean for me?**

***Some of the benefits of being involved might be:***

- Keeping up-to-date with local health issues, opportunities and information.
- Making a difference.
- Meeting new people.
- Training opportunities.
- Something to add to your CV.

You can choose to be involved in a way that fits in with you. We are looking for all kinds of people to get involved - you don't have to have any qualifications, just have an interest in health and local health services.

If you are interested in getting involved why not contact the Public Involvement team at NHS Grampian on the details below? One way to get involved is to join NHS Grampian's Public Forum - a group of patients, carers and members of the public who meet to discuss topical health issues. Members of the Public Forum

often listen to presentations and take part in lively discussions and group work.

Our next Public Forum meeting is taking place on Wednesday 13th June 2012 at 6.30pm -8.30pm at Curl Aberdeen, Eday Road, Aberdeen.

This meeting will be attended by members of NHS Grampian's Senior Management Team and you will have the opportunity to get your questions answered.

If you are interested in attending our Public Forum meeting or finding out more about involvement opportunities please contact the NHS Grampian Public Involvement team at [nhsg.involve@nhs.net](mailto:nhsg.involve@nhs.net) or on 01224 558098.

**More information can also be found on our website [www.nhsgrampian.org/involvingyou](http://www.nhsgrampian.org/involvingyou)**

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## **Mastrick Gym!**

If you would like to be a member of the Mastrick Gym then please call the Mastrick Community Centre on 01224 788288. The Gym is located at the back of the Community Centre. The gym features a running machine and various weight machines. It's ideal if you live nearby and fancy a good workout.



# Mastrick Community Centre Summer Playscheme

This year Mastrick Community Centre has organised yet another fun filled summer of activities for the local kids of Mastrick.

## The trips this year are:

### Adien Park -

*Tues 10th July, 10am till 5pm (£8.00)*

### Active Kids Perth -

*Thurs 12th July, 9am till 8:30pm (£13.00)*

### Camperdown Park -

*Tues 17th July, 9am till 6pm (£8.00)*

### Blair Drummond -

*Thursday 19th July, 8:30am till 9pm (£14.00)*

*Montrose - Tues 24th July, 10am till 6pm (£8.00)*

*Carnoustie - Thurs 26th July, 9am till 8pm (£12.00)*

*Arbroath - Tues 31st July, 10am till 7pm (£15.00)*

### Landmark -

*Thurs 2nd August, 8:30am till 9pm (£17.00)*

All these trips are open to primary school children and must be booked and paid for in advance. You can get booking forms and further details by going into the Community Centre on Greenfern Road or you can call on 788288.

You must have all booking forms in by Monday May the 4th, 11th, 18th and 25th from 9:30am till 11:15am, Friday the 1st of June, 8th, 15th, 22nd and 29th from 9:30am till 11:15am, Wednesday the 6th and 20th from 4pm till 5:30pm.

**Please note that payment this year can only be accepted in cash – Sorry no cheque payments.**





# Mastrick Pensioners *Easter Bonnet Parade*

On the 27th of April the Pensioners Club at the Mastrick Community Centre held an Easter Bonnet Parade. As always, the event was well attended with over 60 pensioners attending on the day.

The afternoon started off with a Raffle draw, followed by music, entertainment and tea and coffees. After everyone had

finished their refreshments, Chair Lady Doreen rounded up the contestants to parade around the hall and show off their Easter Bonnets. Even Mary Clare from SHMU got caught up in all the excitement as she was asked to judge the competition.

In the end Mary Clare picked 3 lucky winners: Muriel Park, Ruby Kiloh, Margaret Fiddes, who all

won an Easter Egg each. Well done ladies!!

If you are over 55 and are interested in going along to the Pensioner group or would like more information, then call the Mastrick Community Centre on 01224 788288. You don't have to just live within the Mastrick area to attend the club.







# Silver Anniversary Appeal

The James Tyrrell Centre Silver Anniversary Appeal was officially launched last month at the Mastrick Parish Church Daffodil Tea, by the then Lord Provost Peter Stephen. The fund has been setup to raise funds to refurbish and re-clad the James Tyrrell Day Care Centre.

It was a very successful event with many people from the local community attending. Our local Councillors, M.P.s and M.S.P.s were also in attendance. Thanks to everyone who came and helped us raise a very credible £610.

The James Tyrrell Centre was opened 25 years ago in the original church building and has been in constant use since. This wooden building is badly in need of refurbishment and re-cladding. It caters for 60

people a week with 15 people attending every day, running from Monday to Thursday. It has an excellent reputation for the service it provides to the clients who attend. Depending on need and individual circumstances, it is possible to attend on more than one day. This vital service includes transport to and from the centre, snacks and a home cooked three course lunch.

Activities are on-going throughout the day with consideration given to the individual needs and abilities of the clients. All such activities both stimulate and create a positive atmosphere within the centre.

With so many services being lost due to lack of finance within the public sector, it would be a pity to see this service threatened because the building requires



a general refurbishment at an estimated cost of £30,000. This is a huge task for such a small church, that is why we are asking for help from the community. Church members have already raised £12,000 but donations to help us with this task would be very much appreciated, if you require more information on the James Tyrrell Day Care Centre or if you would like to make a donation, please contact:

**Rose Clayton MBE, Property Convener 01224 683720 or the Treasurer at Mastrick Parish Church 01224 694121**

## LEWIS MACDONALD MSP

Regional surgeries in North East Scotland



Lewis Macdonald MSP is available to listen to your concerns, make representations on your behalf, and put forward your views in the Scottish Parliament. He holds surgeries on Fridays between 2pm and 4pm at his regional office in Aberdeen.

If you would like an appointment with Lewis Macdonald at a surgery, please contact his regional office, as shown below:

**80 Rosemount Place,  
Aberdeen AB25 2XN  
Tel: 01224 646333  
Fax: 01224 645450**



The Scottish Parliament  
Pàrlamaid na h-Alba

# Veteran Group

The Veteran group in the Mastrick Community Centre is for ex- service people who have either been in the Royal Air Force, Royal Navy or the Army.

The aim of the group is to help and support ex-service people who live in the Mastrick area.

The Veterans meet very Friday morning for a catch up, a game of pool and for a bite to eat.

They also go on various outings and events which are organised by Ron who is the Chairman for the Mastrick Group.

This year the group have various outing for example:

RAF Leuchars, Veterans Day Inverness and Veterans Day in Aberdeen.

The group currently have 48 members, but they are always looking for new members to join.

**If you are interested in coming along then call the centre on (01224) 788288.**

# Goodbye Pam!



The Mastrick community Centre would like to wish Pam Farmery all the best as she goes off on maternity leave. Good Luck Pam!

Pam is the Chairperson of the Mastrick Community Centre Management Committee and has done a fabulous job of managing and running the centre for several months now.

Stepping into Pam's shoes for the next few months is Stacey Park. Stacey is also a local lady from Mastrick and has two boys and one girl. This busy mum however, is looking forward to the new challenge of running the Community Centre.

## What is your new role?

Vice Chair Lady of the Community Council

## If people have any queries regarding the centre are you the best person to contact?

Just call the centre on 01224 788288 and a member of staff will be able to help you in the best way they can.

## What are the opening times of the centre?

- **Monday** 9am till 8:30pm
- **Tuesday** 9am till 4pm
- **Wednesday** 9am till 1pm then 4pm till 5pm
- **Thursday** 9am till 12pm then 7:30pm till 8:30pm
- **Friday** 9am till 5pm

The centre is closed at the weekends unless events are on.

You can also hire the hall for £25 per hour, and if you're having a party this includes the use of the bouncy castle.



## Whist Club

### Do you enjoy playing cards?

Why not come along and join the Whist Club at the Mastrick Community Centre? The group meet every Monday afternoon from 12:30 till 3pm to play cards and socialise.

They are currently looking for new members who also have an interest and passion for playing cards.

For more details call the centre on (01224) 788288.



## Car Boot Sale

Mastrick Community Centre is holding a Car Boot sale on Saturday the 2nd of June from 10am till 1pm.

For anyone wanting to book a table please call the centre on **788288**. Tables are £5 per table.

There also will be refreshments and a Barbecue on the day.

Knob of butter  
1tbsp of sunflower oil  
1 large onion sliced  
2 celery sticks sliced  
2 small carrots diced  
300g of potatoes diced  
Squirt of tomato sauce  
340g of corn beef (1 tin)  
Fresh black pepper

1. Melt the butter with oil in a large frying pan. Add the onion, celery, carrots, potatoes and cook on a slow heat for 15 minutes until veg are soft – stir regularly.
2. Add ketchup and stir into veg.
3. Break up the corn beef into chunky pieces and stir with a wooden spoon (you don't need salt as corn beef has plenty)

## Harry's Corned Beef & Onion Pie

4. Remove from heat and leave to cool for about 30 minutes
5. Pastry mix is shortcrust.
6. You will need 23 - 25 cm pie plate.
7. For the mix you will need 300g plain flour, 175g of gold butter cut into cubes, 1 large egg beaten with 1tbsp of water, and 1 egg to glaze the pastry by hand.
8. Cook in a preheated oven until the pastry is a nice golden brown.



corned beef & onion pie

## Fish Cakes

### Ingredients:

750g Potatoes peeled and cut into Chunks  
25g Butter  
500g Smoked haddock  
5tbsp Milk and of Mustard  
2tbsp Olive oil  
1 Egg  
Handful of chopped parsley -  
dried will do

## Harry's Home Made Fish Cakes

1. Boil potatoes until tender, then drain and mash with butter.
2. Put haddock in a pan, pour in milk and cover over. Leave on a medium heat until fish flakes easily, then drain and set aside.
3. Fry onions in 1tbsp of oil and stir in the mash, egg and parsley. Season with black pepper, fold and then shape into 12 fish cakes.
4. Heat the rest of the oil and cook cakes in 2 batches for about 3 minutes on each side.
5. Once cooked serve with a green salad.

# History Quiz

## Questions

1. What date was D-Day?
2. How many of King Henry VIII's wives were called Catherine?
3. Of which country was General Franco a dictator?
4. What famous wall, built by a Roman Emperor, lies between Scotland and England?
5. During which year did Fidel Castro gain power over Cuba?
6. What is the name of the city where John F. Kennedy was assassinated?
7. Which war first introduced the use of tanks?
8. During which year did Sir Winston Churchill step into power over Great Britain?
9. Since retiring from service, where is the QE2 docked on a permanent basis?
10. What was the Nazi symbol called?
11. What were Norsemen better known as?
12. During which year did the RMS Titanic sink?
13. Who was the first president of America?
14. During which year did Adolf Hitler die?
15. During which year did Christopher Columbus discover the Bahamas?

## Questions

1. How many players are there in an ice hockey team?
2. Who was the youngest world heavyweight boxing champion?
3. In darts, how high off the floor must the bullseye measure?
4. Who scored the winning penalty in the 2006 world cup final?
5. In golf, what is meant by the term 'birdie'?
6. How many red balls are used in a game of snooker?
7. What was the name of the player who scored the final goal of the 1966 World Cup Finals?
8. In motor racing, which flag is waved to show the winner?
9. In tennis, what is the point score immediately after deuce?
10. What was the name of the England footballer to be the first European Footballer of the Year?
11. What is Zumba?
12. Which sport would be played during the Corbillon Cup?
13. The nickname 'The Georgia Peach' was given to which famous baseball player?
14. What is the official name of the Rugby World Cup trophy?
15. What is the name of the jockey that won all seven races in one day at Ascot Racecourse in September 1996?

## History Answers

1. 6th June, 1944
2. Three
3. Spain
4. Hadrian's Wall
5. 1959
6. Dallas, Texas
7. World War I
8. 1940,
9. Dubai
10. The swastika
11. Vikings
12. 1912
13. George Washington
14. 1945,
15. 1492

## Sports Answers:

1. Six
2. Mike Tyson
3. 5 feet, 8 inches
4. Fabio Grosso
5. One under par
6. Ffifteen (15)
7. Geoff Hurst
8. A black and white checkered flag
9. Advantage
10. Stanley Matthews
11. A Latin inspired dance-based workout
12. Table Tennis
13. Ty Cobb
14. The William Webb Ellis Trophy
15. Frankie Dettori

# Sports Quiz



Station House Media Unit (shmu) is situated just off Great Northern Road in the old Station House Community Centre, Woodside. We offer free access to, and training in video and radio production, and magazine and online publications to residents of all ages living in Seaton, Woodside, Middlefield, Tillydrone, Torry, Northfield and Cummings Park.

## The Health Show on *shmu*FM

Nothing is more important to your wellbeing and happiness than your health, so here at *shmu*FM we've teamed up with NHS Grampian to broadcast the Health Show.

Each week the show will cover the important stories from the past week, the best health advice and the latest campaigns being launched - all presented by a SHMU volunteer and a guest from your local NHS services.

We are live on 99.8FM on a Thursday from 9-10am, then a repeat goes out on a Monday between 2 and 3pm. Alternatively, you can listen again online by visiting: [www.shmu.org.uk](http://www.shmu.org.uk)

We'd like you to get involved too, so if you wish to suggest any topics or guests to be included in the show, or give any feedback to the Health Show team, just email: [healthshow@shmu.org.uk](mailto:healthshow@shmu.org.uk)

## Introducing Michelle....

SHMU is delighted to introduce Michelle Trail, our Employability Support Worker. Michelle has recently moved to Aberdeen from Edinburgh where she worked as an Education and Training Officer for Connected, an employability project of the charity Foursquare. Michelle has supported many people from different backgrounds who have a variety of barriers to employment.

Michelle has brought her skills and experience to our *shmu*TRAIN initiative; employability and skills development programmes which support people into work, training or education:

**Early Interventions** offers support to 14-16 year olds in local academies and will soon be launching a City Campus programme.

**Positive Transitions** provides 12 week training courses for people aged 16-19 who are not currently in education, employment or training.

Our current trainees have also been delivering the community magazines, providing them with valuable work experience and ensuring that the fantastic articles, stories and photographs in the magazines are distributed to everyone in the

community. **Positive Transitions 11** begins on 9th July – contact us now to find out more and to arrange a visit.

**shmuWORKS** offers training courses to 18-25 year olds, and also provides employability advice and guidance for **SHMU** volunteers, from regular group sessions to individual support.

If you would like to find out more about the employability support we offer please contact Michelle; (01224) 515013 [michelle@shmu.org.uk](mailto:michelle@shmu.org.uk)

## NEWS JUST IN..

### Youth Radio Project

### SUMMER SCHOOL TASTER SESSIONS

Tuesday 3rd July 2pm - 3.30pm  
or Saturday 7th July 1pm - 2.30pm

Phone SHMU on 515013 to find out  
more and sign up!





# Aberdeen **DRUGS** Action

Drugs Action (Fiona and Pam) are in Mastrick Community Centre (Greenfern Road) every Tuesday between 2pm-4pm.

We have a drop-in service providing information, advice and support regarding all aspects of drug use. We also provide a needle exchange service.

If you or any one you know is experiencing problematic drug use, or you would like more information please come to the

Community Centre between 2pm-4pm any Tuesday.

We also provide basic life support and Naloxone administration training. On completion of the training you can then be prescribed Naloxone (reverses the effects of an opiate overdose) from specific pharmacies. The training will give you the skills and confidence to deal effectively in an overdose situation.

## Drugs Action provides:

- Immediate advice and information on any aspect of drug use.
- Support to family / friends affected by someone else's drug use.
- Naloxone Training – Learn what to do in an overdose situation and how to potentially save a life. Referral and signposting to other services as appropriate.

## Naloxone can be a life saver!!

It reverses the effects of an opiate overdose. We can train you in basic life support and Naloxone administration and you can then be provided with your own supply of Naloxone at specific pharmacies

You can contact us by phone call or text  
 Fiona: mobile 07740441413  
 or Pam: 07545204199



# COMMUNITY CONTACTS

## Alcohol

Alcoholics Anonymous **0845 769 7555**  
Drinkline **0800 917 8282**

## Benefits

Benefits Agency Advice Line **0800 587 9135**

## Crime

Crimestoppers **0800 555 111**

## Drugs

FRANK – National Helpline **0800 776 600**

## Dentist

Emergency - G-Dens **01224 558 140**

## Doctors

NHS 24 Emergency **08454 242 424**

## Electricity

If you have a Power-Cut **0800 300 999**

## Family Planning

Square 13, Support & Advice **01224 642 711**

## Gas

Gas Emergency **0800 111 999**  
Gas Emergency with a Meter **0845 606 6766**

## Housing

Emergency Repairs **01224 480 281**  
Call Centre Emergency **0845 608 0929**

## Police

Non-Emergency **0845 600 5700**

## Samaritans

Need to talk **01224 574 488**

## Social Work

Social Work Duty Team **01224 765 220**  
Emergency Out-Of-Hours **01224 693 936**

## Young Carers

Support & Information Service **01224 625 009**

## Water

Scottish Water Emergency **0845 600 8855**

## Alkohol

Anonimowi Alkoholicy **0845 769 7555**  
Problemy z alkoholem **0800 917 8282**

## Zapomoga

Agencja doradztwa w zapomogach **0800 587 9135**

## Przestępstwa

Przeciwdziałanie przestępstwom **0800 555 111**

## Narkotyki

FRANK – narodowa linia pomocy **0800 776 600**

## Dentysta

Nagle wypadki **01224 558 140**

## Lekarze

Nagle wypadki **08454 242 424**

## Elektryczność

W wypadku odcięcia energii elektrycznej **0800 300 999**

## Planowanie rodziny

Square 13 wsparcie i doradztwo **01224 642 711**

## Gaz

Nagle wypadki **0800 111 999**  
Nagle wypadki w związku z licznikiem **0845 606 6766**

## Pomoc mieszkaniowa

Nagle naprawy **01224 480 281**  
Centrum pomocy **0845 608 0929**

## Policja

Zgłaszanie przypadków nie wymagających nagłej interwencji **0845 600 5700**

## Samarytanie

Telefon dla potrzebujących rozmowy **01224 574 488**

## Praca społeczna

Dyżur pracowników społecznych **01224 765 220**  
Nagle wypadki poza godzinami pracy biura **01224 639 936**

## Pomoc w karierze

Wsparcie i informacje **01224 625 009**

## Woda

Nagle wypadki **0845 600 8855**