

mastrick Matters

Spring 2024

In this issue:

ANDY'S MAN CLUB

OVER 50s FRIENDSHIP

NORTHFIELD ACADEMY

www.shmu.org.uk/press



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editorial

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

Join us in meeting our new friends, the over 50's friendship club and find out what Kevin has been up to recently!

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





TOOTH DECAY IS PREVENTABLE

Childsmile

Childsmile is a national programme in Scotland which is helping to reduce dental decay in children from birth. It is funded by the Scottish Government and has three main elements.

Toothbrushing:

The programme aims to help children develop an important life skill at an early age.

It offers supervised toothbrushing routines in nurseries & in some schools to P7.

Free toothbrushing packs to use at home are available within the community.

Fluoride varnish application:

Within targeted schools and nurseries, children can join the programme when they start nursery until P4, receiving two fluoride varnish applications per year from the Childsmile team. Further applications can be received from the child's dentist.

Community & Practice:

Childsmile works closely with health visitors, public health nurses, dental

teams, education, community groups and other partners within the local community to map services that can support families. These include food banks, parent/baby groups, community family support, local churches, and many more.

Tooth decay is preventable

Childsmile can support families with advice, to remove barriers that prevent daily, routine, toothbrushing. This can reduce the need for dental treatment.

The Childsmile team use a person-centred approach to support families in understanding the everyday benefits of promoting good oral health benefits.

We provide the central link between dental services, the family, the health visitor, and education.

If you require the help or advice from your local team, please contact gram.childsmile@nhs.scot or call 01224 550088.

Further information about Childsmile can be found on our website: <https://www.childsmile.nhs.scot>

Oot and About - What Matters to Matrick

We want to hear from you, what do you love, what do you think needs improved, what shops or facilities would you like to see, let us know.

To get an idea we were oot and about in Mastrick shopping centre asking local resident what matters to them.

Amy who is a carer and lives in the area, loves the community feel that Mastrick has to offer.

“Everyone speaks to everyone”

What needs to be improved?

“The shops, everything is empty around here”

“A butcher would be good and a grocer somewhere you can get fresh veg.”

If you want your voice to be heard, get in touch with us by emailing Rose on rose.ross@shmu.org.uk Or check out where we have been on our socials, you might just catch us oot and about.





Pots of Tea and Pole Dancing

Every Tuesday between the hours of 1 and 3 the pink hall of Mastick community centre comes alive. The sound of laughter echoes through the hall, the rustles of biscuits wrappers are almost lost over the sound of a good blether.

The over 50s Friendship group was set up over 30 years ago in Mastick, we went along for a visit and safe to say it was a hoot.

We were greeted at the door with a pot of hot tea to help warm our hands and we were told just to get stuck in and make our way around the tables that were set up in the hall.

They were getting ready for bingo when we came over, I wasn't quite sure how they would take us, two girls coming over with a microphone when you're trying to play bingo might just be a tad odd, but after the first answer I knew this place was up for a good laugh.

So how long have you been coming to the group?

"Oh, since year dot"

The women sat next to her had only been coming for 3 weeks.

"Well, they put me on early retirement from work and I needed groups, there is nothing for my age group, so I'd thought I'd just try it and see."

She loved "the company and like I say I like the bingo and the raffles and last week because we were speaking, and we had other things to do the time just went like that."

Moving on to the next table we met a whole bunch of wild characters.

"I think I've been coming about 6 years, this een that sits here she'd be about 12."

What do you enjoy most about the group?

"I enjoy the friendship, I enjoy all the friends, we are always going oot, we have got drives, we have got holidays for whoever wants to go."

"One of the members Pam, organised it so you can either pay it

up or pay cash, last year we did Fort Willaim this year we are going back to Fort Willaim but a different hotel."

One of the women wiped out a photo to show us, while we discussed their plans to see the ladyboys and their last trip.

"The best een I got last year was away to Insch and we played bingo, we had a beautiful meal we had a tour."

The group put on loads of actives at the hall too, they passed us over their agenda for the upcoming weeks some of favourites where the bingo, the pie and natter and the entertainment and disco.

One of the members, Ethel was known for her moves at the music events "she can hardly see, but my god she can move, ghee her a pole and she will be up dancing."

"that's what makes it, cause you're in the group, so you're not embarrassed, cause your dancing with friends, it's fantastic, it keeps you young."

The first thing coming up on the agenda was their Valentines Day party, I asked if any men would be attending.

“That’s what we need, we need more men”

“We used to have two, one was an ex Celtic player, he was brilliant”

Valentines’ party dates aside it was an important point, even though the group is predominately female anyone is welcome to come along.

“it’s just walking through the door, just come, the minute you come you find friends”

“I’ve been to a lot of clubs, and this is number 1.”

The group even run a minibus for those who would struggle to get their otherwise, it picks you up and drops you off right at your door.

One of the users of the minibus told us how the group had helped with her confidence in getting back out again.

“I used to go out quite a lot, I went out with some of the people that I worked with and some of their friends, then I collapse and fractured my hip, and I was sort of stuck in

the house for a long time because I was scared to go out.”

When she would speak to her physiotherapist, he said that she was walking fine it was just her confidence she was lacking.

“So, I’ve been coming here a year now and I really like it.”

“I really come here for friendship and company, and you can have a good gossip.”

And just when we thought we had met all the incredible women who attend the group, hidden at the back was “plain Jean fae Aberdeen” and her friend Issabel.

We were greeted with a big smile and a very straight to the point “who are you”

She loved the fact that everyone here was friendly, complaining how old people can be a right moan at times.

For someone who will be turning 92 in August, she was more on the ball than me getting her friend Issabel to answer questions I hadn’t even thought of yet.

They told us the story of how Issabel met her Husband, they have been married for 70 years.

“He was handsome but now he’s baldie”

“He came from out the road”

“He was a country loon” piped up Jean.

“He was bidin oot at Potterton, well I went back and forth there for ages and he asked me to marry him and that was it.”

Out time to chat came to end as the bingo was about to begin, and they take that very seriously.

After chatting with the ladies for what turned out to be two hours, it was obvious this was no knitting circle, every one of those women was full of life and being together only brought out the best in each of them, it’s amazing what a good blather can do.

“When your laughing, you get rid of the wrinkles and your hair grows.”

Olivia Andrews



MSP Jackie Dunbar

Working for Aberdeen Donside

It's been a busy start to 2024 and I am not expecting any let up in that. The last few years have been difficult for everyone, with a cost of living crisis following hot on the heels of a pandemic and, while times are still tough, I do feel there are grounds to be optimistic about the future.

Cost of living

Come April, the Scottish Government's investment in social security will reach a new record high of £6.3 billion. Part of that investment will see social security payments, including the Scottish Child Payment, going up by 6.7%. In the midst of a cost of living crisis, that support is especially welcome.

In the meantime, my office is continuing to support folk who are struggling with costs of heating and housing and I am pleased to have been able to help make things a little easier for them. If you're struggling at all, please don't hesitate to get in touch with my office and see if I can help. You can reach me at Jackie.

Dunbar@parliament.scot, on 01224 011 936, or in 12A Mastrick Shopping Centre.

Energy transition

Looking forward, I recently met with Energy Transition Zone Ltd to hear about the work they are doing to ensure Aberdeen becomes a Net Zero capital. ETZ Ltd is supporting efforts across our city to ensure that we have a bright future beyond oil and gas.

That transition has already started, and I heard from businesses that are pioneering new technology, and how North East Scotland College are training people with the skills these businesses will need.

The future for our city is bright, and it is green.

Voter ID

Another big event that is coming up later this year (at some point) is the UK General Election. This will be the first election in Aberdeen where

people have to show a photographic ID at the polling station.

In order to vote, you will need to provide a form of ID that has a photo, which can be a driving licence, a passport, a Scottish National Entitlement Card, a blue badge, a PASS card, or a MOD 90. If you don't have an appropriate form of ID, you can apply for a Voter Authority Certificate.

You can register to vote, check you have the right ID, or apply for a Voter Authority Certificate at www.gov.uk/register-to-vote or by calling the Grampian Electoral Registration Officer on 01224 068400.

Make sure you don't lose your vote!

I am continuing to help folk across Aberdeen Donside, including in Mastrick, with a wide range of issues. If you feel I could assist you with anything, please do not hesitate to get in touch.

Elected Officials

Cllr Donna Clark

It has been a busy time both in Mastrick and the wider Northfield/ Mastrick North Ward since my last update.

On 25th November, I participated in the Reclaim the Night march in the City Centre, whilst also having the privilege to join the list of speakers at the event in giving a speech to those who attended. This march is to highlight women's right to go out at night and ensure that they can get home safely as well as ensuring their right to be safe in their own homes.

On 28th November, I joined a group of pupils and staff members from Northfield Academy in a community walkabout. This was an opportunity for pupils to highlight issues in the area that are important to them and the things they want to see changed within the local community, with pupils coming up with amazing ideas for how they would like to improve the community. Once again, I would like to thank the staff at Northfield Academy for arranging this and I will continue to work with staff and pupils going forward.

On 17th January I visited Quarryhill Court to meet with residents, regarding issues with the roof of the building. Following this meeting I raised the matter with Council Officers who have agreed to have the solar panels on the building to be removed as they had caused a

large amount of damage since their initial installation. I am due to revisit Quarryhill Court on 21st February along with the housing officer for the area.

On 23rd January I met with the residents of Mastrick Land and the housing officer to discuss water ingress into the building through the former balconies as well as other housing related issues occurring within the building. I am due to meet with residents of Mastrick Land again on 20th February along with the housing officer.

Following a recent meeting of Mastrick, Sheddocksley, Summerhill Community Council, it was announced that they would have to go through a by-election process due to a low number of members within the group. If you know anyone who lives in the area and would be interested in getting involved with the community council, please do not hesitate to contact me and I will be able to pass their details onto the Community Council Liaison Officer within the council.

If you have any questions or concerns, please do not hesitate to get in touch. My contact details are as follows:

Email:
donclark@aberdeencity.gov.uk

Tel: 07977 399622

Send us your photos!

The team of Mastrick matters are always on the hunt for photos to include in the magazine, whether it's within the pages or even on the front cover!

Do you enjoy snapping photos? Do you have any photos you'd like to have printed in the magazine? Why not get in touch and send us your images.

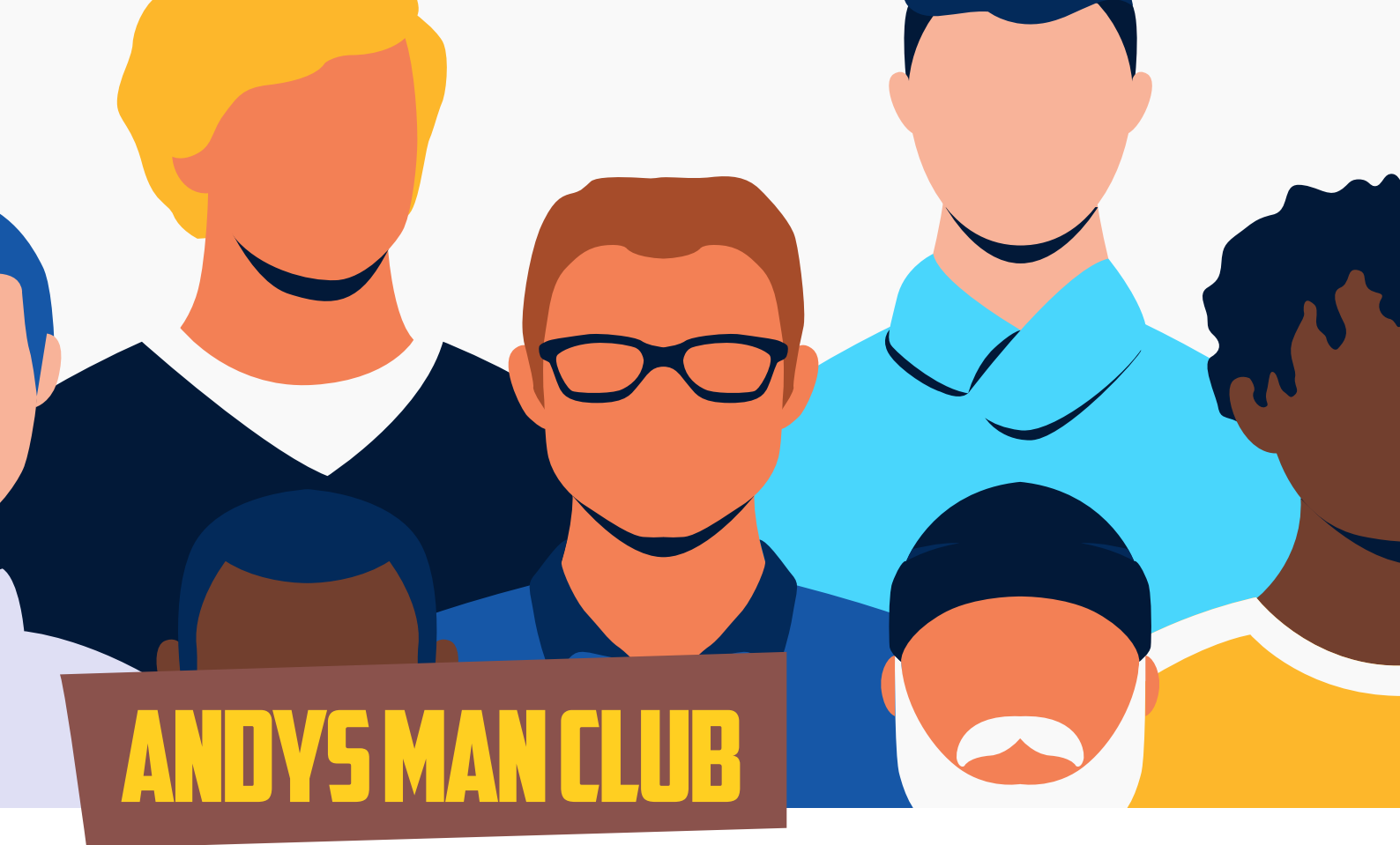
We accept lots of photos, whether it's a photo of the Mastrick area like Andy's photo, portraits of community members, pictures of events happening in the area or close ups.

If you enjoy taking photos, you may also be interested in our monthly Photo Club running at shmu. This club is open to those of all levels from Mastrick. The group is volunteer led, we have monthly photo challenges and explore many different types of photography.

Email rose.ross@shmu.org.uk to find out more or to send a photo.

We'd also love to hear your ideas for the magazine, don't hesitate to get in touch with anything you'd like to see covered in future editions.

We look forward to hearing from you!



Andys Man Club is a UK wide men's suicide prevention charity that provide free groups for any man to attend. They run every Monday except bank holidays from 7pm until 9pm, the Aberdeen branch is held in Northfield Community centre, where you will find a great group of guys including club champion Scott Brander.

Scott was keen to share his story and spread the word about the club in the hopes that it might just help that one man come forward.

Right away he came across as a down to earth guy, his story starts back in 2019 when he was living in Dundee after moving away from his home in Aberdeen.

"I was going through a bit of a difficult divorce, not seeing my boys, and you know just feeling a bit lonely down in Dundee because I wasn't from Dundee."

"I'd basically hit rock bottom, I was really really struggling. Going back and forth to the doctor and then somebody said have you ever heard of Andys man club?"

Scott explained how he went along but with reservations thinking it might just be some "sad mannys club".

"One of the biggest things I was going through when I was feeling quite down was feeling alone, you know feeling like I was the only person going through this, this was me alone."

"I went along and thought, I wouldn't say anything on my first night because you didn't have to speak, and the next thing I know, somebody asked me a question."

"And I thought I'm going to either not speak or maybe just going hold back and the next thing you know I'm sitting, you know blubbing, just spilling my heart out."

"I just find this, sort of really surprising, you know what I was

saying about feeling quite alone, the next thing I know, the 22 other guys that where in the room that night were all going through something maybe not the same thing, but all going through something and I thought, well, the very first thing that hit me is I'm not alone."

"Six of them came up and gave me a hug afterwards, even that first night was a breath of fresh air."

Scott then became a facilitator for the charity and helped set up other clubs in Arbroath and St Andrews. Before moving back up to Aberdeen for a fresh start, it's a place he felt was familiar and where he set up the Northfield club in October 2023.

After hearing Scots story, we asked him about the ideas behind the club.

"One of the key things is, confidentiality."

Explaining how there was a closed Facebook group for the club that was sort of an extension of the Monday nights.



“At Andys man club, one of the hashtags is its okay to talk, I’m completely behind that now, because I think I struggled for a while, not really opening up to anybody about it”.

“Partly because I didn’t feel I had anyone to open to. But a problem shared is a problem halved and all that”.

We asked him what men could expect when they walk through the doors of Northfield community centre.

“Since we opened about 15 (guys) have been coming”.

“The key thing is peer to peer support, other guys that understand what you are going through”.

There is always someone at the door to welcome you, and they all follow a similar format of a few questions some light-hearted and some more serious. They have a break mid-way through where you

get a chance to chat to the other guys and it helps you relax.

“There’s no sign up, no referral, you just come through the door”.

The club provide the goods with free tea and coffee and plenty of biscuits on hand, although Scott did mention that they need to up their chocolate game. Guys come in for all sorts of reasons.

“First of all, I would say somebody doesn’t even have to have an issue. Just that they want to get together with a group of like-minded guys. But you know it’s been everything from bereavements to sort of separations, divorces, work issues.”

It’s also important that the members don’t compare the seriousness of their issues to other guys. “That’s your storm.”

I asked him if he had seen any improvements from the guys who attend.

“Oh definitely, yeah. I won’t go into names or anything, one guy who had a rough year last year and his confidence was totally shot, now you would struggle to make the connection to the same person.”

One of the biggest issues surrounding men’s mental health is the stigma. Scott has witnessed firsthand its harmful effects across Scotland that are stopping men opening up.

Scott hopes that one day the club won’t be needed, as men will feel comfortable enough to share their problems with each other big or small. Maybe at the pub, a game of golf or just a during a break at work. But until then, Northfield’s doors will remain open even if it’s just to help “that one guy.”

For more information please contact info@andysmanclub.co.uk or visit andysmanclub.co.uk

Olivia Andrews



Flexible childcare for all!

On Gort Road there is a hidden gem hoping to reach out to the Tilly community.

Tillydrone Nursery are doing things differently.

One of two Aberdeen branches of the national charity, Flexible Childcare Charity Scotland, Tillydrone Nursery offer a flexible model of childcare.

Rather than block booking half day or full day slots, parents and carers can book by the hour, as and when they need, around hours that suit their work and life.

Amy Grant, manager of the Cummings Park branch explained how it all works. "With us, you can book by the hour. A lot of private and school nurseries have set

hours. The parents may only need a 9am to 3pm space but they must pay from the start time to the close time. With us, you can book just the hours that you need." Handy for parents who do shift work, but also for those who may be on the lookout for work too.

"We are also completely flexible with our funded hours too." Said Amy, "The Aberdeen City funding and the eligible ones can choose if they want 22 and a half hours or 30 hours per week, the hourly cost is low cost too, we are about £20 cheaper than a private nursery for a full day."

The Charity reported last year that over 77% of parents using the services had said they were able to work more flexibly. With

80% reporting that their household income had increased since accessing the childcare.

Amy, who had previously worked in private sector nurseries has noticed the difference this flexible method of working has on the families.

"It's brilliant, we can see the difference that we are making here. We do have some parents that come in and have their funded hours and now say that they are looking to pay for additional hours because they have been able to get back into work. It's a good feeling that you're helping so many families.

Contact the Nursery at 01224 002445 or childcare.tillydrone@fcss.org



ARE YOU WORRIED THAT AN ADULT COULD BE AT RISK OF HARM?

Throughout Aberdeen there are some adults who are more at risk from harm, due to illness, trauma and physical or mental health conditions.

Having just had Adult Support and Protection Day on the 20th of February, Aberdeen Adult Protection Committee is urging everyone to look out for signs of harm and report any concerns, ensuring those at risk can receive the help and support they need to live safely.

As well as physical, psychological, financial or sexual harm, individuals can also be at risk through neglect or self-neglect. Additionally, adults may find themselves dependent on alcohol and/or other drugs and lose awareness of the situation they are living in - or the consequences of decisions they make.

Harm can happen anywhere - in someone's home, where they work, or in a public place - and is often caused by the people closest to them. It can even happen in places responsible for keeping someone safe, such as a care home, hospital or day centre.

It's important to speak up about any concerns you have, as the person may not be able to do

so themselves. It can be difficult to know what to do when you're worried about someone, and you might feel that you don't want to interfere. However, reporting your concerns could really help to keep someone safe and turn their life around.

The current cost of living crisis is making it even more difficult for those who are looking after others, or struggling to take care of themselves, so it's more important right now than ever to keep your eyes open for signs of harm.

Everyone has a role to play in keeping those in their communities safe.

If you're worried that someone is at risk of harm or neglect from others - or harming or neglecting themselves – please contact

Aberdeen City Adult Protection Social Work Team:

Email:
APSW@aberdeencity.gov.uk

Tel: 0800 731 5520

Alternatively, you can contact the Police on 101, or call 999 if you believe the person is in immediate danger.

City Voice .

have your say!

Aberdeen's Citizen's panel, City Voice, is seeking new participants (age 16+) from Mastrick. Panelists receive around 3 surveys per year to complete, on topics such as transport, the environment, and community engagement. Responses are collated, and the views shared are used to help shape planning by public bodies in the area, like the council and NHS Grampian. Surveys take around 10-15 minutes to complete.

Michelle Crombie, Manager of Community Planning Aberdeen, said, "it's crucial we have representation from all of Aberdeen's communities. City Voice is a great tool, allowing residents to have a say, and it gives organisations essential data on what is going well and what needs to improve."

To join the panel, email cityvoice@aberdeencity.gov.uk or sign up via the link, <https://>



MASTRICK WALKERS

This time we are doing something a bit different. We'd like to tell you a bit about the Mastrick Walkers backstory.

Back in 2005 I was asked to drive the Minibus for Trek-A-Boots walking group, I was doing a computing course at the time at the Community Centre and had never done any walking with a group before.

Helen joined a short time later, as we both liked hill walking, we started to go out walking together doing hills including Lochnagar, we did a 16 mile walk at Bunzeach that is the longest we had done in one day.

A few months later, on a walk I picked up the courage to ask her out for dinner, we got married in June 2010.

The groups give us a Guard of Honour with their walking poles.

In 2008 we decided to start up the Amblers on a Monday later on the Strollers on a Friday.

In 2010 Helen and myself did Lochnagar again, when the group found out they wanted to do it, I told them I would take them up to the Chicken Run, it's half way up

Lochnagar near the Ladder, this is almost a vertical climb over boulders, if you chicken out here hence the name you go around the side of the Mountain back down.

There were twelve of us that did it and eight said that had been far enough, a few weeks later four of us went all the way to the top.

Over the years we have walked all over the N E, it was handy that we got the use of a Minibus.

The walks are in Forests, Glens, around Lochs and Riverside, on Beaches and Estates.

We even took the Minibus on group holidays. We had two to Kingussie and two to Strathpeper, other group holidays, two trips to Jersey {not with the bus} and about ten with Lochs and Glens tours.

On a walk we stopped for lunch, we were sitting on a bank one lady's cup was on the ground and before she could pour her tea a frog jumped into the cup.

We have seen lots of the Royal Family up at Balmoral Estate, one time we came across Prince Philip

having a snooze in his car, we passed quietly so as not to wake him.

And the time away up in the hills the Queen came shooting around a bend towards us driving a 4X4, she hit her brakes and skidded the front near side went into the ditch, she put it into reverse got it out and gave us a wave as she drove off.

Up at Banff at the seafront we were watching the waves breaking over the wall, I stood further along to get a photo of it and was leaning against the rail when a wave broke right over me just as I took the photo, I got soaked to the skin but got a lovely photo of inside a wave.

Helen and myself have decided to slow down a wee bit so we have given up leading walks and the treasurer's position, we will still be going out with the group but doing easier walks.

The groups are still looking for new members

Contact me at mastrickwalkers@gmail.com or phone 01224 783627

By Raymond White

WORD SEARCH

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

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 surnames of BBC Sports Personality of the Year winners from the last 30 years.

Can you spot the word that is not there?

The words:

- CHRISTIE • FARAH •
- HAMILTON • HILL • HOLMES
- LEWIS • MURRAY •
- RADUCANU • STOKES •
- WIGGINS • WILKINSON

MORRISON'S MELODY

Queen - "Bohemian Rhapsody" (1975)

I'm ashamed to say that I didn't know this song until the 1990s when it featured in various "Greatest Songs Ever" lists and I decided to do some digging.

The song features various genres of music and contains many instances with which you can sing along.

It has been proven that singing reduces stress, increasing calmness, improves your mood and gives you a sense of belonging.

When children take singing lessons, their memory improves, as does their speech and language development. Their self-discipline and self-awareness benefits too.

Kevin's Diary

November 12 2023: Tonight, I watched the Strictly Come Dancing Dance Off (I could blame my wife for making me watch it, but I advocated viewing it - but we'll keep it our secret: I want to maintain my cool status).

Angela Rippon was in the final two and I thought (well, shrieked, to be more precise) to myself, "She can't be voted off. She's been on TV all the time I've been alive. She's a national treasure."

I was dumbfounded and I am distressed. I don't know if I'll ever get over it. It's a shocking injustice.

February 1 2024: a few days ago, I broke a bone in my right leg.

I tripped over some blankets, but in the film of my life, which they're sure to make, I want to sound more heroic - they could maybe have me saving children from a burning building.

I have been given a boot to wear, which is open-toed. I've never been more aware of my big toe. I've not named it yet, but given time, I'm sure I'll be bored enough to.

It is now February. I don't trust this month. It can't make up its mind over how many days it wants. This year, it's 29 but in the past three it was 28. I think it needs to make a firm decision.



Meet Ayesha - Part I

Since you guys loved getting to know Ayesha Zielinski in our last edition, we managed to convince her to do a second interview. Ayesha has now been with SHMU for just over 2 years, and she has plenty more to share.

HOW DID YOU TURN YOUR PASSION FOR AUDIO, RADIO AND MUSIC INTO A CAREER?

I was a single mum with a young son, and I had bought a set of decks with some shares I had cashed in. I asked the Job Centre to support me in to work, because I knew that's what I wanted to do. So, they paid for me to go to DJ Academy, where I learned some of my skills. And from there, I set up my own club, where I DJ'd all over the central belt.

It was a lot of work, I was doing all the promotion, marketing and working the door while my friend was on the decks. It was like multiple jobs, and at this stage my son was still quite young

It was just an awful lot of work for not an awful lot of pay, I can't do this all the time.

So, I went to college to do Audio Engineering

DO YOU STILL DO ANY DJING OR PRODUCE ANY MUSIC?

It's difficult to fit it all in while working full time, so no not at the moment. But I am doing my own show on shmuFM.

WHAT'S YOUR SHOW ABOUT?

It's called Soul Food. I'm playing music that I enjoy and that speaks to my soul, I started off playing some soul funk, disco and house but of late I'm also playing hip-hop.

DO YOU HAVE ANY ADVICE FOR ANYONE LOOKING TO GO INTO MUSIC OR MEDIA WORK?

Be prepared to put in a lot of work, I'd probably recommend getting a qualification in it, but if you're lucky enough to get a job, take it! Never give up, you must be pretty resilient.

Fairer Aberdeen Fund Showcase

The Fairer Aberdeen Fund plays an irreplaceable role in fighting poverty in Aberdeen. The money is used by shmu and many of the incredible organisations that all work together to improve the lives of those struggling in the city and without it, the work would not be able to continue.

To show the city just how many organizations depend on the money and all the work that it funds, our very own Dave Black along with the funded partners put together a showcase event on Friday the 9th of February at the Town Hall.

We spoke to some of the organisations and groups who were there to hear what amazing work they had achieved throughout the last year with help from the fund. Befriend a child opened up a new youth centre

in Kincorth and Cfine told us about the safe team and the £500,000 they raised to go into the pockets of the people that need it.

Seeing all the organizations together in one place and hearing about all the great work they are achieving and their plans for the future was an eye-opening experience. It's great to see that there is help out their but also saddening that so much of it is desperately needed.

"it's not a myth it's not something from days gone by, this is real this is now and it's in this city, we have the means to do something about it, we need to act on it." Peter Kelly, Director of the Poverty Alliance.

Olivia Andrews

A fresh start for Northfield Academy

Local lad Craig McDermott has taken on the role of acting head at Northfield Academy. He hopes to work with the pupils and parents to create a school that they are proud to call their own emphasising that “they are the school”.

Mr McDermott first came to Northfield in October after teaching in Torry and St Machar and helping with the additional support needs team. Attending Harlaw Academy as a pupil himself means he is more than familiar with the Aberdeen area.

When speaking to Mr McDermott, it was clear that he wanted to show the hard work and dedication of the amazing young people and staff that make the school. Hoping to change Aberdeen’s skewed perspective of the Academy due the press surrounding the school from the past year.

To really connect with the community, we thought it a good idea to get a quick introduction to the new acting

head. After first stating that he was a bit of an introvert I would say Mr McDermott did a great job at answering our questions.

What made you want to take on the job of acting head at Northfield?

“Having a real belief in the school and the young people that come here.” He mentioned that it was a privilege for him to take on the role.

What is your favourite thing about Northfield Academy?

“The community” saying that it was something you didn’t get in the other schools that covered a wider area. That real sense of community is a unique feeling. It’s the young people that make Northfield “they are the school”.

Following the press coverage about the school what improvements would you like to make or see?

After taking time to think which really shows how seriously he is taking

his role, he said “it’s not that they’re (the pupils) not proud of the school, but that sense of pride, I’d like to see them take more pride in Northfield Academy.” He mentioned the significance of involving the pupils in the running of the school and making it a place that they would want to take pride in.

But most importantly Mr McDermott is not one to complain about school dinners saying his favourite had to be the lentil soup.

Halfway through our interview, a knock at the door revealed a pupil hoping to get his hat back that was confiscated earlier in the day. After a bit of banter mainly concerning the pringles he was munching, his hat was returned with a fair but stern warning. Getting to witness a tiny glimpse of the day-to-day life of this head teaching really goes to show how much goes on behind the scenes’ those little moments spent with each young person that really matter.

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:

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Councillor Gordon Graham

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ggraham@aberdeencity.gov.uk

Councillor David Cameron

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Dacameron@aberdeencity.gov.uk

Councillor Donna Clark

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Councillor Steve Delaney

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Jackie Dunbar

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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