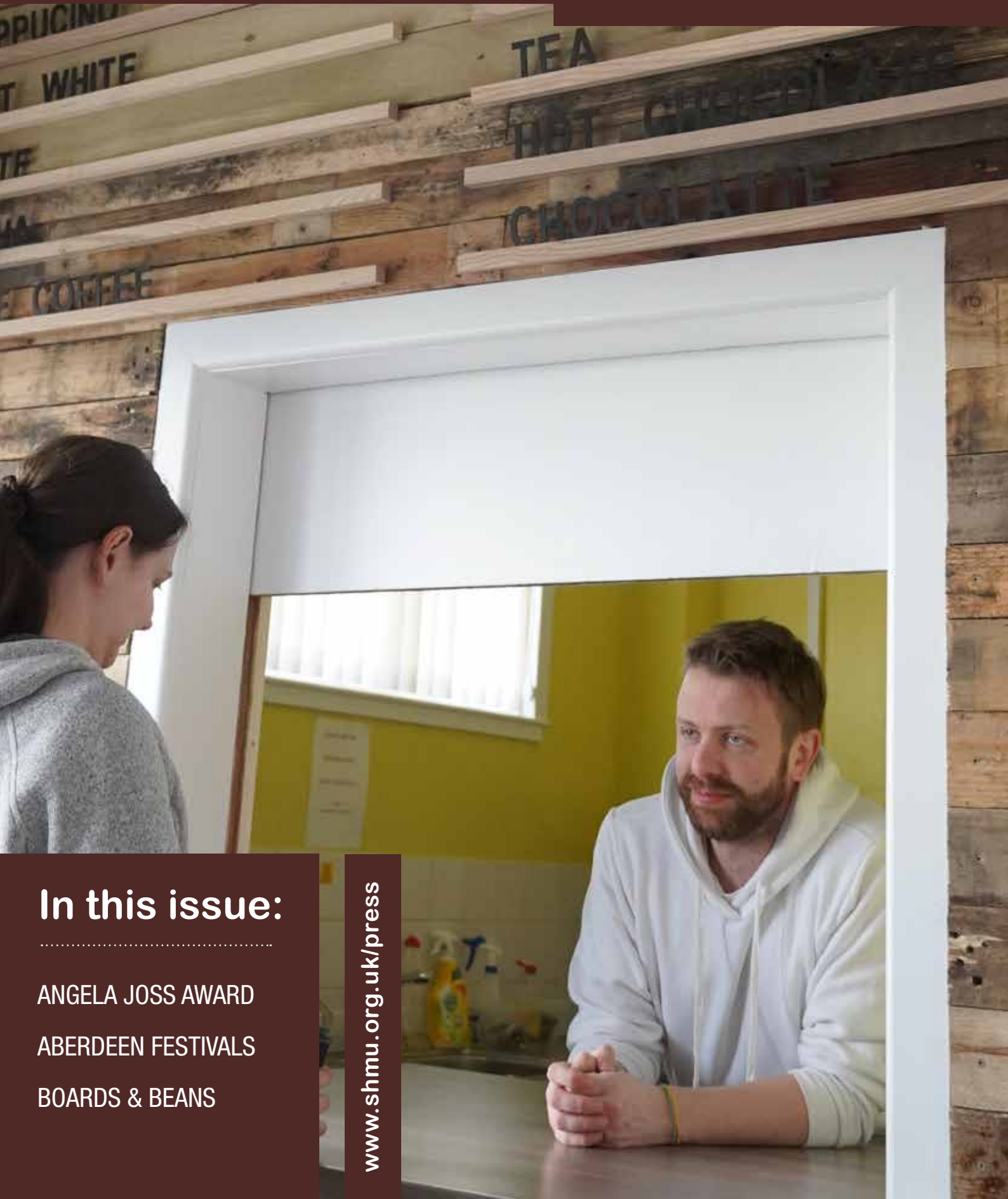


mastrick Matters

Spring 2025



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ANGELA JOSS AWARD

ABERDEEN FESTIVALS

BOARDS & BEANS

www.shmu.org.uk/press

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editorial

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

There's been lots on the go in Mastrick since our last edition! read on to find out about the new community council, Mastrick Community Centre's new website and Chess Club and much more!

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

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

happy reading.

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Community concern for closure of Lang Stracht Lidl

It has come as a shock to the Mastrick community that Lang Stracht Lidl will be closing. Their current lease is coming to an end, and the landlord reportedly has other plans for the building which means Lidl will leave the current site.

Lidl don't want to leave the Mastrick area, and the closing date is yet to be confirmed with speculation that it could be sometime in July. Fellow shmu placement student, Mackenzie and I went along to Lidl and spoke to the public about their opinion on Lidl closing for Mastrick Matters. Nearly everyone asked for their opinion on this happening weren't aware of the news that Lidl was

leaving this site. One person stated: "everyone outside of the community knows more about the community than we do". It is important that the community who are being affected are kept in the loop.

Another devastated shopper explained how this Lidl is within walking distance from her home, and she will need to get public transport to the next closest affordable supermarket. A further commute to a similar store is not sustainable for everyone. Lidl is situated in an ideal location right now for the community and the weekly food shop is reasonably priced with a big selection of products. There are

little shops nearby but there is a big difference in price. If Lidl can't remain in these premises, re-locating nearby would be the next best option.

Lidl want to maintain their presence in the community so they have been in discussion with Aberdeen City Council to purchase land close by which would provide a bigger space for the store. Mastrick, Sheddocksley and Summerhill Community Council support this idea and have started a petition to re-establish the Lang Stracht Lidl at the old Press and Journal site, however it is currently unclear whether the Council plan to sell the land.

Helena Young



Boards & beans: where community, coffee, and gaming create the perfect blend

In an era where digital screens often dominate our social interactions, an exciting new venture in Aberdeen's Mastrick area is taking a refreshingly traditional approach to bringing people together. Boards & Beans, an innovative community café concept, is preparing to open its doors within the beloved Mastrick Community Centre, promising to revolutionize how locals spend their leisure time.

This unique establishment, made possible through the generous support of the National Lottery Community Fund, represents a triumphant collaboration between community vision and practical implementation. The project, spearheaded by the Mastrick, Sheddocksley and Summerhill Community Council, emerged from a desire to create a space that would serve multiple purposes: providing affordable refreshments, encouraging social interaction, and offering entertainment that doesn't rely on screens or expensive technology.

At the heart of this initiative stands Sean Gordon, the dedicated Chairperson of the Community

Council, whose commitment to the project has gone far beyond his official duties. "Sean's contribution has been invaluable," note his fellow council members. "From securing the crucial funding to literally helping build the café with his own hands, his dedication exemplifies the community spirit that Boards & Beans represents."

The café's carefully considered menu features an array of affordable beverages, including specialty coffees, a diverse selection of teas, and homemade cakes that promise to satisfy every sweet tooth. The pricing strategy has been thoughtfully developed to ensure that everyone in the community can enjoy the space without financial strain, making it a truly inclusive destination.

What sets Boards & Beans apart from traditional cafés is its impressive library of board games. The collection spans generations of gaming entertainment, from timeless classics like Chess, Scrabble, and Monopoly to modern favourites, such as Pandemic, Route East and Ticket To Ride, that have taken the gaming world by storm. This diverse selection ensures that visitors

of all ages and interests will find something to enjoy.

The interior design of the café has been carefully planned to create comfortable seating that is perfect for those seeking a coffee and chat, while larger tables accommodate gaming groups. The space has been designed to be accessible to all, with consideration given to mobility requirements and family needs.

Community leaders anticipate that Boards & Beans will serve multiple functions within the area. During daytime hours, it will provide a welcoming space for parents after the school run, elderly residents looking for company, and remote workers seeking a change of scenery. In the evenings and weekends, it will transform into a vibrant hub where friends and families can gather for gaming sessions and social events.

The café also plans to host regular events, including gaming tournaments, coffee mornings for seniors, and family game days. These structured activities will help foster new connections within the community and provide regular

entertainment options for residents of all ages.

The location within Mastrick Community Centre is particularly significant, as it helps centralize community services and creates natural opportunities for intergenerational interaction. The café will complement existing community centre activities while introducing new reasons for residents to visit and engage with their local facilities.

As the opening date approaches, excitement within the community continues to build. Boards & Beans represents more than just another café – it's a testament to what can be achieved when community organizations, funding bodies, and dedicated individuals work together toward a common goal. In creating this unique space, they've established what promises to become a vital part of the local social fabric.

The initiative serves as an inspiring example of how traditional concepts of community gathering can be reimagined for contemporary needs. By combining affordable refreshments with the timeless appeal of board games, Boards & Beans is set to create countless opportunities for meaningful face-to-face interactions in our increasingly digital world.

For residents of Mastrick and surrounding areas, the café promises to be more than just a place to grab a coffee or play a game – it will be a cornerstone of community life, a place where memories will be made, friendships will be formed, and the simple pleasures of good company and entertainment can be enjoyed by all.





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 and 2pm -5pm. Visit 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

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. We'd love more children to join these sessions. The sessions run every 4th Monday from 3.45pm-4.45pm. Check with the Library Staff for the dates. Master Builders should book their place in advance. To register visit Mastrick Library or call **01224 788558**.

NEW - Junior Book Group. We have a new group for our youngsters, if you know anyone aged 9-12 years who would be interested in reading and reviewing some popular titles, get in touch with the library on 01224 788558 for more information. The group will be meeting once a month.

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.

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 scanning 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 or contact Mastrick Library by email: MastrickLibrary@aberdeencity.gov.uk or telephone: 01224



Discover Aberdeen Without Spending a Penny: Free Activities in the Granite City

Embrace the Outdoors

Aberdeen Beach: Miles of golden sand await you at Aberdeen Beach. Stroll along the promenade, build sandcastles, or watch for dolphins in the summer months. The beach is also home to the free Queens Links, offering a place for picnics and games.

Hazlehead Park: This expansive park, gifted to the city by Robert the Bruce, is a haven for nature lovers. Explore the walking trails, admire the flower gardens, and let the kids loose in the playground.

Footdee (Fittie): Wander through this charming fishing village with its colourful cottages and unique character. It's a great place to experience the city's maritime heritage and take some memorable photos.

Donmouth Local Nature Reserve: Observe seals at play in their natural habitat at the Donmouth Local Nature Reserve, where the River Don meets the sea.

Delve into History and Culture

Aberdeen Maritime Museum: Discover Aberdeen's seafaring past at this fascinating museum. Explore exhibits on shipbuilding, fishing, and the North Sea oil industry, including a massive model of an oil platform.

Aberdeen, the "Granite City," is a captivating blend of history, culture, and natural beauty. While some attractions come with a price tag, there's plenty to see and do without opening your wallet. Here's a guide to exploring Aberdeen on a budget.

Tolbooth Museum: Step back in time at the Tolbooth Museum, housed in a 17th-century prison. As you explore the historic cells, learn about crime and punishment through the ages.

Aberdeen Art Gallery: Immerse yourself in art at the Aberdeen Art Gallery, which boasts a diverse collection spanning centuries. Admire works by Scottish artists and international masters.

Old Aberdeen: Take a walk through the historic heart of Aberdeen, with its cobbled streets, medieval buildings, and the impressive St. Machar's Cathedral.

Other Free Experiences

Sculpture Trail: Discover public art as you follow the Aberdeen Sculpture Trail. Encounter statues of historical figures and contemporary creations dotted throughout the city center.

University of Aberdeen's Zoology Museum: Get up close with animal skeletons and specimens from around the world at this free museum, perfect for families with children.

Cruickshank Botanic Garden: Explore a diverse collection of plants from around the world at this tranquil garden, located next to the Zoology Museum.

MSP Jackie Dunbar

It's been a more difficult winter than usual for many, with energy bills having gone up and with many of our pensioners going without a Winter Fuel Allowance. Folk either felt it in their bones or felt it in their pockets.

But winter is now nearly behind us, and we can look forward to better days ahead.

I think that's a bit like our politics. After years of austerity, then a pandemic, then a cost-of-living crisis, people are looking for things to start getting better in ways that they can see and feel.

The Scottish budget, which has just passed, I think will help people to feel that things are starting to move in the right direction.

Those pensioners that struggled through this last winter without a Winter Fuel Payment will now be able to benefit from a universal Pension

Age Winter Heating Payment which the Scottish Government is putting in place.

The budget also starts the ball rolling on abolishing the two child cap. I want to see every child get the best start in life, but some are not getting support just because of how many siblings they have. It's estimated that this will help bring 15,000 kids across Scotland out of poverty.

The Scottish budget also invests in the basics, with an additional £2 billion for the NHS, money for 8,000 new affordable homes, an £800 million uplift in social security that will put money straight into people's pockets, and £120 million to headteachers to close the attainment gap.

It's a budget that will help Scotland to move forward, and that should help make people's lives a little bit easier.

The passing of the budget also means that a £2 bus fare cap will now be piloted in one of Scotland's regions. If that was to come to the North East, it would mean a single bus journey should not cost more than £2, whether you're going into the city centre, to Stonehaven or to Peterhead.

Of course, I have been sure to tell my colleagues all of the reasons why the North East is the perfect place for this pilot, and I will continue to make that case until a decision is made.

Day-to-day, 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.

Donna Clark

It has been a busy time in the Mastrick area as well as the wider Northfield/ Mastrick North ward since my last update.

The most common issues I have been receiving at surgeries as well as day to day enquiries include various housing issues such as downsizing, void properties and their turnover so that they can be re-let out to tenants as well as hedging, blocked drains, potholes and road resurfacing.

Prior to the Christmas break, I had the opportunity to go into Northfield Academy to speak with the pupils and help them find out and learn more about the history of Allan Douglas Park. I continue to work with

the school on a project for the park so keep an eye out for further updates on this.

On 27th February, Sport Aberdeen are hosting a community showcase event at Northfield Academy to show the climbing wall at the school, which has been hidden away for many years. This wall was very generously donated to the school by a local resident as well as various funding events from local residents. This climbing wall is not like any ordinary climbing wall, and staff from Sport Aberdeen have had to undergo specialised training.

On the 21st March the new café will be opening at Mastrick Community

Centre for anyone to make use of. I understand a lot of hard work and effort has gone in from the new Mastrick, Sheddocksley, Summerhill Community Council, to getting the café set up.

Aberdeen City Council are due to have their budget meeting on Wednesday 5th March, which will determine what funding the Council are allocating and where for the next year. I hope to provide an update in the next edition.

If I can ever be of any assistance, please do not hesitate to contact me on **07977 399622** or email me at: **donclark@aberdeencity.gov.uk**.

WORD SEARCH

Kevin's Diary

December 20, 2024: it'll be the New Year soon.

It got me reminiscing about New Year TV when I was growing up and that the first advert on Grampian TV (as it was called then) was regularly for package holidays.

It made me think about a holiday I had recently. The accommodation was very small and cramped. There wasn't room to swing a cat*.

** Please note that I do not endorse nor have I ever been involved in the swinging of cats or other domesticated animals such as dogs, hamsters, guinea pigs, rabbits, snakes, sheep, rhinoceroses, frogs, geese or mice.*

MORRISON'S MELODY

Echo & The Bunnymen - "The Killing Moon" (1984)

The song's writer, Ian McCulloch, is quoted as saying: "I know there isn't a band in the world who's got a song anywhere near that."

I'm inclined to agree.

The song is rich and beautiful and uses strings skilfully. It was a hit when I was just six years old, when I was too young to appreciate music. In the intervening years, I have learnt to love it.

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

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 listed below are words that contain silent letters.

Can you spot the word that is not there?

The words:

- BOMB
- CRUMB
- GNAW
- HONEST
- KNOCK
- KNOWLEDGE
- PSYCHE
- SCISSORS
- SUBTLE



Nominations Open



*The Angela Joss
Bee You'*

MEMORIAL AWARD 2025

We are delighted to open nominations for The Angela Joss 'Bee You' Memorial Award 2025, a tribute to an extraordinary woman whose kindness and determination changed lives.

Angela was a true force of nature, dedicated to making the world a better place. She overcame challenges with resilience and poured her heart into helping others achieve their dreams. It is only fitting that nominations opened on March 8th—International Women's Day and Angela's birthday—a perfect day to honour inspiring women like her.

Last year, we received over 30 incredible nominations, and we are excited to see the inspiring individuals who will be recognised in 2025.

The 2024 award was presented to Rachael Lucas for her Rocks for Mental Health project. Rachael paints stones with uplifting messages, glazes them, and leaves them around Aberdeen to bring joy to others. She has also dedicated herself to volunteering with both shmu and Seaton

Community Centre, determined to support and help others.

Rachael shared:

"It was an absolute honour to be nominated in memory of such a wonderful and special woman. I am incredibly grateful for all the support I have received on my own mental health journey and with Mental Health Rocks. It never crossed my mind that I'd be put forward for an award, but this will stay in my heart forever. Together, we will support one another through our journeys—whatever they may be."

Nominate Someone Who Inspires You

This award honours Angela's legacy by recognising individuals who embody her values:

Community Spirit – bringing people together and fostering a sense of belonging

Championing Others – supporting and uplifting those around them

Overcoming Challenges – demonstrating resilience in the face of adversity

Spreading Kindness – making a positive impact on others

Angela was a true community warrior who showed compassion, kindness, and love to all—including the bees.

Nominations are open until Sunday, April 13th.

Help us celebrate those who, like Angela, make a lasting impact on their communities.


You can nominate someone using the QR code in the graphic or following this link
- <https://forms.office.com/e/4eEBKxPVue>





Aberdeen's Festival Fever:

A Year-Round Celebration



The Granite City is known for its rich history, stunning architecture, and vibrant cultural scene. Throughout this year, the city comes alive with a diverse array of festivals, offering something for everyone. From music, and light shows to crime writing and traditional celebrations, Aberdeen's festival calendar is packed with exciting events. Here's a glimpse into some of the upcoming highlights.

***Ales and Good Times:
Aberdeen Beer Festival
(April 12, 2025)***

Raise a glass to the Aberdeen Beer Festival, a celebration of all thing's beer. With a wide selection of local and international brews, live music, and delicious food, this festival is a treat for beer enthusiasts and anyone looking for a good time. The festival takes place at Aberdeen Music Hall on the 12th of April 2025 at both 12:30 and 6:30. Tickets for both times can be bought on the Aberdeen Performing Arts website.

***A Celebration of Tradition:
Scottish Traditional Boat Festival
(June 27-29, 2025)***

Head down to the charming harbour of Portsoy for the Scottish Traditional Boat Festival. This popular event showcases the region's maritime heritage with a flotilla of historic boats, demonstrations of traditional crafts, and lively music and dance performances. The festival will take place on Saturday the 28th and Sunday the 24th of June. Tickets can be bought from the festival's website.

***Aberdeen Highland Games
(15th June)***

On 15th June 2025, Aberdeen will host their Highland Games at Hazlehead Park. A staple summer event, which starts at 10am and will

include a day of fun for all the family. You can expect traditional Highland game events, stalls and activities as well as entertainment from professional performers.

There will be more information relating to ticket prices released on Aberdeen City Government's website closer to the time and if you are interested in applying to set up a trade or charity stall at the event, this can also be done via the website.

***A City in Celebration:
Granite City Festival
(June 28, 2025)***

The Granite City Festival is a highlight of Aberdeen's summer calendar. This vibrant event brings the community together with live music, street food, family-friendly activities, and a buzzing atmosphere. The music festival takes place at Hazelhead Park spanning the entire weekend. Tickets for the festival can be purchased on the website through upfront payments or a payment plan.

***The Tall Ships Races
(19th July)***

After 28 years, the Tall Ships Races returns to Aberdeen to become the largest free family event being held in Europe. This four-day festival will start on the 19th July with 50 tall ships from all around the world

arriving in Aberdeen Harbour. There will be an opening ceremony celebrating the fleet's arrival, over 1000 sailors will come together for a parade, there will be live music and entertainment and visitors will be able to board the tall ships for the first three days before they set sail.

In addition to these highlights, Aberdeen also hosts a variety of other festivals throughout the year, including:

***Aberdeen Comedy Festival
(September 22-28, 2025)***

Get ready for laughs with a lineup of top comedians.

***Aberdeen Fringe Festival
(October 24, 2025)***

Showcasing a diverse range of performances, from theatre to music and comedy.

With such a diverse and exciting lineup of festivals, Aberdeen offers a year-round celebration of culture, arts, and community.

New Funding

We were delighted to receive funding from ACVO's Mental Health and Communities Fund. This will allow us to continue delivering our Community Wellbeing Programme providing meaningful activities with shmu but also expanding to deliver these across our communities, such as Tillydrone

We will continue to deliver our CashBack for Communities funded project Engage, a personal and skills development course for those 18 - 25 with barriers to engagement. Courses are designed to support young individuals to learn new skills, build confidence and overall improve mental wellbeing.

For more information or to register interest, please contact info@shmu.org.uk

Digital media

shmuTRAIN have launched a brand-new Digital Media Course.

This course is for those aged 16 and over, not in education, employment or formal training and supports those to learn the skills for a role in social media marketing or to simply learn great new skills.

Participants learn the basics of filmmaking, radio, photography, websites, Canva design and more.

The group have got stuck in straight away and have already been having a great time learning portrait photography.

We also cannot wait to launch more of our training courses in early February. Stay tuned to find out what they get up to.



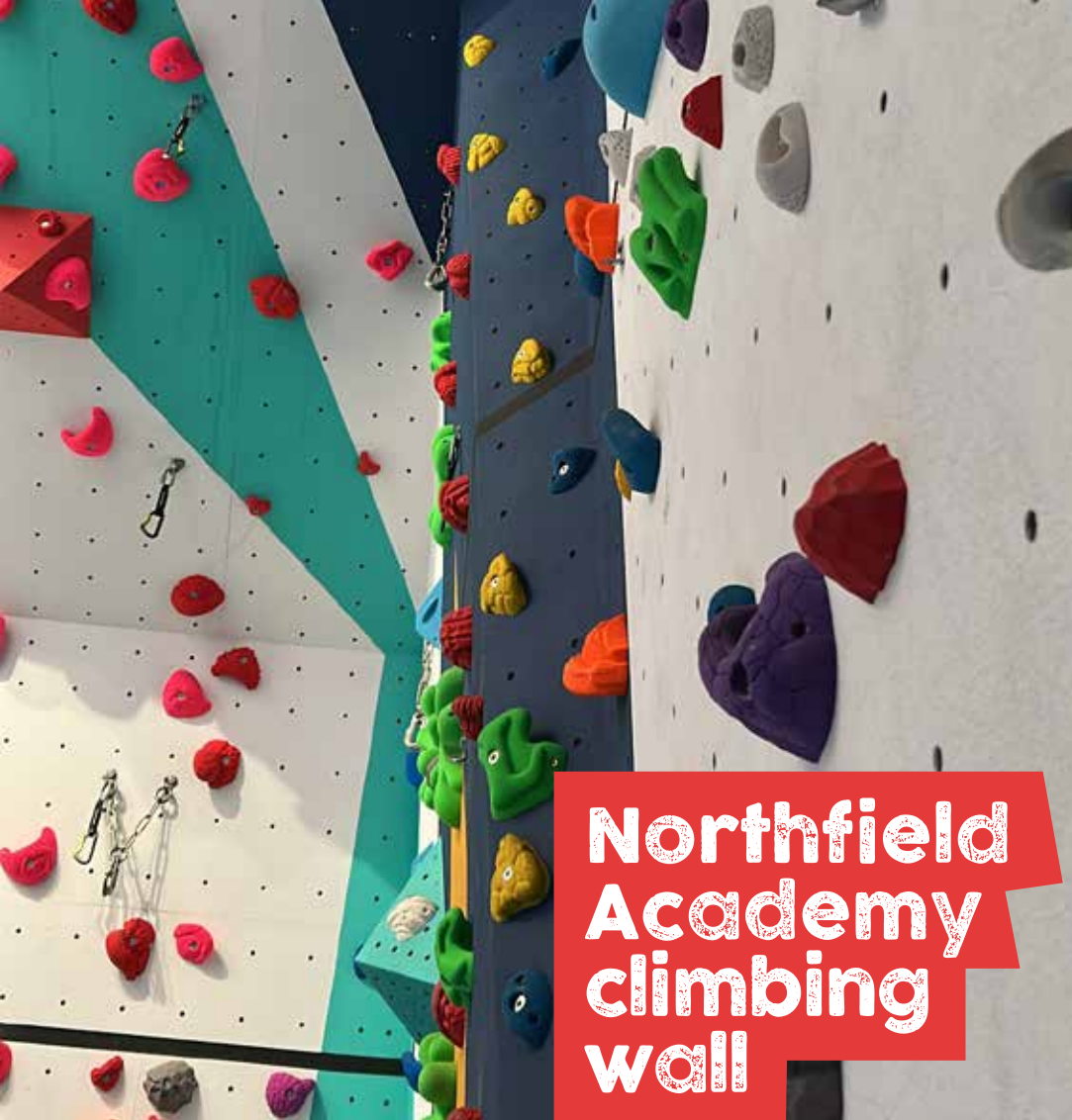
Where to find us?

We get up to so much exciting things at shmu, it's so hard to choose what to keep you up to date with in Cumming North! There is a way you can keep up with it all.

Follow us on our social platforms, Instagram and Facebook. Find out when we have upcoming courses, volunteering opportunities and get all our fabulous content from videos to podcasts and more!

Find us on:

Instagram – [@shmumedia](https://www.instagram.com/shmumedia) Facebook - [@StationHouseMediaUnit](https://www.facebook.com/StationHouseMediaUnit)



Northfield Academy climbing wall

The placement students from SHMU headed to Northfield Academy a couple weeks back to get a first look at the very newly renovated climbing wall inside the school.

The community showcase featured a presentation given by the lead coordinator for sport Aberdeen plus a slide from the pupils involved in the project gave us all an insight into the sport of bouldering and what the wall gives to the school and community as a whole.

The wall had been out of use for a few years before Sport Aberdeen got in touch with the school and decided they wanted to re-invent what it was originally built for.

Head teacher of Northfield Academy Mr. McDermott insisted that the teachers and staff undergo training to

be able to use the wall and hold classes for people who want to learn the sport of bouldering which is a little bit different to normal rock climbing.

18 individuals representing six organisations have also been trained to deliver bouldering sessions with 50 young people taking part in school taster sessions to perhaps become the next Max Milne who is a National and International winner in the sport.

The wall is an amazing piece of equipment for the school to use and the creativity of the room and how they use the space is exceptional, if you ever get the chance to take on the wall it is definitely worth a try!

Get in touch with communitysport@sportaberdeen.co.uk to find out more about using the wall!

HONEY MUSTARD PASTA SALAD (SERVES 4)

This tasty pasta salad is quick to make and great for a quick lunch or a barbecue or picnic.

INGREDIENTS

5 tbsp mayonnaise or half Greek yogurt and half mayonnaise.

1 tbsp runny honey

1 tsp mustard (Dijon or wholegrain not English)

6 spring onions, chopped

1 red pepper, sliced

300g pasta

1 tsp oil

100g cooked chicken, or gammon or bacon, chopped

1 tsp paprika

METHOD

Cook the pasta as per packet instructions.

Drain and mix in the oil to coat the pasta completely then set aside to cool.

Add the mayonnaise, mustard, paprika, and honey to a bowl and mix well.

Add all other ingredients and stir through to coat evenly.

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

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Councillor Donna Clark

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Jackie Dunbar

– MSP for Aberdeen Donside

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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: sdafmh.org.uk

Grampian Women's Aid

Telephone: 01224 593381. Website:

grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932.

Website: rapecrisisgrampian.co.uk