

mastrick Matters

Summer 2022

In this issue:

COMMUNITY FOODBANK

MASTRICK MEMORIES

LOCAL MUSICIAN

ON THE RISE

www.shmu.org.uk/press



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Cover Image

I am on the stage 1 course at Station House Media unit, and during the pandemic, I would meet up with Yvette from SHMU to go for walks. The cover image is one of the photos from one of the walks that we would go on by the river Don.

My picture is of the cog and machinery that was left over from when the mill existed. I had to lie down to get this angle of the enormous, industrial equipment, I think this looks pretty cool and I enjoy walking past the machinery as it's a glimpse into history and past times.

By Kieran Smith



editorial

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

Read on to find out more about the news about local musician David Angus, Mastrick Community Centre Foodbank and Mastrick Library.

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



Laura Young



Goodbye Laura

MEET THE NEW COMMUNITY SUPPORT WORKER

All good things come to an end, with that sentiment, shmu sadly bid farewell to Laura Young. Laura has been behind the scenes making the delivery of community magazines possible for several years.

After doing such an amazing job for the past 7 years, Laura has left behind big shoes to fill. Hoping to fill those shoes is Rose Ross, the new Community Media Support Worker. Rose will be supporting the dedicated volunteers on the editorial committee who bring this magazine to life.

Rose commented saying, *"I've enjoyed putting together this magazine with the brilliant Mastrick Matters volunteers and look forward to getting involved with the community. I look forward to meeting many more people from the area and getting even more people involved!"*

Rose Ross



MASTRICK MEMORIES



I was brought up on Long Walk Road. We were the first to move to the new houses there, when I was seven.

We used to get the number 8 bus at the terminus, just at our door. There were about five families with kids, all around the same age as me. On rainy days, in the school holidays our mum used to make us all a picnic, put us on the bus and asked the conductor to keep an eye on us. They always did!

We went all through the town to the next terminus which was in Woodend. It seemed like the country to us back then.

We would then ride the bus back through town and home. It must have been to give our mums a couple hours of peace. We usually had the picnic finished before we hit town.

Audrey Taylor

Springhill Salvation

*In 'The Woodies' in Summer each year,
A big white tent would suddenly appear.
Between the swings and the spot far they buried the coos,
Nae a circus wi' clowns wi' muckle big shoes,
But 'The Gospel Tent' spreading The Good News.*

*Uncle Charlie would tell a Bible story,
Some were affa graphic and gory,
We'd hang on each word he telt,
And watch Jesus being crucified in fuzzy felt.
We were little mercenaries -nae surprises,
Only there for the sweetie prizes,
'Cos, to yer great delight,
If ye answered a question right,
A penny caramel would fly through the air,
Ye'd catch it, jumping from yer chair.*

*Then we'd sing 'Running Over' and 'Mr Noah's Ark'
Then leave to get home 'afore it got dark.*

*The biggest treat, without a doot,
Was the Sunday School Picnic – a rare day oot!
Three yella buses took us to run races,
In Newmachar or ither exotic places,
Then ye got a hot bradie an a bag o buns,
It really wis a heap o fun,
There wis huge pots o tea for the Mas,
Who had a smashing time inna,*

*On the way back we'd sing this song:-
'Roll along yella busie, roll along,
Tak us back to Aiberdeen far we belong,
Oh Kintore may be fine,
Bit it's nae a hame o mine,
Roll along yella busie, roll along'
At 'The Happy Hour' in Quarryhill,
Ye'd be sure to get your fill,
O stories, songs, quizzes and 'Coo Candy',
Och it wis jist fine an dandy,
Going to the Christmas party in yer good gear,
They gave you a feast - to ensure ye came back next year.
I'm ending here, just a couple mair lines,
'Cos am aff to Gray's for my denner an a large gless
o wine, before the bingo starts - praying I'm a winner,
Drinking an gambling?
Aye despite a that religion – I'm still a miserable sinner!*

Maggie Cooper



Charlotte – Volunteer story

I decided to do 'Wheel 100 miles in May' for Cancer Research UK (CRUK), for personal reasons.

My aunt recently passed away and my uncle was diagnosed with lung cancer last year, although he has fought for longer than doctors thought possible.

'Wheel 100 miles in May' is a challenge to travel 100 miles on any kind of wheels, in the month of May. I chose to tackle this on roller skates.

This certainly has not been without challenge. I suffer from mental health problems and Asthma, so this makes an already tough challenge, that little bit more complicated.

What I hope, is that by completing the challenge and raising money for a great cause, is that I develop a new healthy habit. A low impact exercise that is great for the body and mind.

The hardest part for me was getting out to do it. Having anxiety issues, doing anything on my own can be challenging mentally. Some days I win and some days I lose. But every day is a new day, so I try not to focus on fail days, or beat myself up if I didn't manage to skate that day.

Am I having fun? Now that I've mastered the basics, I am loving it. I just need to find some more 'old lady' skaters like me for some sunny evening skates around the city.



Kevin's Head Shave for CRUK

I do a lot of work for charity but I don't like to talk about it.

I am doing a head shave on June 18 in aid of Cancer Research UK. I think that that is a small price to pay, to be shaven, compared to what someone with cancer goes through.

In the UK, one in two people will be affected by cancer at one point in their life.

Doing something to help others gives one a sense of satisfaction and self-worth. Doing something for others and not expecting anything in return is a great joy in life.

Hey, turns out I do like to talk about it.

Kevin Morrison



News from Aberdeen City Libraries

MASTRICK LIBRARY IS OPEN

We look forward to seeing you over the summer.

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

This summer, Aberdeen City Libraries is challenging you to take part in our Aberdeen Reads Challenge: The World Tour.

Help us send Library Bear around the World this summer by earning "bear miles" for every book read or challenge completed. Can you help us get Library Bear all the way round the world and home again before the summer ends?

The more books you read or challenges you complete; the further Library Bear can travel!

Running from Saturday 25 June until Saturday 27 August, this

challenge is open to people of all ages, so get family and friends involved and encourage each other to keep reading over the summer and help us send Library Bear on his holidays!

For more details visit www.aberdeencity.gov.uk/AberdeenReads

Our Bookbug team are reintroducing our popular in-person sessions. To make sure that these are run as safely as possible, we are hosting smaller sessions across the city. Spaces are extremely limited, and booking is essential. Look out for details on our Facebook page or check with the library to see if a session is coming here soon.

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

If you know anyone who would be interested in borrowing library items

but are unable to visit the library due to disability, illness, shielding or caring responsibilities, give us a call and we'll let you know about our Home Library Service where we deliver the items to them every 4 weeks.

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

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

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

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

Mastrick Community Centre Foodbank

The Mastrick Community Centre's Foodbank has been providing food parcels for many local people and families for the last few years.

Since Covid 19, the need for foodbanks has exploded and the demand increased. We began distributing up to 100 parcels a week at the height of the pandemic. Although the demand calmed down as things returned to normal, the recent price hike for all bills has seen our service come under big demand again.

The foodbank has been supported by many local businesses, like Dingbro and Arnold Clark as well as Morrisons on King Street, Asda, and Tesco. The parishioners of the Grace Reformed Church are also regular supporters. At Christmas time, due to the generosity of so many of these businesses, including Valentine Chauffeur Hire who donated 40 chickens. We were able to supply 40 people, elderly, and families with food to make their own Christmas dinner, with

some selection boxes thrown in as a treat. This was on top of our weekly parcel donations. These organisations really have gotten behind us to help us help others.

There are many individuals who also go out of their way to help and donate whenever they can. It shows how strong the sense of community spirit is, and how we come together when times are hard.

The foodbank is run by local volunteers and supported by our staff. They take the time out of their week, every single week, and turn up to help those in need. Our youth clubs have even helped making up parcels and most recently making meals that can be distributed. With the children learning how to cook, as well as learning about helping people in need. Previously, we had partnered with Muirfield Primary school so that their p7s could volunteer each week and learn about the inner workings of what we do and how we help.

Our service is open to those in need, and we try to provide as

balanced a parcel as we can, ensuring that meals can be made from what we provide. Proof of dependants is required for a family parcel, given that a parcel for a family will be larger than one for an individual. One parcel can be collected per week however, we try and make sure that people aren't solely relying on us, so support will be given to help with financial and benefit advice. We are open every Tuesday 9am-3pm. In case of an emergency, we can arrange a collection time out with that, but it must be agreed with staff via telephone.

Any donations can be dropped off via the office opening hours or you can message our Facebook page to arrange drop off.

Unfortunately, with prices on the rise again, we can't foresee the demand for foodbanks going away any time soon, so if people can, please support your local foodbanks. No matter how little, it truly makes a difference.



MASTRICK MUSICIAN ON THE RISE

Local loon, David Angus, born and bred in Mastrick is making a name for himself in the music scene.

Starting out in bands, before moving on as a solo performer, David has built a career on the streets of Aberdeen, and he already has his sights set on a bigger picture.

David kindly spoke with shmuPRESS, telling us all about where he came from and where he's going next.



Tell us about yourself, when did you start playing music?

I have been playing Music since around 2010 and 2011. That's when I started picking up the guitar properly, and then I started playing gigs around 2012. I nearly backed out of my first gig because I was that nervous, but I managed in the end.

I play gigs, but I also do a lot of busking in Aberdeen, it's pretty much what I do for a living. I record my own stuff at home, I've released two albums and a couple of Eps. My latest one, I recorded during lockdown, then I kind of sat about with it for a while, mastered it and then released it earlier this year.

How did you get involved with recording your own music and then releasing it?

About a year after I started playing, I started recording stuff on my phone or laptop. And then, when I was in bands and we wanted to make an EP or an album, we would do some live recordings. Ever since then, I just wanted people to hear it, I'm really proud of this you know. And I decided to take a bunch of songs that I used to play in my older band and put some of them into my first ever album.

What happened there was, I came up with a demo for the band and we just never went through with it. But

I really liked the sound of it, I was happy with it, so I decided to start work on my first ever album which was really exciting and really fun. So, after that, I released my first album. There were 10 songs on that album, all of them were written by me but some of them had been intended for the band. But I decided to go full on acoustic and take them on the road.

David has signed to Fat Hippy Records and released his second album 'Afters at the Casino'.

You've been signed to Fat Hippy records and released an album with them, how did that happen?

I have known them for a long time, I've been going there for about 10 years, since I was 16. These past few years I have really been plugging at the music. Even though I have been playing music, I wasn't treating it like a full-time job, until around 2018 or 19. Then I went full on in with it and that helps, basically record labels will notice that, that you're dedicated, and you have a better chance of being noticed by a label. I think Fat Hippy Records noticed that with me.

The thing is, the album I released with them is my 2nd album which I recorded in lockdown. I made the album by myself, but I was lucky enough to get it released by Fat Hippy Records. It was great to have my own work, something that I had done, released through such a well-known label. That was the original plan, to have it released through them and then I got signed to them, so that was really good.

Other than making an album, how did you find lockdown? Did you focus more on busking since you couldn't gig, or did you have a lot of time on your hands?

I did have a lot of time, that's one way to put it. I wanted to get round to making the second album, I had a lot of the songs ready to go.

I had written them just after having been ill, I was ill but to this day I still don't know what it was. It could have been the first strain of covid, I don't know. But it was just before the outbreak and before lockdown. I was really ill, and I couldn't do anything, I couldn't play or sing and when I got better, I picked up the

guitar and wrote a bunch of songs. They were the main basis for the album, some of the songs were pre-written but they were the main ones and I put them on the album.

And I just started recording, obviously because of lockdown, I needed something to keep me busy. But doing that, I found it was easier to work with as there was no time pressure, so I was able to just do what I needed to. So, I was really satisfied with that.

It was an interesting time to say the least, but I got to just make a bunch of songs and just go for it. I took some time to go over it and then released it this year.

I released the first single in 2021, and to promote it, I did some busking, because there weren't really any gigs. I've only recently started gigging again, I was a bit wary, it was just kind of crazy how everything just came back, in my opinion anyway.

So, I eased back into gigs, but for the first one, I promoted it with a lot of busking and spamming people to say 'hey listen to this'. I also did a lot of livestreams, everybody was livestreaming. So, I did one and then I did more and more and more.

What are your plans, what comes next?

World domination...

I want to expand a bit out of Aberdeen which I've been working on. I want to do some open mics in other cities, I'd love to go and plug the music. I want to build the social media pages too.

I already have songs ready for my third album. They're going to be part of a trilogy, the first, second and third all kind of relate to each other, they all have similar ideas. Then after that the next album will be different.

My plans are to expand and grow more, get more people interested. I am hoping to meet more bands and artists and get to know them, maybe do shows with them.

Do you have any advice for anyone looking to get into music, anyone who wants to start gigging or busking?

Yeah, they can come to me, and I'll sort them out with a bit of advice. When I'm on the spot, I never really know what to say. The one thing I do say is, if you're about to do your first gig and you feel like you're not good and you can't do it. If you're away to bail, don't bail. Just do it, get it out the way. The more you do that, the more confident you get, the more gigs you'll do and then it becomes your life. Then you get so used to being on the stage, the stage fright never really goes away but that's the exciting part.

You can stream David's catalogue across all major platforms such as Spotify, Apple Music and Youtube Music. You can also get your hands on a physical copy of his albums from Captain Tom's or from David himself, if you catch him while busking.

Photography by Ryan Stewart, Toxic Studios.

Aberdeen Donside MSP – Jackie Dunbar

My role as your Member of the Scottish Parliament sees me most weeks based in Edinburgh from Tuesday to Thursday, where I attend and speak in debates, attend meetings of the Net Zero, Energy and Transport Committee and meet with businesses, charities and organisations who do a lot of remarkable work not only in Aberdeen, but right across Scotland.

Since being elected to the Scottish Parliament in May 2021, my office has opened over 1400 cases on your behalf, with 90% of them being resolved. I have also submitted 53 Parliamentary motions, to recognise the work and efforts of individuals and organisations within Aberdeen Donside. During this past year, I have had the opportunity to meet with a number of businesses, charities and organisations, who do a lot of incredible work across the Aberdeen Donside Constituency.

If you need some assistance with an issue or you feel there is a matter needing raised in the Scottish Parliament, please do get in touch, as I am here to assist you when needed. I can be contacted by email: Jackie.dunbar.msp@parliament.scot, by phone; 01224 011 936 or by writing to me at: Jackie Dunbar MSP, 12A Mastrick Shopping Centre, Greenfern Place, Mastrick, Aberdeen, AB16 6JR

Jackie Dunbar

Nescan Hub – Uniting community groups

NESCAN Hub, North East Scotland Climate Action Network, is working to unite community groups and individuals across Aberdeen City and Aberdeenshire. Whatever your focus, whether you are a community garden, hosting nearly new sales, local climate action project or a stitch and fix group, we can help you to grow.

We can guide you to become more sustainable and build carbon reduction into your existing projects. NESCAN Hub seek out funding opportunities, provide training, advice, support and an established network of contacts for our members.

NESCAN Hub is also delighted to announce we are expanding our team in early June with the addition of three new NESCAN Hub team members.

Joining our team will be:

**Karina Emslie,
Office Co-Ordinator**

**Christine Bodingham,
Community Development Officer**

**Rachel Smith, Funding &
Development Officer.**

The new team members will be a huge asset, and put straight to work, as we annually host a variety of events, including Climate Week

North East, which takes place annually in March. CWNE has over 80 events across the City and Shire, it is a fantastic showcase of the climate action across the area, that encourages everyone to get involved and have fun doing so. Events include Green family fun days, tree planting, upcycling, movie nights, retrofit tours and so much more, for further info visit Climate Week North East – Take action for a sustainable future.

Join us today and become a member by visiting www.nescan.org and add your community project to our map <https://www.nescan.org/ongoing-projects>

Grampian Women's Aid – Forms of Abuse

The foundation of all forms of domestic abuse is coercive control.

Coercive control is a range of tactics that leave the victim feeling fearful, intimidated and completely dependent on, or subordinate to the perpetrator. It seeks to take away the victim's liberty or freedom, to strip away their sense of self. It is not just women's bodily integrity which is violated but also their human rights.

Coercive control takes place in many different forms, such as: -

Emotional and verbal abuse

Physical abuse

Financial abuse

Sexual abuse and coercion

Digital abuse

If you are experiencing domestic abuse, please call us on **01224 593381**, email info@grampian-womens-aid.com or complete our online form at <http://grampian-womens-aid.com/>

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Penumbra

Aberdeen 1st Response can provide you with short term support when you feel at crisis point. If you are feeling overwhelmed, we can provide support tailored to your individual needs when you feel you need it most. You will receive sensitive and non-judgmental support, information and signposting.

contact-us/ for free, confidential advice.

When our phone lines are closed, Scotland's Domestic Abuse & Forced Marriage helpline is always available on **0800 027 1234**, email helpline@sdafmh.org.uk or on Web Chat at www.sdafmh.org.uk. Specially trained staff are available to offer support and information for anyone experiencing domestic abuse, those concerned about someone else, and professionals with questions.

We recognise it may be especially difficult for women to get in touch with us directly. If that's the case, perhaps consider, if you can and it's safe to do so, asking a trusted friend or relative to contact us, or the 24-hour helpline, on your behalf

To find out more about forms of abuse visit the Grampian Women's Aid website.

Aberdeen 1st Response will support you to find ways to successfully resolve the crisis situation and to plan for your own future.

Contact Us Freephone:
0800 234 3695

Email aberdeen1stresponse@penumbra.org.uk

Mastrick Walking Groups

We are looking for a few new members for our groups, so I thought I would tell you about the groups and walks.

The Amblers walk on a Monday and the Strollers walk on a Friday; we meet at the car park behind the Community Centre at 9.30am and have the use of a Minibus. There

is a small fee to cover the cost of the bus.

We usually walk for an hour and a half and have our lunch. Then we walk another hour and a half back to the bus. We are normally back around 3.30pm, unless we stop for a tea or coffee somewhere.

The walks are easy to moderate with no hills but there could be an incline.

We often travel as far as Arbroath and up the Deeside to Braemar also, out the Strathdon way and to Huntly, we also go to Fraserburgh.

The walks: we do beach walks, riversides and around lochs, up most of the glens and moorland, also a few forests, we walk in estates including Balmoral.

This is a great way to get a bit fitter, see our beautiful countryside and make new friends.

We are on Facebook "Mastrick Walking Group"

Contact me by email at mastrickwalkers@gmail.com, or Phone 01224 783627

Raymond White

Aberdeen won their first Scottish Cup on 19th May 1947 by defeating Hibernian 2-1 and here the Press and Journal looks at the team's triumphant return to the city.

Aberdeen wins the cup!

ALAN JOHNSTONE

THOUSANDS IN RAIN SALUTE CUP WINNERS Cheering Crowds Surge Round Victorious Dons' Bus

A cheering crowd of 15,000 greeted the victorious Aberdeen F.C. players - and the Scottish Cup which they had won for the first time in the club's history - when they returned to Aberdeen from Largs yesterday evening. About 12,000 of them stood in pouring rain in the Joint Station Square. The rest were packed inside the station. A terrific cheer went up when the train drew into the platform and Frank Dunlop, the Dons' captain, was seen to alight bearing the cup aloft. Lord Provost Sir Thomas Mitchell was first to congratulate Dunlop and the club chairman, Mr William Mitchell, who was with the team. "Well done," said the Lord Provost as he shook them warmly by the hand. It was a great occasion for eighty-one-year-old Mr William Philip, veteran director of the club. He has been connected with the Dons since the club's formation, and throughout the years the Scottish Cup has been for him a will o' the wisp. He was standing at the railway platform with his fellow-directors, Messrs Robbie, Finnie, Forbes and Meldrum, when Dunlop advanced with the cup.

Eagerly grasping the "old pot," as he called it, Mr Philip held it for a few seconds -realisation of the dream of years! As the

players moved towards the side entrance of the station the crowd waved frantically and shouted congratulations. Out in the station square, Frank Dunlop balanced himself on the front seat of their bus and displayed the cup through the sunshine roof. The other players perched themselves precariously on the roof. The heavy rain had no effect on the crowd's enthusiasm. They shouted, waved and cheered as they surged round the bus. Willie Cooper, the veteran back, who was unable to play in the final, received a special ovation. A difficult task confronted the special force of sixty policemen who struggled manfully to prevent young and old being crushed against the bus or pushed under its wheels. Guild Street, Trinity Quay and Regent Quay all had their cheering crowds as the bus passed along and gained Union Street by Marischal Street.

Though drenched, Dunlop continued to hold the cup aloft as they proceeded along the main street, both sides of which were lined with cheering crowds. Some Polish soldiers were infected with the fever and joined in the cheering. As the players and officials entered the Caledonian Hotel the police had difficulty in restraining those who were intent upon shaking the footballers by the hand. Lord

Provost Mitchell accompanied the team in the bus, on the front seat of which also sat Mr Mitchell, the chairman. "We will always give you a square deal. I hope that the good camaraderie which exists among the players will continue. It shall be our endeavour to look after your interests at all times. We are particularly anxious to see the boys happy, and I hope you will continue on the same lines and keep united as one body." These sentiments were expressed by Mr Mitchell at a celebration dinner given by the officials to the players in the Caledonian Hotel.

In reply, Frank Dunlop said "I am sure the boys feel that they could travel far and wide and still not find a club like Aberdeen. Personally, I consider it an honour to be a member of the club. I assure you we shall do our best to make that little extra effort and bring the league championship north next season." Paying tribute to the work of Mr David Halliday, the club manager, Mr C. B. Forbes, a director, said they all appreciated his hard work, enthusiasm and very great ability. He was the best manager in Britain. Mr John D. Robbie, hon. secretary, expressed appreciation of the good work done by Mr Bob McDermid, the trainer, and in his reply, Mr McDermid associated with his own name that of Mr Bob Carrol, the assistant trainer.





Denis Law Legacy Trust confirmed as Volunteer Friendly

Denis Law Legacy Trust has recently been awarded the Volunteer Friendly Award in recognition of their value, use and support of volunteers.

The Trust, which has Streetsport as its flagship programme, operates in Aberdeen City and improves the lives of young people through their free sport and creative activity sessions.

Streetsport, which is delivered in partnership with Robert Gordon

University, is operated with the help of many volunteers who assist in all aspects of the programme.

From sessions to fundraising and more, volunteers from as young as 14 and as old as 60+ are involved in Denis Law Legacy Trust with their generosity and efforts hugely important to the success of the children's charity.

Volunteers' Week was recently hosted in June and gave organisations a chance to voice

their thanks to volunteers – a campaign which was successfully executed up and down the country.

The benefits of volunteering are vast and can help individuals in many ways; from enhancing their CV; making new friends; improving mental wellbeing; and much more.

If you'd be interested in volunteering, please visit denislawlegacytrust.org. or email streetsport@rgu.ac.uk

Interview with Tracy – part Four

The Mastrick Matters team wanted to start using the shmu page to introduce you to some of the staff and volunteers who are involved with shmu. Recently we spoke to the Volunteer Coordinator, Tracy Ewing, and here are some of the things she had to say about her experiences at shmu. We included parts 1-3 in previous editions of Mastrick Matters, so read on for the final part.

You mentioned your previous jobs earlier; did you find that there are any transferrable skills for your job at shmu?

T: Yes, every single one ever. Every single skill, anything I've ever learned, in work, in life, I guarantee you I have used in this job at shmu. I do a bit of

absolutely everything.

But when I was a guidance tutor, I did quite a lot of qualifications in guidance and counselling with adults. I have lots of experience in training, delivering things. So I think that creating programmes, creating an entire volunteering scheme, like mentoring, all of these things I've started them in other companies, I didn't need to do that at shmu, it was already very well established and very well looked after by everyone.

How is your role at shmu different to previous roles?

T: I find that it's a different pace of work as well, so the way of working at shmu is really very different. It's like someone went through my CV

and picked out all the good bits of the things I really liked and put it all into one job. So, you know, it's different in terms of, it's a different way of working and who knows how my other jobs would have gone in the pandemic if I'd stayed there. Shmu is a different way of working.

What do you like most about your shmu role?

T: I think the people are genuinely what makes it and I find that I really like Aberdeen. Everything you do in your daily lives; everyone you see and talk to, you're looking at everything through shmu eyes. I find that passion about your communities and sharing it is really inspiring.

My return to radio after Covid-19

I am Kerry and I present Access to Ability on shmu 99.8fm.

My show is back live on a Tuesday from one pm to two pm. I talk about all sorts, from giving out information about disability benefits that people are entitled to, and positive stories. I also talk about mental health.

It felt rather strange being back in the studio when I returned for my first show back but as the show went on, I felt like I had never been away. I was very proud of myself for being able to do it alone without my co-presenter, Bryan, but hopefully he will be back soon.

If you, or anyone you know, have a disability or mental health condition and would like to be interviewed on our show, you can contact me on k.cheyne1128@hotmail.co.uk. Or you can call Adele at shmu on 01224 515013

Kerry Cheyne

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

Virtual School Helpline - 01224 523322

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

DENTIST

Emergency - G-Dens - 111

DOCTORS

NHS 24 Emergency - 111

POLICE

Non-Emergency - 101

ELECTRICITY

If you have a power-cut - 105

GAS

Gas Emergency - 0800 111 999

WATER

Scottish Water Emergency - 0800 0778 778

HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

Aberdeen Carers Support Service - 01224 914036

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at CFINE 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

Mastrick Doctors

01224 662933

YOUR LOCAL ELECTED OFFICIALS ARE:

Local Councillors

Councillor Ciaran McRae

01224 346630

cimcrae@aberdeencity.gov.uk

Councillor Gordon Graham

01224 523594

ggraham@aberdeencity.gov.uk

Councillor David Cameron

07876760760

Dacameron@aberdeencity.gov.uk

Councillor Donna Clark

07977399622

donaclark@aberdeencity.gov.uk

Councillor Steve Delaney

01224 346614

Sdelaney@aberdeencity.gov.uk

Area MSP

Jackie Dunbar

– MSP for Aberdeen Donside

0131 34 85067

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