

# mastrick Matters

Summer 2024



## In this issue:

GRAMPIAN PRIDE

MENTAL HEALTH

RNLI

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

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### editorial

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

Read on to find out about Grampian's biggest Pride yet, Mastrick's kiltwalkers and 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

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.



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## Cadets in Mastrick

2 Highlanders ACF were proud to host Cllr Dr David Cameron, Lord Provost and Lord Lieutenant of Aberdeen City to perform the official opening of the newly built Mastrick Detachment.

The Lord Lieutenant was greeted by Major Stuart Eddie, Battalion Executive Officer to the sound of the pipes and drums.

The Lord Lieutenant then addressed the Battalion Staff, Cadets and assembled guests before unveiling a commemorative plaque.

Cadets demonstrated their skill gained in the weekly parade nights to the assembled guests before a scrumptious buffet was consumed and guests dispersed.

Commented SSI Melville Detachment Commander "We have a fantastic facility here in Mastrick right in the heart of the community and I would like to thank everyone who made this possible. Sincere thanks to our colleagues in the Woodside Detachment for the shared use of their building while construction was ongoing. Returning to their spiritual home is a great feeling for the Scots DG cadets."

## Mastrick Kiltwalkers

Pavements and pathways across Aberdeen's City and Shire were a sea of tartan at the beginning of June for what was a record-breaking Kiltwalk. A remarkable 5,200 people laced up their walking shoes to raise funds for over 400 Scottish charities, in what was the biggest ever Granite City Kiltwalk to date.

Among the walkers was Jay Thomas, the newly appointed Church and Community Worker from Aberdeen North Parish Church in Mastrick. He was joined in the challenge by Church Elder Ian Anderson, and together they were raising funds to help send a number of young people and their families to the ReFuel Festival taking place later in the summer.

Both took on the Mighty Stride, an 18 mile route starting at Duthie Park and finishing at Bellfield Park

in Banchory, with most of the walk following the Deeside Way (which follows the line of the Old Royal Deeside Railway).

Jay explained, "This was my first Kiltwalk and I was nervous beforehand whether I'd manage to complete it. Having Ian there to push me on made all the difference, especially for the final few miles. It was an incredible day and seeing so many people take part helped me to realise that the Kiltwalk is more than just a scenic stroll through the city and surrounding countryside. It's a celebration of community spirit and charitable giving, where every step taken translates into support for worthy causes."

A massive well done to Jay and Ian, who at time of publishing have raised £1000 towards their fundraising goal.





# shmu IN FOCUS

**We have officially launched our shmu IN FOCUS podcast!**

**You can listen on Spotify, <https://bit.ly/InFOCUS>**

This series explores mental health in Aberdeen. shmu volunteers shared their own mental health journeys and interviewed organisations on the frontline supporting people with their mental health and wellbeing.

Here is just a taste of one of the episodes where our volunteers discuss their own lived experience of mental health. We hope you will be inspired to listen to full series.

Our Adult Wellbeing Development Worker, Sarah, joined our brilliant volunteers, Dave, Rachael, Jay and Sadique in the studio.

*“We Know that mental health is a complex and challenging issue to talk about, but we think it is really important that we get the lived experience of those who are battling mental health every day” explained Sarah. “It can help us challenge the stigma, break down those barriers and raise that awareness.”*

Sadique reflected on some of the stigma he has seen, *“People like to label people, that makes people feel*

*kind of alienated from being normal. I have never found the reason for that.”*

*Everyone was in agreement, Dave said, “I think it’s just easier for people.”*

*“Lack of education, lack of awareness, people who don’t know”, Sarah added.*

*“It’s horrible to put people in boxes like that.”*

Rachael had her own experiences with negative stigma surrounding her mental health. *“When I was at school, you were seen as attention seeking if you struggled with mental health. I felt I was brushed off and no one has ever really understood.”*

The group also discussed the difficulty in accessing treatment for mental health.

Dave felt strongly that, *“Everyone has a right to be diagnosed correctly and the right to receive the right healthcare”.*

In agreement, Sadique shared his own experience. *“It’s very hard to receive treatment, you have to be on the waiting list, waiting just makes you want to give up.”*

As part of Sarah’s role, she sees a lot of people who are dealing with the effects of not treating their mental health. *“A lot of the adults that are coming into shmu, when you start to unpick the way, they are responding because of something that happened to them 20, 30, 40, years ago and they’ve never dealt with it. And it has such a huge impact on their future life.”*

Dave, who is one of our fantastic volunteer mentors, has seen a marked improvement in many people’s mental health since engaging with shmu. *“I have seen you guys go from, ‘I don’t know what to do’ which was you Rachel, and you Sadique who didn’t say anything, to doing your own radio shows. It is fantastic to see the work that Adult Services has done for you guys.”*

This is just parts of the fascinating discussions had in the studio. We hope you will check out the full podcast episodes by searching for shmu IN FOCUS on Spotify.

# News from Aberdeen City Libraries

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. Visit [www.aberdeencity.gov.uk/services/libraries-and-archives/find-your-local-library](http://www.aberdeencity.gov.uk/services/libraries-and-archives/find-your-local-library) for information on all our libraries.

Mastrick Library's current opening hours are Monday and Wednesday 10am-7pm, Tuesday, Thursday and Friday 10am-5pm and Saturday 10am-1pm 2-5pm. We have recently extended our opening hours to include Saturday afternoons. Be sure to come in and pay us a visit!

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

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

Lego Club for 8–11-year-olds is back. These sessions run every 4th Monday from 3.45pm-4.45pm. Check with the Library Staff for the dates.

We'd love to welcome more children to these sessions. Master Builders should book their place in advance.

To register visit Mastrick Library or call **01224 788558**.

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

If you know anyone who would be interested in borrowing library items but are unable to visit the library due to disability or illness, give us a call and we can give you more information on our Home Library Service where we deliver items to customers in their own homes every 4 weeks.

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

We are looking forward to launching Aberdeen Reads steps back in time!

Running from Saturday 22 June until Saturday 24 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. Children and young people aged 4-15 years will earn incentives throughout this Summer of reading.

For every 350 books read, challenges completed, and library activities attended, you will unlock the next portal and help Library Bear time travel through history!

For more details visit [www.aberdeencity.gov.uk/AberdeenReads](http://www.aberdeencity.gov.uk/AberdeenReads)

We are looking to start a new book group at the library. We are hoping to have our first meeting on the 7th of September at 2:30pm and will meet on the first Saturday of the month. If you are interested in joining, please contact the library for more information

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

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





## Are you interested in improving your community?

The North Priority Neighbourhood Partnership could be for you! We aim to work together to jointly deliver action to address community priorities.

Join the Partnership to:

*Provide a voice on behalf of people and your community*

*Share your knowledge , skills and experience*

*Get involved in work to improve your community*

*Support the delivery of Locality Plans – Read the refreshed Locality Plan for Central Locality at Refreshed Central Locality Plan*

Find out more about how to join the Priority Neighbourhood Partnership, or the Central Locality Empowerment Group at Get Involved - Community Planning Aberdeen.

### Ways to Get Involved

There are different ways for you to get involved in working with us towards a brighter future for our city and your neighbourhood, please visit our NEW website at <https://communityplanningaberdeen.org.uk/> to explore the different ways, or email us directly at [communityplanning@aberdeencity.gov.uk](mailto:communityplanning@aberdeencity.gov.uk)

### Webinar – hear more about Community Planning Aberdeen and our Refreshed Plans

Community Planning Aberdeen are committed to continuing our work to improve the lives of people, communities and businesses in Aberdeen. We would love you to Sign up to our webinar on **4 September at noon** to hear more about our refreshed City Wide and Locality Plans and our collective vision that Aberdeen is “a place where all people can prosper”. You can sign up at <https://tiny.cc/#>

## Elected Official

### Cllr 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.

I hold monthly surgeries at @theHub on Manor Avenue on the first Wednesday of the month at 7pm, which are well attended by local residents. I also hold surgeries at the Cummings Park Community Flat and Northfield Community Centre on the third Monday of every month during the day which also are very well attended. In addition to this, I hold regular surgeries with tenants from Mastrick Land as well as Quarryhill Court. The most common issues which I have been dealing with include various housing issues such as mould and damp, issues with windows, garden maintenance, void properties as well as issues such as potholes and antisocial behaviour.

On Wednesday 6th March was the budget meeting to set out the council's spending plans for the 2024-25 financial year. As part of the council's budget, the administration committed to the freezing of council tax for this financial year, which means that no one will have to pay more on their council tax, which will help many individuals and families, especially as we are still living in a cost-of-living crisis.

I recently attended the Aberdeen City Music School concert which was held at the Music Hall on 8th June. Pupils from schools right across the city took part in this concert, displaying their musical talents. I would like to commend the efforts of all pupils who took part, particularly those from the Northfield/ Mastrick North area.

I attended Northfield Academy's annual awards ceremony, to celebrate the remarkable work of pupils throughout the academic year, across all year groups. Once again, I would like to congratulate all pupils, irrespective of whether or not they won an award, on their remarkable efforts throughout the year. I would also like to wish those leaving Northfield Academy all the very best as they move onto their next venture. Additionally, I would like to wish those pupils making the move from primary to secondary school over the summer, the best of luck.

On Saturday 22nd June Sport Aberdeen will be holding an opening event at the Northfield Outdoor Sports Centre from 2-4pm to officially launch the tennis courts at the centre reopening after many months of redevelopment works to improve the existing courts.

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](mailto:donclark@aberdeencity.gov.uk)



# CRUYFF COURT WILLIE MILLER

## He strikes again!

Aberdeen's third Cruyff Court is officially open, making Aberdeen tied with London as the only two cities in the UK to have 3 pitches.

Cruyff Court Willie Miller, located in Tillydrone was opened on the 13th of May, by the legendary defender. The footballer took to the pitch, alongside Lord Provost, David Cameron, staff from the Denis Law Legacy Trust, The Cruyff Foundation and pupils from Riverbank Primary.

Aberdeen is able to benefit from the Cruyff Courts due to a successful partnership between the Denis Law Legacy Trust, Aberdeen City Council and the Cruyff Foundation.

It is a free unbookable space, open to the community to use at all times. The space includes an artificial pitch, basketball and dodgeball courts, running track and mini tennis courts. DLLT will run a number of their Streetsport activities at the facility too.

The Gothenburg Great gave an insight into the dedication.

"It's an honour, you know, first and foremost, to be associated with something like this. Um, but it's

fabulous to see the kids coming down and enjoying it" Miller noted.

"You know, I came from East End of Glasgow in the 1960s, which was a rather tough area. And we didn't have this type of facility, but you managed, you still managed to get out and kick the ball about in the streets. When you get a facility like this, it's just wonderful for the community and a facility that I'm sure will help the kids, you know, fill their time.

"I think that's important when you're growing up is you've got something to fill your time. You can fill it good ways and bad ways, I think we all know that. This is a good way for them to fill their time."

The local youngsters are chuffed with the pitch and eager to make the most of what the facility has to offer.

Emil felt it was a great addition to the area. "I think it's really fun that you get to play with all your friends and make new friends. It's a safe space for people to come."

Blake noted the improved quality from the school pitch. "Before this place was open, when we would want to play football, we would, we would

just play in our school field. And our school field has a bunch of holes on the ground because kids are digging."

Of course, it was an interesting break from the normal school day to meet the former Aberdeen Captain.

"It was quite exciting seeing Willie Miller today as well." Said Millie, giggling she added "I didn't expect him to be that old, but yeah". She didn't leave empty handed, getting her t-shirt signed as well as a football for her brother.

Emil was also enamoured with the football legend. "He's a nice person. I think, in my best opinion, he was the best defender for Aberdeen."

Willie Miller also reflected on his time spent living in Tilly, long ago.

"Yeah, I did actually live in Tillydrone. It was a long time ago, um, but I had a house, stayed here for about two years, in Don Gardens, I enjoyed my time here.

"It was a lovely house that we stayed in as well. I think you always remember where your roots were, and that was when I first came up to Aberdeen, so it was, it was an enjoyable time for me."



# GRAMPIAN'S BIGGEST PRIDE YET!

**Saturday the 25th of May, saw the streets of Aberdeen painted technicolour as the parade lined the streets for Grampian Pride.**

The Parade crowd, 10,000 strong, a record-breaking number, gathered at the end of Union Street on the glorious sunny morning.

One of the parade leaders Alan, shared his thoughts on the importance of the day. "It is important to have Pride because there is still a lot of prejudice shown to the LGBT+ community, especially trans people. We reported last week the United Kingdom has dropped down the ILGA listing for how friendly a country it is to LGBT+ people. Dropping down in the 21st century."

ILGA is an independent international organisation connecting and nurturing alliances for LGBTI in society.

Alan continued, "If you ask me how this is important, I couldn't think of anything more important to do on a day like today. And the sun has come out".

"One of the nicest things about doing a Pride march from the inside of it, as opposed to sitting

and watching it, is the number of people who will be lining Union Street today, that will be waving and cheering. What's not to love about that amount of love in the city centre. I think we should have one every weekend!"

Steph was delighted to be celebrating her first parade. "I have spent the last 14 years living somewhere that this would never happen, so this is just a great thing for me. It's a positive atmosphere, I've already walked down Union Street and people stopped, smiled, what more do you want?"

"This is extremely important. Everybody forgets that Pride is also a protest, that's what it started as. People have embraced it for the positives which is great, but we can't forget that there is still a lot that has to be done and the protest needs to continue. Everybody's voice needs to be heard and this is a great way to do it."

BP were one of the events sponsors this year and the team marched

in spectacular full colour. "I am here with BP, we are marching in Grampian Pride to show our support to the LGBTQ+ community." Ross anticipated a fun filled, colourful day but emphasised the importance of Pride's history.

"Pride has its roots in protest, it was about gaining rights for the LGBTQ+ community. Thankfully, today at least in the UK, we have a lot more freedoms to come out and celebrate but it's good to have the visibility to show people who don't feel so comfortable or don't think they can be themselves to give them a voice and support them."

The community and support are clear to see. Partners Violet and Jayden were also enjoying the atmosphere. Violet felt, "It's one of the best things that Aberdeen has done for the queer community and it's nice to have this overwhelming sense of community." Jayden, in agreement, added, "I think it's absolutely amazing, I feel so accepted, it's like my safe space here".



Aberdeen queen, Cici Rider was blown away by the support this year. "I'm surprised how many people are here, they have really come out to support. I love it.

"It shows the support that people have that they might not feel like they do have. I think Aberdeen is growing to be more open minded, each year it gets better. Each year Pride gets bigger and bigger."

The fun didn't stop with the march down Union Street, the Party continued at the Pride Village at Duthie Park, where over 6,000 showed their support. There was plenty to enjoy, from live performances, food, drink, a silent disco and charity stalls too!

shmu who had their first ever stall at the village said "It was fantastic to be part of Pride and the atmosphere in the village was amazing. We had a fabulous day engaging with the community".

You can visit shmu's YouTube channel, shmuTV, to see the short film our Multimedia Team volunteers made on the day.

***Happy Pride month from the Tilly Tattle!***

**"Pride has its roots in protest, it was about gaining rights for the LGBTQ+ community."**





# Suicide Prevention is Everyone's Business

On average two people die every day from suicide in Scotland, it is also the biggest killer of young people.

**Have you ever actually asked someone “are you thinking about suicide?” it may seem a bit blunt or too taboo, but it could just save someone's life and you shouldn't be afraid to ask.**

Justine Dunbar is the Community Engagement Officer for Aberdeen City and works as part of the North East Suicide Prevention Team, she explains the issues further and gives advice on how you can ask the question or seek help.

She started in her role back in November after working at Shelter Scotland and many years of volunteering work in the sector.

**Would you be able to tell me more about what your job involves?**

*“The role as a Community Engagement Officer is really all about reducing stigma around talking about suicide and linking in with*

*everybody on the ground, we have suicide prevention resources that we can distribute, and we also provide training as well.”*

Their “Introduction to suicide prevention training” gives a broad overview of the topic looking at the warning signs and how to ask, so it's perfect for someone who wants to know more about what they can do to keep themselves and others safe.

**What should people look out for, are there any warning signs?**

*“I would say it's any change that you have noticed within somebody, that can be anything from if someone has been more withdrawn, more negative in terms of their own self-image, not looking after themselves in terms of eating and personal care.”*

The signs can be different for everyone there can even be no signs at all, so if you feel like someone is

not themselves always trust your gut and ask.

She also mentioned the importance of active listening.

*“Listening is a really crucial skill when it comes to suicide prevention.”*

*“The factors that cause someone to have thoughts of suicide or act on their thoughts of suicide are different for each person, so it could be a series of things that has happened. You're not necessarily going to be able to fix that problem. But what you can do is just give the person that space to talk.”*

*“Asking them open question's and focusing on how they feel, rather than the details because you don't always need to know, sometimes somebody just needs to unload and say the words as to how they are feeling.”*

*“Never promise confidentially either, there might be a situation, where you*

have to pass on information if they are at risk.”

We spoke about what to expect as a “care giver” once you have asked the question and how you can protect your own mental health when helping someone who is struggling with theirs.

*“Some people will feel a sense of relief once they have been asked the question and that gives them the safety to know that they can talk.”*

*“For some people it might be that you have asked the question and they have said yes and then there’s this silence, you might just have to be there next to them side by side until they are ready to actually talk.”*

*“If you’re having that conversation with somebody and you’re not happy, you don’t feel that they are able to keep themselves safe, then obviously phone 999.”*

*“It’s about keeping yourself as that care giver person safe, so debrief somehow don’t carry that with you”.*

Although suicide can affect anyone, certain situations and life changes can have a negative effect on our mental health, this is especially true for becoming a new mum.

*“There is a lot of pressure becoming a new mum a lot of changes, physical changes as well, hormonal changes that can affect how you feel.”*

*“Not wanting to say that you are struggling because of the stigma that people might say you are not a good parent, but what I would say is that you’re not alone in feeling like that, reach out.”*

Latnem is a peer support group for mums and birthing people, more information on the charity and other support is available on the North East suicide prevention.

### **So how can the everyday person help prevent suicide in their community?**

*“Challenging myths, if you’re in a conversation and you hear someone say, like oh people who talk about taken their own life are just seeking attention, actually challenge that”.*

What it means is that they need help, and their needs are not being met.

Just checking on people it seems simple, but asking are you okay? And listening with kindness and compassion

If you are having thoughts of suicide, there is help out there. The Prevent Suicide North East app is a great resource as it contains a safety plan, an important self-help tool where people can recognise their own triggers, coping mechanisms and trusted supports. It also has links to all the other support networks. Its free to download, all the information is also printable for those who don’t have access to a digital device.

You can also access help through your GP by asking for a link practitioner who can help you access local services, or by booking a double appointment so you have time to talk through how you are feeling.

1 in 20 people in Scotland could be thinking of suicide at any one time, you are not alone.

### **Helpful contacts**

**To request training, resources or help with suicide prevention activities email:**

**northeastsuicideprevention@samh.org.uk**

**Suicide Prevention Northeast Prevention App - <https://www.preventsuicideapp.com/>**



# KERRY'S RETURN TO RADIO

Hi, I am Kerry. I used to do the Access to Ability show with my co-presenter Bryan on a Thursday morning then we moved to a Tuesday before I decided to take some time away from the radio at the end of last year. I decided to return to do the Packed Lunch show, on a Thursday lunchtime at the beginning of February this year. You can listen to the Packed Lunch show by tuning into SHMU99.8fm, on DAB, or you can ask your smart speaker to play Shmu radio you can also listen online at [www.shmu.co.uk/FM](http://www.shmu.co.uk/FM) and click on listen live. On the Packed Lunch show you can hear lots of information about what is going on in and around Aberdeen. I also give out recipes and give a weather update for the afternoon and into the weekend, along with the tv guide for the evening ahead.

Here is a recipe I have recently done on my packed lunch show.

## SCHOOL DAYS SPRINKLE SPONGE

### *Ingredients*

200g butter, softened, plus extra for the tin  
200g caster sugar  
4 large eggs  
200g self-raising flour  
50ml milk  
2 tsp vanilla extract  
200g icing sugar  
coloured sprinkles  
hot custard, to serve (optional)

### *Method*

#### **STEP 1**

Heat the oven to 180C/160C fan/gas 4. Butter a 20 x 30cm cake tin and line with baking parchment. Put the butter and sugar in a large bowl and beat with an electric whisk for a few minutes until pale and fluffy. Add the eggs, flour, milk and vanilla and beat again until you have a smooth batter.

#### **STEP 2**

Scrape the batter into the prepared tin, spread right to the corners and smooth the surface. Bake for 40-45 mins or until a skewer inserted into the centre comes out clean, checking at 5 min intervals if it isn't ready after 45 mins. Leave the sponge to cool on a wire rack.

#### **STEP 3**

Mix the icing sugar with enough water to make a thick icing. Spread the icing over the cooled cake, then top with lots of sprinkles – the surface should be almost completely covered. Leave for at least 1 hr to set. Cut into squares and

## CAIRNCRY AND CORNHILL COMMUNITY SUMMER GALA

On July 27th 10am-2:30pm the Cairncry and Cornhill community centre are hosting a summer gala. The gala is one of the biggest events that we have ever run in the community. So, if you are looking for something to do during the summer holidays come along and bring the family for a fun filled day of bouncy castles, stocks, stalls from different businesses, face painting and a cafe where you can get a variety of tea, coffee, juice, hot dogs and burgers. There will also be a live band at the community garden along with a mixture of other exciting activities and a chance to perhaps get involved with a bit of gardening.

# WORD SEARCH

## Kevin's Diary

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

May 5 2024: I was quite scared today. My wife's sat nav on the car said that there was a bear on the road. I was sure we'd not passed any woods.

My wife reassured me saying that the machine had in fact said "bear left at next exit" and that it meant to turn left.

None of our ursine mammal friends were in the vicinity after all.

I was reminded of when my wife got the car. It was towards the end of last year.

The dealer said it should fit five people without any problems.

I said that we don't know that many people without problems, especially in this day and age, with the turbulent times we live in.

*\* This last paragraph was inspired by Michael McIntyre. I prefer the phrase "inspired by" to the vulgar-sounding "stolen from".*

### MORRISON'S MELODY

On this occasion, I have chosen "Unfinished Sympathy" by Massive Attack from 1991.

The song features the sensuous vocals of Shara Nelson and was a calming influence in my school days.

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.

Gladiators returned to terrestrial TV screens in January of this year. The words are names of Gladiators from the new series combined with some from the old series.

Can you spot the word that is not there?

#### The words:

- AMAZON ● APOLLO
- BIONIC ● COBRA
- DIAMOND ● HUNTER
- JET ● LEGEND
- LIGHTYNING ● STEEL
- WOLF

### MY HEAD SHAVE FOR THE MS SOCIETY, JULY 13 2024

In July, I will be getting my head shaved to raise funds for the MS Society (Aberdeen).

Over 150,000 people live with Multiple Sclerosis (MS) in the UK. MS affects the coating around the nerves, impinging upon the brain and spinal cord.

I've been attending the Technogym sessions run by the MS Society since the summer of 2023. It's made me more flexible and - regarding my mental health - more outgoing and gregarious.



## Volunteer Week!

This year it is the 40th anniversary of Volunteers Week and we were delighted to be celebrating as always.

shmu would not be here without our fantastic volunteers and while we are thankful for them all year round, we are always happy to use the occasion to thank them even more.

This year was also a special year for shmu. We launched our Angie Joss 'Bee You' Award to the communities.

This award, in memory of our very missed volunteer Angie, who was an incredible human being, recognises the work of incredible volunteers across Aberdeen.

We were delighted to invite all our volunteers and nominees along to shmuHQ for a well-deserved celebration of all they do.

Congratulations to Rachael Lucas, this year's winner, keep 'bee-ing you'. Congratulations to all the other nominees too, it was an incredibly tough decision and the panel wished they could have given the award to everyone.

Thank you to all our volunteers, you are fabulous and we wouldn't be here without you!

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## Meet Becky - Part I

The Mastrick Matters team wanted to use the shmu page to introduce you to some of the staff and volunteers who are involved with shmu. Recently we spoke to one of our Employability Support Workers, Becky Neil.

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

*Can you tell us a bit about your role at shmu?*

B: I'm an employability support worker, that involves all manner of things in employability. We deliver, SQA employability to many different groups. I have also been radio trained as well, since I've worked here, and we do an employability radio show as regular as we can.

You can listen to us on Monday's at 1pm or Thursdays at 7pm but is recorded once a month.

I also work with adult services, helping them, with all different people that want to get, uh, maybe interview skills for a job that they've applied for, or they want to get their CV redone and ready for a particular job that they're looking for.

*Can you tell us something about you we don't know?*

B: I was in the military, um, I was in the Royal Navy, as a nurse and during basic training, I was taught how to take apart a submachine gun and put it back together, blindfolded.

So, that used to be a skill. I Don't know if I can still do it, but yeah, not many people know that I was, uh, trained in weaponry and rather liked it actually.



## For Those In Peril – RNLI

March 2024 marked the 200th year for the RNLI around the towns and villages of the UK coastline, although there was a lifeboat service of some form but unlike the organisation we know today. Aberdeen has had a lifeboat service since 1800's and along with Montrose and St. Andrews among the first in the UK. Henry Greathead of South Shields started building specially designed boats in 1790 for the purpose of lifesaving 30 in total of which Montrose was first to acquire one. During January of 1800 the north east coast suffered some extreme and extended hurricanes and in a week, wrecked 30 boats resulting in Aberdeen's worst maritime disaster taking the lives of at least 80 of the city's seamen ( in just 1 week ). This prompted the call for more and better lifeboats to be built to protect the brave volunteers who go to sea in them to rescue people in danger.

Crews today are much better off using the type of craft provided as

most if not all are self-righting with the use of airbags, others are self-righting because the wheelhouse has been made watertight which makes the wheelhouse like a bubble putting the boat back upright a bit like the lifeboats on the oil rigs. These brave men and women who volunteer for the task of saving lives at sea or indeed any stretch of water have had a lot of disasters fall upon them over the years, Fraserburgh lifeboat lost a total of thirteen brave souls from three disasters over the years one of which was in 1953 the same year as the Arbroath lifeboat went down only one crew member saved. This is only a couple of disasters the RNLI have had to suffer but there has been many more around the UK coastline. A pal of mine Alec Leslie told how his father was saved by the Longhope Lifeboat when the trawler Strathcoe went ashore and all the crew were saved (13 ) unfortunately a few years later the Longhope boat overturned with all

hands lost, some of those who had saved the crew of his father's boat.

There is another side too in that these brave volunteers over the years have saved over 146,277 + lives causing a lot less suffering in the UK less widows and less children without fathers and grieving families. We the public should be proud of them and when you get a can rattled in your face dig into your deep pockets and donate some cash, Aberdeen became part of the RNLI in around 1925 and this station can hold its head high having saved 590 lives, not bad. The RNLI run 238 lifeboat stations around the coast and should be supported to give them the best equipment possible to keep them safe so they can keep us safe.

**Jack A Norrie**  
**Alec Leslie**

# Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

Virtual School Helpline - 01224 523322

## ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

## CRIME

Crimestoppers - 0800 555 111

## DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

## DENTIST

Emergency - G-Dens - 111

## DOCTORS

NHS 24 Emergency - 111

## POLICE

Non-Emergency - 101

## ELECTRICITY

If you have a power-cut - 105

## GAS

Gas Emergency - 0800 111 999

## WATER

Scottish Water Emergency - 0800 0778 778

## HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

## SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

Aberdeen Carers Support Service - 01224 914036

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at CFINE 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

Mastrick Doctors

01224 662933

## YOUR LOCAL ELECTED OFFICIALS ARE:

### Local Councillors

Councillor Ciaran McRae

01224 346630

cimcrae@aberdeencity.gov.uk

Councillor Gordon Graham

01224 523594

ggraham@aberdeencity.gov.uk

Councillor David Cameron

07876760760

Dacameron@aberdeencity.gov.uk

Councillor Donna Clark

07977399622

donaclark@aberdeencity.gov.uk

Councillor Steve Delaney

01224 346614

Sdelaney@aberdeencity.gov.uk

Jackie Dunbar

– MSP for Aberdeen Donside

01224 011936

Jackie.Dunbar.msp@parliament.sco

## DOMESTIC ABUSE SUPPORT

Domestic Abuse is not acceptable. It is not your fault and you are not alone. Domestic Abuse is when you are hurt, bullied or frightened by: Your husband or wife, your boyfriend or girlfriend, your current or ex-partner

Their behaviour can be; controlling, physical, sexual, financial or emotional.

### Help and support

There are services available to support you, and they are still open. You do not have to wait for an emergency to get help. Tell someone you trust or contact:

### Police Scotland

If you are in danger and it is an emergency, call 999. For non-emergencies call 101

**National Domestic Abuse Helpline Free** and confidential advice. Open to all. 24 hours a day. Telephone: 0800 027 1234. Website: [sdfmh.org.uk](http://sdfmh.org.uk)

### Grampian Women's Aid

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

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