

# mastrick Matters

Summer 2023



## In this issue:

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BLUEBERRY WELLNESS

WALKING GROUPS

CLIMATE WEEK

NORTH EAST 23

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

*Image Credit: Andy Brown*

### contents

3	Meet the Team
4	Elected Officials
4	Library News
6	Mental Health
7	Women's Aid
8	History Page
9	Mela
10	Boogie in the Bar
11	Music Memories
12	Kevin's Page
13	Blueberry Wellness
14	shmu
15	Walking Groups



### editorial

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

Read on to find out all about what is happening in Mastrick and across the city this summer. Learn how to recognise symptoms of depression with our feature, Spot the Signs.

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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## KEVIN'S HEAD SHAVE FOR SHMU

*"The essence of life is to serve others and do good."*

Those are not my words - though I do believe them - but those of Aristotle, the Greek philosopher.

I like to think that in the way I contribute to shmu does good. In July, I will be having my head shaved to raise money for shmu.

I have shaved my head for charity a few times now. I did my first head shave in 2020 and I raised the money for Macmillan Cancer Support through their Brave the Shave initiative. Because we were in lockdown, it was done at home.

In 2021 and 2022, I did a shave for Cancer Research UK.

In 2023, I did it to raise money for shmu. Shmu have done a lot for me since I started volunteering eight years ago and they do a lot of good work for the community.

When I am in doing my radio shows and see the confidence the young people now have when previously it was low is astounding. When I think back to when I was that age it pales in comparison, and I am slightly envious.

But volunteering can be done at any age and I'd urge anyone to get involved.

I believe volunteering at shmu has been very immensely beneficial for me. Volunteering in general has many advantages.

Carrying out such an altruistic act makes you happier. I've been contributing to shmu's output in one way or another for over six years. Here comes the science bit. Volunteering increases the levels of the 'happy hormones' - serotonin, dopamine and oxytocin.

Volunteering helps you combat loneliness, and you can develop a support system. Giving time to volunteer organisations counteracts the effects of stress, depression and anxiety. It builds self-confidence and self-esteem.

People who volunteer are less likely to develop high blood pressure, a contributor to strokes, heart disease and premature death.

Volunteering gives a person a sense of purpose. When I began volunteering with shmu, I had just been made redundant at my job and shmu were a saviour. I love doing what I do.

So volunteering is good for you. Try it soon!

**Kevin Morrison**

## MEET THE EDITORS

My name is Kevin Morrison and I'm (not an alcoholic) part of the Mastrick Matters editorial team.

I've been contributing to the magazine since 2015. A year later, I started doing the radio and since then I've done both.

I love doing my voluntary work and being creative. I feel that my confidence has increased.



Hi folks, I'm Kerry, I'm one of the editors for Mastrick Matters.

I have been part of the magazine team for almost ten years now! I am also part of shmuFM, where I co-host the show Access to Ability, and I volunteer for shmuTV too.

My favourite thing to while I'm not working or volunteering is diamond painting and baking. So, there you have it, that's me. Thanks for reading!

If you live in Mastrick and would like to join the team, there are so many ways to do so! Just get in touch by emailing [rose.ross@shmu.org.uk](mailto:rose.ross@shmu.org.uk) or by calling 0752586312. We'd love to hear from you!



# Elected Officials

## MSP Jackie Dunbar

Since my last update, I have been very busy in both the Scottish Parliament and in the Aberdeen Donside Constituency. I hold regular advisory surgeries at my Constituency office in Mastrick on Monday mornings to listen to and address the needs of constituents.

A significant amount of the casework which my office has been receiving has related to various housing issues including mould, damp and a lack of insulation. Other common issues that I have been helping with includes overgrown trees, potholes, parking and speeding. If you would like to make an appointment to discuss any issues or concerns that have, please do not hesitate to get in touch with my office by using the details at the bottom.

Whilst I've been in Aberdeen Donside, I've been fortunate to meet with the GP Practice Managers of New Dyce Medical Practice and Woodside Fountain Health Centre. We discussed their particular local challenges, as well as the difficulties they share with other GP practices across the UK, particularly relating

to the pandemic and staff shortages worsened by Brexit.

I have also met local charities such as Aberdeen Cyrenians and Aberdeen Foyer, who were particularly helpful in gaining insight into how best to support young people and those on low incomes through the cost-of-living crisis. Additionally, meeting with North East Sensory Services (NESS) gave me a perspective into how the government can assist those with hearing and sight difficulties to live with independence and dignity.

My recent visit to Aberdeen University's DFN Project SEARCH was particularly helpful, as they are objectively and significantly more likely to have success in transforming the lives of young people with learning disabilities and autism than other similar programmes. It was beneficial to learn what it is that they do differently and how the government can support both the project and individuals.

In Parliament, I've had the opportunity to speak in a number

of debates, including Scottish Government led debates on social isolation and loneliness as well as climate change and our just transition to net zero carbon emissions. I also led a members business debate, in collaboration with Amy Callaghan MP, on the VAT Burn Campaign. We urged the UK Government to follow the recommendations of several skin cancer charities, to scrap VAT on sunscreen products with SPF 30 or greater.

I am in Edinburgh from Tuesday to Thursday, however, my Mastrick office remains open and my team are more than happy to assist with any issues or concerns that you may have.

Please do not hesitate to get in touch via the following:

**Email: [Jackie.dunbar.msp@parliament.scot](mailto:Jackie.dunbar.msp@parliament.scot),**

**Phone: 01224 011 936**

**Post: 12a Mastrick Shopping Centre, Greenfern Place, Aberdeen, AB16 6JR**

# Elected Officials



## 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.

Mastrick Library's 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](http://www.aberdeencity.gov.uk/services/libraries-and-archives/find-your-local-library) for information on our other libraries.

From 24th June to 26th August, we will once again run our Aberdeen Reads Challenge. This year Library Bear will be having a cosmic, out of this world space adventure with your help. For every book read, library activity attended and/or challenge completed youngers and families will receive 100 cosmic miles. Let's see if we can get him all the way to the moon. It's only 238855 miles.! You can do it! Ask in the library for details.

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, illness, shielding or caring responsibilities, give us a call and we'll let you know about 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'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](http://www.aberdeencity.gov.uk/services/libraries) or contact Mastrick Library by email: **MastrickLibrary@aberdeencity.gov.uk** or telephone: **01224 788558**.

# - Spot the signs – looking out for depression

We all have mental health, but we don't all keep an eye on our mental wellbeing or know what signs to look out for, which may indicate our mental health is declining.

The Scottish Government's health survey in 2021 indicated that around one in four people in Scotland can be affected by mental health problems in a year.

In this series we will be breaking down some signs of various mental health conditions, when to go to a GP and where you can get help. In this edition, we are focussing on Depression.

The Scottish Government report shows that globally, around 5% of adults experience depression.

There are many forms with depression, but there are signs to look out for that may help you

consider whether you may be affected by depression and to seek help.

Signs of depression can often be displayed through, physical, mental and social symptoms.

These are a few of many signs that the NHS suggest keeping an eye out for.

## **PHYSICAL SYMPTOMS:**

***Moving or speaking more slowly***

***Changes to appetite or weight***

***Changes to menstrual cycle***

***Disturbed sleep – you may find it harder to fall asleep or that you wake throughout the night.***

## **PSYCHOLOGICAL SYMPTOMS**

***Experiencing low moods or sadness continuously***

***A feeling of hopelessness***

## ***Low self-esteem***

***Lack of motivation or interest in things***

***Feeling worried or anxious***

***Having thoughts of self-harm or feeling suicidal***

## ***Social***

***You may participate in hobbies less.***

***Avoid contact with friends and family and retreat from social occasions.***

These are just a few symptoms of depression; they vary widely from person to person and may be more severe for some.

You should talk to your GP if these symptoms persist daily over two weeks or months. Find out more information about Depression on the NHS' website.

## Penumbra Mental Health Launch new service for Aberdeen

Penumbra Mental health are a charity providing dedicated services for people with mild to serious and enduring mental ill health.

Well Aberdeen is a new service, by Penumbra funded by Aberdeen City Council, delivering short term support for anyone living in Aberdeen, over 16 years of age.

Well Aberdeen is designed to help you feel well, empowered and linked locally. Many of Penumbra's team members are peer colleagues who have lived experience of mental ill

health and have some understanding of what you are going through.

The support will give you time, space and compassion, you can use up to 3 sessions to explore your current situation and plan for your own goals.

You will also have access to friendly group workshops, for sharing practical techniques and tips with others to manage your mental health.

Penumbra will connect you with a local peer network who can share their own lived experience. There will also be plenty of opportunity for

volunteering, the team will support you to join in with community activities and interests.

You can access this by contacting Penumbra directly, simply email **Well.Aberdeen@penumbra.org.uk** and they will send you a simple support request form to get to know a bit about you and how you're feeling.

If you would like to better your mental health, get in touch with Penumbra today, you can also check out their website for more information, visit **penumbra.org.uk**



# Grampian Women's Aid break down the signs of Gaslighting

Gaslighting is a manipulative tactic in which a person, to gain power and control of another individual, plants seeds of uncertainty in another person's mind. The self-doubt and constant questioning slowly cause the individual to question their reality.

Gaslighting can happen to anyone. Abusers carry out gaslighting behaviours slowly and deliberately so that the person it is happening to do not realise it.

## 10 Signs of Gaslighting Behaviour

**1. Blatant Lies** - You know the person is lying, often and with ease, yet they say they do not recognise this in their behaviour. You begin to have self-doubt, question everything and become uncertain of the simplest matters.

**2. Deny, Deny, Deny** - You know what they said. They deny ever saying it. They ask you to prove they said it. You start to question your memory and accept theirs.

**3. Using What You Love Against You** - This is a manipulative tactic used by the gaslighter, causing the person to question themselves and things they hold close. For example, if the person loves their job, the gaslighter will find issues with it.

**4. Losing Your Sense of Self** - The gaslighting continues methodically

and continuously over a long period of time. The victim, over time, becomes a different person. Self-confidence disappears, and the victim becomes a shadow of their former self.

**5. Words Versus Actions** - A gaslighter will talk and talk to convince a person of their concern for them. However, their actions will not reflect the words.

**6. Love and Flattery** - A gaslighter will tear a person down, build them back up and tear them right down again. This abusive pattern becomes reality for the victim and the praise associated with the building back up convinces them to think the abuser isn't all bad.

**7. Confusion** - A gaslighter instils constant and consistent confusion leading the victim to become desperate for clarity. As the person searches for clarity from the abuser, the cycle continues, and the abuser's power increases.

**8. Projecting** - A gaslighter projects their actions on to their victim. For example, if the gaslighter is a liar and a cheater, they accuse the victim of being a liar and a cheater. The person feels that they constantly need to defend themselves for things they have not done.

**9. "You're crazy"** - The gaslighter knows the person is already questioning their sanity and searching for clarity. Hence, when they call the person crazy, the person believes it. The gaslighter will also tell other people the victim is crazy. If the victim ever approaches those people for help, they will most likely not be believed.

**10. Everyone Else is A Liar** - The gaslighter may tell the person everyone else is against them and that everyone is lying. This increases their dependence on the gaslighter.

Gaslighting is a form of mental and emotional abuse. If you recognise the signs and believe you, or someone you know, is in a gaslighting relationship, we can help and support you.

Women seeking support should reach out to us by calling **01224 593381** or emailing [info@grampian-womens-aid.com](mailto:info@grampian-womens-aid.com) or visiting <http://grampian-womens-aid.com/contact-us/>

When we're closed, Scotland's Domestic Abuse and Forced Marriage Helpline is available 24/7 via phone on **0800 027 1234**, email [helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk) or web chat at [www.sdafmh.org.uk](http://www.sdafmh.org.uk).

## Burns Statue

The Robert Burns statue on Union Terrace was unveiled on 15th September 1892. The Aberdeen Journal reported at length on the occasion, from which this is a short extract.

“By the unveiling of the statue of Robert Burns yesterday, the gradually increasing collection of memorials of the departed great which adorns the public places of Aberdeen has been handsomely enriched. At no time could it be said that Burns remained unwept or unsung in Bon-Accord, for nowhere probably, in comparison to population, do greater numbers of people assemble annually on the anniversary of the poet’s natal day to do honour to his memory. On each succeeding occasion thousands of citizens, moved by the melting pathos of his grander poems, roused to irresistible laughter by the doings of such a doughty wight as Tam o’ Shanter, and powerfully impelled to emit responsive throbs as they drink in the sweet singer’s incomparable lyrics, abundantly testify to the fact that Burns still lives and will live for ages yet to come in the hearts of the people. Despite this, however, the bard has long remained unhonoured in Aberdeen so far as any eternal memorial of his fame is concerned, but when the scheme of providing a statue of Burns was taken in hand by a committee of citizens there was little to fear as to failure. Success did not come at once, but the labours of the poet’s admirers have now their reward. Aberdeen has done fitting honour to Burns, and, in doing so, has honoured itself.

For generations Aberdeen has produced many men who have achieved distinction of no mean kind



in the domain of art by their work with brush and chisel, and the city boasts of possessing not a few of the greater works of its more eminent sons. To these also a valuable addition was made yesterday, for the sculptor of the Burns Statue, Mr H Bain Smith, is every inch an Aberdonian. For some years he has been rapidly building up a reputation for himself in his profession, and by his latest piece of work that reputation will be considerably enhanced. By several artists of repute, the statue, which is in bronze, has been pronounced an admirable work of art. Burns is represented in a standing position. In one hand he holds a daisy, the “wee, modest, crimson-tipped flower,” which, simple as it was, brought sweetest music out of the true poet-soul. A broad Scotch bonnet is grasped in the other hand, while over the shoulders is thrown the familiar plaid. The pose, the expression, and the draping are executed with rare fidelity, and Aberdeen now claims to have a faithful and enduring representation of Scotland’s national bard.

By citizens of every rank the keenest interest was taken in the unveiling, and ample preparations were made to enable as many people as possible to witness the ceremony,

and to hear the oration delivered by our townsman, Professor Masson, Edinburgh, who kindly unveiled the statue. Opposite the statue a grandstand was erected capable of seating 350 persons. The stand was draped with crimson cloth and decorated with flags. The cord with which Professor Masson unveiled the statue had as the tassel a solid silver Scotch thistle. On one side were engraved the Bon-Accord arms, and on the other was the following inscription, in the form of a shield:- “To Professor Masson, of Edinburgh, as a souvenir of his unveiling the Burns statue. 15th September, 1892.” The tassel was presented to Professor Masson at the reception in the Palace Hotel, enclosed in a Morocco case, the whole being designed and executed by Messrs Shirras & Son. The police arrangements were of the most admirable description, Chief-Constable Wyness personally superintending the regulations. The ceremony was timed to begin at two o’clock, but long before that hour the crowd had begun to assemble. The grandstand was rapidly filled up, and the Terrace was thronged with people, the crowd being estimated at about 7,000.”

**Alan Johnstone**



# ABERDEEN MELA TO CELEBRATE CULTURAL DIVERSITY AT BIGGER VENUE IN 2023

Aberdeen Mela, one World Day is set to return to the city on the 27th of August at the new venue of Queen's Links.

The Mela promotes diversity and celebrates Multiculturalism in the Northeast through food, dance and music.

Last year's vivid celebration of cultural diversity saw Westburn Park, jam packed with festival goers, as over 14 thousand attended the event.

This year, organisers Aberdeen Multicultural Centre (AMC) hope to see even more attend the event and have planned accordingly.

The festival will run from 12pm to 7pm on the 27th of August at Queen's Links.

AMC treated spectators to a sneak peak of what is to come on the day, with their event launch on the 6th of June.

The launch featured introductions from Lord Provost David Cameron and performances by two of the festival's entertainment line-up.

City Moves Youth performance group, Pulse, treated the audience to a performance featuring elements of traditional Scottish dance.

Shahwati Vinod performed part of a beautiful Indian Dance solo, which she will perform in full on the day of the festival.

Attendees can expect many more vibrant performances on the day from traditional music to dance. Pulse, promise to have everyone

'moving and grooving' too. Amy Park, City Moves Dance Agency's Dance Development Worker hinted at what could be expected from the performance group on the day, "We have a new piece that is quite different, it's not a Scottish country dance-based piece. We have another one that is more 80's, funky, commercial style. We'll see what we do on the day, we've not quite decided yet."

Nilou Nezhad, PR and Marketing for AMC touched on the importance of Aberdeen Mela. "The point of this festival is to bring about diversity and harmony within Aberdeen. There are lots of diverse cultures within the Northeast, we'd like to bring everyone together so we can all celebrate and appreciate all those cultures."





# Boogie in the bar

By Janet Calder

I have been going to Boogie in the Bar at Sunnybank Football Club since before Covid, and I enjoy the music and meeting other people.

For anyone that doesn't know, Boogie in the Bar is a monthly event for people over 50 to come and have a dance, listen to music and have a light lunch. Run by a really friendly bunch, who make you feel very welcome. Me and my friends always have a brilliant time.

Although there are a few Boogie events held in different areas, Sunnybank is my go to. This is held on the first Friday of every month.

On Friday the 3rd of March, I went to the latest event and had a brilliant time. We had sandwiches and crisps and then I was up dancing most of the time.

They play lots of different music from the 50's, 60's and 70's, there's something for everyone. The atmosphere is great and always ends in a buzz with everyone gathering round for Scottish classic, Loch Lomond.

I would highly recommend that everyone comes along for a boogie, you won't regret it.

## **Boogie in the bar is held at:**

Sunnybank FC – on the first Friday of every month

In Kincorth, at the Abbot Lounge on Provost Watt Drive on the last Thursday of the month.

At the Foundry on Holborn Street on the second last Thursday of the month.

Dee Swim Club on Gerrard Street on the second Wednesday of the month.

**Contact [SWSC@aberdeencity.gov.uk](mailto:SWSC@aberdeencity.gov.uk) or call 07799 860899 for more information.**



# MUSIC MEMORIES

After the very successful Football Memories programs which have been running in connection with Alzheimers Scotland and Aberdeen FC Community Trust (AFCCT), there were plans put in place to expand this into a regular session with Music Memories.

We spent a good amount of time planning this and the launch date was decided to be 31st March at the Players Lounge at Pittodrie, what we wanted was an environment where people could come to reminisce and speak about music in a safe environment, have a cup of tea and a chat with like-minded people.

Music Memories is a dementia friendly program based around reminiscing and focusing on making new memories and empowering

people living with dementia to engage through participation and enjoyment of specially tailored music. Debra Christie who is the Health and Wellbeing team lead at AFCCT said "Music can help people cope with challenges in their life which could include social isolation, loneliness, and loss. Music can help us recover from trauma and negative experiences so let's harness the power of music."

The sessions have been fantastic with music quizzes, Rock and Roll Bingo and a session that saw a conga chain form and head out the door into the Pittodrie concourse! There was of course a "getting to know you" session where everyone had a great chat and spoke about their favorite bands and concerts....

and some not so favorite songs! Participants will also get a memory box of their own so that they can keep records of sessions, photos etc. as a permanent memory of the sessions.

The sessions are held every second Friday at Pittodrie in the Players Lounge from 10am to 11.30am with entry through the Players Entrance and everyone is welcome to attend.

Alan Johnstone from Alzheimers Scotland and Football memories was delighted with the sessions starting, he said "Music in all its formats is a powerful element of reminiscence therapy so please come along, share your memories and maybe give us a song"

**Dave Ironside**

# Kevin's Diary

March 22 2023: there was an item on "Morning Live" today on the Chatty Cafe and the Chatty Bench that have been set up in the Midlands.

The idea behind the ventures is to get people out of the house and talking and making friends.

The tear-inducing item included the stories of people who had previously been isolated and now were socialising. It was very emotional and powerful.

May 1 2023: today was the final day of snooker's World Championships.

One of the finalists was Mark Selby (spoiler alert: he lost), whose nickname is The Jester from Leicester.

I have a suggestion in case the snooker bosses are reading. I believe that he should forfeit prize money unless he plays at least one e frame dressed as a jester.

Cue hilarity as bell sounds break the tension.

## WORD SEARCH

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

All the words below will be found in the puzzle below – except one.

The words that are there are found horizontally, vertically, or diagonally. In some instances, the words are backwards.

The words are capital cities from countries around the world.

Can you spot the word that is not there?

**The words:**

CHARLESTON • FLAMENCO  
 FOXTROT • JIVE • MAMBO  
 QUICKSTEP • RUMBA •  
 SALSA • SAMBA • TANGO •  
 WALTZ

## MORRISON'S MELODY

This issue's choice is "What'd I Say" by Ray Charles.

It is over sixty years old (it was released in 1959) but makes me smile and sing when I hear it.

It is said to be the first soul song.

Charles was blinded in childhood, possibly due to glaucoma. He was an inspiration to Frank Sinatra and Billy Joel.



## It's Never too late!



Success for Blueberry Wellness as first course participant fully qualifies to deliver fitness in the community.

Jim Currie, 59, was in the process of losing weight and educating himself on fitness and nutrition, when a leaflet offering the chance to train and help others do the same, came through his door.

Despite never having considered being a fitness instructor before, Jim began working with the social enterprise Blueberry Wellness to qualify as a group fitness instructor.

Aberdeen Blueberry Wellness (ABW), currently running courses in Tillydrone, offer the chance for those in Aberdeen's regeneration areas to undergo a fully funded fitness training course.

Jim is now fully qualified to deliver group exercise classes to music and has further ambition to qualify as a personal trainer with ABW, with plans to begin a retirement career as a fitness instructor.

Jim said "I had never considered the possibility of being the one standing at the front of the class instructing others. I did enjoy fitness, but I didn't think I would get to the stage where I was able to do it with others.

"I'm not in my first flush of youth, so I'm looking at doing this as a retirement career. I'm hoping to retire in a year's time, so becoming a fitness instructor will probably take me into my retirement."

Jim's motto is that 'it's never too late to get started'. "I had initially worried that my age might be a bit of a barrier in this work, but I have spoken to Laura (founder of Blueberry Wellness) and she seems to think it's an asset.

"People are quite happy to be given instruction by someone who is nearer to their age and stage of life, who possibly has more idea of the things they've faced and shared similar experiences."

Jim's advice to anyone who wants to kick off their personal health journey

is to fully commit and just go for it.

"If you keep putting it off, saying I'm not sure if I can do it, have I left it too late? Am I destined to spend the rest of my life like this? No, you're not, I was 58 when I started this, I've just turned 59 and I have managed to do it, you can too."

For anyone considering the course, "The fact that you're not a perfect specimen yet is fine. I have still got a little more weight to lose before I'm happy with where I am."

Laura and Jim are currently running weekly exercise and nutrition classes at the Tillydrone Community Campus. The exercise class runs on Thursdays from 12:30 to 1:30 and the nutrition class follows immediately after, running to 2:30pm.

"Come along to the classes, take part. If you enjoy what you're doing, there may be opportunity to do the same thing. The opportunity is there for you."

## Interview with Adele

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 our Radio Development Worker, Adele Keith, who has worked and volunteered at shmu for over 20 years.

Here are some of the things Adele had to say about her experiences at shmu.

### ADELE, WHAT ARE THE VOLUNTEERING OPPORTUNITIES HERE AT SHMU?

You can only volunteer for Radio! That's the best strand here.

I'm joking, there are so many volunteering opportunities here, we are always looking for new presenters, for presenters that want to co-host with other people. For folks to come in to edit, to work the desk for someone who can't manage. And there are

lots of other strands you can get involved in too, but Radio is king.

### HAVE YOU DONE ANY VOLUNTEERING YOURSELF?

I was a volunteer at shmu, long before I was a member of staff. I started as a volunteer at shmu back in 2001, in the early days of the charity. I was a member of the Tilly Tattle editorial team.

### WHAT ARE YOUR VISIONS FOR SHMUFM THIS YEAR? WHAT WOULD YOU LIKE IT TO BECOME?

I would like more presenters, we've been doing lots of training recently, so I would like to see those guys get on air and be as confident as my other presenters.

My vision, for us in the world, is for us to expand and be in other cities and for us to have three other stations in Aberdeen city, obviously. But I think it's just to increase our engagement with the community.

## Volunteers' week 2023

Here at shmu we are unbelievably lucky to have so many brilliant and inspiring volunteers, so we had to celebrate all their amazing work this volunteer week.

Throughout the week, we hosted a variety of events, from an open day where we welcomed new faces hoping to volunteer, as well as an afternoon celebration, an awards evening and a radio take over day.

We had a great time shaking it up and getting to interview our FM volunteers live on Air, throughout the day. As expected, they are just as brilliant in the guest chair as they are on the presenter mic.

The celebration evening was full of emotion, as we had the honor of presenting our brand new 'Angela Joss 'Bee You' Memorial Award' to Angela's family. Angela was a beloved volunteer, friend and inspiration. We'd like to thank Angela's family for coming along to receive the award.

The evening also had plenty of laughs, with the rest of the volunteers collecting awards of their own.

We cannot thank our volunteers enough for all they do, they truly are brilliant, and we truly appreciate it. If you'd like to volunteer at shmu, we'd love to have you! Get in touch via [volunteer@shmu.org.uk](mailto:volunteer@shmu.org.uk) or by calling 01224 5150103



# WALKING GROUPS

*By Raymond White*

These are some of the walks the Amblers and Strollers have done since the start of the year.

We have been out to Aboyne to walk in the Castle estate wood, then over to the Fungle Road which took us to Birsemore Loch or the other name it is known by is the Queens Loch named after Queen Mary. It is a lovely walk around the loch, which was a new walk to the group, and then we went back to Aboyne for a coffee and fine piece.

On another walk, it was up to Fraserburgh to walk along the beach to the Water of Philorth where we sat at the riverside to have our lunch, then back over the sand dunes to the beach.

We went out to Kincardine O' Neil, some of the group did the Deeside Way to Potarch, the others went up

to the Fall O' Dess using the Old Drovers Road, the view was great from the top of the hill.

Another walk was out to Huntly to walk in the Bin Forest. The walk is around two different hills, we had gone around the first hill and were halfway around the second when we came to a sign " Track closed for tree harvesting", so we had to change the walk a wee bit. We then went to Deans for coffee and delicious shortbread.

We went out to Finzean, this walk was in the estate through some woods and along the Water of Feugh where we had our lunch then a walk back along the riverside to a small hamlet and coffee shop.

Tarland is always a favourite with the group. There are quite a few different walks, so it's a mix and

match. We never know which walk we are doing till we start, there are lots of woods and a Beech Avenue, a couple of different burns to walk beside and a viewpoint at the top of a hill.

There is also a Stone Circle on top of a hill with beautiful views, and a lovely coffee shop in the village.

We went out to Craigiedaff which is at the back of Durris Forest, lovely farm roads and tracks then through the forest. After lunch we discovered the track was closed for tree harvesting so we had to return the way we had come.

We went down to Gourdon to walk to Inverbervie and back along the coast, then into the Harbour Bar for our lunch of fish and chips.

If you'd like to join us on a walk to see what it's all about, please get in touch!

# 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)