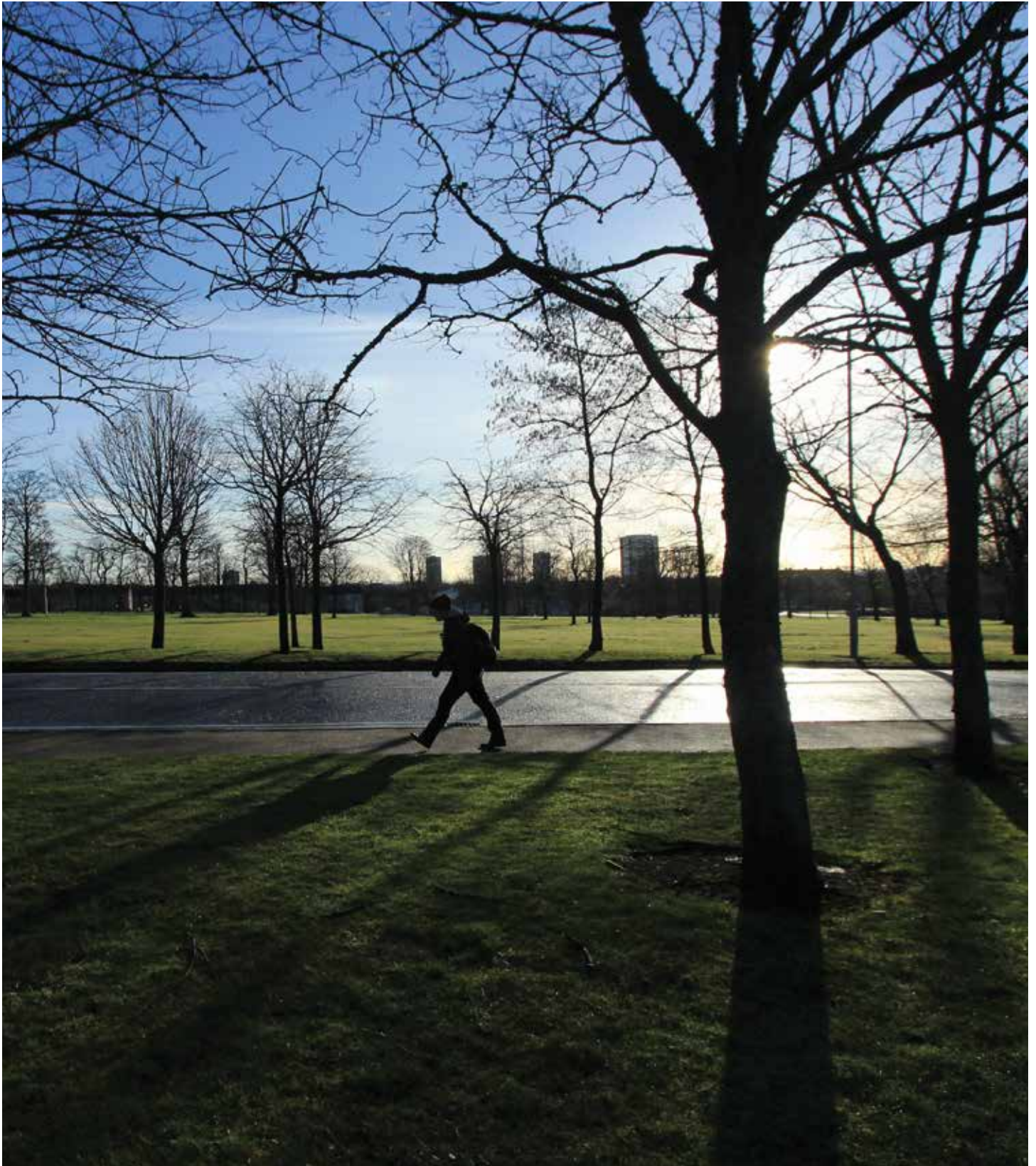


# mastrick *Matters*



**DISSC**  
Do It Again

**Neil Hendry:**  
Interview

**John's**  
Creative Section

**Mastrick**  
Community Centre

**Prince's Trust Nomination:**  
Kerry Cheyne

### contents

Walking Groups	3
Community Update	4
Mastrick Community Centre	5
Local News	6&7
DISSC	8&9
Northfield Academy	10&11
John's Creative Section	12
After the Referendum	13
SHMU	14
Drugs Action	15

Image: Graeme Youngson



### editorial

Welcome to your Winter edition of the Mastrick Matters community magazine!

In this issue we have articles from Northfield Academy, DISSC and a speech from Kerry Cheyne about her Prince's Trust nomination.

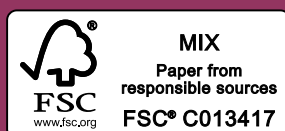
If you would like to get involved and join the editorial team or if you have ideas for the community publication, you can easily get in touch with us. The staff at shmu are able to support and train anyone living in the area who are interested in developing their ideas and skills in either writing, photography 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 or submit an article then get in touch with Laura at shmu on **515013** or you can email her on [laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk).

You can also view this magazine alongside previous editions on the shmu website [www.shmu.org.uk](http://www.shmu.org.uk) then click the 'PRESS' option.

*happy reading.*

Supported By





# Walking Groups

The first walk the new Friday group did was to Bennachie, the weather was lovely.

We started the walk at the Back O' Bennachie car park. A lovely walk up through the woods and across the moorland to Craigshannoch where we had our lunch.

Then it was up to the Mither Tap, we took our time on the climb up and every one made it to the very top. The views were spectacular.

The next trip we went on was Kirriemuir then up Glen Cova to Glen Doll car park.

The walk starts by going up a track at the side of the White Water. This track is known as Jock's Road and goes over the hills and comes out beside Braemar. It was used by drovers and smugglers but we branched off and followed the Fee Burn up through Glen Doll Forest until we came out at the National Nature Reserve of Corrie Fee which is a magnificent natural amphitheatre.

It is an armchair shape which was carved out by the last Ice Age. There are plants thought to have been left here by the last Ice Age.

We had a walk on the plateau which was very peaceful, again the weather was great, and we managed to get a photo of some of the group.

We went up to Loch Callater which is up passed Braemar for the next walk. I would like to say the weather was good but it rained the whole walk. However, this is a beautiful walk if you get the weather.

We walked up the track beside the burn to the loch but we could not see much for the rain and the mist. We were glad to get shelter for lunch in the bothy.

Next, we went up to Fochabers to the Winding Walks which is walked up the side of a burn inside a gorge full of trees. The gorge winds in all directions which makes it lovely to walk through.

We went up to the cairn to "Ranald" (Chief or King of the Tinkers) who was executed there for highway robbery.

At the top of the hill which looks over the Moray Firth since it was a clear day we were able to see Helmsdale across the Firth.

It was downhill now. On the way back we stopped at Peeps' View which is a wooden gazebo, with a lovely view looking over Fochabers. We finished the walk by returning the other side of the Winding Walk. Then it was in to Christies' Garden Centre for a coffee and a cake.

It was another beautiful walk and lovely day.

As you see we go to some beautiful places if you would like to join us you can contact me on 01224783627 or email [helenandraymond@hotmail.co.uk](mailto:helenandraymond@hotmail.co.uk).



## St Clement's Church Christmas Services

SUNDAY 21st DECEMBER  
at 10.30 a.m

### CAROLS FOR ALL:

A great way to start Christmas  
on the right note!

### CHRISTMAS EVE

at 11.30 p.m.

### MIDNIGHT COMMUNION

*(with Reserved Sacrament)*

### CHRISTMAS DAY

at 10.30 am,

### INFORMAL WORSHIP,

Celebrating the Saviour's Birth

### SUNDAY 28th DECEMBER

at 10.30am,

EUCCHARIST: Giving thanks for  
the past and finding hope for  
the future: "Jesus - born for us  
a Saviour."

### SUNDAY 4th JANUARY

10.30 a.m

EUCCHARIST: Hopes and fears  
for the New Year. God is with  
us - Jesus our Emmanuel!

## Mastrick Parish Church

### School Services

(all take place in the church)

16th of December

Kingsford School 9:30am

16th of December

Quarryhill School 11am

19th of December

Muirfield School 9:30am

### Other services

Nativity Sunday with finger  
buffet - 21st of December

Family Christmas Eve Service -  
24th of December 6:30pm

Watchnight service - 24th of  
December 11:15pm

# Aberdeen City Voice What's it all about?

Have you heard of Aberdeen City Voice, or seen the posters and wondered what it was actually all about? Aberdeen City Voice is the citizens' panel for the city. We have just over 900 citizens of Aberdeen who answer questions on a number of topics. They get a questionnaire 3 times a year, either in hardcopy or by email. Topics can be provided by any of the community planning partners – which include NHS

Grampian, Aberdeen City Council, ACVO, Police Scotland, and Fire Scotland. It is a great way for the citizens of Aberdeen to let us know what they think about services in the city – a real chance to have your say. You can find out more about us at [www.aberdeencityvoice.org.uk](http://www.aberdeencityvoice.org.uk) and can even sign up online. Aberdeen City Voice – Your City, Your Say!

## Supermarket Bus Times

### ASDA Bus - Thurs Morning

Provost Rust Drive – 9:15am

Byron Square – 9:22am

ASDA Bridge of Dee – 9:52am

Leaves ASDA at 11:30am

### Tesco Bus

Wednesday and Friday

Provost Fraser/

Northfield Academy – 9:33

Byron Square – 9:35

Provost Rust/

Fowler Avenue – 9:38

### Tesco Bus Cont.

Provost Rust/ Smithfield Drive – 09:40

Tesco – 9:45

Leaves Tesco at 11:30

Provost Fraser/

Northfield Academy – 1:18pm

Byron Square – 1:20pm

Provost Rust/Fowler Avenue – 1:23pm

Provost Rust/Smithfield Drive – 1:25pm

Tesco – 1:30pm

Leaves Tesco at 3pm



## Mastrick Community Centre fun day

The summer fayre was a huge success! The Evening Express attended and we think around 200 people came along. The church was open for people to be shown around and find out the different groups that are in the church. As usual the face painting was a huge success and we raised a total of £548.26 to go towards the running of the community centre.

### Coffee Bar

We are looking for volunteers to run the coffee bar. It is open Monday-Thursday 9:30 to 11:30am but on a Wednesday we are open until 2pm. There will be opportunities to do REHIS (health and hygiene) training and other training that applies.

### Mastrick Community Centre Events

Christmas Ann Summers ladies night 28/11/14 7-12pm  
£5 per ticket

Family Christmas disco 13/12/14 7-11pm £5 per ticket.



## Pathways

The welfare reform benefit changes are continuing to take effect on our communities, with many people now being assessed as fit for work or under pressure to return to work as quickly as possible. If you are one of those currently affected by the changes and are concerned about how you will manage to find work, then support is available through Pathways.

A keyworker will help you with whatever support you need, from giving advice on suitable employment, through writing a CV, to help with job searches and preparing for interviews. The keyworker will also help with anything else that might stop you from being able to work, including identifying more specialist support you might need.

Anyone can receive support to get back to work – or even to change jobs if you don't like the job you have.

One service user recently came to Pathways for assistance, believing that his history of drug and alcohol use, with criminal convictions, would stop him being able to find work. Claudia, his employment keyworker, was able to advise him on how to get help for his alcohol issues and support for his issues with debt to prevent his wages being arrested if he found work.

Claudia then helped him set up a Universal Jobmatch and email account before then submitting an application for funding for a training course. Shortly after receiving his accreditation for the training he applied for a scaffolding job and was hired the very same day.

Afterwards he summed up the help he had received: "Pathways was a great help to me and with the help from Pathways I was able to change my life for the better."

If you would like help or advice on finding work, why not call Pathways on 682939.



## Volunteers Required

Shopmobility Aberdeen, with its new project SCOTT, aims to bring the support of companions and mobility equipment to your door. The charity is looking for more enthusiastic and motivated volunteers to join the team.

Would like to volunteer for this project? Would you like to make a difference to someone's life, ending their isolation and

exclusion? No experience necessary as all volunteers receive full training. Volunteering with our charity will boost your confidence and will give you transferrable skills that will improve your employability. Contact Kam on **kam**. **shopmobility@gmail.com** or **01224 254338 / 07594313252** for more information.

## Mastrick Community Policing Team

“Mastrick Community Policing Team has seen a few changes recently with staffing. I am Inspector Jackie Craig and have taken the reigns from Inspector Ian McPhail who has moved onto a new role. Until recently I was the Community Policing Inspector for Bucksburn, Dyce and Kingswells.

Mastrick is not unfamiliar to me as I worked here for many years as a Constable in the old Spey Terrace office and then as the School Liaison Officer for a number of years.

I also have two new sergeants who have joined the team. Sergeants Kevin Hird and Ricky Burr are also welcomed into the patch and they bring with them a wealth of knowledge which will undoubtedly benefit the area.

This area has a strong sense of community spirit and I am delighted to be here. I can assure you, I will work with my team to benefit the communities we serve and all I ask in return is your co-operation.

Sadly, recently we have seen an increase in the number of

vandalisms reported at our schools. While I work to deter and detect this time of crime, I ask for your assistance in that, if you see or hear suspicious activity in these areas, please let us know at the time so we can deal with it.

As always if you have any crimes to report, use 101 or in an emergency 999. We are here to keep people safe and that is what we will try to do.

**Jackie Craig**  
*Mastrick Community  
Policing Inspector*

---

## Regeneration Matters

**Regeneration Matters is a constituted group of community representatives from all the regeneration areas in Aberdeen City.**

The Regeneration Matters group have been meeting since November 2006 and presently have a membership of 22. They meet every month (apart from July and December) in a central venue. The group are eager to invite new members to join them. Their themed meetings have covered a number of topics over the year including welfare reform, the impact of regeneration in communities, housing issues, alcohol and drug abuse and community safety, in other words, any topic that the group want more information about. The group also have the

opportunity to share information about their communities and general awareness of any relevant issues is on the agenda. The group meet with staff from various relevant agencies and have an evening of discussion, where many questions are answered.

The group have attended visits to other regeneration areas in Scotland and undertake an annual review to decide on the issues they will cover over the coming year. Members of the group are presently elected as community representatives onto the Fairer Aberdeen Board. The group also

co-manages the Community Support Fund; these funds are used for training, printing and delivery of Community magazines (in the specified areas), community engagement events etc.

If you are from one of the regeneration areas and would like to be part of the group, come along to one of our meetings, find out for yourself if you would be interested in getting involved!

**Contact: Anne Knight –  
aknight@aberdeencity.gov.uk  
or Tel: 523532.**

# DISSC do it again!

By Bryan McKenzie

**The DISSC (Disability Inspiring Sports and Social Club) squad were at the Dundee Discovery Games in September and came back with 3 gold medals and 2 silver medals.**

It was a productive day for all the squad. Kerry Cheyne was runner up in her group and was unlucky not to qualify for the final. Special mention goes to Doug Kennedy who played outstandingly and knocked out several ex winners. Well done to Angie Cheyne who beat a very good bowler from Dundee to win the competition in her category. Well done to our 3 boccia players (Sammie Dent, Gary Dent and, playing for the first time, Catherine Morrison) even

though they didn't win a medal. I am very proud of everyone in the DISSC squad who played. Our gold medal winners were, Doug Kennedy, Angie Cheyne and I. The silver medal winners were Grace McKenzie and Michael Hudson.

DISSC members were also at the Dundee Discovery Games Table-Tennis competition.

Well done to everyone at Dundee Discovery Games and we took home a total of 13 medals - 5 gold, 7 silver and 1 bronze.

**LADIES SINGLES:-  
Evie Johnston/gold,  
Lisa-Marie Hudson/silver  
and Joan Smith/bronze.**

**MEN'S SINGLES GROUP A -  
Alex Rae/silver,  
Group C - Michael Hudson/silver.**

**OPEN DOUBLES -  
Alex Rae/gold with his partner.  
DUNDEE DISCOVERY GAMES  
SWIMMING GALA -  
Kara Rae/2 silver medals.**



caption here?



caption here?



caption here



## My Life Aka "Home"

Kerry Cheyne, a member of the Mastrick Matters editorial team, was nominated for the Young Achiever Award at the Prince's Trust Celebrate Success Awards. She shares an excerpt from her speech with us in this edition of Mastrick Matters...

I was taken in to care when I was just 9 years old along with my sister who was 7. At one point we were going to be split up but fortunately we got a foster home which accepted us both. As you can imagine it was quite a change. One moment you are with your parents, and then you are with strangers. With support from my social worker I continued to see my mum in arranged venues. I was disappointed that I didn't see my dad whilst in care, but I know he fought to see me and my sister.

Life in foster care was good. However, as well as happy times, there were some bad moments. When I was 16, I found it difficult to live with my foster family and ran away and started self harming. I just wanted to get away and live my own independent life.

Mark, a support worker, helped me tremendously and gave me the assistance I needed. After two months I moved out of my foster home. If it wasn't for Mark I wouldn't be where I am now. I feel that I have got my life back. I am in my own flat now and I have reconnected with my biological family.

I am where I belong. I wish that my sister could be with me too. I am also back with friends from my past and have made new friends too.

Whilst dealing with the issues around my home life, I also sought employment. I was unemployed for a total of seven months. I then heard about The Prince's Trust at the Job Centre and applied for the "Get in to Social Care" programme. Before I got on to the programme, I had to go through two interviews. I'm glad to say I was successful!

My initial placement was with an organisation called Cornerstone. At the end of the course, we held a celebration event to show VIPs, business people and our families what we had been taught. We also received our certificates from the Chief Executive of Cornerstone, Edel Harris. After completing the course, I was invited to attend an interview with Cornerstone for the post of Support Assistant. I have now been with Cornerstone for a year and I am getting on very well!

After a few weeks with Cornerstone, I got the opportunity to become a Young Ambassador for the Prince's Trust. This is my first big gig and a great chance for me to get out of my drags and into my glad rags!

I love what I am doing now. It's all thanks to the Prince's Trust and Cornerstone for giving me that chance to claim my life back.

I also owe a lot of thanks to my Uncle Bryan who has guided and encouraged me all the way.

He introduced me to DISSC (Disability, Inspiring, Sports, & Social Club) who meet each Sunday where we socialise and play sport. My favourite is carpet bowls! 2013 was a great year for me as I won my first competitive medal and the team took the championship title. I currently co-ordinate the carpet bowls team for the club.

I'm so honoured to not only have been nominated but shortlisted for this year's Prince's Trust Celebrate Success Awards in the "Young Achiever of the Year" category. I'd like to thank Susan Martin from the Prince's Trust for the nomination. It's made me incredibly proud of my achievements.

Thanks to everyone associated with The Prince's Trust and Cornerstone because without them, I wouldn't have had the chance to begin a career in the social care industry.

Finally, what can I say about my life? We all have good and bad times in life but I hope my story has shown that with the right support at the right time, barriers can be overcome.



# Northfield Academy



Northfield Academy was once again very well represented at the Aberdeen City Council Children and Young People's Service Awards. The evening was a showcase of the exceptional talent we have in Aberdeen and the school was delighted to have been shortlisted for three of the awards.

Senior pupil Greg Morrison was recognised for his achievements during his time at Northfield Academy both in and out of the classroom. Greg is a very successful judo player having represented Northfield at the British Schools Special Needs, British Schools Judo championship winning a silver medal in 2014.

Our Eco group was shortlisted for the Sandra Burnett Award for Environmental Awareness. The group has once again done an amazing amount of work this year to improve not just Northfield Academy but also the wider local community. They have organised several litter picks around the community working with local primary schools. As the group goes from strength to strength we are sure they will be back to win this award in the year ahead.

The highlight of the evening was winning the Business Links Award for our on-going work with Balfour Beatty. It is testament to our partnership that George Hood, Managing Director and Steve Petrie, Business Development Manager both attended the evening. During the last 2 years this partnership has had a

very positive impact on a number of pupils at Northfield Academy. The work is now creating a positive ripple within the Northfield community benefiting a wide range of local people.

Over the last 2 years, four pupils have gained Balfour Beatty Summer scholarships, a four week period work placement at Balfour Beatty. The pupils grew in confidence and one of the pupils was successful in gaining employment with a local accountant firm in June 2014.

Both our 2014 scholars, Chloe and Thomas, collected the award on behalf of both the school and Balfour Beatty. They also played a significant role when Aberdeen City recently launched Aberdeen Guarantees. Chloe spoke in front of over 200 guests at the launch at the Beach Ballroom.

We feel this is a true partnership and is helping both parties to "aspire to be outstanding".



# Neil Hendry Interview

Members of the Mastrick Matters editorial team interviewed Northfield Academy's Head Teacher, Neil Hendry to find out more about what has been happening at the school recently.

## ***What are your goals for the school?***

The targets are simple and include raising attainment and getting the pupils to achieve what they are capable of. There was a bit of a 'can't do' attitude at the school so we are turning that around. There is still work to do but exam results are up this year. We want opportunities for all, not just exams, for example we work with Duke of Edinburgh and alongside companies to try and secure summer placements for pupils. We want to create a culture where parents want to send their kids to Northfield Academy. We have the kids all looking smart now with uniform which I think is fundamental. We work with primary schools and have open mornings for the parents to come and visit the school. It's about blowing away the common misconceptions about Northfield Academy and showing them there is investment happening in the school. We believe in a positive ripple which means a good school should ripple in to the wider community and we are trying to increase that.

## ***How does the education system work and deal with individual pupil needs?***

The curriculum is split in two. Pupils in S1 -3 study a broad general curriculum experiencing all subjects and following a national curriculum. However, there should be a focus on individual learning for all pupils. There is a focus on individual learning styles and helping young people understand what kind of learner they are and, therefore, how they learn best. In the senior school (S4, 5 and 6) they specialise with six subjects and focus on subjects where they have a particular gift.

Our role is to make young people aware of what's out there after and apart from school. We don't want to pigeonhole them as they are young. If we just produce exam passers then we are failing as a school. We need people with social skills and adaptability to go on to do whatever they want to do.

## ***How do you cope with people who have short concentration spans and additional needs?***

Education has changed significantly. Classrooms no longer have one exercise for the whole class - chalk and talk is a dead strategy. Most of my departments have iPads linking to a TV box and linking to other sources which offers more opportunity for engagement and interaction. Young people still have to do things they don't enjoy because that's just life. We also try to make learning as interactive and interesting as possible. It's also to do with teachers being able to adapt their style.

## ***How do you deal with behavioural issues?***

Pupils are the same the world over. The majority of pupils are very well behaved. We have a few chancers but no more than anyone else.

## ***What do you think about the cane and the strap?***

I wouldn't bring it back. Corporal punishment happened when teaching was very rigid and it served a role in that particular time but not anymore. My staff will issue detention, for example taking fifteen minutes out of a pupil's lunch hour which seems more embarrassing and painful than the strap. I sometimes bring pupils in on a day off (with the parents' support) or during inservice days. It's about

being professional but also building relationships made out of mutual respect and trust.

## ***If a young person has a problem where can they go to?***

They should be able to speak to any teacher they get on with, as well as the guidance department and the school councillor. If you create a specific 'safe space' then other young people may gossip about it.

## ***How do you work with pupils who have disabilities?***

We look at young people as individuals. We have a team supporting these people, setting up meetings with them and their families and then putting together a plan to give that young person the best education possible. It is tailored to young people to work out what is best for the child.

## ***Are there going to be any changes and are there any upcoming plans?***

There have been lots of changes in the last two years and we certainly won't be standing still. A secondary school is like a huge tanker and takes a long time to turn. We are looking at creating a community sports hub and the ambition is to have a number of sporting and physical activity groups meeting here so people can practice in Northfield rather than travelling round the city. We are also holding Rock Aid at Christmas time to raise money for a climbing wall within the school which would be open to the wider community as well. There's a lot to do but we've got the capacity and we are getting support from the community.

# Johns Creative Section

**Is it poetry, is it pros, is it philosophy, or whatever, well god only knows when it's only the lonely john trying to connect, or reconnect where he lost his connection (or maybe it was just the plot you've been waiting for?)**

**Considering the last time where you read of me I think I should maybe apologise?**

Where it would be the most acceptable as it might be when it seems like my more creative writing is too distinct even if it isn't more exactly recognised as mainstream writing to be described by those who believe it to be one way, or the other so it can be portrayed as one in the more reliable description you'd read on Wikipedia which appealed most to me after having used Google to try and match up with whatever it is that I might believe that I'm doing with this more than most with a creative streak, or bent to go further forward when I seem to have made this style far more of my own choosing as I ignore what is the most accessible, and acceptable when it isn't what I find acceptable myself when it's me more than them that writes from the heart as a means to describe what it's like to be, and more importantly more exactly what it's like to be me?

**When I'm only trying to make it with you?**

**DOES IT REALLY FIGURE SO HIGHLY?**

Where it could almost seem hilarious to think that we live forever on, and on, and the way things are at the moment I'm not all that sure if I would want to be me? Keeping ever so much from you?


**WHERE YOU WOULD ALL BE AGREED?**

I'd like to help you make this one world where it's obviously a far better world for everyone, and everything but as you might expect this will call for your opinion, and fullest cooperation when I can hardly change the world all on my own without God's cooperation through you to keep me right? Where you're ever so wrong?  
**John Mitchell**

**I had to be more when it was never enough?**

Being a man, and the man just about the man who's man enough to admit being a man can be almost absolutely unbelievable with and without being with that very special lady?

Being God, or God's gift to humanity?



*I am writing this on 17th September 2014. .*

On 18th September the overwhelming majority of the Scottish people will cast their vote in the Referendum.

On 19th September around breakfast time the outcome will be announced. Some folks will be elated and some totally dismayed. Some will want to party and some will want to cry.

Whatever the outcome I hope that the people of Scotland move into the future recognising that it is time for unity, reconciliation and peace, it will not be easy but it is the challenge that faces politicians and the people alike.

Inscribed on the Scottish Parliament's mace are words, which represent shared values: Wisdom, Justice, Compassion and Integrity.

Whatever the outcome, I hope it will be a time to act wisely by respecting our differences and reaching out to one another in peace.

Whatever the outcome, I hope it will be a time for acting justly, towards those who hold different views especially those who cannot speak for themselves and those who are marginalised.

Whatever the outcome, I hope it will be a time to act with compassion towards those who are struggling and to those who are in despair.

Whatever the outcome, I hope it will be a time to act with integrity, giving consideration to putting honesty and truth before personal advantage.

Whatever the outcome, I hope it will be a time to continue to do the very best we can for our beloved Scotland.

Whatever the outcome we have choices how we conduct ourselves, I hope we act wisely, justly, compassionately and do so with integrity.

## CALLING ALL MCS AND RAPPERS, ASPIRING BEAT-MAKERS AND MUSIC PRODUCERS!

shmuSOUND is looking for young people aged 14-25 to join our Hip Hop project. The project will start in October 2014 and run until August 2015. Consisting of weekly workshops on beat-making, production, lyricism and gig promotion, the sessions will be run by well-known experienced artists from all over Scotland. Participants will also

have the opportunity to record their music in our studio and work on material and performance skills at the project's regular open mic sessions.

If you are interested and would like to find out more about the project contact Simon Gall on 01224 515013 or email [simon.gall@shmu.org.uk](mailto:simon.gall@shmu.org.uk)

## YOUTH MEDIA

SHMU Youth Media Taster sessions took place between 20th-24th October where young people of academy age got the opportunity to try radio presenting, film making, music production and magazine production/journalism.

This new project builds on the success of the pilot Youth Radio Project (YRP), which has already supported young people to broadcast regular live radio programmes across the city on the shmuFM community radio station for the last 7 years. Young people are invited to take part in various forms of media and will receive full support and training in their field. As well as learning a range of new skills, these activities will increase their confidence, communication skills and group work skills. Murray Dawson, CEO of shmu said: 'This is an exciting and dynamic project with huge potential to enhance the lives of young people from our regenerations communities and beyond, where the participants themselves are given a platform to express their views on their own terms and subject matter. We are really looking forward to guiding them in shaping their own futures into something positive, rewarding and inspirational.'



If you live in the Mastrick or Northfield community then get in touch with Denise at shmu by calling 01224 515013 or emailing [denise.reid@shmu.org.uk](mailto:denise.reid@shmu.org.uk).

*Station House Media Unit (shmu) is situated just off Great Northern Road in the old Station House Community Centre, Woodside. We offer free access to, and training in video and radio production, and magazine and online publications to residents of all ages living in Seaton, Woodside, Middlefield, Tillydrone, Torry, Northfield and Cummings Park.*

## DA – Alcohol Services

### Serving the Mastrick Community

Every community face issues related to alcohol use. Whether it is our own alcohol use or that of someone else we care about. We appreciate that the use of alcohol can be used for a variety of reasons such as socialising, having fun and relaxing. However some people may feel that they would like to reduce their drinking or even stop completely due to a variety of reasons.

We work with people to provide relevant, accurate and honest information enabling them to make informed decisions with regards

to their alcohol use. We also recognise that people need different levels of support at different times and we work across the spectrum with people on preventing harmful drinking, reducing problematic drinking and helping people to work towards and maintain recovery, including abstinence if appropriate. It can also be a worrying time for friends or family members who are affected or concerned by someone else's alcohol use. Whatever issues people are facing with regards to their own drinking or that of someone else we can provide an

immediate and confidential service for people to discuss any concerns they may have.

If you would like to talk about your alcohol use or that of some one else's we have trained substance use workers in the Mastrick community. If you would like further information on DA services you can visit our new website at [www.drugsaction.co.uk](http://www.drugsaction.co.uk) or phone our helpline number 01224 594700. Alternatively you can phone/text **Pam (07545204199) or Fiona (07740441413).**

## Christmas and Beyond at Aberdeen Cyrenians

Christmas is coming and with the help of the North East community, Aberdeen Cyrenians would like to make it a very special one for their service users. Aberdeen Cyrenians' Christmas and Beyond Appeal is vital to the continued provision of its services, as well as funding the special extras they offer over the festive period. Aberdeen Cyrenians wants to ensure its service users can enjoy warmth, entertainment, good food and gifts, just like everybody else hopes for over the festive period.

There are a wide range of ways in which the local community can support Aberdeen Cyrenians this winter. You can support the Shoe

Box Appeal to provide service users with a Christmas gift, the Rucksack

Project supporting those who are sleeping rough to keep warm, purchase service user designed Christmas Cards to send to family and friends, make a financial donation or visit us at our Christmas events and stalls.

All Christmas details can be found on our website at [www.aberdeen-cyrenians.org](http://www.aberdeen-cyrenians.org). All donations can be dropped off at 62 Summer Street, Aberdeen, AB10 1SD. If you have any questions in regards to how you can help or donate please contact fundraising officer, Rachel, on **01224 625 732**.



*Santa's Little Helpers*

# COMMUNITY CONTACTS

## Alcohol

Alcoholics Anonymous **0845 769 7555**  
Drinkline **0800 917 8282**

## Benefits

Benefits Agency Advice Line **0800 587 9135**

## Crime

Crimestoppers **0800 555 111**

## Drugs

FRANK – National Helpline **0800 776 600**

## Dentist

Emergency - G-Dens **01224 558 140**

## Doctors

NHS 24 Emergency **08454 242 424**

## Electricity

If you have a Power-Cut **0800 300 999**

## Family Planning

Square 13, Support & Advice **01224 642 711**

## Gas

Gas Emergency **0800 111 999**  
Gas Emergency with a Meter **0845 606 6766**

## Housing

Emergency Repairs **01224 480 281**  
Call Centre Emergency **0845 608 0929**

## Police

Non-Emergency **101**

## Samaritans

Need to talk **01224 574 488**

## Social Work

Social Work Duty Team **01224 765 220**  
Emergency Out-Of-Hours **01224 693 936**

## Young Carers

Support & Information Service **01224 625 009**

## Water

Scottish Water Emergency **0845 600 8855**

### **Include 01224 Dialling Code When Calling from a Landline.**

From 1 October 2014, people in Aberdeen will need to include the area code whenever they dial a local number from a landline – in the same way people currently do when calling from mobile phones.