

mastrick Matters

Spring 2023

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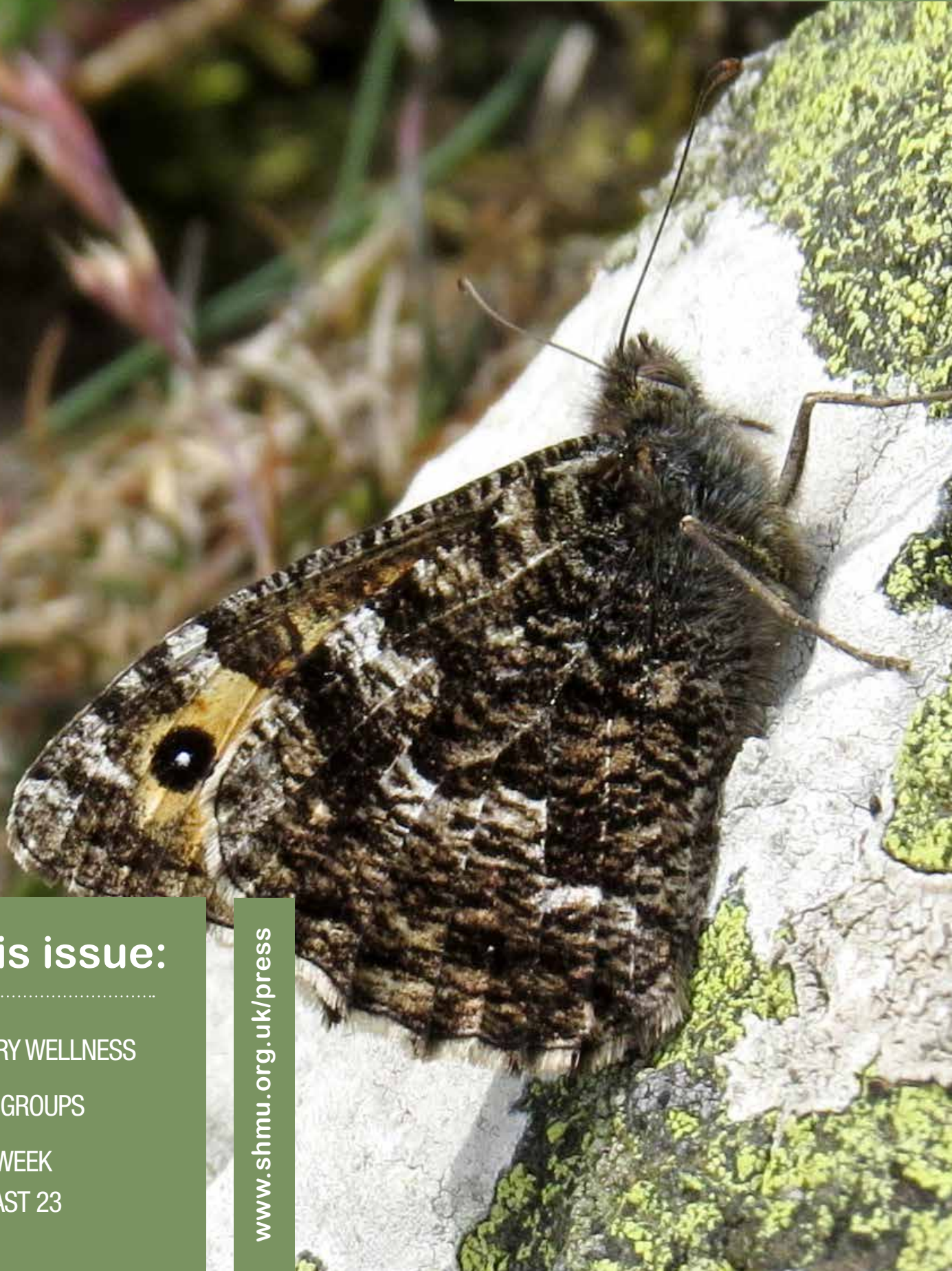
BLUEBERRY WELLNESS

WALKING GROUPS

CLIMATE WEEK

NORTH EAST 23

www.shmu.org.uk/press



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editorial

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

Read on to find out about exciting new health and wellbeing opportunities in Mastrick and get up to date with the latest from Mastrick Library, the Youth hub 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.



Supported by





Thought Provoking Programme of Events at Climate Week North East 2023

Climate Week North East 23 is here to help you to take action for nature, people and planet and create a sustainable thriving northeast Scotland.

NESCAN Hub are running the ninth annual Climate Week North East (CWNE) across Aberdeen City and Aberdeenshire. CWNE has always been a fantastic platform for community led groups, organisations and businesses to showcase their climate action work, and this year it is as vibrant as ever with over 70 events running between March 24 and April 2. CWNE is designed to increase knowledge of climate change but, more importantly, show what we can all do to make a difference to reduce our carbon footprint in a fun way.

A thought-provoking programme of events, performances and activities invite audiences to get involved in a collective shift toward change. Starting with an interactive pre-festival event at The Barn, Banchory, which explores intricate patterns and designs in the natural

world around us. The week itself has loads of events ranging from tours of renewable projects, films, talks, beach clean-ups, junk craft sessions, swap shops and so much more. With many of organisations involved there are events to suit everybody, so come along and join in.

Alyssa Parker, NESCAN Hub, tells us how everyone can get involved up in the run up to CWNE23 and beyond:

“NESCAN Hub are inviting people to share photos or videos and use the tag #CWNE23Patterns in the lead up to the festival, to notice patterns they find in nature, such as a spider’s web, or shades greens they find on a nature walk, and then notice patterns, or habits, they find in their own life. Patterns can be as simple as remembering to turn of the light when you leave the room, to something bigger like the looking at the way we eat or shop. At events throughout CWNE, individuals, professionals and families can learn how to shift the patterns in their life to have a positive impact for nature, and encourage society, political leaders and corporations follow suit.”

“Research tells us that connecting and noticing patterns in nature

makes us happier and healthier and switches on different parts of our nervous system and brain, the ones we need to solve big issues creatively and collectively,” Chris Bodington explains. “I’m excited to see what people share and chat to them when they turn up to events like the Designing Food Futures: Urban Vertical Farming with CFINE at SNUG and what people make at the various junk modelling sessions across the Aberdeenshire libraries.”

With a new year comes new hope and we hope that CWNE23 will once again reenergise everyone in the City and across Aberdeenshire to take action for climate change. At a time when climate change and resource depletion intensify, the need for us all to take action is more crucial. CWNE allows us to come together, learn together and then work together to build the community and North East that we want: strong, connected, caring and sustainable.

For a full list of events, and more information visit climateweeknortheast.org

*Moth images by Nick Littlewood
Cliff image by Alyssa Parker*



**Social enterprise,
bringing all
things health
and wellness
launches
first course**

Aberdeen Blueberry Wellness (ABW) has kicked off its mission of bringing wellness to every community.

Laura Walker, the founder of ABW is bringing group fitness to Tillydrone and Aberdeen's other regeneration areas, with the bonus of training and employment opportunities for residents.

With over 25 years' experience in the fitness industry, Laura knows the importance of fitness to benefit mental and physical health. She is also aware that not everyone has the same access to fitness and is trying to set this right.

shmuPRESS had the opportunity to speak to Laura and find out all about Blueberry wellness.

Laura began her career in the fitness industry 27 years ago, after starting her family. She was encouraged by one particular fitness instructor, whose classes she attended regularly, to get started in the industry. Now she, herself, is encouraging others to take the leap.

Laura's work has largely centred around helping people maintain ability, having spent most of her career, leading classes for people with health conditions and creating and delivering training programmes. She is no stranger to training others and imparting her wisdom. Something she is continuing to do through Blueberry Wellness.

Laura, can you tell us what blueberry Wellness is?

Blueberry Wellness is a social enterprise, and it is set up to do 3 things. One of them is to educate people in the fitness industry, to become fitness professionals. The second is to employ the fitness professionals once they have qualified. And the third thing, which goes along with that employment, is the delivery of fitness for health, within communities like Tillydrone.

I like to think of Blueberry as a wellness offering to the community, not just fitness. And it really needs to be what the community wants.

Every community will be different and want different things but it's about giving them a wellness option to benefit their health and their community.



What inspired you to create Blueberry Wellness?

It's really all my years of dealing with people who have health issues and knowing how much fitness and nutrition impacts that health overall.

With all the experience I've got, it would be stupid not to pass on those skills and give everyone the benefit of my knowledge within the industry. But also, be able to have the health offering outside of the GP surgery. For some issues, you may need to see a GP but there is some advice you can get without going to the doctor.

Blueberry Wellness is such a simple idea, but it has the potential to have huge benefits. I think the NHS is open to supporting something like this, it just needs to be established first.

And that's really what I'm trying to do now. Get people on board and involved and I'm hoping that the NHS will then support and refer in. And give us clients which we can then support and ease the pressure off the NHS by offering preventative measures in the community.

What can someone looking to join the group fitness course expect?

For anyone within Tillydrone and other regeneration areas in Aberdeen, the training is completely free of charge.

I will deliver the training over a ten-week period with four hours of teaching per week. The group fitness

course is around about 250 study hours. 40 of which are in contact with me.

At the end of the ten weeks, there are three forms of assessment. One of them is a workbook, different topics with different questions that you work your way through, throughout the course.

One of them is a practical assessment, for example, leading a group as an instructor, such as a Zumba class. You will put the class together, then deliver it.

The practical allows the assessor to see that what you're doing is safe and you have knowledge of the cardiovascular system and the effects of what you're asking participants to do.

And then finally, there is an exam paper about all the muscles, bones and insides which you've learned about throughout.

Once you pass all three, you're fully qualified. And I will say, whoever comes on board will pass. If you do the work you will pass, I will make sure you will. That's my job.

My motivation comes from seeing others thrive, so I will ground the students with knowledge then allow them to fly with it.

What are the requirements to join the course and what materials would people need?

There is an application form on the website and the form is all about

why you want to be a community influencer. That might seem like hard questions, but we are here to help people as well to realise what they can offer the community.

But I think people must want to do something and if we can see you want to do this and lead the community. Then we are happy to help you take that opportunity.

All course resources are available online. I have already spoken to the Tilly library, and they are more than happy for students to come in and utilise the computers here. So, if being online is a bit of an issue, you can come to the library and access everything there as well as complete the work.

If you are as passionate as Laura and feel that you have what it takes to influence your community, keep an eye out for further courses.

Laura is currently teaching her first Group Fitness cohort but promises there will be plenty more opportunity to get involved. Although at the moment, the course is being run in Tillydrone, it is also open to the people of Mastrick and other regeneration areas.

For more information, you can visit <https://blueberrywellness.co.uk/> or call 07773 021851

Elected officials

MSP Jackie Dunbar

Over winter I have been visiting projects which will boost Aberdeen's economy. For example, Opportunity North East (ONE) will deliver a Tech Hub, Seed Pod, BioHub and North East Adventure Tourism project. These projects will push the boundary of cutting-edge digital, life science and agriculture technologies to produce sustainable businesses and provide highly skilled employment opportunities.

I also met with folk from the Net Zero Technology Centre and Energy Transition Zone to learn how they are helping to create new businesses and assist existing companies by building efficient supply chains and providing advanced technical assistance to improve productivity, competitiveness and aid their transition to Net Zero.

This February I met with Aberdeen City Council and BP to hear about the progress of the proposed Aberdeen Hydrogen Hub. This will prepare Aberdeen for the future as we are uniquely positioned to benefit from developing Hydrogen technology for our own use as well as for sale to the export market. This will upskill our workforce, aid our economy and our transition to Net Zero.

Lastly in terms of developing the economy and providing employment opportunities, I went to Scotland's Rural College (SRUC) to discuss their plans to expand their facilities, improve upon our natural economy and train workers to fill employment gaps that have been affected by Brexit.

I appreciate there is more to focus on than the economy and transitioning to Net Zero, I therefore also visited Aberdeen Royal Infirmary to discuss their recent developments and how to further improve facilities and services. I have also been attending briefings to keep up to date with how the Aberdeen City winter vaccination programme has been progressing and ensuring that any challenges are quickly addressed.

I was also fortunate to attend the official opening of Jak's Den, a fantastic local charity that provides emotional, social and practical support to children and young people with cancer and related illnesses. They support not just patients, but also their families, friends and those bereaved throughout Scotland. They are a true asset to our community which we are fortunate to have.

Aside from large projects, I have been hosting regular surgeries from my Mastrick Office to address individual needs of local constituents. These surgeries have covered a range of topics including the environment, constitution, housing, policing and health related issues. I believe that helping constituents is the most important part of an elected representative's job and it is what I enjoy most. I would like to encourage all constituents of Aberdeen Donside to get in touch with my office if they believe I can be of assistance. My office details are as follows:

Email: jackie.dunbar.msp@parliament.scot

Phone: 01224 011 936

**12A Mastrick Shopping Centre
Greenfern Place
Aberdeen
AB16 6JR**

Yours sincerely,
Jackie Dunbar

Cllr Donna Clark

Since my last update, it has been a very busy time in the Mastrick area.

I have received several queries regarding a number of housing issues including mould and damp, potholes on the roads in the Mastrick area, issues with the number 11 bus service and antisocial behaviour

taking place at Eric Hendrie Park. I note that Police Scotland are aware of these instances of antisocial behaviour and will continue to monitor this going forward. If anyone witnesses antisocial behaviour at Eric Hendrie Park, I encourage you to report these incidents to Police

Scotland via their non-emergency phone number (101).

I also received a high number of queries regarding the road gritting/pavement gritting and salt bins top ups within the Mastrick area.

In September, I had the opportunity to visit the refurbished facilities at Get

Active @Northfield, which opened to members of the public on Monday 26th September, with the pool opening a week later on Monday 3rd October due to technical issues.

I hope that residents of Mastrick can return to using these fantastic facilities. For further information regarding opening times of the facilities and the types of classes that are running, please visit the Sport Aberdeen website or give them a call.

I had the pleasure of joining the pupils of Quarryhill School on the 14th November, to take part in the

Junior Cop initiative. I understand that this initiative sees Police Scotland partner with schools such as Muirfield School, Quarryhill School, West Park School and Manor Park School, to allow pupils the opportunity to carry out speed checks on the roads surrounding their schools as well as speak with road users. I note this also helps to create positive relationships between the children and the police. I look forward to being able to take part in the next Junior Cop session.

I hold regular surgeries on every third Monday, 7pm at Mastrick Community

Centre, but I also do surgeries out with, by appointment only. I attend meetings of Mastrick, Sheddocksley, Summerhill Community Council on the third Wednesday of every month, which are held at Sheddocksley Sports Centre.

If you have any issues, questions or concerns, please do not hesitate to get in touch, I can be contacted via the following methods:

email:
donclark@aberdeencity.gov.uk
mobile: 07977 299622

Grampian Women's Aid LGBT Charter Mark Award Success

We are delighted to announce that we have been awarded the LGBT Silver Charter Mark from LGBT Youth Scotland, in recognition of our efforts to promote inclusion.

This award means a lot to us as equality and diversity are fundamental to our work. Thank you to everyone at LGBT Youth Scotland for your support. We will continue to learn and develop to make sure our organisation is as safe and inclusive as possible for LGBT survivors, visitors, and staff.

Amy, our support worker who was leading on the development of the Charter for the organisation said, "I really enjoyed the journey of the LGBT Charter. On a professional

level I believe we have improved our inclusivity and we have improved our awareness, and enjoyed working with the GWA team to bring it together. On a personal level this was important to me to work hard on as an LGBT ally, and it means a lot to me to have been part of the success story of our silver award."

Aileen, our Manager, commented "We are all delighted to have achieved Silver Charter Mark Award with LGBT Youth Scotland, we thoroughly enjoyed the process and learnt a lot about our organisation. We particularly enjoyed linking with our friends at Four Pillars and joining in at Grampian Pride Parade. We

are looking forward to being a part of more events in the future and continuing our journey of inclusivity."

If you, or someone you know, is experiencing domestic abuse, or you are unsure and just want to talk, contact Grampian Women's Aid for free, confidential and non-judgmental specialist advice.

Telephone: **01224 593381**
Email: **info@grampian-womens-aid.com**

Or you can contact us via our website here:

www.grampian-womens-aid.com/contact-us/

SLIPPERY SLOPE

Back in January I had a dental appointment across the road here in Mastrick.

On my walk there, I slipped on the ice and landed on my posterior (I will keep it clean as it's a family magazine). This was despite me having my walking frame.

Staff from the Aha hairdresser (which neighbours the dentist) helped me to my feet and invited me in to get warm and dry myself with towels and hairdryers. They assisted me in helping me to my wife's car after the appointment too.

I'd like to thank them again; they were incredibly kind.

I value my independence and felt silly after being unable to stay upright. It wasn't until after the incident that I saw the path having grit applied to it, which was after 11 o'clock.

An Aberdeen City Council spokesperson said: "We grit roads and pavements on a daily basis during the colder months, however with 560 miles of roads – the distance from Aberdeen to London

- and 1,242 miles of pavements (the distance from Aberdeen to Rome), we can't be everywhere at the same time. The main roads and pavements are the highest priority, however when the salt is washed away by the rain we have to grit them again.

"We're aware a lot of people want to spread salt in their own street so have provided the big community salt bins in addition to the 900 grit bins around the city for them. You can find out more information about how we prioritise gritting and the gritting routes for both roads and pavements at [Get ready for winter | Aberdeen City Council](#)"

I accept what the council have said. I understand that it is difficult to have grit everywhere or to replenish it quickly when it disappears. I have used the bags of grit that the council have provided in the past. However, that has been on my own street and I'd still have concerns about walking on icy surfaces at the shopping centre.

Kevin Morrison

Babs' Boogie, Ballet and Bop begins!

In the last edition of Mastrick Matters readers were introduced to Barbara Adderton.

Babs is a retired Ballet dancer and instructor who is on a mission to get the people of Mastrick dancing again.

Boogie, Ballet and Bop, will run at Mastrick North Church on Thursday evenings at 7pm from the 9th of March.

The classes are open to anyone who wants to come and will cost £5 per session.

You will learn the basics of different dance styles in a relaxed and fun environment. Singing along to the music is encouraged.

To join the class or for more information, please contact Babs on 07521 965562.

Mastrick North Church is located on Greenfern Road, AB16 6T



CONTINUED SUCCESS FOR YOUTH HUB

Mastrick Matters readers will by now be familiar with the Outdoor Youth Hub helping to reduce anti-social behaviour in the Sheddocksley area.

The Youth Hub was developed in Partnership with Police Scotland, Aberdeen City Council Community Development and Youth Work teams, Tesco, Street Sport, Aberdeen Football Club Community Trust, Aberdeen Foyer and Sheddocksley Baptist Church.

Not only have calls reporting Anti-social behaviour dropped for a second year in a row following the Hub's launch, but there has been another increase in rewards for young volunteers, due to the project.

Before the installation of the youth hub, the Police got 600 calls reporting anti-social behaviour in one year, with over 90 calls being made per week at the height of the issue.

In the first year of the Hub running, these calls dropped drastically down to nine for the entire year. PC Derek Bain was delighted to report that in 2022, the calls took a drop again with only seven calls reporting youth anti-social behaviour.

He added that these figures show the "sustainability" of the project and prove that young people just want a safe place to hang out with their friends.

In total, 11 young people have now received Saltire Awards for their volunteering work for the Hub. There are currently around 40 young people, aged between 11 and 17, who attend sessions at the Hub. Denis Law Legacy Trust's programme Streetsport run free sports and creative sessions at the hub on Thursday evenings from 7:30pm to 9pm.

Recently, there has also been the exciting addition of a vibrant new mural to the site.

Marc Delaye, a mural artist with Fresh Paint worked with the young people, teaching them how to use the stencils and aerosol cans to bring their vision to life.



MASTRICK LIBRARY IS OPEN

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

We have reintroduced our Bookbug sessions at Mastrick Library which take place on Tuesdays every 4 weeks. To make sure that these are run as safely as possible, we are hosting smaller sessions. Spaces are limited, and booking is essential. Look out for details on our Facebook page or check with the library to see when the next session is being held.

Lego Club for 8-11 year olds is back too. 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**.

Check in with the library or keep an eye on our Facebook page as more activities and author talks are reintroduced.

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

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

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





WALKING GROUPS

By Raymond White

Helen and I are involved with two walking groups, the Amblers walk every Monday the Strollers walk every Friday. The walks they both do are easy to moderate with no hills.

In the winter months we do not travel so far to the walks, here are some of the walks we have done over the winter.

Johnshaven to Tangleha, this is a lovely coastal walk with the sun shining on the sea and the sand stone cliffs, a lot of history all along the walk. We finish by visiting the fish house for our fish and into the Harbour Bar for a coffee.

We went out to Kincardine O' Neil to walk the Deeside Way to the Falls O' Dess. As you climb up the track the views are stunning. The river was in

spate with all the rain we have had, and the Falls were the best I have ever see them.

At Aboyne, we did the Rhu-na-Haven walk, this is through the Estate woods then on to the Tarland way. We went into Lady Wood which we had never done before, good path through the wood to the river, finish by walking back by the side of the river.

We went to Monymusk, the track we took past Monymusk House beside the river. We went along a track to a view point, then crossed over the bridge following the track through the woods and back over another bridge which took us to the Kirk and Monymusk.

A visit to Crathes is always enjoyable, because of the trees that were

uprooted by the storm we had to change our usual walk, but we still had a lovely time. We started at the lake then up the side of the burn to the Wetlands where we crossed them on the boardwalks. Along the estate road to the Castle and back to the lake.

Setting off from Tarland village square, we walked the circular path that taking in the beautiful avenue of small trees, following the local burn we reach a stone bridge, we sat on the parapet and had our lunch, we visited Queen Elizabeth II Platinum Wood, and saw the Monkey Puzzle tree.

If you would like to join one of our groups please email mastrickwalkers@gmail.com or phone me 01224783627

COST OF LIVING HELP

Are you worried about your bills this winter? Struggling to keep warm and have enough eat?

Partners in Aberdeen know, understand, and want to help. There is help and support available.

HEATING YOUR HOME

How to keep the house warm. You should heat your home to a temperature that is comfortable for you. In rooms you mostly use, such as the living room or bedroom, try to heat them to at least 18°C if you can, particularly if you have a pre-existing medical condition. You should also keep your bedroom windows closed at night. Exposure to low indoor temperatures can have a serious impact on your health as you get older. Wearing several layers of clothing will keep you warmer than one thick layer.

The social enterprise, **SCARF (Save Cash and Reduce Fuel)** delivers energy efficiency advice and services to households, aiming to provide a range of services to help you live warmer and reduce your fuel bills. They offer free, in-depth advice over the phone and through home visits to help reduce energy use, find the best supplier and tariff to suit your needs and help you make the switch.

To arrange a free home visit, call freephone 0808 129 0888 or email heat@scarf.org.uk to arrange a suitable day and time. The advisor will arrive (with SCARF ID badge visible) and will look at your property, your heating system, your fuel bills and – most importantly –

talk to you to find out exactly what the problems are. They will then review your case and get in touch with the best solution. For further information, visit

<https://www.scarf.org.uk/householder/>

WARM SPACES

A range of public 'warm spaces' are available that will provide an opportunity for people to come together, share and use resources. Every warm space is unique however all warm spaces will offer a friendly welcome and comfortable environment to meet friends or socialise. Some warm spaces may be able to provide hot drink and have activities or programmes that you can join in with. There may be a small charge for some activities.

For more information, please ring ACC Community Support team on 0800 0304 713.

HAVING ENOUGH TO EAT

A range of agencies across Aberdeen provide free food to take away or meals to have on the premises. The map below shows where these can be found.

To find out more, please ring CFine on 01224 596156.

You can also call Instant Neighbour (01224 489955) or Somebody Cares FoodBank (01224 460700)

FINANCIAL HELP AND ADVICE

If you were born before 26 September 1956 you could get between £250 and £600 to help

you pay your heating bills. This is known as a 'Winter Fuel Payment'. Most people get the Winter Fuel Payment automatically. (You don't need to claim if you receive State Pension or other benefits or allowances.)

If you would like information or advice about whether you are receiving all the financial help / benefits available, you can telephone any of the following services:

Aberdeen City Council: Financial Inclusion Team Provide free, impartial and confidential money advice **01224 522 709** www.aberdeencity.gov.uk/services/benefitsand-advice/get-money-advice

Citizens Advice Bureau Free, impartial and confidential advice on issues such as benefits, debt, money, housing and employment **01224 569 750** bureau@aberdeencab.casonline.org.uk www.aberdeencab.org.uk

S.A.F.E Free and confidential benefits, budgeting and money advice **01224 531 386** www.cfine.org/get-support/improving-finances

OTHER HELP IS AVAILABLE

Hourglass Scotland provides: Support for older people who have experienced, or are at risk of, any kind of harm, abuse or exploitation.

Support for anyone concerned about an older person eg family, friends, neighbours, carers or health professionals etc.

Information and advice relating to safer ageing and prevention.

The Hourglass Helpline is entirely confidential, free to call from a landline or mobile, and the number won't appear on your phone bill. Help is just a phone call away.

Phone: 0808 808 8141 (Available 24/7). For more information go to: Welcome to Hourglass Scotland | Hourglass (wearehourglass.scot)

The Council has a free support line if you are:

- facing crisis and extreme hardship due to the rising cost of living; and / or
- struggling with mental health challenges

The Community Support team can be contacted on 0800 0304 713



Wellbeing Cafe

Come and join our Adult Services Team's Wellbeing Café!

The Wellbeing Cafe is held every Thursday between 2pm and 4pm at shmuHQ on Station Road in Woodside.

The group is open to everyone. Come along to meet others, play a game, take part in wellbeing activities or

just have a brew and a blether. No sign up required, but if you'd like more information contact Sarah by emailing sarah.igesund@shmu.org.uk or by calling her on 07592 355 131.

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.

What does your job here at shmu involve?

A: My job here at shmu involves so many different things. I generally run the radio station, so I support all the volunteers who are presenters on shmu FM. I generally support all the volunteers by helping with the studio, helping with show ideas, putting songs on the system in time for their shows.

I also work alongside the youth media team to develop the radio Training for young people, I also work in schools to deliver a foundation apprenticeship. And a million other things too.

What do you enjoy most about your job here?

A: The cliché of, working with the people here and seeing the difference that them being part of shmu can make in their lives. From building their confidence, meeting new people, developing new skills. I love to see people progress and develop, change and enjoy being here, is probably my favorite bit.

What has been your favourite moment of working for shmu?

A: I will never forget the day we launched as a radio station in 2007, and we got to put our loop on. The loop is just the sound that goes out just before we broadcast, so it's kind of like a bit of an advert followed by lots of different songs, just to get the channel tested for working.

The day that it got switched on and the loop was ready, Murray and I ran out to the car to switch on the car radio. Because I don't think we even had a radio in the building at that point. So we ran out to the car to see it say shmuFM and to hear it. It was probably the biggest buzz, and the launch day event was amazing. The loop that we played was the start of it and it was exciting.

WORD SEARCH

Compiled by Kevin Morrison

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

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:

BUDAPEST • DUBLIN • KIEV
• LISBON • MADRID • PARIS
• RABAT • ROME • VIENNA •
WARSAW • ZAGREB

MORRISON'S MELODY

The Cure- "Just Like Heaven"

From the 1987 album Kiss Me, Kiss Me, Kiss Me.

'Just Like Heaven' was The Cure's breakthrough hit in America, where it spent one week in the chart - at no 40.

"Music produces a kind of pleasure which human nature cannot do without." – Confucius.

I agree with Confucius on this point. The song makes me feel all fuzzy inside.

It makes me glad that I'm living life in the time of the song's existence. In my opinion, it's one of the best songs of the 1980s (I'm not going to say what the others are - they will appear as future Morrison Melodies. Keep reading upcoming magazines)

Kevin's Diary

December 10 2022: My wife recently bought a motion-sensor air-freshener for the bathroom.

Whenever I go there (which is quite often, at my age) I get startled at its activating noise.

Upon hearing that noise, I imagine an evil dictator or a James Bond villain in his - or her - secret lair, spying on me and stroking a cat.

December 11 2022: the junior Eurovision song contest took place today. Those participating had to be between nine and fourteen years old.

It had me reminiscing and wishing I had their confidence at that age.

December 19 2022: a friend of mine lives with his girlfriend. One morning the girlfriend noticed, across the street, a man hugging his wife before he went to work.

She said to him, "Why don't you do that?"

He replied, "I'm not comfortable with it. I hardly know her."

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

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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

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Councillor Steve Delaney

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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

Grampian Women's Aid

Telephone: 01224 593381. Website: grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932. Website: rapecrisisgrampian.co.uk