

Middlefield Mirror

Winter 2023



In this issue:

FAREWELL CHARLIE

NURSERY NEWS

CHALLENGE POVERTY

SIGNS OF ANXIETY

www.shmu.org.uk/press

Contents

3	Cfine
4&5	Youth Hub
6-7	Nursery News
8	Granitehill
9	Winter Warmers
10	Library News
11	Mental Health Advice
12	Elected Officials
13	Community Updates
14	shmu
15	Challenge Poverty

Editorial

Welcome to the Summer edition of the Middlefield Mirror.

In this edition, keep up with everything on at the Hub. Find out about the importance of good food and warm up this winter with our tasty lentil soup recipe.

If you would like to get involved and join the editorial team or if you have ideas for this 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 if they are interested in developing their ideas, or their skills in writing, proof reading and photography.

So, please don't be shy, this is your magazine, written, edited and designed by folk from Middlefield and Heathryfold.

If you live in the Middlefield or Heathryfold area and would like to come along to the editorial meetings or submit an article then get in touch with staff at shmu on 07752586312 or email rose at rose.ross@shmu.org.uk.

The magazine is now on Facebook as well so you can search for Middlefield Mirror and like the page for regular updates.

You can also view this magazine, alongside previous editions on the SHMU website www.shmu.org.uk then click the 'PRESS' option.

Middlefield Mirror is a community publication and the views expressed are not necessarily those of the editorial team or of shmu.

Covid-19 has made many changes to our routines and life as we know it. Many of these changes have left us feeling negatively about the situation but there have been some positives from the lockdown Covid brought about. Whether it's getting to see more of your local area, reconnecting with family and old friends or having a slower pace we would love to hear from you about your positive experiences during the Covid-19 outbreak.

LIFE MAY NOT BE THE PARTY WE HOPED FOR
BUT WHILE WE'RE HERE WE MIGHT AS WELL DANCE



Supported by





Introducing Cfine's Granite City Good Food

We spoke to Cfine's Martin Carle to find out all about their initiative, Granite City Good Food. Here's what he had to say.

What is GCGF? When was it set up? What does it do? What difference/impact is it having? –

Granite City Good Food is a food partnership in Aberdeen City, which is part of the Sustainable Food Places network of over 93 food partnerships across the UK, working in local partnership to make our food system more sustainable!

We were setup after a community food event in 2016, which showed there was an appetite (no pun intended!) for a food partnership to exist in the city and it developed from there. We work with a wide range of organisations – from all sectors – to promote the ideals of sustainable food (that food should be good for people, easy to access, good for the planet, and supportive of the local food economy.) Through our projects and the connections we make, we support organisations, communities, and activities which have a positive impact on some of these areas and work to amplify the great work going on around the

City, as well as to use some of this to create a wider difference when it comes to thinking about various strategies and policies.

We can measure and track the impact we are having in a variety of ways, but one of the most recognisable ways we demonstrate it is through the Sustainable Food Places Award. We were the first in Scotland to achieve this award at Bronze in 2018, and amongst the first in Scotland to achieve Silver in 2022. The applications to these awards often act as a footprint of the great work happening across the city at these points in time, and it's great to see how, as the scale of sustainable food activity in Aberdeen grows, the impact it is having across the board also grows. I just love it!

What's your role? What's best about your job? How can a community group get involved?

I coordinate the food partnership, which covers everything from the day-to-day running of the partnership, reporting progress and opportunities for the partnership to our partners, and having conversations with community

groups, organisations, and people who are generally interested in hearing more about how to get involved with our work. Without a doubt, the best part of my job is working across our communities to create or recognise change, and then being able to respond to it- either through supporting with advice, expertise, materials, resources, or referrals to training opportunities etc., or to broadcast this work to wider communities, and to see this help make a difference at a more strategic level. Everyone has a role to play in creating a sustainable food system, and every project, group, initiative which deals with food (as well as every household and individual!) has a role to play, we are all part of making the difference as part of the good food movement, and I love supporting with drawing that out!

If your project cooks, serves, distributes, or enjoys food in any way- we want to hear from you! Get in touch to discuss more: **MCarle@cfine.org** or give me a call: **01224 596156**

By Lesley Dunbar

MIDDLEFIELD YOUTH HUB

The youth hub is a safe, positive and nurturing place for the young people to use and come to. Various activities take place at the hub and provide the young people with opportunities, inclusion and a sense of belonging. Young people are supported, guided and provided with advice or signposted on from supportive staff.

Social work students

This year we have had three social work students - Nicole, Peace and Katie. We hope you have all enjoyed your placement with us and go away with fond memories of Middlefield Community Project.

Drugs Awareness Evening

A thank you to Kat from Alcohol and Drugs Action. Kat came along to Middlefield to give a presentation on Drugs awareness. Kat spoke and discussed issues such as addiction, what is addiction, physical illnesses or social risks that could lead to mental health issues e.g. cigarette costs can lead to financial difficulties/limitations or being diagnosed with a serious illness could lead to depression. Youths were able to ask and get involved with the session. Kat also brought along the placebo drugs kit so the young people could identify street drugs and prescription drugs.

Farewell Charlie

Although its nearly been a year we said goodbye to Charlie our backbone of the Youth flat for many years (almost 20 years). Charlie

is now enjoying a well-deserved retirement with his wife Maggie. The young people adored Charlie and was a well-known face and individual in the community. Charlie was also a stable influence and a father figure to hundreds of young people over the years. Farewell Charlie and remember there is always the option to come and volunteer. Charlie you are missed by everyone and remember the kettle is always on for you.

John's Surprise Party

We were delighted to celebrate the homecoming of one of our past Youth Flat volunteers, John Hipson.

John attended the youth flat since he was in primary school and throughout secondary school. We are very proud of him and all his achievements. Now at 28, John lives in Australia, and we sadly don't get to see him often.

But John's family kindly invited us to a surprise homecoming party they were throwing for John during his trip home and we were thrilled to use the youth flat for the occasion. It was also a great opportunity to catch up with many of our other previous youth volunteers and see all their friendly faces again.

They are always welcome to come and see us!

C.A.R(Calm and Relaxing)

This group runs on a Thursday and is a more relaxed and calmer

environment for some of our young people that may struggle with our busier and livelier sessions. The group are very accepting of each other and enjoy quieter games and activities. This year we were granted funding and went to Cromdale for three nights. They enjoyed spending time away from home and coped really well out of their comfort zone. Activities included a trip to Landmark and Loch Morlich. They enjoyed cooking and making their own lunches (and actually making their own beds) and learning to cook their evening meals. Well done to staff and young people who done exceptionally well after their mini bus broke down and as they waited for the other bus to appear.

Activities

A thank to Summer and Autumn in the city for providing funding for this year's trips. We have been to a lot of venues this year thanks to the funding

This was a big help to some of our families and the funding also covered the cost of the pack lunches and snacks. We went Ice skating, jump in, strawberry picking, Innoflate, cinema, Peterhead Prison and visited some castles and beaches.

We also did some jewellery making, paracord bracelets and working with resin over the holidays.

QUOTES FROM THE YOUTHS - WHY DO YOU USE THE YOUTH HUB?

REUBEN AGE 12-
Pool and food.

ALISHA AGE 17
I like arts and crafts and talking to staff because I am a chatter box.

AIMEE AGE 14 -
I like sitting and chatting.

HADLEY AGE 12-
very good resources and very respectful.

ALFIE AGE 15 –
being with people and I like doing art.

HARLEY AGE 11-
come in if upset and get help if needed. Can use computers.

NICKI AGE 12-
meeting new people.

ELLA AGE 12-
safe place to go.

AJ AGE 12-
its fun, you get to make food and play on computers.

OSCAR AGE 11- it's fun, free food, pool and comfy seats.



Nursery News

Children settling

The new term started well in August with all of our new children and families settling in well. We had many new children and families start attending our nurseries. We would like to thank all of our parents and carers for working in partnership with us in order to help get their children settled into nursery. Settling your child in a new setting can often take time, as each child is an individual and responds differently. It can sometimes be a difficult time for parents if they see their child getting upset so we appreciate your support in the different settling strategies that we use. It takes time, but all the hard work and persistence always pays off in the end. We are in the process of getting parents feedback on the whole settling process. Feedback from parents/carers is always important as it lets us know their views and any ideas they may have as to how we can develop things or make improvements to the service we provide.

Family outing day to Den in the Glen

This year we decided to hold a family outing day with our nursery families. The aim of the trip was to support staff and families to get to know each other better and to have

a fun day out in the process.

The nursery staff, children and their parents all went to Den in the Glen. Both nursery trips were well attended and received lots of positive feedback.

Some comments included, "Really enjoyed the trip". "It was great to see staff taking time to speak with all parents throughout the day to make sure they weren't left out" "It was great to see the staff interactions with the children and also trying to help the families get to know each other better".

Continuing with weekly outings on minibus and walks to local nearby woods

We have restarted our weekly minibus outings where we take small groups of the nursery children out on the minibus on focussed visits to a variety of different places. The aim of these visits is to enable children to experience different natural outdoor environments e.g. Beach, forest and gardens. Trips so far have included Seaton Park, Westburn park and a trip to watch planes at the airport. The children really benefit from being part of a smaller group as this helps enable the children to develop their confidence, language and let them explore different environments with more focused adult support.

We have also been continuing with our small group weekly walks to the nearby woods behind the Hub building. We go out throughout the different seasons as we have our fleece lined waterproof all in one suits for the children to wear. This also enables the children to experience seasonal changes and different weather conditions. Other benefits and learning opportunities include:

Developing confidence in visiting familiar places.

Experience a feeling of wildness in green/open spaces and experience a diverse range of habitats and features.

Develop practical skills such as how to cross roads, manage dogs and encounters with wildlife.

Learn how to care for public spaces. Develop stamina walking and being physically active.

Build on and develop relationships with peers and staff within a small group scenario.

Develop curiosity and a connection with nature.



Continuing with our dance and acrobatic arts opportunities

The nursery children are continuing to enjoy having the fantastic opportunity to still take part in some dance and acrobatics arts lessons on a Tuesday morning. The nursery staff enjoy working in partnership with Flashdance School instructors Laura and Molly. They help support the children to learn a variety of different skills such as forward rolls, handstands, cartwheels, increasing confidence, strength, fitness and flexibility and most importantly having fun.

A big thank you to Somebody Cares

Both of our nursery rooms would like to say a very big thank you to Somebody cares. They have really helped both of our nursery staff teams to source some fantastic and reasonably priced resources to help support and build on our children interests.

The Wee Heilan Coos nursery have built a fantastic link with Amanda and all the other wonderful staff at the Bridge of Don Branch. A small group of the nursery children went to visit them in store to say a very big thank you, give them a box of chocolates and a card they had made. The staff were so very kind and gave the children some other donations to take back to nursery. They all also got to choose a book that Somebody cares very kindly donated to the nursery.

Thank you so much for your amazing kindness.

Photographer

We were lucky to have our usual photographer Linda from Tempest photography come back in to take photos of the nursery children. The whole process was again made easier for us and parents with the creation of our online booking system where parents could book the slot that they preferred rather than us planning all the slots for parents. As always, the photos of all the children were amazing.

Therapets dog visit

We are very fortunate to have a visit again each term from the most beautiful Rough Collie dog called Leo and his owner Fiona. Leo is a fully trained Therapets dog and very much used to going into a variety of different settings such as schools and nurseries to visit children. The children really enjoyed his visit and Fiona helped the children to learn about how to be safe around dogs. He was very friendly and very fluffy. One of the children commented, "He is beautiful". The children loved making friends with him, cuddling and stroking him. It was great to see the positive and very much calming impact he had on the children. Animals are well known to have a positive impact on wellbeing. This visit was hugely beneficial for all of the children, but particularly for those who may not have had any experience of being around dogs.

We are very much looking forward to him coming back for another visit next term. The children will then learn more about what dogs need, see some of his belongings and learn more about how we have to look after dogs.

Festive Plans

We are in the process of planning our festive activities as Christmas will be here before we know it. In December the children are looking forward to participating in some fun festive activities for Christmas. The children in the Wee Heilan Coos are planning to have a celebratory festive end of term lunch with children and their parents in the hall. We are in the process of planning some dates for parents/carers festive stay and play sessions. We have also been involving our parents to find out what cultural/religious celebrations they would like us to support the children to learn more about. These provide so many positive potential learning opportunities for the children. It helps the children value, learn about and respect others' diversity and explore others' beliefs and values. Furthermore, it also helps to support children to develop their own beliefs and values. It also helps us to get to know our families and work in partnership with them. Several parents have got back to us with ideas.



Granitehill House Group - Going Places!

Since early June this year, a group of Granitehill House residents has been getting out and about with weekly trips.

We've been to see some amazing places - our first was Aberdeen Art Gallery - our last was Peterhead Prison Museum.

Most of the places we've visited are free. One group member said, 'I look forward each week to our trips - I've really enjoyed them.'

The group of residents came together following some door knocking in May in their building from Lesley and Angie from the Middlefield Community Project, just across the road on Manor Avenue. Lesley and Angie asked residents what they might like to do.

Some folk said they were keen to get out of their flats, meet people and

go on some trips to see either new places or places they'd not visited for ages. We started with five members; now we've got 12. We're also have two volunteer drivers, Alan and Graham who we really appreciate for giving us their time.

We've been to see some amazing places - our first was Aberdeen Art Gallery - our last was Peterhead Prison Museum. Our favourite was Aberdeen Harbour. Angie took some great photos. Most of the places we've visited are free. We try to always have a cuppie and a fine piece when we're out. If that's not possible we come back for one to the Middlefield Hub Cafe. As the weather turns, we'll be developing a new programme of weekly activities with the group for their Common Room at Granitehill House and only having monthly trips out.

We're also starting a pilot of weekly shopping trips to Aldi at Cairncry during November for Granitehill House residents with Middlefield Community Project's minibus. If there's enough uptake, it'll continue.

We are grateful to the Scottish Government's Communities Mental Health and Wellbeing Fund, managed by ACVO which has financially supported this groupwork. We know Covid has negatively impacted our community's mental health - making many of us more anxious, lonely and socially isolated. This Funding stream aims to make a positive impact on older people's mental health and wellbeing.





Winter Warmers

Lentil Soup is one of the easiest, healthiest and cheapest soups to make – even if you're not an experienced cook!

Traditionally in Scotland lentil soup is made with a ham hough or a ham shankie but by using a couple of vegetable stock cubes you can make it vegetarian or even vegan and save money.

It's tasty, warming and cooks in under 30 minutes. Lentils are high in protein and fibre, contain iron and are low in fat – all good for us. Change it up if you fancy a spicy version, add some chilli flakes or curry powder. If you're not a vegetarian or vegan, you can add some slices of smoked bacon or chorizo. Fry them off then slice or chop them up small.

Lentils have been around for a long time. The oldest known carbonized remains of lentil from Greece's Franchiti Cave are dated to 11,000 BC. There's even a mention in Genesis in the Old Testament that's believed to be a reference to lentil soup.

Here's the recipe:

Easy red lentil soup (serves 6) – five ingredients and one is water!

Ingredients

4 vegetable stock cubes

3 litres water

600g carrots

1 large onion

250g red lentils

Directions

Peel and chop the onion finely.

Wash the carrots, chop off the tops and ends then finely chop or grate.

Place the veg, lentil, stock cubes and water into a large pan. Also add bacon or chorizo if using.

Bring the soup to the boil then turn down and simmer for 30 minutes until the lentils are soft.

Add a tablespoon of lemon juice to each bowl just before serving.

This soup freezes well for up to six months or can be kept in the fridge in a lidded container for a few days.

Grampian Credit Union – Safe Savings and Affordable Loans – Where People Count

WHO ARE GRAMPIAN CREDIT UNION

We are a local, not for profit, mutual financial co-operative - owned and run by our members. We were established in 1993 to provide a safe place for members to save and have access to affordable loans. Our members include everyone, living or working in Aberdeen city, Aberdeenshire and Moray.

HOW TO JOIN GRAMPIAN CREDIT UNION

Visit our office @ 250 Union Street, Aberdeen and bring along two forms of I.D.

Download and print forms from our website, complete the forms and post to us with required identification documents.

Join Online at www.grampiancreditunion.co.uk

ID Requirements – You will need to provide proof of address and ID

Proof of Address

Driving licence, Bank statement, Utility bill, HMRC notice of tax code or, Benefit award letter.

Proof of ID

A second document from the first list or, Passport, Birth Certificate, Police Warrant Card or, National Entitlement Card

For more info, visit:

www.grampiancreditunion.co.uk
admin@grampiancreditunion.co.uk
Telephone: 01224 561506

Office: 250 Union Street, Aberdeen AB10 1TN



News From Mastrick Library

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.aberdeency.gov.uk/services/libraries-and-archives/find-your-local-library for information on our other libraries.

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

Our Bookbug sessions at Mastrick Library take place on

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

Lego Club for 8–11-year-olds is back. These sessions run every 4th Monday from 3.45pm-4.45pm. Check with the Library Staff for the dates. We'd love to welcome more children to these sessions. Master Builders should book their place in advance. To register visit Mastrick Library or call 01224 788558.

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

If you know anyone who would be interested in borrowing library items but are unable to visit the library due to disability or illness, give us a call and we'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.aberdeency.gov.uk/services/libraries or contact Mastrick Library by email: MastrickLibrary@aberdeency.gov.uk or telephone: 01224 788558.

Spot the signs – Looking out for Generalised Anxiety

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.

In this edition, the editorial team would like to bring your attention to Generalised Anxiety. There are many different types of anxiety, from panic disorder, social anxiety disorder and more, however Generalised Anxiety Disorder (GAD) tends to be the most common.

Statistics from the Mental Health Foundation show that sadly, anxiety is not uncommon among adults in Scotland. From a report the Foundation published in May this year, around six in ten (70%) adults in Scotland experienced anxiety that had interfered with their daily lives in the two weeks prior to the research. On top of this, 30% of the adults

said they were not coping with those feelings and 44% said they keep those feelings a secret.

Having feelings of anxiety is nothing to be ashamed of, and although it may feel daunting, opening up may be the first step towards understanding these feelings.

WHAT TO LOOK OUT FOR?

According to the NHS, GAD has both physical and mental symptoms, and everyone will experience them differently. Here are some of the symptoms highlighted by the NHS.

Psychological symptoms of GAD

Feeling restless

Feeling dread or fear

Feeling of being “on edge”

Trouble concentrating

Feeling irritable

Physical symptoms of GAD

Dizziness

Tiredness

Strong, fast or irregular heartbeat (palpitations)

Muscle aches and tension

Excessive sweating

Shortness of breath

Feeling sick

Headache

Difficulty falling or staying asleep (insomnia)

If you experience any of these symptoms and feel they cause you distress or interfere with your daily life, please speak to your GP.

Remember mental health is nothing to be ashamed of, don't suffer in silence.



Elected Officials

MSP Jackie Dunbar

Over the past few months, I've continued to host regular surgery appointments at my Mastrick constituency office to hear directly from locals what issues are affecting them most. Unfortunately, the cost-of-living crisis remains a top issue, particularly with winter around the corner.

Many of the folk I've helped were having difficulty heating their home, my office therefore undertook training by Home Energy Scotland and are

now better equipped to help find people the support available to them.

I have also helped sort out various issues that people have experienced with temporary housing, particularly with new people moving into the property but having their gas/electric meter starting in debt, which should never be the case.

These are just some examples of issues that I can help with if you're an Aberdeen Donside constituent and

feel I could be of assistance, please do not hesitate to get in touch using the contact details below:

Email: Jackie.dunbar.msp@parliament.scot

Phone: 01224 011 936

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

Cllr Donna Clark

Since my last update, it has been a very busy time in the Middlefield and Heathryfold areas.

I have received several queries regarding leaking windows as a result of Storm Babet in addition to other spells of bad weather. On the back of Storm Babet, I have also been receiving several concerns regarding trees right across the ward. I also have been contacted a lot recently regarding grass cutting and general garden maintenance. A number of residents right across the ward have also been in touch with me in regard to a number of housing related issues such as cavity walls, housing moves with some queries regarding pest control. If I can be of any assistance, please do not hesitate to get in touch and I would be more than happy to assist where I can.

As we head into the winter months, many will require grit for paths etc.

I will ensure that Aberdeen City Council check and refill the grit bins right across the Northfield/ Mastrick North ward after the roads and pavements have been gritted, however, please be aware that the Council will prioritise the gritting of Primary and Secondary roads before they will fill or top up grit boxes.

I recently had the privilege to stand in for the Lord Provost at the awards ceremony for the Scottish Youth Parliament, who were in Aberdeen for their 80th sitting and the first time in 14 years since they were last in the Granite City! The Scottish Youth Parliament is a national platform for young people to have their voices heard from right across Scotland.

I will have the pleasure of representing the Lord Provost again

at the end of October at Dancesport Scotland's Northern Trophy Day.

On Monday 9th October, I attended one of the Music Service Locality concerts, which was held at Woodside Primary School, with over 175 pupils from schools across the city, including Northfield and Mastrick, performing. The event was well attended, and all pupils put on fantastic performances.

I regularly hold surgeries every first Wednesday of the month at 7pm at The Hub on Manor Avenue. I do also hold surgeries outwith this time, by appointment only.

If you have any 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 399622.

Aberdeen Cyrenians: Support for Anyone & Everyone Over 16

Accessing Our Support

Aberdeen Cyrenians provides a range of services which support people across the Northeast. We are a safe space to seek help from our specialist staff. We support anyone and everyone over the age of 16. If you need support, we can help.

Direct Access Service

Our Direct Access Service at 62 Summer Street, Aberdeen, is an open-door service to anyone needing our support, no appointment is necessary.

The service provides information, advice and access to essentials for anyone facing a crisis. Our goal is to support independence and resilience, but we understand that this can take time.

We know life is complicated and our team offers support covering multiple needs, working alongside people to reduce and overcome barriers that they face.

We can offer support including:

Advice on benefits and welfare grants, access to phones, digital support and the internet, referrals

to our internal services and other agencies, empowering support to build skills and resilience. Food, clothing, toiletries, household items, laundry & Showers

We are here to listen and offer support.

If you need our support, please

Email: hello@weareac.org

Call 0300 303 0903

Or visit Direct Access Service on 62 Summer Street, Aberdeen, AB10 1SD.

Monday – Thursday 9am – 5pm

Friday 10am – 4pm

Aberdeen is Learning Together for Better Lives

The two Universities, Aberdeen City Council and NHS Grampian are working together to make research easier to access for the whole city. By creating opportunities for everyone to get involved in research projects and by sharing the learning as far and wide as possible, Aberdeen will make decisions based on evidence that puts the needs of communities first.

Everyone can help make a big contribution to learning in the City. In fact, evidence shows that the quality of research is better when members of the public are helping to shape the project. But all too often, people don't get involved because they think they

need a qualification or special skills. This couldn't be further from the truth!

By being involved in research you'll meet new people who share your interests and find out lots of new information. The conversations you will be part of will make a huge difference to the communities of Aberdeen and beyond.

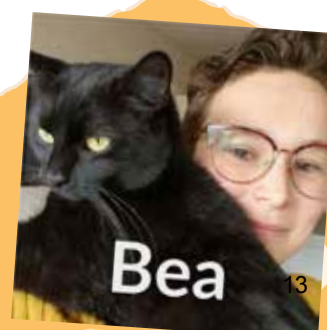
You may be interested in some of the topics that are being researched right now:

Food Insecurity and Nutrition, Fuel Poverty, Social Prescribing, Drug & Alcohol Deaths, Early Learning & Childcare.

Employability, Convictions & Reconvictions, Climate Change, Community Empowerment and more.

So if you think you might want to learn more about getting involved in research, the team would love to hear from you!

To find out more or to get involved in research email Bea at bdawkins@aberdeencity.gov.uk. You can also call or text her work phone on **07971706765**.



Sweet 16 for shmuFM

This October, our shmuFM strand turned 16 years old! We launched our community radio station in 2007 and have had a brilliant time over the years, making radio, expanding our studios and working with our communities.

shmu's Chief Executive, Murray Dawson wanted to say "I'd like to take this opportunity, on our radio station's 16th birthday, to thank all our wonderful volunteers (past and present) who have given so much of themselves to share their stories, provide insight into our communities, and celebrate the wonderful city that is Aberdeen. Happy Birthday shmuFM - here's to the next 16 years!"

Unfortunately, due to the stormy weather our birthday party was put on hold, however, we look forward to our 20th birthday later this year. We'll celebrate our 20th year as a charity with a big bash, so keep an eye out for details.



Hate Crime Awareness Week

Did you know shmu is a Third Party Reporting Centre for Hate Crime?

Not all victims are comfortable with reporting their experiences directly to the police. Some victims may find visiting police stations intimidating or daunting, some may not be aware of alternative ways of reporting, or they fear being outed in terms of their sexuality or disability.

Third party reporting centres (TPRCs) overcome these barriers by providing an alternative way to report a hate crime. They give confidential advice, help you report it, and support you along the way. You can remain anonymous if you wish, and you don't need to have contact with the police if you don't want to.

If you would like to report a hate crime, you can visit shmu during Monday to Friday between 10am and 4pm.

We recently participated in Hate Crime Awareness Week. Sarah Igesund, Shmu's Adult Services Development worker said "Our campaign for National Hate Crime Awareness Week was important in sharing the issues that many people face. Hate Crimes are underreported, and we need to be making sure people are aware there are alternative ways to report a hate crime if they feel uncomfortable going to the police.

"Third Party Reporting Centres are crucial in ensuring people have safe, inclusive places to report hate crime. Our action doesn't stop now the weeklong campaign is over, we will continue to work together with Police Scotland and other third and public sectors to make safer communities for all."

Visit <https://grec.co.uk/hate-crime/n> to find out more.

Join us in Challenging Poverty

The Poverty Alliance's Challenge Poverty Week is extremely important to us here at shmu so we had to take part again this year.

This year the week ran from the 2nd to the 8th of October and is incredibly relevant today with persistent poverty on the rise in Scotland.

The Scottish government estimate that around 21 percent of Scotland's population were living in relative poverty between 2019 and 2022. Poverty is an issue which effects every aspect of one's life. Figures from March 2023 suggest that 49% of Scottish adults reported their mental health being affected by the Cost-of-Living crisis, which is why it is so important that we tackle this issue.

Shmu volunteer, Kerry, kindly shared her story with us. "I wanted to share my story, just to get it out there that, although I'm working, I'm still struggling and I'm still in poverty. Things need to change."

Kerry said, "At the moment, I'm really struggling, I'm having to use the foodbanks at the Community Centre and that's something I never thought I'd have to do."

For this year's Campaign, The Poverty Alliance have five key policy asks of the Scottish Government, each day of the week will represent one of the key asks.

One thing that the Alliance is asking for, is to ensure that everyone has access to an adequate income. This policy addresses the need for a minimum income and for benefits to cover all of people's needs. Employers can also commit to providing adequate income by pledging to pay the Real National Living Wage.

"Society makes me feel like I'm worthless." Kerry shared, "Like 'Oh she's got a job but she's still moaning.' Yes, because, I may have a job but it's still not enough to live on. I work in a part time job, so I live

from paycheck to paycheck. I don't always earn the same amount every month, making it quite difficult to budget."

Many more, like Kerry, understand the pain and stress this causes.

"I am working, I'm still struggling, and things need to change, for the better, not just for me but for everyone. shmu has been a great help, just by getting this information out, is going to help a whole host of people."

If you didn't manage to join us throughout Challenge Poverty Week 2023 as we addressed these issues, please look at our social media where we have signposted amazing organisations and services, shared more of our volunteers' stories and short films throughout the week.

You can read more about the Poverty Alliances Policy asks at <https://www.povertyalliance.org/cpw/>

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

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 City Carers 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

St Machar Credit Union 01224 276994

Northfield Medical Practice 0345 013 0740

Woodside Medical Group 01224 492828

Penumbra First Response 01224 276994

OUR LOCAL ELECTED OFFICIALS ARE:

Councillor Donna Clark

donclark@aberdeencity.gov.uk, 07977399622

Councillor Ciaran McRae

cimcrae@aberdeencity.gov.uk 07500 999617

Councillor Gordon Graham

ggraham@aberdeencity.gov.uk 07736 329751

Area MSP

Jackie Dunbar

– MSP for Aberdeen Donside

Aberdeen office: 01224 011936

Jackie.Dunbar.msp@parliament.scot

Area MP

Kirsty Blackman

– MP for Aberdeen North

Aberdeen office: 01224 633285

kirsty.blackman.mp@parliament.

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