

Spring Edition 2012

TillyTattle

LOCAL NEWS DEDICATED TO YOUR COMMUNITY



Featured in
this issue...

TILLYDRONE ARTS
Development Update

UGANDA 2012
Tillydrone Vision Trip

REIKI
In the Community

SEATON PARK
Become a Friend

contents

- 3 Arts Development
- 4&5 Riverbank School
- 6 VSA
Police Update
- 7 Friends of Seaton Park
- 8 Community Flat
- 9 Community News
- 10 Sports Village
- 11 M26
- 12 Recipes
- 13 Reiki
- 14 SHMU News
- 15 Tilly Butcher
- 16 Uganda



editorial

Welcome to your spring edition of the Tilly Tattle.

In this edition we have interesting articles from the Tilly Vision project and their amazing trip to Uganda. We also have important updates from the Tillydrone Community Flat, Riverbank Primary, VSA Carers Services, and news from our local policing team.

As you can see from our editorial picture our team is rather small, but we are always looking for more volunteers to get involved in the Tilly Tattle. So if you would like to join the editorial team or have any ideas for your 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 is 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 Tillydrone!

If you live in the Tillydrone area and would like to come along to the editorial meetings or submit an article then get in touch with Mary Clare at Shmu on 515013 or you can email her on maryclare@shmu.org.uk



L to R - Cat, Elsie, Wendy, Sonny

Supported by



TILLYDRONE ARTS

DEVELOPMENT UPDATE

The last few months have been busy for Arts Development who have been working with a number of community groups in the Tillydrone area.

Some recent highlights included a photography exhibition at Tillydrone Branch Library featuring images of the area. These diverse images were supplied by the Tillydrone Art and History group who spent eight weeks honing their skills. A big thank you is due to them for their efforts and to staff at both the local library and community flat who supported the project. Not resting on their laurels the group have started on a further project on the basics of film-making and late last year filmed a short piece on the alternative therapies that are available in the area. Professional film-maker

Johnny Burnett mentored the group and will lead them through the editing process.

As if that wasn't enough the group are using this experience as a dry run for their forthcoming new project, a short film based on spooky stories connected to Aberdeen. The group intend to visit some alleged haunted locations and document their findings. They intend to film, star in and produce this all after a crash course in camera etiquette. We are looking forward to the results which I hope, once finished, will be showcased in the area.

Another busy group is the

locally run M26 project based in the old Tillydrone shopping centre. They recently undertook some art and craft sessions and will complement this in the new year by working towards a small photography exhibition, focusing, if you pardon the pun, on the natural side of the area. The group will use the opportunity not only to learn new skills but also to find out a little about what Tillydrone has to offer for walkers, ramblers and those interested in nature. Situated next to the Don and its many historic walks this area has much to offer a fact, I am sure, which will be ably reflected by the work produced.



RIVERBANK SCHOOL

HMIE ACKNOWLEDGES GOOD WORK FOR RIVERBANK SCHOOL AND NURSERY CLASS

An inspection report has been published on Riverbank School and nursery class following a visit from HM Inspectorate of Education (HMIE).

Inspectors visited the school in October 2011 and produced a report outlining key strengths which were:

the support and calm learning environment in the nursery which helps children to develop their social skills and confidence;

staff commitment to developing approaches to learning and teaching;

effective opportunities for children to contribute to school improvement;

the strong leadership of the headteacher and her promotion of teamwork and a culture of school improvement.

Inspectors found that overall children are learning well in

class and children are interested and enthusiastic about learning.

Children have a voice and are listened to by the staff.

The primary-aged children like helping the younger children to feel included in the playground and have trained as 'playpals' to support them with this work.

They also noted that Information and communications technology (ICT) is used well across the school to stimulate interest in learning.

At all stages pupils are aware of environmental issues, the rights of the child and the importance of following a healthy lifestyle.

The education authority and the school will work together to continue to improve the school and will focus on improving children's progress in learning and their literacy and numeracy skills; improving approaches to meeting children's learning needs; and ensuring staff have

high expectations of what children can achieve.

The inspection team were confident that the school's self evaluation processes are leading to improvements so they will make no further visits to the school.

Director of Education, Culture and Sport Annette Bruton said: "This is a very encouraging report and reflects the great work being done at the Riverbank School and nursery class.

"I have every confidence that with the continued commitment of the staff, children and parents the school and nursery class will go from strength to strength. And, I would like to take this opportunity to encourage everyone at the school and nursery class to continue the sterling work they are doing to make it a great learning environment for all who attend."



RIVERBANK SCHOOL

THE AMAZING PETS AT HOME

On Tuesday the 21st of February we, the Riverbank Link Room children, went by bus to visit Pets at Home down by the beach.

When we got there we met Suzie and Rob who were going to introduce the pets to us. They split us up into two groups to be shown the pets. One group got to see the rats and lizards. The other group looked at the furry animals. We got to pet the animals and ask some questions.

We saw baby lizards in a glass house. We found out that if predators try to catch a lizard by the tail, the lizard's tail breaks off so that the lizard can escape. The tail then grows back again!

We also saw rabbits. Suzie told us that lettuce upsets their tummies. When we were with the rats, Rob told us that they are friendly and like being together. There are over a hundred different kinds of fish for sale and

some of these are rare fish that need to be kept in heated tanks. Susie and Rob told us that most people buy fish as a pet.

We really enjoyed the trip to Pets at Home. It was amazing and we learned a lot about pets. We would love to be invited to go again.

By Liam, Bethany, John, Ashleigh, Daniel, Charlie, Natalia, Holly, Jack, Megan, Duncan, Rachel, Josh and Ashton.



VSA Carers Services



I was contacted by VSA Carers Services after my son's social worker suggested I complete a carers self assessment form and return it to VSA. It asked questions about how looking after my son impacts on my health, social life, ability to work and just generally balancing his needs with my own.

Arlene, the carer support worker offered to visit me at home or wherever I would feel most

comfortable. By asking me a little bit about my situation and how I felt about it Arlene suggested that counselling, life-coaching and relaxation therapies might all be ways of helping me to cope better with my situation.

I decided I would like to have some relaxation therapies. This has really helped my stress levels and it was nice being pampered.

Just recently I have started working with Elaine the life coach and I can have up to 6 free sessions. We are working on how I would like my situation to be different and steps that I can take to make this happen and I can now definitely see light at the end of the tunnel!

I also know that I can contact Arlene when I need information

or advice and the regular newsletter keeps me up to date with all the events and training VSA Carers Services organise, as well as other information on benefits, taking a break, support groups etc.

I am really glad I found out about VSA Carers Services and all the support they offer. They have encouraged me to actually do the things I was thinking about for a long time before I meet them. For further information please contact:-

VSA Carers Services
38 Castle Street
Aberdeen AB11 5 YU
Tel – 01224 212021
Carers.info@vsa.org.uk

VSA is registered Charity number SC012950

LPT'S

Police Update

It's almost two years since the Local Policing Teams (LPT's) came into being with the Aberdeen Division of Grampian Police. The Tillydrone LPT covers the communities of Woodside, Tillydrone and Old Aberdeen. This team have remained largely the same since the start, so the Officers have built up a good local knowledge, they know the area well and they know the local personalities.

So how do you know what we are doing and how well we are performing? Well, if you have access to the internet, you can

go onto the Grampian Police website and go 'Your Area' and then onto Local Policing Teams. Within there, you will find the three monthly updates that we provide. Alternatively, you can always call on us at the Tillydrone Police office (Coningham Terrace) and collect a copy there.

Aside from the many enquiries and calls that all Police Officers carry out, the Local Policing Team Officers have worked closely with our partner agencies, particularly the city council Housing Office's.

This has allowed us to jointly tackle anti social behaviour caused by unsocial tenants.

We have also pursued Anti Social Behaviour Orders (ASBO's) against those individuals who fail to behave. Overall, we are contributing to the positive performance figures of Grampian Police and hopefully, providing you with a good service.

Ed Fitzgibbon
Local Policing Inspector
Tillydrone Police Office
Grampian Police



ARE YOU A

FRIEND OF

SEATON

PARK?



Seaton Park is a well-loved space, but we believe it could be even better. The park is obviously the poor relation to Duthie and Hazlehead Parks which seem to get all the attention, so perhaps it is time for the community to pay more attention to OUR park.

With its wonderful trees and open space and of course the Don flowing round it all in the legendary shape of a bishop's crook, Seaton Park is our little bit of countryside in the city. It offers us all kinds of leisure opportunities, from walking the dog, playing football, picnicking by the river, letting the children and grandchildren run around, or perhaps just reading on a bench by the formal flower beds or snoozing in the walled garden (did you know there was a walled garden?). But there is a growing sense that it could be so much more with more focused care, attention and protection from the community. We must ensure that the park survives these hard financial times and be recognised by our City Council as just as important a part of the city's natural heritage as Duthie and Hazlehead parks which, for the moment, seem to be attracting all the funding and all the attention. You have probably heard how the Friends of Duthie Park have been able to access various funds to bring fresh life to their park and, closer to home, Sunnybank Park has been revitalised by its local community. Just think what we

could all do for Seaton Park. A number of residents have already offered their ideas of how they would like to see the park improved; some would like to see a formalised barbecue area by the river, others have asked for a play area for older children with a skateboard 'half-pipe' and a zip line, still others feel that more toilets are the priority. We would all like to see some means for letting people know what events are being organised.

So perhaps it is time for the community to play a more active interest in OUR park. The Old Aberdeen Community Council, with the support of the surrounding communities, would like to encourage the formation of a group of residents to become a focal point for safeguarding the park, linking with the different agencies who already look after the trees, the gardens and the paths so well, raising its profile and generally promoting well-planned development to enhance its natural attractiveness and popularity.

If you think this is a good idea, please show your support by getting in contact with us.

We are not going to ask you to start mowing the grass or digging ditches, just let us know you are keen to support the enhancement of Seaton Park. Our Facebook page is 'Seaton Park Friends' or email us at seatonpark@oldaberdeen.org.uk, or write a letter and post to Dewi Morgan at 107 High Street, Old Aberdeen AB24 3EN.

Come to a meeting!

We plan to hold a meeting in Dunbar Street Hall on Saturday 21st of April at 2pm to talk about creating a Seaton Park support group. We hope to have speakers from the Friends of Duthie Park who can pass on their experiences and suggestions and Aberdeen Council have promised their support too. If you possibly can, please do come along and lend your support. If you can't make the meeting, please drop us a line to give us your support and to be put on our contact list – the contact details are in the paragraph above.

Remember: Dunbar St Hall, Saturday 21st April at 2pm – we hope you can join us! Let's work together to create the park we want.



tillydrone community flat

It's a New Year at Tillydrone Community Flat with Helen Polson moving to a new post as Childcare Development Worker – Good luck Helen!!

Goodbye from....

helen

I have worked at Tillydrone Community Flat for 5 years I have really enjoyed my time there working with the local community and my fellow colleagues and other agencies that use the community flat to many to name.

I have got promotion and my new post is Child Care development Officer with Aberdeen City Council. There are six Childcare Development Officer's covering the city. The area that I am covering is Tillydrone, Rosemount, Ferryhill, Summerhill and Sunnybank. My new role will be half staff management and the other half identifying community childcare needs and addressing those needs by setting up new groups.

I also deliver 'Roots of Empathy' in Westpark Primary School. The Roots of Empathy original was started up in Canada, It's a programme working with a mum and a baby. They are brought into a classroom setting to help prevent bullying, allowing the school children to see how a baby develops. Roots of Empathy are piloting the catchment area for Northfield Academy.

My new post is going to be a challenge and I am ready for this!

At the moment we have Drop-in crèches – Monday and Wednesday for Over 2s and on a Tuesday and Thursday for Under 2s - 9.30am – 11.30am. They are very popular and this has been helped by our two new enthusiastic members of staff Minara and Rosina. If you are interested in a place for your child please get in touch and we can put your name on the list.

Lesley Duffus, Adult Learning Co-ordinator has started some new adult learning classes including computing and numbers, reading and writing. Our creative writing class and art and history group are still continuing. We also still have our complementary treatments on Tuesday and Friday afternoons. You can also come along on a Thursday morning to get employment advice from Dave at Pathways as Linda has a new job – Good luck Linda! Graeme Benson

from Drugs Action is still available to advise people on drug issues.

The Early Morning Club which runs from 7.45am for children from P1-P7 has now moved to Riverbank Primary School and provides an invaluable and affordable service to both working parents and for parents attending further education. Wendy Stewart has been promoted to Childcare Practitioner - Well done Wendy! and also welcomes a new member of staff Linda Stone.

We are still in the process of setting up a steering group to keep the flat running. If you would like to be part of our centre or are interested in any adult learning classes, childcare and complementary health treatments please come along to the flat at 3b Alexander Terrace or give us a call on 486641.

spring poem

**Spring is my best season of the year
The time when daffodils are here
Snowdrops and crocuses as well
Although they do not have a smell –
Bring beauty to the wishing well**

**Oh come along and join the song of spring time
The first season of the year
Birds are singing all around
The lambs are dancing on the ground
Come along and join the fun
With joy and happiness for everyone
Its springtime and its happening right here!**

Elsie Rennie

family centre creche view....

Many of you may be aware that the crèche at the Family Centre was closed down in the beginning of December last year. This has annoyed and upset many parents, as they feel that their children are missing out. Since the closing of the Family Centre crèche another crèche has started at the Community Flat. However, some parents feel this is not good enough, as it is in smaller premises and there is now a waiting list for children to attend.

Here is what one parent had to say...

My child used to attend the crèche at the Family Centre, until it was shut down with no explanation. This has made many parents unhappy.

Before I use to get my son in for two days, but now it's down to one day since it moved to the community flat. I really don't think one day is enough, and I also feel the size of the

room is far too small compared to the size of the room he used to be in at the Family Centre.

The way the crèche at the Family Centre was closed down was dreadful, as all the parents were told three weeks before Christmas on the very last day that the crèche would be open. Leaving it to the last minute to inform the parents was wrong, as it didn't give the parents much time to find other crèches, which is a big problem as there isn't many over 2 groups in Tillydrone. It really is a shame as it is the children who are losing out.

This is the second time the crèche has been closed, as before it moved to the Family Centre my son used to go to the crèche at the Portal in Harris Drive.

If you have any views on this issue, then please email maryclare@shmu.org.uk who will pass the information onto the Editorial team.

my special star

(This is a poem written by a mother who lost her son to drugs)

**Mother you are a special star,
glittering in the sky**

**When I look from my window,
I hear you say don't cry.**

**Looking down from heaven,
just to see you safe.**

**I'm in God's house for
ever more, beside His
heavenly gates.**

**God took me in his loving
arms, away from all my pain.**

**But now I'm up in heaven,
my life was not in vain.**

**Surrounded by His angles,
in Gods heavenly home.**

**For I will always love you, no
matter where you roam.**

**If you are feeling sad my dear,
say a little prayer.**

**Although we are many miles
apart, you are always in
my heart.**

adult learning

Adult Learning classes are now up and running again in the Tillydrone area. We are delighted with the response and are currently offering: Computing, Help with Reading, Writing & Numbers, English classes for those who do not have English as their first language and a very popular Cookery class!

All classes are full at the moment however we welcome enquiries for after Easter for any of these or others you may want in the future.

If you or anyone you know is interested or you want more information contact Lesley at the Tilly Community Flat tel 01224 486641.

Kind regards,

Lesley Duffus
Adult Learning and
Literacies Co-ordinator

Tillydrone Community Flat
3B Alexander Terrace

leduffus@aberdeencity.gov.uk

ABERDEEN SPORTS VILLAGE

Sports School

The Aberdeen University Children's Sports School is now in its 26th year of operation and is continually growing in popularity. This year we are proud to again offer top class sporting activities during the children's Easter and Summer holidays.

The Sports School has built up a reputation for quality instruction and care, and can boast a variety of sports unrivalled by any other organisation. Experienced coaches and leaders are carefully chosen for their professional expertise and their caring attitude, making the week(s) active, fun and challenging.

Format: There will be sessions of 3-4 different activities per

day, approximately 14 activities in the week, culminating in a 'Superteams' tournament. This gives children the opportunity to try a wide range of sporting activities. Age Range 5 - 14 years old (children are split into groups according to age).

Days and Times : Monday to Friday at 9.00-9.25am registration and 3.00pm finish

Easter Dates 2012: Week 1: **2-6 Apr** and Week 2: **9-13 Apr**

Summer Dates 2012:

- **Week 1: 2-6 Jul**
- **Week 2: 9-13 Jul**
- **Week 3: 16-20 Jul**
- **Week 4: 23-27 Jul**
- **Week 5: 30Jul -3 Aug**

Venue: Aberdeen Sport Village, Linksfield Road, AB24 5RU. King's Pavilion Swimming Pool, Tennis Courts and Playing Fields, University Road, Old Aberdeen

Examples of Sports: Cricket, Lifesaving, Unihoc, Golf, Volleyball, Football, Athletics, Badminton, Rugby, Lacrosse, Tennis, Table Tennis, Softball, Swimming, Basketball, Trampolining, Squash, Netball
 Cost (*per child, per week*): £100 Outside User and £90 UoA Staff/Student.

Phone 01224 489832 to book an appointment.

Timetable

MON	ACTIVITY	AGE RANGE	COST	ASV provide opportunities for children of all ages to participate in sport and exercise. As well as our own children's clubs, we play host to a variety of externally run clubs and can offer a variety of sports and activities. We also provide a safe and fun venue for birthday parties and can provide packages for school visits.
16.00 – 18.00	Table Tennis	P4 & above	£1.00	
TUE				
16.15 – 17.45	Athletics (primary)	P4 - P7	£1.00	
16.30 – 17.30	Hockey	P4 – P7	£1.00	
WED				
16.15 – 17.15	Athletics (secondary)	All secondary	£1.00	
FRI				
16.00 – 18.00	Table Tennis	P4 & above	£1.00	
16.30 – 17.30	Fit Fun Friday!	P4 – S2	£1.00	
20.30 – 21.30	Teenage Gym	13 - 15 years	£2.30	
SAT				
09.00 – 10.00	Teenage Gym	13 - 15 years	£2.30	
SUN				
10.30 – 12.00	Teenage Gym	13 - 15 years	£2.30	

M26

The M26 has also had another acupuncture/ meditation session with Brian, which was soothing and quiet.

We have also been to indoor rock climbing and ice skating which was noisy and exciting. On Tuesday the 21st of February seven of us plus Bella from Aberdeen Adventure tied two lots of two large canoes together and rowed down the Dee. As Aileen Davidson and Graeham Benson were not available 21 year old Jamie was in charge and was a bit worried in case anything went wrong.

Everything went smoothly until we were hit a little bit of white water which livened things up a bit.

There also was a minor panic when landing in the quiet fast flowing river.

The day was very enjoyable and Matt, Raye, Cat are all looking forward to canoeing when the weather is warmer, and Bella says she is looking forward to it too.

You can check future editions of the Tilly Tattle for further updates.

Christmas Lunch

The Christmas lunch with the pensioners in St Georges Church on Tuesday the 13th of December 2011 was a great success again. The food Aileen Davidson prepared was excellent and the conversations between the pensioners and M26 group interesting and lively. The most common things discussed were what the M26 had been up to since last Christmas, a lot of which has been reported in the Tilly Tattle issues since then. Also of great interest was what the

pensioners had been up to, what they are doing now and what they were doing before most of the M26 group were born. We all hope we have their zest for life when we get to their age.

This year so far we have had a walk around the Wallace Tower, the Dowie Monument and St Machars Cathedral where we took photographs and swapped stories about ghosts and recounted the Dowie legend. We also had a walk to the Grandholme Village and along to Persleys again taking photographs and telling stories. Accompanying us was Graeham Milne of White Space whose book the 'Haunted North' can be found in libraries. He always has lots of interesting information about Aberdeen old and new.

WASTE UPDATE

Recycling Point

A new recycling point has been installed in the Shmu car park, on Station Road, enabling local residents to recycle more items closer to where they live. The site includes facilities to recycle paper, cardboard, plastic bottles, food and drinks cans, aerosols, kitchen foil, aluminium food trays and glass.

The recycling point at the new Hayton Road development is being well used. Big thanks to all the residents!

Now you can recycle even more!

Did you know that you can now recycle more of your waste in your black box or at your local

Neighbourhood Recycling Point? Residents can now recycle empty aerosol cans, aluminium food trays and kitchen foil.

Please remember to rinse foil and food trays. Do not puncture, squash or pierce aerosol cans.

Please also remember that food waste can go in your brown bin, together with your garden waste. If you would like more information, additional containers or replacement binliners, please call 08456 08 09 19.

Recycle for Aberdeen

We are having a face lift. Waste Aware Aberdeen has been re-branded to the UK wide Recycle

Now. Our new signage and vehicle livery will be in place by the end of February across the city.

The Waste Aware Team is available to attend local community groups and events, give talks or provide advice. For more information or to arrange a visit, please contact us on 08456 08 09 19.

The city's recycling figure is now over 35%. You can help us work towards achieving our national target of 50% by 2013 by continuing to use the kerbside services, recycling centres and points across the city. Don't let a good thing go to waste!

12oz sultanas, 12oz plain flour,

6oz suet

1tsp cinnamon,

1tsp mixed spice,

1tsp ginger

1 grated apple,

5oz soft brown sugar

3 tbl treacle,

half tsp baking powder

1 egg beaten, milk to mix (probably 200ml but could be less)

A cloth - butter muslin or clean tea towel or a pillow case

1. Fill a large saucepan or stock pot with boiling water and keep boiling ready for clottie dumpling.
2. Mix all the dry ingredients and apple together.
3. Add the treacle, egg and milk and mix until you get a thick dough.
4. Scald the cloth in the boiling water, then spread the cloth onto a flat surface.
5. Spread flour over the wet cloth. This creates the skin of the dumpling.
6. Add your dumpling dough to the centre of the cloth. Pull the sides of the cloth together and

Clottie Dumpling

- wrap the dough into a tight ball with the cloth. Tie the cloth tightly with string keeping the dough tight within.
7. Add the dumpling to the boiling pot. Ensure the water comes up to the top or over the dumpling. Boil for 3.5 hours.
 8. Ensure you keep the water on the boil and continue to top up the pot with water.
 9. After 3.5 hours lift out the dumpling from the pot, cut away the string and slowly unpeel the cloth from the dumpling.
 10. Once you've peeled away about 6 inches in diameter:
 11. Add a plate upside down on top of the dumpling and tip the dumpling onto this plate. Slowly unpeel the remainder of the cloth. The dumpling will look like a grey spotted brain!
 12. Rest the dumpling to dry off a little and turn brown.

AN OLD FASHIONED
SCOTTISH RECIPE

quickest
Tablet
ever!!

Ingredients:

Makes: 12 - 16 portions dependant upon the size you choose to cut

450g (1 lb) caster sugar

125g (4 1/2oz) unsalted butter

170g (6oz) evaporated milk

Prep: 5 mins

Cook: 12 mins

Extra time: 2 hours, setting

Microwave Tablet

Method:

1. Pour all the ingredients into a LARGE microwavable bowl as the mixture cooks it expands and beat well.
2. Place in the microwave on high for 12 minutes. At 3, 6 and 9 minutes take the mixture out of the microwave and beat well. Keep an eye on the mixture as it may boil over the top of the bowl and can be time consuming to clean!
3. After 12 minutes take the mixture out of the microwave and beat well for a few minutes until the mixture starts to crystallise. I tend to use an electric whisk)
4. Pour into a well buttered tray and leave to set. It is a good idea to mark out your portions when the tablet is setting for ease of extracting from the tin
5. Leave to set for a few hours in the fridge if you can resist.... ENJOY

Reiki in the Community

Sceptical, like many others with a doubting attitude, I was asked if I wanted to take an appointment that someone had at the last minute cancelled with Reiki Master/Teacher May Paterson.



Sceptical, like many others with a doubting attitude, I was asked if I wanted to take an appointment that someone had at the last minute cancelled with Reiki Master/Teacher May Paterson. This was at Portal Community Centre, Tillydrone, that was still open at this time. I would be using one of the computers in the lounge and would start a conversation with people while they waited for their treatment. "Goodbye May, I will see you next week as I have another appointment," I would hear them say on leaving.

"Oh that was great, I feel so much better within myself" or "I've a spring in my step." "I would cancel

an appointment somewhere else rather than miss this one," were among many comments. Apprehensively for a few seconds I lay on that therapy table, but this thought soon vanished. This session passed so quickly and I felt most of the things that I had heard others praise about their session. "Yes" I did make another appointment then.

So what do I get out of Reiki sessions I hear you ask. Physical – that back-pain and other aches would diminish to a smaller degree or be removed. Emotional – no more hasty decisions and I now take a step back and look at the big picture.

Mental and Spiritual – credibility and self-worthiness in oneself.

On the 26th February 2011 at Woodside Fountain Centre six people, myself included, went through First Degree Traditional Usui Reiki and two others at level Two Degree. Many thanks must go to Fersands Community Project also Printfield Flat, Tillydrone Flat and Hilton Community Centre for the use of their premises to further our training.

Late last year we acquired with the kind permission of the tenants at Fountain Grange the use their common room. This now lets us be based at one place. Giving residents of Tillydrone, Woodside, Printfield and Hilton a focal point, rather than here or there on what was available. On the 5th of November 2011 the first six were trained up to Degree Level Two. Another six have achieved First Degree.

So are you prepared to give it a try because appointments are available on alternate Wednesdays mornings 10-12.00 and Thursdays evenings 7.00-9.30pm at Fountain Grange – just give Louisa Brown a phone 01224-489832 to book an appointment.



shmuTRAIN

shmuTRAIN delivers employability & skills development courses to support people into work, education or training. Radio and film are used to help develop core skills such as communication, confidence and team work.

Focused employability training supports people to produce a CV, develop job search and interview skills, meet with local employers and visit their premises, increase motivation and the chances of sustaining either work, training or education.

Positive Transitions is a 12 week course including radio & video training for 16-19 year olds who are

not in education, employment or training. shmuWORKS is a 6 week course including radio training for 18-25 year olds who are not in education, employment or training.

Individuals can contact SHMU directly to sign up for Positive Transitions or shmuWORKS, or can be recommended through a local project or agency.

To find out more about these opportunities please contact Chrissie on 01224 515013, email chrissie@shmu.org.uk or text the word 'TRAINING' followed by a space and your name to 60300

The Health Show on shmuFM

Nothing is more important to your wellbeing and happiness than your health, so here at shmuFM we've teamed up with NHS Grampian to broadcast the Health Show.

Each week the show will cover the important stories from the past week, the best health advice and the latest campaigns being launched - all presented by a SHMU volunteer and a guest from your local NHS services.

We are live on 99.8FM on a Thursday from 9-10am, then a repeat goes out on a Monday between 2 and 3pm. Alternatively, you can listen again online by visiting: www.shmu.org.uk

We'd like you to get involved too, so if you wish to suggest any topics or guests to be included in the show, or give any feedback to the Health Show team, just email: healthshow@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.

t 01224 515013 | e info@shmu.org.uk | www.shmu.org.uk

Jolly George....

It's coming up to 10 years since I move into deepest, darkest Tillydrone. And hey! It ain't half as bad as those from outside the area - our area - make it out to be.

I felt the need to write this wee article in the hope that it would not only put a smile on the faces of my fellow "Droners", but also, in the hope that a few people from outside the area might just pick up on it and realise that we're not all smacked up to our cheeky-bits on crack and carrying out human sacrifices.

During the past decade, it has been my pleasure to meet a lot of good people here in Tillydrone. One or two of you might remember me from the time I was lucky enough to manage the Broadsword Bar (Le Cafe Bar au Broadsword as I fondly remember it) where we used to ROCK. The good folk I met at the Broadsword certainly knew how to p-a-r-t-y! Sure there were some numpties to deal with, but this is a problem that is most definitely NOT unique to Tillydrone.

In my opinion, it is a human trait to bad-mouth and miscall other people and, for that matter other countries, races, religions, etc, without any real idea of what they or it is about. Without getting too political about the whole thing, as this is only intended to be an epistle about what goes on in this portion of the AB24 2 post code sector, I would like to remind people: "Never judge a man until you walk three moons in his moccasins."

It is with this in mind that I get a bit cheesed off when I am in in another part of town, slaking my thirst and enjoying the occasional orange juice, that when it's discovered that I live and work in Tillydrone, attitudes towards me suddenly go a bit "sour"! From being Jolly George the Pie-Man I have suddenly morphed into Fred West meets Charles Manson! What....!!! It's still me, it's still Georgie-boy, dude. "Where do you live then?" (Ok, "Far do you bide?") I may retort, but to be honest, I couldn't

care less. There's good and bad everywhere as far as I'm concerned. It's just that our area is perceived as being the only area in the western hemisphere (or any other hemisphere for that matter) with a drugs problem. Open your eyes, man. It's a big, wide world out there. And, yes, drugs (and drink) are a problem but those problems are not peculiar to any one area, any one class, sex, race, creed or religion.

So listen, start bigging up our area (violence is not the answer, by the way!) - let them know that we have a good community here. Ok, we need more facilities: write to your local councillor, MSP or MP and tell them! Let's get this area sorted and let's by proud of it.

By the way, I'm now at the Tilly Butcher, 61 Hayton Road. Wee plug there. Did you notice? Take it easy.

George Scott, Tilly Butcher & former Manager, Broadsword Bar Tillydrone

stop being afraid of change, it's OK. Embrace your local Butcher with both arms in a bosey-like-manner and Together, we will kick your supermarket 'meat' habit once and for all. Just remember, the next time you are in a supermarket that meat should never be 'packed in a protective atmosphere' and it shouldn't be that ridiculous bright red colour.

Join our [facebook](#) page so you can be part of the congregation of believers and real meat eaters. Hallelujah. But above all else remember that the packs are to help you eat better and enjoy real food at a great price. And when you shop at a supermarket it makes me sad.....

Liam Scott

Aka Lurch Monster, Butcher Extraordinaire.

Lurch Monster's TILLY BUTCHER
LurchMonster.co.uk 61 Hayton Road 014243 480249

<ul style="list-style-type: none"> 1/2 lb Steak Mince 1/2 lb Diced Steak 1/2 lb Sausages 1/2 lb Ox Liver 1 x White Pudding <p>£5.00 Double Up For £9.50</p>	<ul style="list-style-type: none"> 4x Pork Chops 1 lb Steak Mince 1/2 lb Diced Steak 1/2 lb Pork Sausages 1/2 lb Steak Sausages 2x Jalapeno Burgers 2x Steak Burgers <p>£15.00</p>
<ul style="list-style-type: none"> 1 lb Steak Mince 1/2 lb Diced Steak 1/2 lb Diced Chicken 1/2 lb Diced Pork 1/2 lb Sausages <p>£10.00</p>	<ul style="list-style-type: none"> 4 x Cheese Burgers 4 x Beef Olives 1 lb Silverside 1lb Rolled Pork 1 lb Steak Mince 1/2 lb Sausages 1/2 lb Back Bacon <p>£20.00</p>

All Items Are Set And Can Not Be Changed.

OUR EXPERIENCE OF UGANDA 2012

By Sammy Cheyne & Xan McCamlie



Well, where do we start! Uganda 2012 was amazing! For us, Uganda was both a life changing experience and a once in a lifetime trip, (well for most of us!) The trip, in a whole was an emotional rollercoaster; it had its ups and downs, laughter and tears. We wouldn't say it was a walk in the park, as what you see in a very short time is really intense. We found the trip to be both good and hard.

One of the best bits of the trip was going to see the children at Bezelell, seeing their little faces light up when the muarungus, (white people) came, made our hearts melt. One of the things that we did there was painted Morgas Library. This now means that the children have a clean and safe place to read books> one of the harder bits of the trip was going to Kamuli Town Hospital. In the hospital they took us in to the Intensive Care Room which had a bed and a mosquito net and a window.

It was all very hard for us to take in considering what the NHS is like here. We then met a HIV and AIDS group who meet at the

hospital regularly to discuss any problems they are facing or any questions that they may have. We spoke to the leader of the group and he said that he had been living with the disease for years. We found it good to talk to them to find out their feelings towards the stigma of having HIV and AIDS.

We could go on and on but we would be here forever. What would we say to anyone who has an interest in the work of Tillydrone Vision in Uganda is to visit the Tillydrone Vision website. We would like to say thank you to the Tillydrone Community for all their hard work they have done, also to Grampian Fire and Rescue Service for their support and also a big thank you to the Fairer Scotland Fund for sponsoring us to have the opportunity to go over and experience all the work in Uganda, but mainly a big, massive thank you to the main man Jim Weir, as if it wasn't for him we wouldn't be where we are today, and who would have thought all started with just one email!

