

woodside freepress

Autumn Edition 2011



Featured in
this issue

PLAYSCHEMES

Summer Hits

GALA DAY

Woodside Network

SUSTAINABLE

Urban Fringes (SURF)

SCHOOL POETS

Woodside Writers

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FUNDED BY





A New Challenge for the Cash In Your Pocket Partnership (CIYPP)

An invitation to this year's Woodside Gala began a new challenge for the CIYPP team: Our first joint partnership event using our new, pop-up gazebo! The question was, how easy was it going to be to put it up on the day?

Surprisingly, combined with help and guidance from the event organisers, we managed it with little problem, just before the rain came on. With our display of leaflets undercover and protected from the North East elements, we were all set.



Thankfully though, the weather didn't put folk off. With expert advice on offer from SCARF, Pathways, Welfare Rights and St Machar Credit Union, the stall saw a steady flow of visitors throughout the day.

As well as providing free advice and information on money-saving matters such as reducing energy costs, low cost loans and savings options, benefits and money advice, there was

fun, games and freebies to take away. Our free i-pod raffle certainly helped pull in the crowds! Guessing how many pennies there were in the jar proved a big success and the healthy eating goody bags went down a treat!

Following on from the success of the Woodside event, the Cash In Your Pocket Partnership are holding a stall at similar community Galas and Fundays being held in Northfield (at Allan Douglas Park) on 13th August and in Torry (Tulloch Community Centre) on 27th August.

By raising awareness and providing information, at events like these, people can access free advice and services that can help improve their finances. This is particularly important at a time when households are having to tighten their belts and are struggling to cope with increasing debt, food and fuel prices. Come along to any of our events to find out ways of how you could save some extra cash.

You can also get advice, by contacting the CIYPP team. By letting us know the help you require, we can put you in touch with the right people to get the help you need through our referral service.

Contact Details:

www.ciypp.co.uk

T: 01224 200221

@: info@ciypp.co.uk

Or **Text 'CASH'** followed by your name and the issues you would like advice on to **07624 802721**





SURF - SUSTAINABLE URBAN FRINGES

How well do you know Aberdeen's 'River Don Corridor'? It's a very beautiful area right on your doorstep – made up of the River Don and surrounding open spaces, from 'Sea to 'Shire'. It's has vibrant communities; wonderful open spaces; fantastic industrial heritage; and inspiring wildlife. However, in places it also has disjointed access; poor maintenance; loss of wildlife; and loss of heritage.

SURF Aberdeen is a project that aims to improve the quality of the 'River Don corridor'. We are bringing people and information together to collectively plan & manage open spaces along this corridor. We hope to help deliver real long-term environmental, community and economic benefits to the area.

We want to understand how communities identify with the Don and surrounding spaces, to understand what is there now and how it could be improved. We are also considering how the major developments along the Don may change the area, exploring ways of linking them into existing open spaces to bring benefits for people and wildlife.

The project is in two key parts. In the first part we have been working with communities to develop an outline plan for the open spaces across the area. In the second part we aim to identify and deliver a selection of on-the-ground improvements.

Ways to get involved:

The project's success rests on the involvement of communities, businesses, land owners and developers. There are many ways to get involved; as a part of our group, by joining in the discussion online or contacting us directly.

River Don Communities Network – a project network for representatives of local groups and organisations. We meet at several key stages throughout the project.

Facebook group - River Don : SURF Aberdeen – the place for online conversation where anyone can join in and make connections, share memories and ideas or report any 'on the ground' issues.

Contact us to ask questions, make suggestions or find out how to get involved at a more practical level.

Project Team:

Sinclair Laing, Project Manager – SURF Aberdeen
silaing@aberdeencity.gov.uk - 01224 522 793

Stephen Bly, Woodlands Community Ranger
stephenbly@aberdeencity.gov.uk



A word from our Ranger...

"It's been a busy summer! We've meet with over 200 users of the Don corridor to discuss their hopes and fears for the area. There What stood out most was the passion for the Don Corridor and a commitment to its well being.

I've carried out over 50 hours of practical work with volunteers. Together we've improved access along the paths from Grandholm Village to Donmouth. We've also worked with Dyce Playgroup, Tillydrone Family Centre and made planters / digging pits. Please let me know if you are a service provider that could make use of these... they are FREE!

Part of my job is also raising awareness of the Don corridor and what it has to offer. Tenants First staff and I spent an exciting day exploring the open spaces near their Donside Urban Village. This helped them to better appreciate and understand the area where they work and see the opportunities available for their new tenants". - **Stephen Bly**

The SURF Aberdeen project is being funded by Aberdeen City Council and the European Union's European Regional Development Fund's Interreg IVB North Sea Region Programme.



Sustainable
URBAN FRINGES
SURF



ABERDEEN
CITY COUNCIL

The Interreg IVB
North Sea Region
Programme



*Investing in the future by working together
for a sustainable and competitive region*

European Union



European Regional Development Fund

WASTE AWARE: NEIGHBOURHOOD RECYCLING POINTS

A new recycling point has been installed in Clifton court to complement the existing sites at the broadsword tavern and marquis road – you can recycle a range of materials at these points including food and drink cans, glass bottles and jars, paper and cardboard and plastic bottles. There are no refuse bins at these sites so please can you take home your plastic bags or even better take your recycling materials in a reusable bag. Saturday and Sunday 9am to 7.45pm

LARGE CARDBOARD

We would like to remind residents that large cardboard cannot be collected at the kerb-side or in any of the Neighbourhood Recycling Points but should be taken to your nearest Household Waste and Recycling Centre. There are four centres across the city designed to provide householders with the opportunity to recycle an extensive range of materials including bulky items, wood, electronic equipment, garden waste, batteries, paint and oil as well as glass, paper, cardboard and metals. For a more detailed list of which materials can be recycled at each Household Waste and Recycling Centre visit www.aberdeencity.gov.uk/wasteaware

During British Summer Time the Recycling Centres are open **Monday to Friday 10am to 7.45pm** (including Public Holidays)



ONE NIGHT IN JUNE

The Crown Bar – hoaching, wacky events and live music, queues outside eager to spend – all in the name of a good cause!

Local man Pete Webb and Friends raised over £754

for charity, half donated to CHAS (Children's Hospice Association of Scotland) and the remainder shared equally between Fersands Community Project and Fersands Food Co-op and Mini Market.

TUESDAY NIGHT CLUB SAY FAREWELL...

The Fountain Centre rang with the babble and laughter of excited youngsters as Woodside's 'Tuesday Night Club' regular Gregor McPherson (seven), and wee sister Murrán (two) celebrated with friends and family before setting off for a new life in Perth, Australia. Cafeteria tables groaned under a banquet of sausage rolls, sandwiches and sweeties and a huge cake bearing the words "TO GREGOR AND MURRAN FROM THE TUESDAY NIGHT CLUB". Gran Dorothy beamed with pride as Auntie Angie; wee Murrán in her arms led us through the din of the party to meet Gregor.

Gregor's dad Thomas is taking up a football coaching post at two of Perth's smart private schools, a prospect that Gregor's obviously looked forward to. As a big Glasgow Celtic fan and a player for Albion Boys 'fitba' is a big part

of family life and luckily, due to satellite TV, Gregor can still watch his team without freezing on the terraces!

In fact the digital world which Gregor and his peers take for granted makes the prospect of uprooting a whole lot easier. When asked what he would miss about Aberdeen he pointed to his cousin and best friend Bobbie but cheerfully chipped in that they'd keep in touch through Facebook and have real-time, face to face conversations on Skype.

The McPherson kids were given a great send off. Although wee sis didn't quite understand what all the fuss was about she'll enjoy looking through a scrapbook filled with messages from all who'll miss them. Thanks to the wonder of the web, however, they're only a click away!

Supporting Women to Breastfeed: Volunteering Opportunity for Women

The health benefits of breastfeeding for Mothers and babies has been well researched; benefits include reduced risk of allergies for children, reduced risk of certain cancers for women who breastfeed and the promotion of positive attachment between mother and baby. Despite these facts, breastfeeding rates are still low across Scotland.

In an effort to offer women support should they choose to breastfeed, NHS Grampian are coordinating a 12 month pilot project focusing on one area in the City. We are looking to recruit women who are enthusiastic about breastfeeding and supporting other Mums, and who have breastfed their own children for at least 6 weeks in the past as volunteers to offer breastfeeding support to new Mums.

Volunteers would receive 20 hours of FREE training from the National Childbirth Trust (NCT) and 6 follow up sessions which would lead to the volunteers gaining a

recognised qualification as well as being reimbursed for expenses incurred. Following training, volunteers would then be expected to make a commitment to offer breastfeeding support to Mums who are referred by health visitors and community midwives for the duration of the project (12 months).

If you think you can:

- Attend 20 hours of training over 8 weeks
- Make a commitment for 12 months to offer support
- Work with health professionals
- Attend breastfeeding workshops, visit women in their homes or offer advice over the phone

Or, if you would just like some more information about this opportunity, please contact:

Joanne Riach, NHS breastfeeding coordinator at joanne.riach@nhs.net or 01224 558 670.

HEALTH ISSUES IN THE COMMUNITY

Pathways are running this health course at a variety of locations. Here in Printfield a lively group has got together to look at the "social model of health". "What's that mean?" I hear you ask. Well it's exploring what health really means to us and our community. It's looking beyond a trip to the doctor and taking a pill for every ill. It acknowledges that we know about our own bodies and that there are many ways of looking at health and illness. These have varied over history and differ between cultures. We also look at the impact of poverty and disadvantage on health and what we can do to challenge all of this. The group has been very interactive. People have shared their own experiences in a

confidential manner. So far we've discussed a lot of issues and have even had a laugh discussing old wives tales. We are to start a group project linked to a community health issues. Members of the group identified stress as an issue for them and for their community so the group project is going to look at the stress busting value of laughter. Recent medical research has highlighted laughter as extremely beneficial for mental and physical health. At the very least, it should be a hoot!

-Teresa Lamb

Woodside Network News

Our logo (right) was designed by Jasmin Duncan. We are delighted with it and hope you are too! Jasmin, a pupil from Kittybrewster School, was presented with a £30 voucher as overall winner of the logo competition at the Woodside Gala.



Woodside Gala

About 400 locals, young and old, turned out at Deer Road Park for the Woodside Gala back in June. Stalls, workshops, competitions and live entertainment provided a fun day for all, and the plan is to do it all again next year!

The Gala 2012 Group are looking for volunteers to help with planning and to assist on the day.

Contact Gordon 01224 488781

Spring Clean Woodside

Eleven groups signed up to clear litter in their area and give Woodside some TLC! Everyone involved actually enjoyed it and some have made a commitment to keep up the good work on an ongoing basis. See the map for the areas covered and check out more photos on facebook!

(MAP - maps need permission to reproduce)

- 1 Fersands Youth Group
- 2 Baird's Pharmacy
- 3 Spar on Clifton Road
- 4 Woodside Parish Church
- 5 Woodside Primary School
- 6 Blockbusters
- 7 Gala Day Volunteers
- 8 Carpet and Vinyl Centre
- 9 Gav's Grow and Higher Ground
- 10 Northern Chipper and Chopsticks
- 11 Kittybrewster Primary School

Woodside Winter Taskforce

Remember the ice and snow? Members of the Woodside Winter Taskforce are gearing up for another winter of roads and pavements in need of clearing. Some locals have already volunteered to look after their own patch and look out for vulnerable neighbours. Maybe you could too!

At the Gala

I loved the Woodside Gala. When it started, I was there. I met my friends there and went around the stalls there, making my own badge, listening to the Kidz-Co disco music, trying out the drums, and watching Kittybrewster football team v Woodside football team. My dad just listened to music and watched us as we played and laughed. About half-way through the event, Dad and I left to pick up my mum for the awards. My mum brought tomatoes and orange juice in case we got hungry. I showed her the rest of

the stalls and then I got called up to the stage. I was really nervous as I walked up the small stairs to the stage. I looked for my mum and dad in the vast crowd. Everyone was staring at us up on the stage, some smiling, and a few cheering. I searched a little more, and Mum and Dad were right at the front. So I talked a little, and smiled and waved obediently, then accepted my prize and came off of the stage. I hugged my parents, looked around a little, and then went to Buckie Farm carvery to celebrate.

- Jasmin Duncan



The areas covered last year will need help to be cleared again and we hope to cover new areas as well. Please **contact Gordon 01224 488781** or **Mark 01224 524926** if you are interested.

Find out More

Want to find out more about what we do? You'll find dates of meetings, copies of agendas and minutes here. Meetings are open to all Woodside residents and we really need you to get involved. Come along and see if this is for you!

Facebook

Join us on facebook (Woodside Network). We want your news, views, queries and photos. Send these to woodsidenetwork@hotmail.co.uk

Visit: www.woodsidenetwork.wordpress.com

Contacts

Jackie Burns 07596149766

Gordon Donald 01224 488781

Kit Trail 01224 276788

Mark Lovie 01224 524926

woodsidenetwork@hotmail.co.uk



Fersands & Fountain Summer Play Scheme

41 children aged between five and eleven from the Fersands and Fountain area signed up for this years summer play scheme, Four children who had never used our services attended and introduces their families to the project services. Up to 30 children attended each day trip activity.

Volunteers helped organise eight outings to different places. Some local favourites and others slightly further away Hazlehead Park, Duthie Park, Camperdown Park , Aden Country Park, Houghton Country Park, Dizzy Rascals at Laurencekirk, Stonehaven and Cadonas Pleasure Park. A total of 195 children attended our outings.

Over thirty children benefitted from our three residential experiences. Ten of the younger children enjoyed a great day out at Story Book Glen and finished off with an exciting "Giant Sleep Over". The p 3, 4, 5 went to Cromdale for a three night break and although the weather was poor they had great fun around Aviemore, Granton on Spey

and Landmark. Ten of the oldest children enjoyed an activity packed, five day holiday to Ardvulin on the west coast. There they stored happy memories they will keep for a long, long time.

Eleven Volunteers were involved this summer. The play scheme Volunteers worked for over two hundred and forty hours to organise and plan everything that made the day trips such a success. Volunteers worked around two hundred and sixty hours to make the residential camps and activities happen this summer. The group worked for an amazing total of five hundred hours over the seven weeks of the summer play scheme . All activities were funded by a council grant and the fundraising efforts of more volunteers who provided a service and saved many families a great deal of money.



OLDER KIDS

This summer we did 4 residentials, each group had to raise £500 each throughout the year through bag packing, gala days and football cards

“ I seen dolphins, I have never seen them before” CB

“that was terrifying but im really proud of myself” AG

The camps enabled 27 young people aged 12-17 year old to take part in an adventure away from Aberdeen , in places like Findhorn, Isle of Raasay and Dalguise in Perthshire.

“The tree climb was ace” CB

“Can we do trampolining every week , this is ace” JB

We worked with 33 young people on 9 full day activities in the school holidays, doing activities such as gorge walking, trampolining and paintballing to name a few.

The youth flat makeover has begun!

Some Quotes from the summer experience:

“surfing I didn't even want to do it but it was actually amazing” JG

“our biggest surprise was that we all liked pumpkin seeds and soya nuts, and are going to buy them”SP, CD and JG

“I liked everything, trying new things and meeting new people!” MK

It has taken several months of hard work and red tape, but we are finally here! Yes the makeover started just over a week ago and we aim to have it finished by the end of November this year! FFCP are working in partnership with Business Enterprise North East to make the youth flat into something pretty special. We have been lucky enough to get their support in this process by providing us the best tradesman in Aberdeen for free to upgrade our shabby flat into a place with all the mod cons. Not only that but we are getting new flooring, walls, home furnishings and much more.. to make this youth flat a safe, warm, and inviting environment for all the young people in Woodside!

The Painted Wall

A community joining together
 Seventy helping hands
 No, its not a community – it's a family
 All these friends painting together
 To make the Painted Wall
 Green, yellow, pink, blue
 Orange, purple, red, silver
 All the colours of friendship
 If all the community lends a helping hand
 We could paint the universe like a magical land
 Friends linking hands
 Empty paint-pots at their feet
 They were the ones that painted
 The Painted Wall.

Jasmin Duncan, P5/6 at Kittybrewster School.

SCHOOL POEMS

The Woodside writers, with the help of both Kittybrewster and Woodside primary schools teachers of P 5/6 & 7 , felt it would be good to give the pupils an opportunity to explore their creative writing skills. We invited the primaries to compose a story or a poem about Woodside with a prize from our funds as an incentive.

The writers were impressed with the way the kids used

The Ghost Car of Woodside

It can be seen dead on Midnight
 Driving past the Sleepy streetlights
 It has scratches and dents
 They weren't intentionally meant
 This is the ghost car of Woodside
 It has no driver behind the wheel
 Because of a tragic ordeal:
 The car and driver were as happy as could be
 Until he lost control and hit a tree
 The driver got out and call for help
 But because the car drove off all by it's self
 He is usually seen driving past 'the tree'
 Where he had that horrific tragedy
 It is the ghost car of Woodside.

James Will, P7 at Woodside School

their imagination, coming up with some great results. The Parish Church Clock: the Painted Wall at Fersands, the schools, the supernatural and Muggers Lane were some of the materials mentioned. Picking out winners was hard but finally we decided on the two poems below, one from each school. The two winners received a £20 Voucher for books, while the two runners-ups got £10 vouchers.

Celebrate the River Don

A book is planned to celebrate the beauty, and the badness and the bond of the River Don, all the way from its source in the Grampians to its estuary in Aberdeen.

You are invited to submit your own impression of the river (any part of it) for consideration - Poems short stories, reminiscences ,photographs or art. Written pieces should be in English or Scots. You can be from anywhere. Woodside writers are organising the project .

Please send entries to mark@fersands.org

Woodside Writers
Woodside Fountain Centre
Marquis Rd Aberdeen
AB242QY

Entries to arrive no later than 9th December 2011,
For more information please call Mark Lovie on 01224



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 | w www.shmu.org.uk

MAGAZINE NEEDS YOU!

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Neris vo, confica; Cati, se nontem moris.



Pete the

the vulture of culture



I put my hands up. I've had words with myself more than once about spending less time on Facebook and more in what we might call the traditional pursuits. You know what I mean. Simple pleasures like reading, watching dvds, catching up on the piles of cds I buy but never get round to listening to properly because I spend half my life stuck in front of a computer.

Yet still I sit glued to the screen chatting, sharing, tagging; setting the world to rights while hours I'll never see again drift by unnoticed. Before I know it, it's bedtime. Nothing's been done. The washing machine needs emptied, its contents hung up to dry on the old pulley. A shirt needs ironed. Another evening has passed completely unblemished by responsibility. How did that happen? Frustrating, yes, but then again, through social networking I've met people I haven't seen in 30 years. We've got together, caught up, played tunes, watched bands and had a lot of laughs.

In that respect, the internet really is the great communication tool it's cracked up to be. But it's also infuriating. So-called visionaries like Mark Zuckerberg just can't leave things alone. Not content with the billions of dollars generated by the 800m souls currently signed up to Facebook, his army of programmers constantly fiddles with and updates the site with changes that do not much improve the FB experience but do generally annoy the hell out of the vast majority of users, not least because there's ne'er the slightest indication that Zuckerberg's shadowy hordes actually give a damn about what the average Facebook user really wants. In the end it's all about money. Like Zuckerberg doesn't have enough already. The last round of changes was the final straw for me. Sat in front of my screen one day, suddenly I could stand it no more. I flounced through to the living room, snatched the first cd from the yet-to-be-played stack and threw myself onto the sofa in, I must concede, something of a rage.

But it's an ill wind, they say. The disc I'd grabbed was Part Time Punks, a best-of collection from the Television Personalities that I'd stumbled across online and snapped up sharpish, the TVPs being one-time heroes of mine. I slipped the cd in the hole to be instantly reminded that my ancient love affair with the band was based purely on two tunes, the set's title track and Where's Bill Grundy Now?, the latter TVP mainman Dan Treacy's hilarious take on the infamous 1977 incident when drunken, middle-aged TV presenter Grundy provoked the young Sex Pistols into an

outbreak of foul mouthed derision that shocked the nation and assured the band of lasting notoriety.

Without the ensuing media storm, the tabloids slavering over every last syllable uttered that fateful evening, who knows where we'd be? Punk rock might have rolled over and quietly died, and without punk kicking open a million doors, God knows what we'd be listening to these days. Certainly, no one thought punk would still be around 35 years on, far less that it would have inspired fashions, art and attitudes still with us in 2011 and showing no signs of leaving anytime soon. Who'd have foreseen Johnny Rotten (or John Lydon, as he is these days) starring in margarine adverts or taking Celebrity Big Brother by storm three decades down the line? Or punk's grand dame Vivienne Westwood turning up knickerless at Buckingham Palace in 2006 to receive the real thing from the Queen? Life is full of surprises.

On a more prosaic level, as a young and rebellious Pete The Punk I hardly envisioned my 21st century self cycling to work, but after four years getting the bus I finally gave in and got the bike back on the road. This is the decision of the year so far. Rather than being stuck in a traffic jam surrounded by grumpy commuters somewhere up by the old Kingsway Bingo, I can now take a languorous turn along the Don nature reserve, one of Aberdeen's best kept but most fabulous secrets.

Exaggerating, am I? Well, let's just say that whether hurtling along the dappled forest paths or making a more studied progress in the company of seals, heron or whatever else from the huge variety of local wildlife is around that day, down by the river there's a sense of freedom and good-to-be-aliveness I've yet to find on a number 40. We're just very lucky in Woodside to have so much beauty on our doorstep and I intend to keep on enjoying it until my wheels finally fall off.

Lastly, a few words about a friend that passed away last week. I first met Mick Fullerton in 1988 as a care worker at Victoria House. Although I drank and laughed with him a few times over the years, it was only at his funeral I found out that his staunch socialist principles had made him turn his back on the big bucks he made offshore at one time, instead taking a poorly paid job helping people much less fortunate than himself. Much respect, Mick, and may you rest in peace. You were a true friend of the poor.

COMMUNITY CONTACTS

Alcohol

Alcoholics Anonymous 0845 769 7555

Drinkline 0800 7314 314

Benefits

Benefits Agency Advice Line 0800 587 9135

Crime

Crimestoppers 0800 555 111

Drugs

Know the Score 0800 587 5879

Dentist

Emergency - G-Dens 01224 558 140

Doctors

NHS 24 Emergency 08454 242 424

Electricity

If you have a Power-Cut 0800 300 999

Family Information Service

Information Service 01224 443344
07825 053136

Family Planning

Square 13, Support & Advice 01224 642 711

Gas

Gas Emergency 0800 111 999

Gas Emergency with a Meter 0845 606 6766

Housing

Emergency Repairs 01224 480 281

Call Centre Emergency 0845 608 0929

Police

Non-Emergency 0845 600 5700

Samaritans

Need to talk 01224 574 488

Social Work

Social Work Duty Team 01224 765 220

Emergency Out-Of-Hours 01224 693 936

Young Carers

Support & Information Service 01224 625 009

Water

Scottish Water Emergency 0845 600 8855

Alkohol

Anonimowi Alkoholicy 0845 769 7555

Problemy z alkoholem 0800 917 8282

Zapomoga

Agencja doradztwa w zapomogach 0800 587 9135

Przestępstwa

Przeciwdziałanie przestępstwom 0800 555 111

Narkotyki

FRANK – narodowa linia pomocy 0800 776 600

Dentysta

Nagłe wypadki 01224 558 140

Lekarze

Nagłe wypadki 08454 242 424

Elektryczność

W wypadku odłączenia energii elektryczne 0800 300 999

Planowanie rodziny

Square 13 wsparcie i doradztwo 01224 642 711

Gaz

Nagłe wypadki 0800 111 999

Nagłe wypadki w związku z licznikiem 0845 606 6766

Pomoc mieszkaniowa

Nagłe naprawy 01224 480 281

Centrum pomocy 0845 608 0929

Policja

Zgłaszanie przypadków nie wymagających nagłej interwencji 0845 600 5700

Samarytanie

Telefon dla potrzebujących rozmowy 01224 574 488

Praca społeczna

Dyżur pracowników społecznych 01224 765 220

Nagłe wypadki poza godzinami pracy biura 01224 639 936

Pomoc w karierze

Wsparcie i informacje 01224 625 009

Woda

Nagłe wypadki 0845 600 8855