

woodside free press

Spring Edition 2024



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Editorial

Welcome to the Spring edition of the Woodside Free Press. This is YOUR magazine.

We are here to help you find out what's going on in Woodside and connect with your community.

In our pages you will find news, views, reviews and features.

There has been lots going on in the community recently, from the installation of the fountain and the additional gateway feature to the launch of the Connected Woodside. We have it all here! Join us in celebrating a pillar of the community Mark Lovie and his amazing years of service too!

If you have something you would like to say, some local issue you think deserves coverage, or if you would like to get involved by joining the happy band of volunteers that puts this magazine together, please contact Rose at shmu on **07752586312** or **email rose.ross@shmu.org.uk**.

All the content in this magazine has been produced and approved by members of the editorial team.

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.

Woodside Free Press is a community publication and the views expressed are not necessarily those of the editorial team or of shmu.

You can be reassured that our distribution company is taking every measure to ensure they are delivering your magazine safely and within government guidelines.



Supported by



Fersands Nursery's new garden begins to take shape

Fersands and Fountain SCIO have invested thousands of pounds in transforming an unused car park into a great new learning space for kids to play.

Not only will we create a new garden, but the nursery will have a new patio door entrance and the new doorway will have a big shelter to protect the parents as they wait for their children.

We are so excited to be creating this fantastic space.

The building was supposed to be completed last August but disputes with the original contractors caused serious delays.

This meant the Nursery Kids didn't have a garden space at all during summer. Our Nursery Workers had to plan trips or go on regular walks to local parks when they could manage.

Eventually we parted company with the first set of builders, and this meant the costs of the building project rocketed due to extra legal costs, professional fees and added building costs too.

Then the worst of the winter weather hit, and we had to wait for the snow, frost, wind and rain to calm down.

Luckily, we managed to find a really good building firm who have helped us out and done a great job. If the weather continues to be kind, they will finish most of the work before Easter.

However, there will remain part of the garden that will still need resurfaced, and we will be looking for some help to raise money to get this done, so look out for our "Go Fund Me" page as we think we will need to raise around £10,000 - £20,000 more to get the final area covered.



Central Priority Neighbourhood Partnership (PNP) covering Tillydrone, Woodside and Seaton.

Would you like to have a seat at the table where the community partners come together to take important decisions that would affect the quality of life in of the local communities (Woodside, Tillydrone and Seaton)?

If your answer is YES! Come and join us!

We are looking to improve the community representation within the group and your contribution as a member of the community would shape the present and future of the locality areas.

The Central (Tillydrone, Woodside and Seaton) Priority Neighbourhood Partnership has been responsible for taking forward numerous areas of work to improve our communities. It is instrumental in the development and delivery of the Central Locality Plan.

For full information on the Central locality plan, see this link.

www.communityplanningaberdeen.org.uk/priority-neighbourhoods/

If you are interested in getting involved to help achieving these aims in our local community, come and join us. Your input would influence the decisions related to what happen in the local community.

For more information, please contact localityplanning@aberdeencity.gov.uk

Our next meeting will be held in a hybrid format (in person and online) on **May 8th, 6.00pm – 8.00pm.**
Tillydrone Community Campus.

Future Meetings;

All Wednesdays 6.00 – 8.00pm.at the Tillydrone Community Campus

June 19th, Aug 21st, Oct 2nd and Nov 6th.



Woodside Neighbourhood Network

Woodside Neighborhood Network wants to work with you! We want to improve things in Woodside, and we meet every month to look at how we can do this. Now we've done a survey (Woodside Decides) and the next step is to look at the results of the survey and keep working with the community to decide how to spend some money (£18,000) to make improvements in the area.

We need more people to help us, so please come along to our meetings if you live in Woodside, have your say!

The Network have recently set up the Woodside Winter Task Force and you may see some volunteers out gritting pavements around the community to make it a little safer, please get in touch if you want to help (Woodside was one of the worst areas in Aberdeen for Winter casualties last year so it will be interesting to see what difference thirty extra tons of salt make!).

Come along to the meetings and hear the latest crime reports from bobbies on the beat and meet your local councilors. There will be a warm welcome for you!

Let's Make Woodside Network work for Woodside!

Our meeting schedule - Wednesdays at 11am on the 17th April, 15th May, 12th June, 3rd July, 21st August, 18th September and the 16th October at the Woodside Fountain Centre!

Woodside Decides

A special network meeting was called on the 20th March to discuss what to do with two pots of money (funding from NESCAN and ACVO). The twenty people in attendance heard there was £8000 to spend quickly on ideas that could improve either Mental Health or the Environment. After introductions by Charlene (chair of the Woodside Network), Dave (from shmu) and Rachel (from NESCAN) the room split in to two groups to look at how the money could be used.

Lots of local issues were raised at this point, some of which seemed expensive or longer term goals involving the city council or other agencies;

- Poor Lighting in the community
- Need for independent housing advice
- Dealing with overflowing bins
- Creating a riverside pathway
- Lack of dog poop bins/collections

The ideas that were more achievable with the funding we had:

- Fairy Garden and mental wellbeing garden corner
- Activities for isolated older people
- Activities for women
- Peer support mental health group
- Fun day/gala and creative skills showcase
- Confidence to cook/healthy cooking - Bench at Woodside Fountain area
- Portable stage for community events and shows
- Community garden projects
- Family friendly exercise classes
- Outdoor exercise equipment
- Flowers/bulbs for volunteer planting activity

Everyone that took part will be invited to the next meeting where we will need to make decisions on how to spend the money and look at the other funding pots that will soon be available to improve Woodside. Getting involved and you will see the change that happens as a result!

See what action has been taken in the next edition of Free Press!

Centre Stage!

Which Community Centre in Aberdeen offers top quality theatrical performances to local folk? The answer is here in Woodside. We have hosted a series of professional shows over the last two years. All at affordable prices.

The latest show featured in March was *The Four Magicians*, a team of world travelled professionals who presented a night of laughter, amazement and a touch of the spooky.

The show proved to be another enjoyable evening. The night was packed with fun, fear and excitement, with lots of audience participation from start to finish.

The four wizards took turns displaying different styles and humour. Their card tricks, mind control and sleight of hand had the audience bewildered. No-one knew what was coming next, from disappearing socks to pennies emerging from tins of peas.

The Four Magicians became another great feather in the cap for Woodside Fountain Centre.

The Centre has become a real community theatre. Since working in partnership with North East Arts Touring, Fersands SCIO has hosted some fabulous performances.

The first to walk the boards in Woodside was the Quids In Theatre

Company and the historic Aberdeen story of Indian Pete (with the infamous Dougie Thomson pulling off a show stealing supporting actor performance). Then, Ten Feet Tall Theatre and their tribute to the classic thriller *The Thirty-Nine Steps*. In contrast we had a very different evening of stand-up with comedy by Juliet Burton. Then came *Thrown*, a full-on stage drama brought to us by the prestigious National Theatre of Scotland, followed by a night of clowning, *Comedy of Errors* by Circus Berzerkus.

All shows are promoted by our Young Promoters Group, local young people who make posters and create promotional materials for the events. They take care of the door, ticket sales, café, set up chairs, welcome everyone and introduce the acts. It's great to see local young people getting involved, learn from this great experience and take responsibility.

Next up is the *Moira Monologues* which received 10/10 reviews at the Edinburgh Fringe Festival. This show will be on May the 25th from 7pm to 9:30pm.

We are so proud to be able to bring a taste of theatre and performance to the people of Woodside.



Connected Woodside is live!

Woodside's brand-new community website, Connected Woodside is now live!

You can explore the site by visiting www.connectedwoodside.org/

The 'one stop shop' website allows you to find out everything you need to know about Woodside and keep up to date with community news and events!

This is your community website, and we'd love for you to get involved!

If you'd like to be trained up on how to upload to and populate the site, you're in luck! We're hosting a training session at shmu on Wednesday the 1st of May from 1pm. Email Rose on rose.ross@shmu.org.uk or call 01224 515 013 to sign up or find out more.

If you'd like to contribute a content idea for the website, you can also visit the site's 'Get Involved' page and fill in the form with your suggestions.

Printfield Community Project's Amanda Pirie said "We are very excited to be part of the Woodside website. I think it's going to be a fantastic source of information for local people to access and find out what is going on in their community all in one place! It's amazing that local young people can be involved in the process too!"

One such young person who is keen to get involved is Lucas Macleod, he said "I'm looking forward to helping run the Woodside website. The training was much easier that I thought it was going to be and I can't wait to get started."



City Voice - have your say!

Aberdeen's Citizen's panel, City Voice, is seeking new participants (age 16+) from Woodside. Panellists receive around 3 surveys per year to complete, on topics such as transport, the environment, and community engagement. Responses are collated, and the views shared are used to help shape planning by public bodies in the area, like the council and NHS Grampian. Surveys take around 10-15 minutes to complete.

Elle Crombie, Manager of Community Planning Aberdeen, said, "it's crucial we have representation from all of Aberdeen's communities. City Voice is a great tool, allowing residents to have a say, and it gives organisations essential data on what is going well and what needs to improve."

To join the panel, email cityvoice@aberdeencity.gov.uk or sign up via the link, <https://communityplanningaberdeen.org.uk/city-voice/>

Aberdeenshire Canal

The Aberdeen Journal of Wednesday 5th June 1805 reported on the opening of the Aberdeenshire Canal.

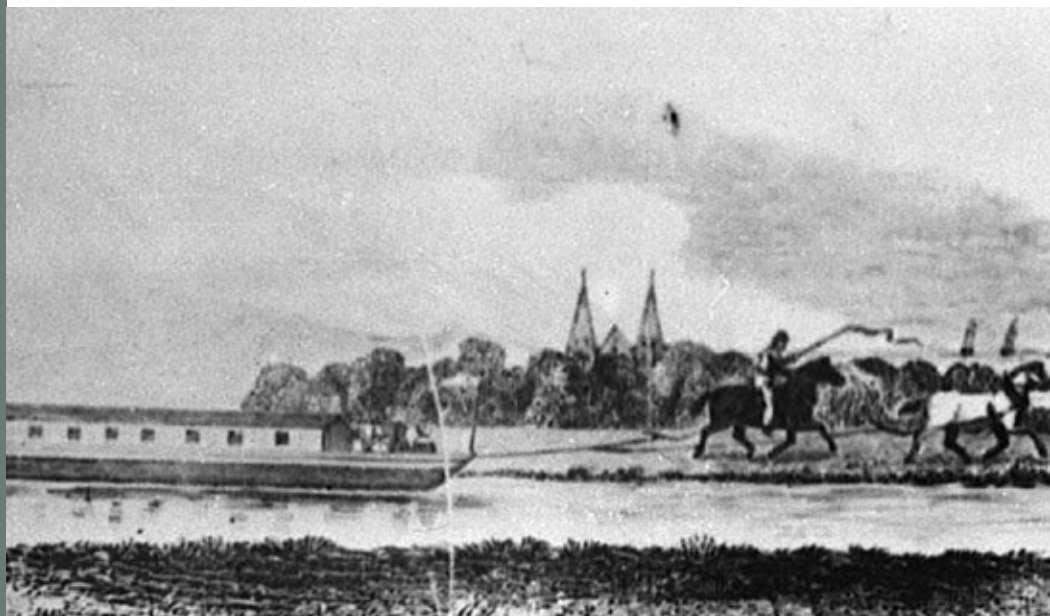
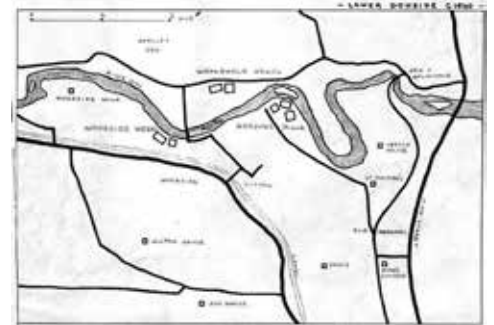
We now have the pleasure to announce the opening of this navigation. On Friday morning the Committee of Management assembled at the Bason at Inverurie, attended by the Provost, Magistrates, Minister, and other inhabitants of that burgh, who congratulated them on the completion of an undertaking, which must tend so much to the improvement of that, and other parts of the county. The company then embarked on board one of the barges, The Countess of Kintore, handsomely decorated and fitted up by Captains Bruce and Freeman, and proceeded to Kintore, where they were met by the Magistrates, and other inhabitants of that burgh.

On their approach towards Aberdeen, they were joined by several parties of Ladies, who were highly pleased with the novelty of the navigation through the locks; while several thousands of the inhabitants, crowding on the banks and bridges, added much to the interest of the scene, while a gun fixed on the prow of the barge, was fired occasionally to announce their approach. The company, and a number of occasional visitors,

partook of refreshments on board of the barge; and the voyage, which lasted seven hours and a half, terminated at the bason near the quay without the slightest interruption. The band of the Stirlingshire Militia met the barge several miles from town and played many favourite tunes during the remainder of the voyage.

The Committee afterwards dined together in the New Inn, when the health of the promoters of this great public work, and every success to it, was cordially drank. The Canal passes about 19 miles into the interior of the country, rising 170 feet above the level of the bason at Aberdeen by means of 17 locks; is 3½ feet deep, and 20 feet broad at surface water. One barge has already delivered a cargo of coals at Inverurie, and another 80 bolls of shell lime at Kintore.

Sourced by Alan Johnstone





Return to the Light Fantastic

Nicola Watson

You may have read an article back in our Spring 2023 edition entitled “Tripping the Light Fantastic.” In it I described my experience of Spectra and my anxiety disorder. How I found it hard to engage with what was going on around me and my general thoughts on the festival. Well, I went back.

This year, the festival was between Thursday 08 and Sunday 11 February, and it was celebrating its 10th anniversary. I went with my family on the first night and got there for the 5.30pm start. Already there was a queue from the Union Street entrance of Union Terrace Gardens, right back to His Majesty’s Theatre. We followed the queue to the end, and by the time we got there it was moving at a decent pace. The ramp lent itself to slowly guiding you into the heart of the festival, flowing effortlessly down to the grassed area which was still covered in February’s snowfall.

Last year I felt, even from afar, that I was part of a whole new land of light. But this year I just wasn’t feeling it. I was so fixed on getting through the exhibition that I didn’t really stop to enjoy it. Plus it was my daughter’s

turn to suffer from social anxiety to the point she needed to go home early. She’s old enough to go herself, so the rest of us stayed.

I still felt very stressed and anxious but felt proud that I was staying it out and managing to cope. I remembered to breathe, and I used my mindfulness techniques such as the alphabet match up and the counting objects ones. Here if I started feeling anxious or my mind was going to its catastrophising habit I would start at the letter ‘A’ and look for something beginning with that letter, then look around for something beginning with the letter ‘B’. The other technique has me finding one of an item like one dog, then 2 cars, three buggies, four lampposts etc. until I feel grounded in the present and not running away with my mind thinking what bad outcomes could happen from my surroundings.

There were a lot more volunteers this year signposting people to the queuing systems, toilets, and generally engaging with people as they milled through the streets. There were also more visible extra assistance hubs. It felt like a lot more

organisation went into the planning and delivery of everything that went on during the festival and this really helped to put me at ease, and I hope did for a lot of other people. One thing that I couldn’t engage with was the mirrors at Broad Street. The noise that came off of them caused me to get really disorientated and hurt my head, but others didn’t seem to mind and quite enjoyed it. I don’t mean to be negative, but it just didn’t feel that there was as much as last year to really push the boat out for the tenth anniversary. But that’s just me.

I would say that this year was an 85% successful outing. It would have been more if I had actually engaged with the exhibition, plus my daughter needed to go home. My son couldn’t believe that we managed to get around the whole event as we don’t usually manage to do that. If it wasn’t for my coping strategies I don’t think I would have managed as much as I did, and thankfully I only needed a couple so, I still have reserves to use in other situations. This has boosted my confidence in managing my anxieties. I just hope I can build on this instead of retreating back into my head.



The Purple Heart of Woodside

The Woodside community centre is home to the charity organisation Fersands and Fountain, the SCIO charity offers a range of services for people of all ages including youth groups, a nursery and a food pantry.

Woodside locals will know it as the purple building, thanks to its colourful exterior but I wanted to get to know the man behind it all, Mark Lovie. Who has recently been recognised for a Youth link Scotland Lifetime Achievement Award, for 35 years he has worked as the Project Coordinator and along with his team they manage the day to day running of the charity.

Let's start off with a bit about your background, did you grow up in Woodside?

"I was born and bred in Mastrick, not far from here just a few miles away, top of the hill, went to Summerhill Academy".

"I'm an Aberdeen boy, I haven't really ventured far."

You said you didn't grow up in Woodside, but did you know the area at all, being quite close?

"I did, when I was a student, I lived here for a very short time, a couple of months. I wasn't unfamiliar with the area, I knew about its reputation it was a little bit of a scary place for me. Mastick was quite nice, and Woodside was a little bit rougher than that."

He explained how it was a "hard to let area" meaning it was mainly just students and single people who lived there throwing off the balance and creating a home for anti-social behaviour.

"There was a lot of empty houses and drugs in the area, desperate people in the area, it wasn't safe to live on the bottom floor because you where an easy target."

I wanted to know if it still had that same reputation, or if things had improved from his student days.

"I think there has been some huge improvements over the years"

"The immigration happened, and Aberdeen became an attractive place for the Eastern Europeans and all of a sudden there is more families coming to the area, and the balance changes again there is lots of young

workers coming to the area and so there is a new chapter"

How did you get into your role here?

"Well, I was very lucky to get a job as a trainee community worker in Tullos and I did a three-year apprenticeship course, which meant I was allowed to work and earn money while training to be a community worker".

"One of the first jobs that came up was Fersands and Fountain Community Project and they had a great reputation in the city".

He was "chuffed" with the offer.

"It was like signing for a premier league football team."

Can you explain what you do on a day-to-day basis?

"Well, I'm the manager of Fersands and Fountain, the organisation provides a lot of services and it's my job to make sure that everything is running smoothly and we're doing what we say what we are doing."

"I'm lucky, everybody thinks I do all the work and I get the praise for everything, but it's all the volunteers and workers that do all the hard work"

Childsmile

Childsmile is a national programme in Scotland which is helping to reduce dental decay in children from birth. It is funded by the Scottish Government and has three main elements.

The programme aims to help children develop an important life skill at an early age. It offers supervised toothbrushing routines in nurseries & in some schools to P7. Free toothbrushing packs to use at home are available within the community.

Within targeted schools and nurseries, children can join the programme when they start nursery until P4, receiving two fluoride varnish applications per year from the Childsmile team. Further applications can be received from the child's dentist.

Childsmile works closely with health visitors, public health nurses, dental teams, education, community groups and other partners within the local community to map services that can support families. These include food banks, parent/baby groups, community family support, local churches, and many more.

Tooth decay is preventable

Childsmile can support families with advice, to remove barriers that prevent daily, routine, toothbrushing. This can reduce the need for dental treatment.

The Childsmile team

Use a person-centred approach to support families in understanding the everyday benefits of promoting good oral health benefits.

Provide the central link between dental services, the family, the health visitor, and education.

If you require the help or advice from your local team, please contact gram.childsmile@nhs.scot or call 01224 550088.

Further information about Childsmile can be found on our website: <https://www.childsmile.nhs.scot>



What is your favourite part about working at Fersands?

"Just working with people, getting reactions from people getting smiles from people."

"Sometimes I feel like a little celebrity, you know, I walk past the nursery and 5 kids shout back hello."

"I feel like a popstar, I like a little bit of fame I suppose."

What would be the toughest part of your job?

"It's difficult sometimes just nae being able to help, we are limited, we canny do everything and so sometimes we have to say sorry we canny help and direct them to somewhere else."

"That's the worst thing I suppose having to reject people."

Is there anything in particular that you are really proud of that you have managed to achieve here?

"There is so much, every year we do something and that's why I've been here so long because it's a very varied sort of job. We have a nursery downstairs with 40 children and it's really a great resource".

"Yea, that obviously makes me very proud at the high standard of care and that delivery of service that they give to the children, that's fantastic, there is nothing more important than giving kids a good start to life."

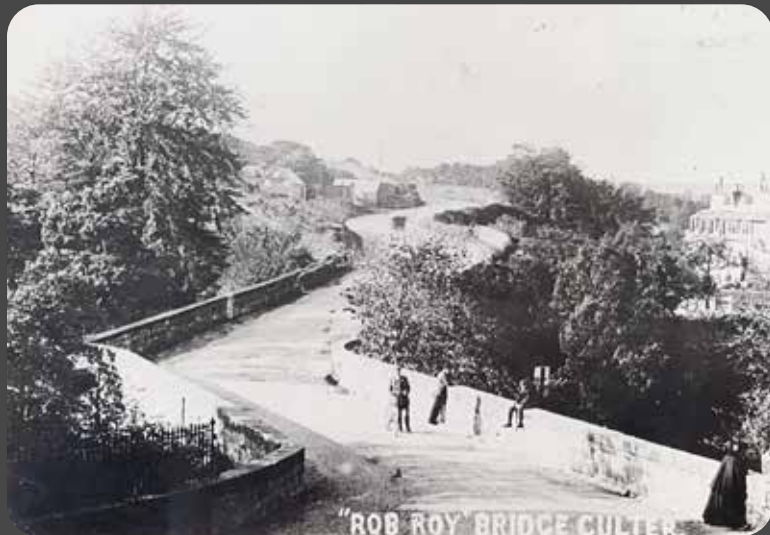
"Kids in this area really need it, it's a wonderful thing to be part of."

After talking to Mark, it was obvious that he loved his job, the way he answered each question so easily and with a bit of banter too just a really genuine guy. He took real pride in his role and understood the lifeline that the charity is for so many residents of Woodside. He was passionate about their new projects too.

"We are an ambitious and imaginative kind of project"

Telling me all about the new nursery garden and youth wing. Fersands and Fountain pump the blood around woodside feeding, educating and just simply supporting all the people who live there and none of it would be possible without the incredible team that work and volunteer at the purple building.

Olivia Andrews



Peterculter Revisited

One of the saddest things that has to be done when someone close to you dies, is to work out what to do with the person's possessions. You're surrounded by all this all too familiar stuff, the clothes, the books and records and photo albums full of smiling faces from holidays and happenings of happier days. It's easy to believe that the person is just about to enter the room and ask if you fancy a cup of tea. Of course, you know this won't happen and never will again.

And what to do with it all! Your sister wants this, your brother that. I always had a liking for this other thing. These might fetch a price on eBay. As for the rest, chuck it in the bucket. It seems heartless, to throw it all away, it's as though you're throwing them out, all these possessions of a lifetime. but what else can you do? And the house gets slowly cleared. Then, finally, you're looking around at the bare walls, sigh, then close the door for the last time. The bins outside are full and you're on your

way with a van full of stuff for the charity shops.

Then I come along. There, in the corner of Woodside's Instant Neighbour, is a pile of pictures. Nice frames. Old photos, looks local. Yes, definitely North East. Country scenes, young people swimming, cycling, pipe bands. Then the Rob Roy bridge. They are all of Peterculter. Lots of images of some mill, a lifetime of work? How much for the lot? Not bad price. Worth it for the frames.

But then, back at home, the photographs begin to draw me into their world. Children at play, men and women at work. A remembrance service, the serious faces showing that folk memories were still raw in the wake of The Great War. Judging by the vehicles, these images are barely a hundred years old, and yet I feel like I'm stepping into a lost world.

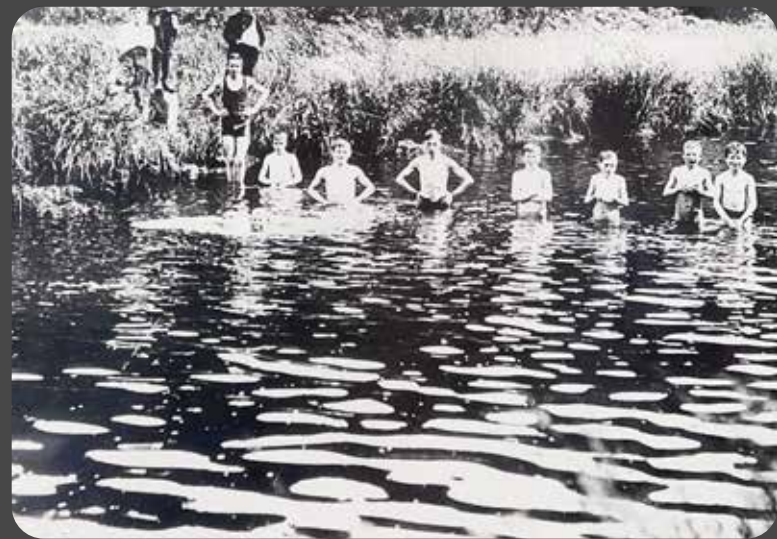
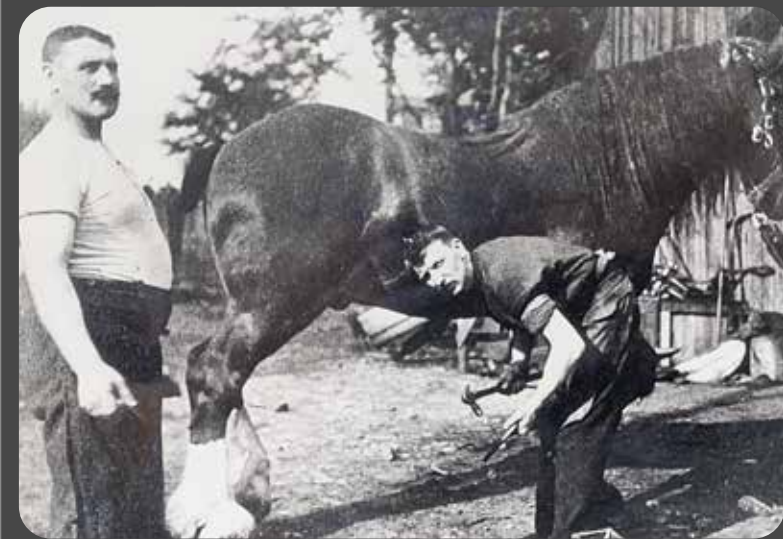
These photos meant a lot to someone. A stranger's love. Is our man (I assume it's a man) in one of

these images, or is he behind the camera? I'll never know. The mill is Upper Kinnerty in Culter, a former water mill, powered by the Culter Burn, built around 1838. I read online that it's all been transformed into a Million Dollar home. Changed days.

Some might argue that the internet is awash with old photographs, any book, any recording is available at the click of a mouse. But there's a beauty to analogue, of its randomness, of the intimacy of a chance discovery. There's something about taking a strange book down from the shelf or finding a mint copy of Abbey Road, when an instant download just doesn't cut the Mr. Mustard.

And that is why, despite all the wonders of our digital age, whilst we retain our humanity, there will always be a place for a good book by lamplight, the crackling of a vinyl record and a pile of old photographs in the corner of a charity shop.

Dougie Thomson





PETE THE PUNK – Shooting from the Hip (Part one)

I wake up feeling groggy, not quite sure where I am. After a moment, I realise I'm in the recovery ward at Woodend hospital. A quick mental check tells me I'm not in much by way of pain but the guy in the next bed is clearly suffering and making a fair old racket about it. A nurse leans over, tells me not to worry. I'm ok.

My surgeon appears at the end of my bed. "It all went well, but it was a bad one - all mushed up inside," he says, the jauntiness of his tone suggesting that, as far as orthopaedic surgery goes, hip replacements are a lot of fun. Well, I don't know about that. I'm just grateful, after a long wait, and with many a hiccup along the way, the job is finally done.

The saga began nearly four years ago. It's nothing much at first, a vague ache in my right hip as I lie on it at night. It gets annoying after a while – painful, even - but by the time I get around to seeking medical advice, the covid pandemic is raging, seeing a doctor almost impossible. I'm eventually told via a phone consult just to take ibuprofen and get on with it. Nae bother, eh?

Ibuprofen it is, then, and I struggle on like this for more than a year. In November 2021, I finally succeed in seeing a GP – I won't name him, protecting the guilty out of the kindness of my heart – who

examines me for two minutes and tells me I have arthritis in the hip. "What do you want me to do?" he asks. I can't quite believe my ears. I mean, it's a relief to finally know what's wrong with me but I am thinking, you're supposed to tell me, eh? What I say is, 'I'd like some proper medication, please, and an x-ray to confirm the diagnosis would be nice'. He agrees.

Christmas, New Year and most of January come and go with no word from the x-ray people. After a flurry of phone calls, I eventually discover some pen pusher up at Woodend has taken it upon himself to "reject" my GP's request for an x-ray. I'm shocked. How is this even possible? I'm also a wee bit angry no one at the surgery thought to let me know about this, so when I see my GP again, shortly afterwards, I ask him straight out when he was planning to tell me? He squirms in his chair, hums and haws for a bit then dodges the question altogether by prescribing stronger painkillers, more powerful anti-inflammatories and re-refers me for x-rays.

To say this is frustrating hardly covers it. I feel hard done by. Apart from all this unnecessary faffing about, no one in my family has ever had arthritis. So why me? I wallow for a few days but there's probably a long road ahead and I realise feeling

sorry for myself is a complete waste of time.

I finally get an x-ray at the second time of asking and, after talking to a physiotherapist who clearly thinks there's not much wrong with me, I have to call the x-ray department in front of her to confirm my hip is indeed showing signs of "severe wear and tear" before she finally agrees to refer me to a specialist.

It quickly becomes clear, however, that being referred to a consultant is one thing, seeing one quite another. It's like being stuck in limbo. An information blackout. No one tells me anything except I am "on the list" - not much comfort when my hip is getting worse by the week.

The dog walks that keep me sane get shorter. I'm able to do less and less about the house. Still no news. My knee starts bothering me. A lot. No one warned me this might happen. Friends suggest I try using a walking stick. Me? A walking stick? You're having a laugh - I'm just a young loon! My defiance doesn't last long, though. I soon get fed up hobbling about like Quasimodo on Buckfast and try using a collapsible walking stick on holiday. My knee doesn't like that at all, so then I start worrying about what will happen if that packs in as well.

To be continued...

Poetry Page

Woodside lives

By Charlene Kilpatrick

What they see a church with a clock tower

I see a building were people meet

They see a library full of books

I see a gift to the people of knowledge from
one of their own

They see an old school

I see a place which is safe for our
children to learn

They see bad press but health and wealth

I see a community fighting to improve

They see a purple building

I see the heart of the community

They see bars

I see friends supporting each other and the
company of others

They see crime and drugs and so much more

I see people trying to help and support

They see poverty pain and shame

I see beauty in love with no shame

I see people who care and people who share

I see people who play their part with this
community at their heart

I see protection of children And the poor

I see the lives we saved that much more

So next time you see or read a piece of news
on Woodside or figures of death and poverty
that divides

Remember the care of Woodside shares And
remember there is so much more as long as you
care to look through your hearts and not to arise
for everything you told could be a lie

One Day

By Anne Mackenzie (Milltimber)

The drawers are overloaded and
The contents tumble out.
It doesn't really matter,
As I know I'll sort it out...
One Day!

The larder needs attention,
It's chock-a-block with food.
I'll clear it out, I promise,
When I'm feeling in the mood...
One Day!

The porch is leaking water,
And the spare room's in a mess.
It is a situation
That I really must address.
One Day!

The writing desk is smothered
With letters from my friends.
I'll really have to answer
Before the summer ends.
One Day!

The bills keep toppling over
From their untidy pile.
I'll deal with them tomorrow,
Well... in a little while...
One Day!

The vestibule's a-clutter,
I trip on garden tools.
I vow I'll do it shortly
And set myself new rules...
One Day!

I need a clearer-upper,
Is anyone on hire?
We'll ship out half my household
And have a great big fire...
One Day!

The Angela Joss 'Bee You' Memorial Award

We recently launched The Angela Joss 'Bee You' Memorial Award in memory of one of our volunteers. Angela was a dedicated shmu volunteer who was involved with us for over a decade. As well as Angela's involvement with shmu, she was the driving force behind countless projects in Aberdeen and was a friend and mentor to many. Angela's sudden death in October 2021 sparked an outpouring of tributes across Aberdeen with many describing her as 'someone who was always there for everyone' and 'a force of nature'. Angela overcame her own struggles and challenges but was always ready to support and champion others. Angela's kind and caring nature didn't just stop with people though – Angela was instrumental in setting up the 'Urban Bee' Project in Aberdeen City. The project trained and mentored volunteer beekeepers, encouraging us all to be kinder to bees in the way we look after nature. We felt a community award in her name, recognising someone with Angela's values and encouraging others to 'Be more Angie, bee kind' was the perfect way to honour her legacy and her love for bees.

The community award celebrates Angela's life by recognising someone who not only fights for what they believe in but helps others to achieve their goals. The award is open for public nominations for someone who shares Angela's values around community spirit, championing others, overcoming challenges and 'beeing' kind to everyone.

Kirsteen Caldwell, shmu's Adult Engagement Manager says: "Angela was an incredible shmu volunteer and community warrior. We are delighted to launch this award in her name celebrating an individual that shares Angela's community spirit and passion to support and champion others. The Angela Joss 'Bee You' Memorial Award will become an annual celebration, held during Volunteers Week. We are excited to receive the nominations and have Angela's family part of selecting the winner."

If you would like to nominate someone for the award, please find details at <https://bit.ly/AngieAward24>

The deadline for nominations is Sunday 21st April with an award celebration during Volunteers' Week - 3rd - 9th June 2024.

If you have any questions about the award or need help completing the nomination form, please contact us on volunteer@shmu.org.uk or 01224 515 013.



Don't Luke now



to be continued...

This is a comic by me, Katie Watson for your enjoyment as well as to explore anxiety disorders. Follow Luke as he goes about his day to day life and witness the challenges that his anxiety can present.

THE GATEWAY TO WOODSIDE

It's been a long time in the making, but the Woodside Gateway Project is finally complete!

The art installation, known as Woodside Gateway, is part of the Aberdeen City Council Project funded by the Sustrans Street Design Programme.

Woodside residents will no doubt have noticed the colourful additions which appeared alongside the newly restored fountain in recent weeks.

While the display has had mixed reviews from locals, it has certainly brought some more colour to the area and become a talking point.

Here's some thought's one of our reporters heard from community members.

One person noted that the spot is becoming a bit of a meet up place again, "People are beginning to say, 'See you at the Fountain.'"

Another agreed, "People are beginning to congregate around it. But there is nowhere to sit and talk." It was suggested by another that a bench would be the perfect addition to the spot.

Overall, most of the people we heard from felt that it was a nice addition to the area, bright and colourful and especially nice when lit up at night.

There were others who were unsure about the addition of the sculptures, designed by Hamish Biggs in Partnership with Woodside's Adult art Group. One person noted, "All they needed was the Fountain itself, borders and flowers".

Another commented, 'Many people think the poles should be in the playpark.'

If you haven't yet seen the display, why not pop along to the corner of Great Northern Road and Don Street to see it for yourself.

