

YOMO Nele

ISSUE #6

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YoungMoversGlasgow



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INTERVIEWS WITH

THE BIKE DOCTORS

YOMO'S OWN DJ JAMIE



TOP 3

MYTHOLOGIES
DECLAN EXPLORES

THE BIKE DOCTORS



The sky's the limit for YoMo's Maryhill program. With regular clubs and special community days, young people in the area have lots of opportunities for fun as well as activities that get them involved in their local community! Here, we cover one such day -- The day the Bike Doctors came to town...



ROBERT



BOB



FIONA

"IF YOU CAN FRY AN EGG, YOU CAN CHANGE A TYRE"

Fiona had worked for her local authority for fifteen years before starting with the Bike Doctors in 2015. What made her get into fixing bikes was "Just the fun of it" "Every bike is different, some bikes have brake problems, some need new wheels, so it's just a challenge."

She had an interest in mechanics from a young age thanks to her father, who had a job in the railways and worked on things like trains and cars.

"When you're a kid, there was no internet, so you basically followed your Dad or the Haynes manuals, and then from there you learn, follow people, watch people, and that's the best way to do it, better than the internet sometimes!"

Bob, an engineer, started out in childhood working with choppers before working in "all sorts of stuff" over the span of a 50 year career. Now that he's semi-retired, he and the others started up the Bike Doctors, a Community Interest Company (CIC) that aims to help out local communities.

For Robert, who recently retired after around 20 years working in the NHS, working on bikes was always a hobby.

"Mechanical stuff is quite similar to what you do in intensive care. You fix people as well, it's just much more simple with a bike!"

Something all three agree on is that their mission is to not just fix up bikes, but also teach young people how to fix it up themselves in the future, as they did at the Glenavon community space recently.

Fiona said “A lot of folk don’t realise how to fix a bike, so we basically show them how to do it. It’s easy science. You make it worse for yourself if you don’t know what you’re doing. Basically, if you can fry an egg, you can change a tire.

“A lot of shops don’t tend to set the bikes up properly, so you need an expert who knows what they’re doing to fix it. A lot of shops don’t care, they just want to get profit, send the bikes out and that’s it, it’s your problem after that.”

Bob added “We work in the community so it’s easier. We’ve travelled across the city to be here through YoMo. We won’t make anything from it but we don’t mind.”

Robert added “People think bikes are quite disposable as well, so they won’t bother getting it fixed, so we’ve gotten quite a few from the local tip that are perfectly alright, they just need a service or cable change but they have no use for them that don’t realise somebody else could get good use out of it.”



Fiona fixes up one of the bikes brought in. Around 20 bikes were fixed when the Bike Doctors came to Maryhill, and they plan on coming back in the future!



The Bike Doctors not only fixed up bikes that families had brought in, but also gave advice like how to care for the bike in the future, as well as where to find spare parts

For Bob, the work is all worth it when kids from the community start riding the bikes they fixed up.

“It makes me feel better because I’ve got a family of my own, so they can do cycling in the community and it’ll help them as they grow, so it’s great to see people out there on their bikes and getting out of those high rise flats they are stuck in.

“It’s good to get outside, it’s good to get fresh air, makes them feel better.

We try to sort things out for people as much as we can to try and help them. It’s only with the pandemic and everything happening you see how many people are struggling, mentally, physically, emotionally and even financially. It all comes together.

“I’d like to think we can put all those together with a bicycle repair just to help these people.”

Declan's Top 3

Declan is back with another list, this time he focuses on his top three mythologies!

1. Egyptian Pantheon

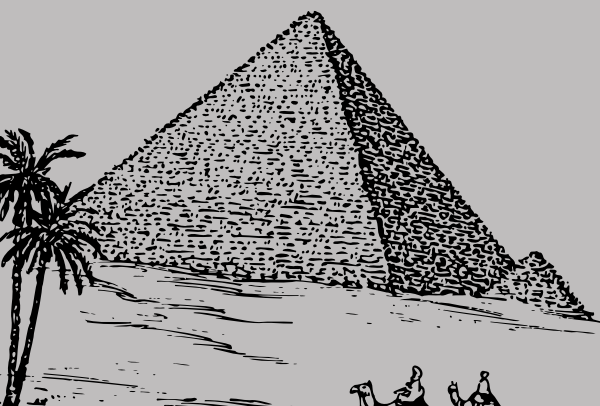
This is my favourite among all the pantheons because the history of Egyptian Pantheon is not really fully explored beyond some of the basics. I'll tell you an interesting fact of what the Egyptian people would do during that time -- They appeased the Gods through offerings and rituals so that their forces would keep on functioning according to the Maat or Divine Order.

There is so much history that can be explored if you study it in-depth such as *Osiris*, who was murdered by his brother *Set* and revived as the God of the Dead and Resurrection ; *Anubis*, who stood along side Osiris as God of the Underworld and *Horus*, Osiris's son who avenged his father's murder by defeating Set and becoming God of Kingship and the Sky.



L-R: Osiris, Anubis & Horus depicted in the tomb of Pharaoh Horemheb

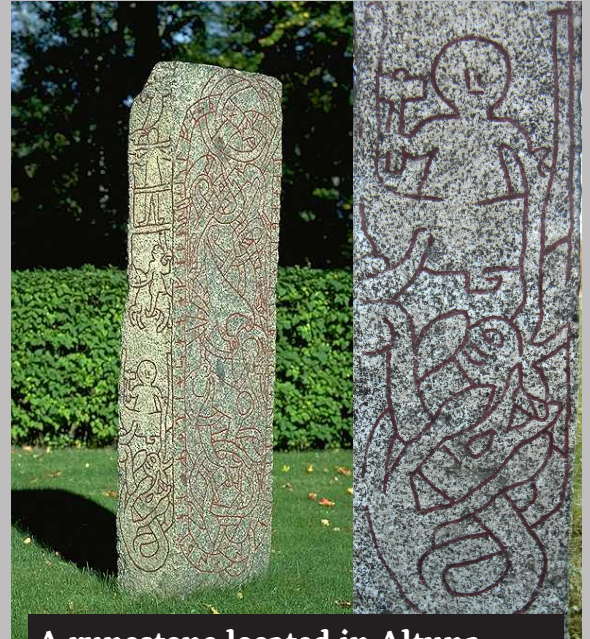
Such paintings were made to ensure the pharaoh's smooth passage into the afterlife





2. Norse Pantheon

Now this Pantheon holds some of the biggest names across all the mythologies. You may have seen some of the Æsir Gods on the cinema screen or even on your TV at home such as Thor, Loki, Odin and Hel in the Marvel Cinematic Universe. The truth is they can't hold a candle to their counterparts in the Mythologies. For example, the original Thor was a brutal killer of the Giants of Jötunheimr and would hunt them if they disturbed the peace in the Nine Realms. In one famous tale, Thor went fishing with the cowardly giant Hymir. They happened upon Jörmungandr the Midgard Serpent in the deep waters. Thor hooked the monster, with the struggle so great that the boat gave way beneath Thor's feet. Just as he was ready to slay the beast though, Hymir panicked and cut the line, causing an infuriated Thor to throw him overboard.



A runestone located in Altuna, Uppland, Sweden. It depicts Thor's big fishing trip. Note the detail of Thor's boot poking through the bottom of the boat



"Then The Awful Fight Began", an illustration by George Hand Wright in 1908 that depicts the start of Ragnarök

Hymir's cowardice paved the way for one of the biggest wars across all pantheons which is called Ragnarök, or in English, "The Fate of the Gods"

Ragnarök means the end of all things for Æsir Gods but also a new beginning for Humanity. A series of events and battles that lead to the deaths of many great beings. The chief God of Gods, Odin, swallowed whole by Loki's son, the giant wolf Fenrir. Thor, felled by the aforementioned Jörmungandr's poison after defeating it in battle. And Loki, whose final battle with his sworn enemy Heimdall ends with both striking one another with their blades. As with all of these, I think you should research more if you want all the details.



3. Greek Pantheon

The Greek Mythology is possibly one of the most explored mythologies out there, with media such as the God of War game franchise, the Percy Jackson book series or, if you're old school, movies like Clash of the Titans in the 80's. Just like the Norse Pantheon, they also hold the biggest names in the Pantheons such as Zeus, Poseidon, Hades and many more. Many people may already know about the 12 labours of Hercules, or as he was known originally, Heracles.

Of the many tasks that Heracles had to complete, perhaps the mightiest was the final: Venturing into the underworld to catch Cerberus, the three-headed guard dog of Hades, with his bare hands. Now originally these myths and stories were told by the Ancient Greeks of that time but even now these myths and stories are still being studied by Modern Scholars today to shed light on the religious and political institutions of Ancient Greece.



Statue of Heracles capturing Cerberus, sculpted by Antonín Pavel Wagner, located at Hofburg Palace in Vienna, Austria



Youth Work & Decks

Jamie's Story

Jamie Morrice has been working at YoMo through Community Jobs Scotland for around two months. In that time, he's been able to combine youth work with one of his biggest passions -- DJ'ing!

It all started, he says, when a youth group he was in began giving DJ lessons.

He said "To start off, it was just the basic DJ'ing skills, and then from there I took that on further.

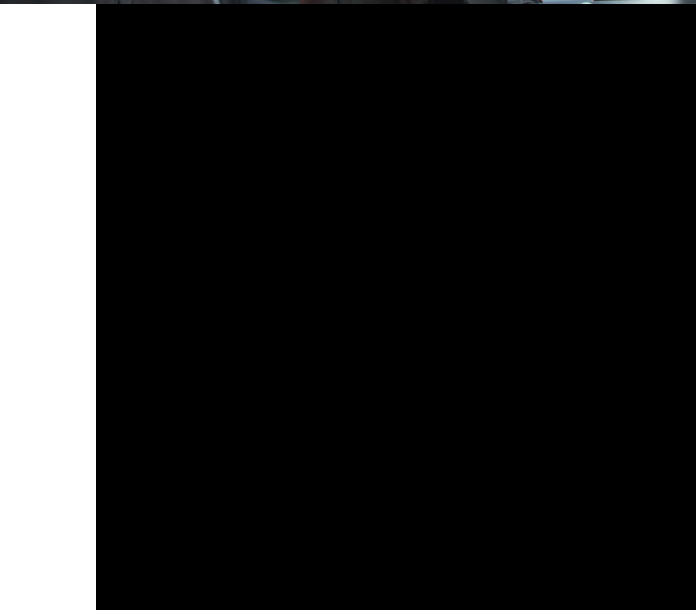
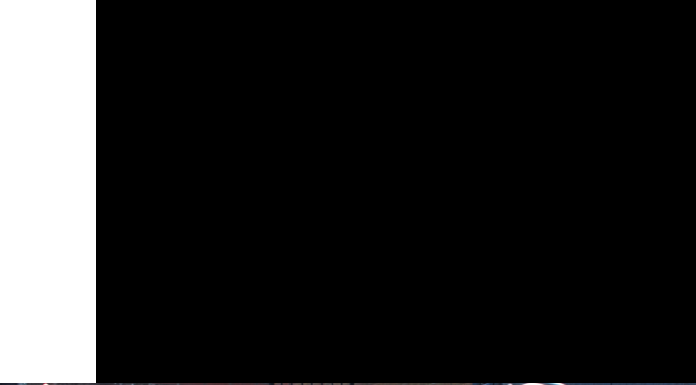
"I started just doing the events instead of [the club] getting other people to do them."

Before the training came along, Jamie had never thought of pursuing music as a career, but now after having got the taste for it, he thinks of it as a side job, saying "I want to try and take it as far as I can."

In fact, DJ'ing was how Jamie first made contact with YoMo before his current employment.

"I applied with YoMo for a personal grant from the YouthBank. I got it and started buying some equipment.

"I've still got the stuff from the YouthBank, so it's lasted me about 6 years, the equipment that I got with the money from YoMo."



When he was asked if there were any extra skills that he could use in the job, it was a no-brainer that Jamie would put his DJ skills to use in his youth work; Acting as DJ for YoMo events and delivering classes on DJ'ing to young people such as those in the BCDC and Glenavon groups.

He said "When I was at the Glenavon group it was more just the basics, how to go from song to song, trying to make sure all the songs fit together, syncing them in together. It's really important to try and mix and get the songs that go together."

"Timing is one of the key things about DJ'ing, if you've not got timing then you might not be as good at it."



Jamie teaching young people the basics of the decks at a session in YoMo's Maryhill group

"I like to entertain other people"

For Jamie, the experience helped him massively, saying "As I go on doing it as a job, it's helped me with so many different things, like talking through a mic, communication skills, actual presentation skills like the kids dances, showing them what to do step by step."

"I'd prefer to be doing parties than sitting behind a desk, I like to entertain other people."

Jamie is thankful to YoMo for letting him further explore this passion of his, saying "I've learned a lot of different skills, even though I've only been here for about two months."

"I'm able to use my own skills throughout the job which is really helpful and makes the job easier."



Jamie showing off his archery skills at YoMo's Sports Day. For more info on that, look out for our special Summer Programme wrap up edition next month!

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PEOPLE**

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