

cumming north

Spring 2023



In this issue:

GET ACTIVE @NORTHFIELD

CHURCH NEWS

NHS TRANSFORM

www.shmu.org.uk/press

Spring Edition 2023

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Cumming North Letters to the editor

The editorial team of Cumming North want to hear from you.

The team are introducing a new interactive section to the magazine and want to hear from the community.

In this section, you can write to the editors of Cumming North, let us know of issues and events taking place in the community, send us your thoughts on topics we have covered. Have your say of what you want to see represented in the magazine and what you'd like to read. We'd also love to publish your stories and photos too!



Welcome to another exciting edition of the Cumming North magazine.

Thanks again to all the contributors – we are incredibly grateful to everyone who submits articles and photos for the magazine. In this edition we cover some of Aberdeen's fascinating history, you can read about brilliant groups and activities being held in the area and test your knowledge of Aberdeen with Dave's quiz!

Fancy joining in on the fun? Our editorial team is always on the lookout for local people to get involved. There are a number of ways you can get involved, such as, taking pictures, sending us a story or information gathering. Or perhaps you would also like to join the editorial committee and take part in planning and producing the magazine.

Do you have a story to tell about Cummings Park or Northfield? Whether it's a historical piece about the area, a story about your time in the community, a group you're involved in we'd love to hear it! We're always looking for more people to get involved in the magazine.

Please get in touch with **Rose** at shmu on **07752586312** or email rose.ross@shmu.org.uk.

You can also get in touch with us via our new **Facebook** page - look up '**Cumming North**' and hit that like button!

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

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



Supported by





Sport Aberdeen's Get active @ Northfield venue is now OPEN!

Sport Aberdeen was ecstatic to open the doors to its newly refurbished health and wellbeing venue – Get active @ Northfield – on Monday 3 October.

The venue boasts a 25m swimming pool, a 40-station gym and a huge variety of fitness classes. An impressive 292 new members joined Get active @ Northfield in September and the number continues to increase.

Sport Aberdeen already has 601 participants in its swimming lesson programme, ranging from 0 years to adults, and 45% of these participants live locally in Northfield or surrounding areas.

There are approximately 100 swimming lesson classes in the timetable per week, with 10 regular swimming teachers.

There are plenty of Public Swimming sessions too, with the pool open for public use three to four times a day.

You can view the full timetable for public sessions and swimming classes by searching for Get active @ Northfield on the sport Aberdeen Website.

The facility has been well received by the community with residents sharing their feedback on social media. One commented: "I really enjoyed my swim on Friday. The pool was a nice temperature, and I loved the costume spinner and the free hair dryers."

Another person said: "Brilliant – we took our two boys to the ASN swimming session last night and the disabled access facilities are perfect. The pool temperature is great and so clean, the gym is fab, and the staff have been brilliant each time we have been in."

If you are 16 years or over and want to see what it's all about for yourself, you can even try out the facility for free. All you have to do is sign up for a guest pass at Sport Aberdeen Guest Pass (smartsurvey.co.uk).

To find out any further information, head to <https://www.sportaberdeen.co.uk/venues/get-active-northfield>



Elected Officials

CLlr Gordon Graham

Hi Folks,

It's good to see that the swimming pool and associated facilities are proving popular.

Following concerns being raised about rubbish and littering in Cummings Park and concerns about dog waste bins, I'm in consultation with Cummings Park Community Flat. At the time of writing, I am organising a community walkabout with Cummings Park Community Flat to identify areas that can be improved.

If other areas would like a similar walkabout, then please don't hesitate to get in touch.

Just a reminder of my face-to-face surgeries in the meantime, please note these times.

Mastrick Community Centre -
1st Tuesday of the month at 1pm.

Cummings Park Community Flat - 2nd Thursday of the month at 12 noon

Northfield Community Centre
3rd Tuesday of the month at 6pm

Middlefield Community Project
4th Thursday of the month at 12 noon

If people have any pressing matters, then I can be contacted at the email address and telephone number below.

Stay Safe

Gordon Graham
ggraham@aberdeencity.gov.uk
tele 07736329751



Healthy Hoose Update

Many within the community are keen to keep up to date with any developments regarding the Healthy Hoose.

The Healthy Hoose, located at Middlefield Community Project is now acting as a Community Treatment and Care Clinic (CTAC)

This is one of four CTAC's located across Aberdeen.

These clinics offer blood pressure checks if requested by your GP, Blood tests, requested by a GP, ear care,

with requirements set by the clinic. And the removal of sutures or staples after surgery or injury and finally, wound care. This will be available 3 days per week.

This change follows the closure of the Healthy Hoose on the first of March 2022.

Previously ran as a nurse practitioner and drop-in service, the new system will be appointment only, and at the moment only offer the services stated above. You can book an appointment calling 01224 550 200.

NORTHFIELD LIBRARY IS OPEN!

Northfield Library Is Open!

Thursday 10am-1pm and 2pm-5pm

Friday 10am-1pm and 2pm-5pm

We're looking forward to welcoming you back to the library.

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

We have reintroduced our Bookbug sessions at Northfield Library, to make sure that these are run as safely as possible, we are hosting smaller sessions. Spaces are limited, and booking is essential. Look out for details on our Facebook page or check with the library to see when the next session is being held.

Lego Club for eight- to eleven-year-olds is back too. The Lego Club meets every 4 weeks on a Friday afternoon 3.30pm-4.30pm. Come

to make a Lego creation that we'll display in the library.

To check for upcoming dates and to book a space visit Northfield Library or call 01224 695104 (Thursday and Friday) or Mastrick 01224 788558 at other times.

Check in with the library or keep an eye on our Facebook page as more activities and author talks are reintroduced.

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

If you know anyone who would be interested in borrowing library items but are unable to visit the library due to disability, illness, shielding or caring responsibilities, give us a call and we'll let you know about our Home

Library Service where we deliver the items to them every 4 weeks.

We offer up to two hours per day of PC access. These slots can be booked online via Netloan or by contacting libraries. We also offer printing services and have photocopying and scanner facilities. Visit: www.aberdeencity.gov.uk/library for information on our online services.

We are always delighted to meet new faces. For more information on how to become a member, please visit our website or contact your local library.

For information on our services, please visit www.aberdeencity.gov.uk/services/libraries or contact Northfield Library by email: NorthfieldLibrary@aberdeencity.gov.uk or telephone: 01224 695104 (Thursday and Friday) or Mastrick Library 0122 788558 at other times.



Cairncry

In the current age, we here in Greater Northfield, live in housing schemes that seem to cluster round the edge of large areas of open grass around the top of a hill.

Some call it Granite hill, from the former industry that was the quarrying of Granite, and some may recall that the quarry was called Cairncry. Now filled in with municipal waste and landscaped to give us the green space, however before all of this the hill was well over 600 feet high and had an ancient name taken from the Gaelic, Carn Criach, (Cairncry). Carn being a hill and Criach being a boundary, but a boundary to what?

It certainly sits with North slopes that run to the Don and South slopes that face the Dee, both waters shed to these rivers, however before the quarries the open hillside may have had now lost antiquities, Stone Circles, Cairns or symbol stones of Pictish origins. The rationale behind this is that such antiquities are found in areas of ground that look to the

hills and far landscapes, there are no burials, hut circle marks or even a rig and furrow system farming presently evident due to development.

This hill name "Boundary" Criach in Gaelic must have an even older name, as Gaelic followed, "Pictish" a Brithonic language thought to be similar to old Welsh.

On the southern slopes there is the "Marchburn" (Scatterburn) a natural boundary that is on the edge of the "Freedom lands" March is an old term used in both England and Scotland and it fits for the "March" boundary of the Freedom Lands (the Forest of Stocket) but I suspect that the name Carn Criach and an earlier name denotes a far greater situation, potentially tribal, if one considers the Pictish province of "Circind" lies South of the Dee and the province of "Ce" lies North of the Don an ideal zone between both is right here.

This would take us further back than the Royal hunting forest of Stocket on which we sit and before Gaelic

was the prominent language, so even without names modern Northfield has roots that go far back in time.

When standing on this very hill.

The wind did howl the air did fill.

With a sudden eerie silence.

The Druid made his mystic presence.

With robes of white that shone so bright.

In his hand a staff of might.

Around the stones the families gathered.

Standing close, with faces weathered.

For blessings on their crops they waited.

Full fields, the blessing, full bowls, the blessing

Fully nourished souls, the blessing.

Mike Middleton



Janet's family Christmas

This year I had the joy of having Christmas with all the family for the first time in a while.

My children are all grown up, married and one has kids of her own. My daughter now lives down in England, so it was nice for us all to be together for Christmas. My son and daughter-in law travelled down with me, and we had a great time with all the family.

Seeing my grandchildren over Christmas, made me so happy, Christmas with the kids makes it all the better. Over the last few years, with restrictions, I haven't been able to get down to see them. I have spent Christmas' with family and friends up here or on my own during covid.

Christmas is for children really, I loved getting to see them open their presents and enjoy the excitement of the day.

They were so excited when they opened the presents, I had made for them. During my knitting group at Cummings Park Flat, I had knitted

the kids jumpers, hats and scarfs to keep them warm. They loved them!

We had a chilled jammy day, it was just what we all needed, especially after such a long drive heading down. Eight hours it took!!

We were spoiled as my daughter did all the cooking for us, nice not to be the one in the kitchen!

She cooked a lovely roast, chicken and ham and all the usual trimmings. Homemade sticky toffee pudding to finish, it was lovely. We were totally stuffed afterwards, just as well we were in our pj's.

We watched loads of Christmas films too, from the Grinch to Elf, it was a great day.

We weren't just there for Christmas day, we had a few more days to enjoy together. We took the kids to the park and went on walks. It was nice and relaxing, so much better when you don't have to rush about.

Sadly, it had to come to an end, we travelled home, and the traffic was

horrendous. We had been lucky with clear skies on the way down, but on the way home it was torrential. Funnily enough, once we got to Scotland it was dry! Do you believe that? After 10 hours on this journey, we were back in Aberdeen, back to the usual. Washing needed to be done, but there was still time to chill out.

I was able to visit the Cummings Park flat and catch up with friends in between Christmas and New year.

I was sad to leave my daughters, it can be tough with them being so far away, especially for them since all their family is up in Scotland. We try to take any chance to go and visit as possible.

My daughter, son in-law and grandchildren will be coming up here to see us in February. So, I don't have to go too long without seeing them which is even better.

Janet Calder



Cummings Park Centre Timetable

The Cummings Park Centre have a range of exciting groups and classes for you to attend this year. The timetable is as follows:

MONDAY

Parent & Toddlers 9.30am – 11.30am

PEEP - 9.30am – 12 Noon

School - 11.00am – 12 Noon

Blocks & Crafts (CPCA)- 3.30pm – 6.00pm

Boxing - 6.30pm – 8.30pm

TUESDAY

Parent & Toddlers - 9.30am – 11.30am

Tre-Life - 12.00pm – 2.30pm

Boxing - 6.30pm – 8.30pm

WEDNESDAY

Parent & Toddlers - 9.30am – 11.30am

School - 9.30am – 2.30pm

Community Meal (CPCA) - 5.00pm – 6.00pm

Adult Crafts (CPCA) - 6.00pm – 9.00pm

THURSDAY

School - 9.30am – 2.30pm

BAC Youth Groups - 5.45pm – 9.15pm

Boxing - 6.30pm – 8.30pm

Important contact information

For PEEP classes please contact Deeside Family Resource Centre on **01224 248389**

For Befriend a Child please contact **01224 210060**

For Boxing contact Leroy – **07738564855**

CPCA – Cummingsparka@gmail.com

Programme's may change from time to time, so be sure to keep an eye on the Cummings Park Centre Facebook page for updates.

Grampian Credit Union

We are a savings and loans co-operative open to everyone living or working in Aberdeen, Aberdeenshire and Moray areas.

For almost 30 years, we have helped more than 10,000 people in the Grampian area with safe savings and accessing affordable loans - and we can help you too!

With continuous increases in prices for food and fuel, heating and household bills, Grampian Credit Union is available to help you with safe savings and affordable loans. First loans are from £200 and can help get that extra money you need at an affordable rate, and you'll be able to build up some savings while paying back your loan.

We are open Monday to Friday from 10.00am to 4.00pm for members and enquiries.

Website: www.grampiancreditunion.co.uk

Email: admin@grampiancreditunion.co.uk

Telephone: 01224 561506

Office: 250 Union Street, Aberdeen AB10 1TN

Follow us or Twitter - Join our network on LinkedIn

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





GET INVOLVED

I have been a volunteer at Cummings Park Flat for four years now and have been to lots of different groups, here and everywhere. There are a few different groups which I enjoy.

I'm a regular at the Monday group at the flat. We get up to all sorts of activities, and you're welcome to come along.

This group makes you very welcome, everyone gets a say in what we get up to. These are just some of the activities we get up to. We do everything from games, having a cuppa and a chat or arts and crafts.

We get out and about too, going on walks at the beach or Duthie park, wherever takes our fancy. We've done some litter picking in the area. We are also trying to organise a fashion show for a bit of fun and hope

to do some charity shopping for our catwalk looks soon.

The group is open to any women who want to join. We are a friendly bunch; we make everyone welcome. So come and join us, we'd love to have you.

If you enjoy gardening, there is opportunity to help at the flat garden too.

The group runs every Monday from 1pm to 3pm. It's a great way to get out of the house and meet other people. Just come along, the more the merrier!

There is also a knitting group on a Friday afternoon which I'm part of.

I knew how to knit before the group but hadn't done it in a while, I've really enjoyed taking it back up.

Although I knew how to do it, it was good to get help from the other members of the group, to remember how to do it. There is no pressure, you don't have to know how to knit or crochet at all, someone can help or teach you.

You don't even have to come along and knit at all, you can just have a cuppa and a blether.

The group runs on a Friday from 1pm to 3pm. This group is also a friendly environment, we share tips and tricks. Like the Monday group, all are welcome, come along and give it a go.

So, these are some the groups that keep me going. They are so important for my mental health. I would recommend them to anyone.

Janet Calder



Empowering Grampian Group keeping lived experience at the heart of NHS Transformation looking for volunteers.

NHS Grampian's Mental Health and Learning Disability (MHL) Public Empowerment Group (PEG) are looking for volunteers with lived experience to help inform change.

The MHL PEG is part of a wider project of the NHS to transform Mental health and Learning Disability services across Grampian.

In 2019, NHS Grampian conducted a review of these services and began to investigate how services can work more collaboratively and provide more support.

From there, a portfolio board was created, this board is made up of representatives from different services working together to drive change.

But real, positive change can't be made without the input of those who access the services!

That is where the Public Empowerment Group comes in.

The MHL PEG is a group, open to those with lived experience

with Mental Health and Learning Disability. It is an opportunity to bridge the gap between service users and providers, influence change, empower yourself and connect with a network of supportive and passionate people.

The team are on a mission to welcome more and more members to their supportive group and raise awareness for the important work they are doing! If you'd like to get involved, there are plenty of ways you can.

Amanda Foster, MHL PEG's Chair, discovered the group on a whim. While chatting to NHS Grampian's Engagement and Inclusion manager, Liz Howarth, she just so happened to mention the group.

Amanda was sold and she hasn't looked back! She attended the very next meeting, before long she was the Vice Chair and now, Chair. "It's a really friendly and supportive community, we all really care, and we would love to broaden the group and welcome more people."

Amanda has experienced having to fight for access to basic healthcare, throughout her whole life. After doctors discovered that she was blind as a baby, her parents struggled to find support for her in Aberdeenshire. This is an issue which has slightly improved over the years but still has leaps and bounds to go.

Traditional methods of consultation are not always accessible and support services are not always easy to find.

For Amanda, some basic improvements, such as more staffing and better signposting of information would go a long way to make the health system more inclusive.

"Lack of staffing is major factor; it means that people are not getting to see their consultants when they really need to.

"People also really need to know what services are out there. What we're seeing a lot of, is people not knowing what is available in their area and trying to find out but getting



Mrs Meadows

Hello,

Mrs Meadows here.

I was hoping that the snow was not going to come back, but it seems that there is more coming.

The crocus and daffodil bulbs are already coming through. I can't wait for spring so that I can get out and start planting seeds and veg in the greenhouse. Time to get seed tatties into egg boxes so that they can get a head start.

I am hoping this year to get the outside vine taken up and planted in the small green house. It was a good crop of grapes last year, sadly they did not grow big enough to eat. I am expecting them to be bigger this year and we can and we can taste them as they will be big enough to eat. Fingers crossed.

I would really appreciate some help with the garden, so if you're looking for a volunteering opportunity (as little as an hour a week would be great), or you are genuinely interested in gardening, you would be made very welcome at the Cummings Park Community Flat. I would love to hear from you. Perhaps you would just like to get outside in the nice weather and do a spot of planting or would like to share some of your own experience.

This is also an excellent opportunity if you have just moved into the area and have your first garden and would like some ideas of what to plant where. You can find out about days and times by popping into the flat or by calling us on **01224 681357** and asking for me. We are looking forward to hearing from you.

nowhere. That is the kind of things I'd like to see changed."

NHS Public Empowerment Officer, Catherine Garrow agreed. "That has been one of the amazing things about the group, we have been able to connect a lot of people with services and third sector organisations, that they weren't aware of. I think that has been really significant."

Amanda feels strongly that this group, alongside the portfolio board is the way to ensuring real and lasting change for the better. "There is a lot of work to do, and it's a slow process. Sometimes the portfolio board aren't as efficient as you want them to be but, overall, it is empowering, and people do listen to us."

So, if like Amanda, you would like to be a part of striving for a better system for all, there are many ways to get involved.

Now, the group meet once a month, online. The Teams meeting is held on the third Thursday of every month from 10am to 11:30. As the group serves the whole of the Grampian area, members are

scattered far and wide. Online is the easiest way to bring everyone together for the moment, but the group are looking to organising some events to bring people together.

"We understand that getting people together can be a bit challenging" Amanda said. "But we want to try our best to meet and see people. To try and get as many people involved in the group. Even if you can't come along, get involved in some way."

Cate explained alternative ways to get involved if you're not able to attend the meetings. If you sign up to the mailing list, the group can keep you up to date with minutes from the meetings and papers signposting projects. "Or they could just have a chat with us individually and share their ideas, if they don't want to join the group."

Visit NHS Grampian's website to read more about the group or get in touch with Cate at catherine.garrow@nhs.scot if you'd like to get involved too.

A quick history of shipbuilding in Aberdeen

We built ships in Aberdeen from the 15th century until 1992.

While reading about Aberdeen's contribution, I was surprised just how big and popular Aberdeen's shipbuilding industry was around the globe. Also, the quality of the vessels which were admired and well sought after.

This city was believed to be building ships in the 15th century and perhaps before, it's on record that in the 1470's, three royal ships and one royal naval ship was fitted out with guns and ammunition by Aberdonians with over 20 of its crew young local men.

Before steam and diesel arrived, boats called Smacks were the workhorses up and down the coast and in winter time working on these was a perilous occupation which required a lot of courage, shipbuilders in those days had no real yards or slipways building on the beach or on spare bits of land alongside the river Dee had to be used but they managed somehow.

Over the years things improved and yards sprung up with bigger and better ships being built around Torry, Footdee and other places. Well-known names like the Hall family, the Duthie's, Walter Hood & Co started putting Aberdeen on the map with a reputation for building fine seaworthy ships.

Alexander Hall introduced the building of a sleeker design ship, long and a bit narrower with a more acute bow with this, the Clipper ship as it was called would prove a fast and efficient craft. In 1839 Alexander Hall built the 140-ton Scottish Maid clipper ship which was used to demonstrate how her sharp lines would give extra speed, this proved popular and soon Aberdeen shipbuilders became famous for their building of Clipper ships.

Alexander Hall's yard was being run by his two sons who built the well known Schomberg for James Baines & Co. of Liverpool. It was 260 feet. long and about 2500 tons in weight. The clippers were often used for racing on the trading routes to China for cargoes of tea, hence the name tea clippers were given to them, the two most famous clippers were without a doubt, the Dumbarton Built Cutty Sark which broke many records on the China run and is at this moment being restored at Greenwich back to her former glory.

There was also another fast clipper, The Thermopylae Built in Aberdeen by Walter Hood & Co. On her maiden voyage from Gravesend to Melbourne she completed the journey in 68 days which broke the record for that trip by a good margin, although described and used as a tea clipper she often had cargoes

of wool from Australia. During a race against the Cutty Sark back to Great Britain she won by seven days but that was the only time she beat The Cutty Sark. After serving the Aberdeen White Star Line, it was sold to Canada and then on to the Portuguese navy as a training ship. In 1907 she was blown up by the gunners on a firing exercise.

The design of the clipper's bow was known as the Aberdeen Bow, the yards in the city were numerous and they began building large amounts of steam trawlers which helped put the Northeast of Scotland's fishing industry the biggest in Europe. During the 1830-40s the enterprising Aberdeen men (nicknamed The Three Wise Men) travelled down to Tyneside and became the pillars of the Shipbuilders on the Tyne, John Coutts, John Ronald and John Vernon.

There is a great deal more to be said about Aberdeen's involvement in shipbuilding and our right to be proud of our city is certainly there, we always hear about Clydeside and the building of ships there and yes, they did build some wonderful ships but try reading about Aberdeen's and other shipbuilding ports in Scotland, all equal in importance.

Jack A. Norrie



DAVE'S QUIZZES

ABERDEEN QUIZ (DO YOU KNOW YOUR CITY?)

- 1 – What is the name of Aberdeen FC 's football ground?
- 2 – What name was George St. previously known?
- 3 – Cloth for Crombie Coats was weaved at what famous Aberdeen mill?
- 4 – Known locally as the Torry Coo, what is it?
- 5 – A few graveyards in Aberdeen and Shire fell victim to what illegal trade?
- 6 – The Aberdeen Canal went from Aberdeen to which Shire Town?
- 7 – The Maiden or Aberdeen Maiden can be seen in the Tollbooth, what was it used for?
- 8 – Up by the Torry Battery a new centre has been built to watch what?
- 9 – The newest shopping centre in Aberdeen is called by what name?
- 10 – In Aberdeenshire the words- Loon, Quine, Mannie and Wiffie are from which dialect?
- 11 – Aberdeen was famous for building what type of sailing ship?
- 12 – Where is there a statue of Rob Roy Standing on a rock ?
- 13 – What street is nicknamed the granite mile?
- 14 – Where would you find the Trainy Park as it was called?
- 15 – The second largest granite building in the world is in Aberdeen, which building is it?

Bonus Question -

Aberdeen FC 's biggest crowd ever was 45,061 give me all their names and addresses

MISSING LINK

- 1 – Carmel ----- ? ----- Thin
- 2 – Chewing ----- ? ----- Road
- 3 – Black ----- ? ----- Mine
- 4 – Setting ----- ? ----- Shine
- 5 – Pigeon ----- ? ----- Lesson
- 6 – Back ----- ? ----- Meal
- 7 – Cover ----- ? ----- Ended
- 8 – Electric ----- ? ----- licence
- 9 – River ----- ? ----- Jacket
- 10 – Push ----- ? ----- Centre

DO THE MATHS >>

$$10+ -:- 4 \times 9 - 150 + 56 \times 3 == ?$$

UNSCRAMBLE THE LETTERS TO FIND A WELL KNOWN ABERDEEN LANDMARK

nlunwlceatomme

ANSWERS

Quiz --- 1 = Pitodrie - 2 = Tannery St. - 3 = Grandholm -
4 = A Foghorn - 5 = Body Snatching - 6 = Inverurie - 7 = Cutting off
heads - 8 = Viewing Dolphins - 9 = Union Square
10 = Doric - 11 = Clippers - 12 = Percutier - 13 = Union St -
14 = Union Terrace Gardens
15 = Marischal Collage
Missing Link - 1 = Water - 2 = Tobacco - 3 = Coal - 4 = Sun -
5 = English - 6 = Bone - 7 = Up - 8 = Car - 9 = Tweed - 10 = off
Maths == 420 -----
Unscramble Letters === Wallace Monument

Wellbeing Cafe

Come and join our Adult Services Team's Wellbeing Café!

The Wellbeing Cafe is held every Thursday between 2pm and 4pm at shmuHQ on Station Road in Woodside.

The group is open to everyone. Come along to meet others, play a game, take part in wellbeing activities or

just have a brew and a blether. No sign up required, but if you'd like more information contact Sarah by emailing sarah.igesund@shmu.org.uk or by calling her on 07592 355 131.

Christmas For All Appeal

The Christmas for All appeal is an initiative aimed at helping people during the festive season who may be struggling for food, warm clothing, toiletries and more. It's in the form of a "reverse advent calendar" in which these goods are collected during the month of December at Station House Media Unit, then delivered to Cfine for distribution in time for Christmas.

The first of our Christmas for All Appeal's was launched in December 2021, but the idea for it was suggested in 2019 but not acted on as we didn't have enough time to implement it. The plan was to start it in December 2020, but unfortunately the Pandemic hit, and we had to put it on hold.

We returned to the building and although there were limited staff and volunteers given access we decided to go ahead. The plan was to set up a box in the building and invite anyone who was coming in to put whatever they could into it. In the end we were overwhelmed with the response from all including listeners to shmuFM who took bags of items down and left them at the door for us to pick up. We managed to fill ten boxes of items and the week before Christmas, the Breakfast Show presenters, Dave, Tim, Sandy G and Sandy S, all dressed in festive garb and delivered them to Cfine, where they were gratefully received.

With Covid restrictions lifted we decided that this should be an annual event and in 2022 we managed to surpass our 2021 totals by collecting 12 boxes and again delivered them to Cfine.

It was quite a humbling experience as when we went down to Cfine there was a lot of bare shelves, and it made us glad that we could help in a little way to make peoples Christmas just a little bit better.

I would like to thank, from the bottom of my heart all the volunteers, staff, visitors and listeners who contributed to this, it's a phenomenal response and certainly put smiles on people's faces.



SHEDD@NORTHFIELD CAFE EVENINGS

Sunday the 15th Of January saw an exciting start to a new venture called Shedd@Northfield Café Evenings. These events happen every Sunday, from 6.30-7.30pm in Northfield Community Centre.

The heart behind these events is to build friendship, develop community and provide a space for people to connect over refreshments, cake and acoustic music in a café environment hosted by Sheddocksley Baptist Church.

Come along to be encouraged, inspired, connect with others and grow in life together.

The church has recently appointed Kirsty Argile and Ally Heath (pictured) who love Northfield and are excited about partnering with you and helping to bring fresh energy to the things you are passionate about in Northfield. They will be at the café evenings and around the community throughout the week. Say hello if you see them!

Contact: info@sheddbaptist.uk | 01224 317430

Facebook, Instagram - [@sheddbaptist](https://www.facebook.com/sheddbaptist) | www.sheddbaptist.uk



Northfield United Free Church

We meet on Sunday mornings at 11am and everyone is welcome to join us.

Our Christmas appeal for 2022 was to help 40 families with provisions and 80 bags of food were dropped off at Northfield Community Centre Foodbank mid-December for distribution. Working with local butcher Dennis Paterson, each family received a steak round and with donations from the congregation each family received two carrier bags of supplies. We also collect throughout the year and drop off donations monthly.

Our drop in community coffee mornings continue Fridays between 10am and 12noon. Come and join us for a free cup of tea and coffee and during the cold weather we are serving soup from 11.30 am. The Rev Andy Ellison is usually in the church during this time and is happy to have a chat and to pray with you.

Friday 3rd March 2023 is the World Day of Prayer and the local area meeting takes place in the church at 2.30pm.

Easter will soon be upon us, and all are invited to join us during our Holy Week services

Sunday 2nd April 2023 - Palm Sunday – 11am

Thursday 6th April 2023 – Communion Service – 7.30pm

Friday 7th April 2023 - Good Friday Short Reflective Service – 12 noon

Easter Sunday – Family Service – 11 am

To keep up to date with what's happening at the church, please check our Facebook page @ NorthfieldUF

The church can be contacted on 01224704005 or email northfieldufchurch@outlook.com

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

DENTIST

Emergency - G-Dens - 111

DOCTORS

NHS 24 Emergency - 111

POLICE

Non-Emergency - 101

ELECTRICITY

If you have a power-cut - 105

GAS

Gas Emergency - 0800 111 999

WATER

Scottish Water Emergency - 0800 0778 778

HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

Aberdeen Carers Support Service - 01224 914036

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at **CFINE** 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

St Machar Credit Union 01224 276994

Northfield Medical Practice 01224 662911

Woodside Medical Group 01224 492828

Penumbra First Response 0800 234 3695

LOCAL COUNCILLORS

Councillor Donna Clark

07977399622

donclark@aberdeencity.gov.uk

Councillor Gordon Graham

01224 523594

ggraham@aberdeencity.gov.uk

Councilor Ciaran McRae

07500 999617

cimcrae@aberdeencity.gov.uk

Area MSP

Jackie Dunbar

– MSP for Aberdeen Donside

0131 34 85067

Jackie.Dunbar.msp@parliament.scot

Area MP

Kirsty Blackman

– MP for Aberdeen North

Aberdeen office: 01224 633285

kirsty.blackman.mp@parliament

Northfield United Free Church of Scotland

Tel: 01224704005

northfieldufchurch@outlook.com

DOMESTIC ABUSE SUPPORT

Domestic Abuse is not acceptable. It is not your fault and you are not alone. Domestic Abuse is when you are hurt, bullied or frightened by:

Your husband or wife. Your boyfriend or girlfriend

Your current or ex-partner

Their behaviour can be; controlling, physical, sexual, financial or emotional.

Help and support

Police Scotland

If you are in danger and it is an emergency, call 999.

For non-emergencies call 101

National Domestic Abuse Helpline Free and

confidential advice. Open to all. 24 hours a day.

Telephone: 0800 027 1234. Website: sdfmh.org.uk

Grampian Women's Aid

Telephone: 01224 593381. Website:

grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932.

Website: rapecrisisgrampian.co.uk