

cumming north

Autumn 2024



In this issue:

JACQUI & IRENE
COMMUNITY FLAT
NORTHFIELD ACADEMY
FISHING HISTORY

www.shmu.org.uk/press

Autumn Edition 2024

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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!

Please email rose.ross@shmu.org.uk with the email subject 'CN Letters to the Editors' to have your letter included in the magazine.

Please contact Rose if you would be interested in getting involved!



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. Celebrate with us! In this edition we are pleased to highlight the fantastic work going on in the area from Jacqui and Irene's years of dedication to the community centre, to Northfield Academy's pupils and staff brilliant achievements

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.



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VOLUNTEER'S WEEK

Monday June 3rd to Sunday, June 9th marked the 40th anniversary of Volunteers week. Cummings Park Community Flat hosted a get-together celebration for some of our volunteers. This included some Adult Learning volunteers and Community Flat volunteers.

Volunteers were invited to attend Auchmill Golf Club for an afternoon of celebration. Refreshments such as sandwiches, cakes, tea and coffee were provided.

We got a lovely surprise by the arrival of Aberdeen's Lord and Lady Provost, who presented us with certificates for volunteering.

It was lovely to have him there, it was a nice surprise as our Development Worker, Donna, had not told us he was coming. Some of

us made our way outside and got our photo taken together.

It made us feel really good and appreciated for all the volunteering we do. It was nice to catch up with everyone as I don't always see everyone who volunteers at the flat.

I'd also like to thank Donna for everything she does at the flat, she does so much for all of us there. We really volunteer'se it and we really appreciate it

Donna said "Aberdeen volunteers week gives organisations the opportunity to thank their volunteers. It reminds the city to show their gratitude to the remarkable work done by many people. People who give up their time for the benefit of others. We are very fortunate at the Community Flat to have 14 people

volunteering from opening up the flat to allow groups to attend, to planting bulbs in the garden. The Adult Learning volunteer Tutors support individuals who need a little support with literacy, numeracy, ICT, ESOL and confidence. All of our volunteers are most definitely the backbone of our flat and our city. We must take every opportunity to thank them for their time, knowledge, energy, empathy and encouragement. Thank you again to our volunteers and to volunteers across our city."

There are volunteering opportunities at the flat and in adult learning, why not pop in and see what's on offer that you can do, or if there is anything you'd like to see happening at the flat, please let us know.

Janet Calder



Memories of Cummings Park Community Flat travels

Cummings Park Community Flat volunteer Pat Lawrence reminisces on adventures had with the flat over the years

When we used to hire the minibus, there were so many places we went to.

We have been to Blair Drummond three times. We hired a coach and took the people from the flat, they're friends and children. It was great weather each time.

On the way back to Aberdeen we stopped at a chip shop, and everyone had a good feed. The owners were glad to have such a large group coming in.

We have been to Seaton Park a few times too. One time we went across from the park, to the beach and had

our lunch on the dunes, then went back to the park for a great day out.

We've enjoyed Hazelhead Park too. We went to see the monument for the Piper Alpha and the rose gardens, that was always my favourite place, with the roses.

A number of times we also been to the Duthie Park and went into the Winter Gardens, the hanging baskets were absolutely beautiful. It made me jealous.

We went for lunch and sat in the sun then walked all the way round park, another brilliant sunny day.

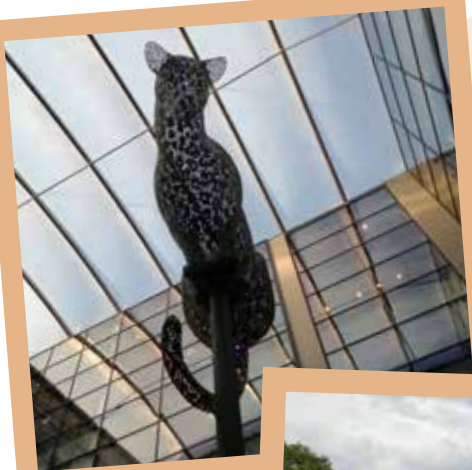
One time we planned to go to Aden Park, but we finished at the Spotty

Bag Shop in Banff, after visiting the shop, we went and had lunch at the harbour. It was a very enjoyable detour.

This year we went on a day trip to the beach to do a litter pick, then went to Torry Battery and to the new harbour thinking that one of the new cruise boats might be there. Sadly not.

On a visit to Banchory we went round all the charity shops, they had very good bargains there. Some of the crowd went to a small museum.

We have gone to so many lovely places over the years and it's so easy to bring them all back to mind.





- Northfield Academy -

From honours from Oxford University to the Scottish Samurai Awards, there has been plenty for staff and students at Northfield Academy to be celebrating recently.

Talented youngster, Robyn Rodgers, hit the headlines for her incredible achievement winning the Anthea Bell Young Translators Competition.

One of Northfield Academy's Languages teacher Miss Messenger found out about the translation competition organised by Oxford and offered her pupils the chance to take part.

Robyn, a brave young pupil decided to take on the Level 2 Challenge, translating a document from French to English, with only the help of a bilingual dictionary.

Miss Messenger said "It is a great challenge to translate something directly from French to English and make it make sense. You must make it work without straying too far from the dictionary translation."

A couple of months later the school were notified that Robyn had been

selected as the winner of the Level 2 challenge for Scotland.

"We were all so proud of Robyn. The fact that she won a prize without even studying French that year is so rewarding."

Robyn said "I didn't go into this thinking I would win; I just thought it would be a fun challenge. I think learning language is so important, it gets you in touch with other cultures and it can help to keep languages alive by speaking to them."

Robyn is hoping to go on to study Linguistics and Psychology when she leaves school, so she's all set for something to share on her personal statement!

Another fabulous group from the school have been given a prestigious honour too. History teacher Miss Lockwood and pupils attended the Order of the Scottish Samurai Awards in Elgin in May. Miss Lockwood was given the Scottish Samurai Shogun Award and pupils Chloe Deans; Amy Richardson and Katie Law were named Cadet Samurai's.

The awards were set up by Ronnie Watt, a Master of Shotokan Karate and Chief instructor of the National Karate Institute of Scotland. He set up the awards in 1994 to recognise excellence in character and sustained commitment and leadership, inspired by Thomas Blake Glover.

Miss Lockwood said "I became a shogun for services to education because I created a series of work here linking Scotland and Japan, about Thomas Blake Glover, the Scottish Samurai, who brought industrialisation to Japan. We also looked at how Scotland is similar to Japan today. The kids have really been enjoying it."

"The girls won their awards for the project they created about the anniversary of the Blitz in Aberdeen. They created a fantastic presentation which went out to different schools in Aberdeen to mark the anniversary. So, their award was for services to history."

The group celebrated with around 20 other people also receiving awards at the intimate ceremony.

Cllr Donna Clark

It has been a busy time in the Cummings Park area as well as the wider Northfield/ Mastrick North ward since my last update.

I have recently changed the venue for my surgeries to the Cummings Park Community Centre, the surgery will still be held at the same time of 12pm-1pm. I am still holding surgeries at @theHub, however the date and times for these have changed to the 1st Friday of each month from 10-11am and at Northfield Community Centre which remains on the same day and time. The most common issues I have been receiving from surgeries as well as day to day enquires include housing issues such as downsizing, mould and damp, overgrown gardens as well as flytipping, which Aberdeen City Council offer at least three free collections per year for the removal of bulky items for all council tenants. I like to comment on the efforts of all those within the

Northfield/ Mastrick North ward who took part in a 24-hour litter pick which took place on 20th June. It was great to see so many groups of individuals out in their local communities to make the area cleaner. It was also great to see many school pupils out and contributing to these efforts. I was fortunate to join a group from Northfield Community Centre during their litter pick session and help them to make the area around the community centre a cleaner environment.

On 22nd June, I attended the official opening of the Northfield tennis courts on Kettlehills Crescent alongside my ward counterparts Gordon Graham and Ciaran McRae, following the refurbishment works to bring them back into a useable condition once again that could be enjoyed by local residents. It was brilliant to see so many families and individuals attend the opening at take part in a bit of tennis.

On 10th July, I held two summer surgeries at @thehub and Northfield Community Centre, both of which were a success. I am considering holding more surgeries like this in the future and to hold one in the Cummings Park area.

I also recently attended the summer graduation ceremonies for both the University of Aberdeen and Robert Gordon University in July. It was great to celebrate the fantastic efforts of all those who graduated from both universities.

Finally, I would like to wish all pupils and teachers at all schools across the Northfield/ Mastrick North area, the best of luck for the new school year.

If I can ever be of any assistance, please do not hesitate to contact me on 07977 399622 or email me at; donclark@aberdeencity.gov.uk.

Cllr Gordon Graham

Hi Folks, it has been a busy summer, I have gone along to Middlefield Project Committee meeting to hear the work they do and listen to their concerns and hopefully provide assistance where required.

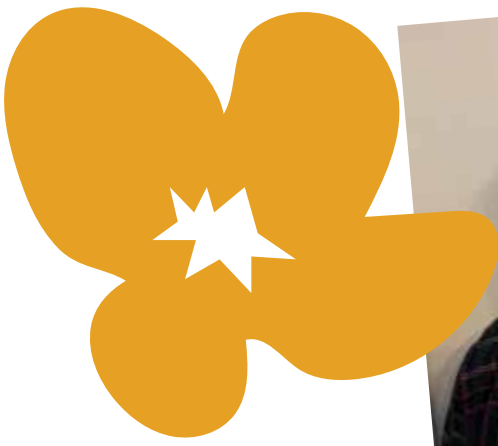
Same goes for the Northfield Community Council, main issues are the condition of Byron Square, disorder and dog fouling. With regards to dog fouling, at a meeting on 6 July 2023 of the Communities Housing and Public Protection Committee the implementation of a 12-month pilot programme for the

enforcement of Littering, Dog Fouling and Fly Tipping legislation was agreed. Unfortunately, this did not start and is now due to commence in August 24 with a report to council in July 2025 on the success of the scheme, two years after it was agreed. I will keep you updated on the results.

It seems a long time ago now since September 2022 when the Council agreed to carry out a feasibility study and stakeholder engagement to identify options for reducing the number of primary schools in the

Northfield ASG, to minimise excess pupil capacity, and to report back to the Education and Children's Services Committee with recommendations as appropriate. This involved the possible closure of a school, and no primary was ruled out for closure. It has dragged on for too long with parent and pupils still anxious to know the fate of their schools. I will be taking this up at the next Education Committee meeting.

In the meantime, if you want to get in touch I can be contacted **ggraham@aberdeencity.gov.uk or 07736329751.**



Marie Curie Companion at Home

Supporting people in your community to live well with a terminal illness.

Marie Curie has relaunched our Companion at Home service across Aberdeen City to support people affected by a terminal illness. We know that living with a diagnosis or as a carer for a loved one can be isolating, and we know the difference a regular visit from someone can make.

Our volunteers provide company, emotional support and help with small practical tasks to people living with a terminal diagnosis and their loved ones; visiting them for up to three hours a week across the city of Aberdeen. Our volunteers don't need to have special superpowers, they are people from all backgrounds who share the common goal of helping someone in their community to live well and enjoy the things that matter to them.

We support people with whatever matters most to them, and we know the small things can make a big difference, you could be helping someone to take part in a hobby they enjoy or giving them space to share their memories. Having someone to talk to makes such a big difference.

Daniel has recently joined us, here's what he has to say about volunteering:

"I am currently a student at the local college and through my studies of social sciences I have found a love for learning about individuals and their lives and circumstances. I felt that being able to volunteer with Marie Curie I would be able to help individuals and also learn about their life and help to continue their personal story, as well as assist them facing end of life care and the loneliness that sometimes comes with it."

We're looking for volunteers who love to meet new people and are passionate about making a difference to people facing loneliness in their community. If you're 18 or over, and can spare 3 hours a week, then we would love to hear from you. You will be given full training when you join us. You will also be joining a community of people across the northeast who are having a real impact in their local area, and gaining skills that can be useful for employment.

If this sounds like an opportunity you would love, then why not get in contact with us today. You can contact us directly at companionscotlandnorthandwest@mariecurie.org.uk or on **0800 304 7406**. If you would like to find out more, head to our website at www.mariecurie.org.uk/help/companions

United Free Church BBQ

United Free Church had their yearly summer BBQ on the 29th of June. It was a really lovely day, there was hot dogs, burgers, tea, coffee and juice. Everything you could want.

It was attended by members of the church and lots of members of the community. There were lots of kids, they were having fun, playing with all the games. The adults joined in and had a great time too!

Everybody really enjoyed themselves, we can't wait for next years. It was a lovely day, the weather was brilliant.

The coffee morning has started again on Friday's from 10am to 12 noon. It's always really good, there's homemade scones, tea and coffee and lovely chat. They make you feel very welcome.

There are also services at the Church every Sunday morning, you are welcome to join. They are from 11 o'clock to just after 12.

Jacqui and Irene

Entering Northfield Community Centre, you're likely to be greeted by the same familiar faces, but did you know, these two ladies have dedicated decades of their lives to the centre?

With over 70 years of volunteer service between them, it is safe to say that Jacqui Innes and Irene Paul are pillars of the community centre. So, let's find out a bit more about them.

Today, Irene is the Secretary of the Board and helps out in the centre with some admin duties, over 30 years ago when she first volunteered at Northfield, she took part in the kid's club and running the playschemes.

Irene came along to the centre after reading the centre's newsletter and seeing they were on the lookout for volunteers for the Play Scheme, she popped her head in and the rest is history.

She has no plans for stopping either. "I like coming to the centre, it gets me out the house and doing something. I would just be vegetating at home if I wasn't here."

Since she began at the centre, Irene's family have all been involved in some way or another. "When my oldest granddaughter started school she came here, and her sister did too. Now their all grown up and have kids of their own, their kids come along too."

Irene grew up in Northfield, living in one of the earliest homes built in the area. She has spent pretty much all her life, living, working, volunteering in this community. "I've

been in Northfield since I was six years old. When I was a kid, there were no houses here at all, we lived in one of the first 50 houses built. When I got married, we moved to the prefabs at Cornhill, but I was still in Northfield everyday for work." Irene saw the area completely transform. "I remember the area before the Community Centre was even built." She has lovely memories of making carties with her friends and racing them. They also used to build fires and roast marshmallows on them when the bobbies weren't looking.

"The first day I took off from here was the day of his funeral, being here just kept me going."

Irene has a host of great memories of the centre over the years too, her favourite time of year being when everyone comes together for the Christmas meal. "We get a beautiful dinner at Christmas time. Jacqui organises everything, she gets a chef in and makes the table all bonnie with the fancy dishes. It's hard work, she does a lot of work for it."

Northfield Community Centre was a fantastic support for Irene when she lost her husband, over 20 years ago now, as it kept her going. "The first day I took off from here was the day of his funeral, being here just kept me going."

As for Jacqui, she has been volunteering at the Centre for 45 years now and the Chairperson of the board since 2012!

Jacqui first attended the centre with her infant son to go to the creche and different classes and once she was involved, she never left. "It was Pamela Gollund, Rosie Sim and Evelyn Guy that first got me involved. They came over and said, 'would you like to help at the play scheme?' I asked what that was, got involved and I'm still helping with the playscheme to this day."

"It's funny, now there are kids who I worked with in those days who are coming in and telling me that they have kids, and they're getting involved with the youth groups. If you look at my family, they've all been brought up round the centre. One of my granddaughters volunteers here and I've got great-grandchildren that come here as well."

"I have been to weddings, funerals, and christenings, of folk that come here."

Jacqui was at the forefront of the fight to save the community centre, playing a major role in the survival of the community Centre, fighting for it to be allowed to stay open, when council cuts saw the centre at risk of closure. She said "We fought it and managed to keep it open, on the onus that we run it. So, then we had to get a board together. There was a number of people involved, Sandy Mathers of ACVO was a huge help, he helped us get our manifesto together and figure out how to run things." And the board have

continued to keep the centre running ever since.

Recently, Jacqui recently received an award for her 45 years of service at the centre. It's framed and in pride of place in her office. "I got the award, and it did make me proud. That was because of Councillor Donna Cark and MSP Jackie Dunbar.

"But it cheers my heart on volunteer's week to see them celebrated too. We have some brilliant volunteers, Julie Kerr, Dylan Sangster, who recently got his gold Saltire award, Jackie who helps at the Foodbank, and lots more. Our board members too, Tony, Steven, Irene."

Jacqui would still love to see more people get involved with the centre and see more groups and activities too! "I'd love for us to have a men's group here at the centre. We have done things like that in the past but unfortunately, they fell away." We'd love to have knitters too, just anything that the people of Northfield are interested in."

On behalf of the Northfield Community, thank you to Jacqui, Irene and all the other fantastic volunteers, giving up their time to keep the centre running.

"We fought it and managed to keep it open, on the onus that we run it."



STAY SAFE THIS BONFIRE NIGHT

Mrs
Meadows

Here again..

There's not a lot to say this time. I had a fall and was in hospital and then unfortunately confined to the house for three months.

I had planted tatties, peas, onions.

I'm glad to say that things are better and I am getting back to the garden.

People passing by will notice the planters have been painted and will be decorated and coated with clear varnish to seal the paint and stickers.

Now that it's September, it's time to plant all the bulbs before Spring. I might plant winter veggies now that the planters are empty.

Until next time,
Mrs Meadows.



Bonfire Night is the busiest night of the year for firefighters across Aberdeen.

All SFRS staff in Aberdeen want people to enjoy the festivities that come along with Bonfire Night, and we encourage everyone to attend public bonfire and firework events.

If you do decide to host your own event, be sure to familiarise yourself with the fireworks code and fire safety. Fireworks can be extremely dangerous, and it is often children most at risk of injuries caused by fireworks or sparklers.

Remember, it is illegal to set off fireworks before 6pm or after midnight on Bonfire Night.

Derek Coull is a Crew Commander at Aberdeen Central Community Fire Station. He said: "We want people to enjoy themselves on Bonfire Night, however, this must be done safely and responsibly.

"Our message is clear – leave fireworks to the professionals and attend an organised event where possible.

"If anyone is thinking about hosting a private event involving a bonfire or fireworks, please ensure you are aware of the Fireworks Code to keep everyone safe."



Fishing in the North East

It has been said that fisherman in the North East have been throwing finishing lines into the North Sea before Vikings even set foot in Scotlad. Although fishing methods have changed over time, it's still a big part of the way of life in this region.

Torry fisherman were known in the 1790's to have a fleet of about six boats with a crew of around six men per boat, although this then dwindled to three boats. They caught Haddock, Cod, Ling and Turbot. The herring fishing time was around July, steam powered trawlers during the 1880's helped bring trawling to the fore, catches increased and proper fishing as we know it was on the way.

White fishing in Aberdeen employs between 1500 and 2000, serving around 30 to 40 boats, since 1836 the Herring fishing has had well over 320 boats taking part in it. By this time, most were using decked boats which meant they could go further out to sea, catching other types of fish such

as Whiting, Skate, Plaice, Halibut and Mackerel.

On the dock were the fish market porters waiting ready to pull the boxes of fish for the upcoming auction which would determine the price paid for the catch.

Aberdeen Market was the scene of a nasty strike in 1923, of 350 steam trawlers and their crews. It was caused by German trawlers bringing fish caught around the British coast into Aberdeen and other British ports, Scottish trawlers, in fact all UK trawlers were banned from fishing inside the 3 mile limit.

Fish caught on the coast of Iceland was permitted to land in Aberdeen harbour but the fury was of the rules which allowed boats other than British to fish our coastal waters. Thousands of fisherman and supporters were on strike for roughly a month and disturbance took place when fish and ice were thrown at the Germans and a German ships whole catch dumped in Albert Basin. Market

porters were attacked for handling German fish, German boats were set adrift, things were brought under control after a police baton charge. Britain and its fishing fleet were also involved in the Cod wars with Iceland over fishing rights, on both those occasions, Iceland came out on top.

Aberdeen gave up the fishing game in favour of oil, some say it was a mistake and others say no, but Peterhead, Fraserburgh, Macduff and others still have fishing fleets as does a lot of ports around the UK. This is just a very brief reflection on the UK's fishing industry there is so much more could be said on this subject but we don't have enough space, having said that we are hoping to have a part two of life on the trawlers and the effect it has on the family of fisherman. These brave souls who risk it all so we can enjoy a fish supper. Right, lets go to the chipper!

A. Leslie

Jack A. Norrie





Aberdeen becomes the first major city to back the Volunteer Charter

On the 18th of July, Aberdeen celebrated two major sign ups to the Volunteer Charter, making it the first major city in Scotland to back it.

The Volunteer Charter is a list of 10 key principles, agreed by Volunteer Scotland and the Scottish Trade Union Congress, which protect volunteers.

The charter lays out that volunteers should not be used in place of paid members of staff, they should be given no financial reward and they should be able to volunteer in a safe environment, and more. Visit Volunteer Scotland to read the charters principles.

Sarah Latto, Volunteer Scotland's Senior Policy Officer explains why the charter is vital. "It's so important anywhere to be honest, but in a city like Aberdeen I think it's incredibly important because, we know that volunteers have really struggled over the past five years. With the COVID-19 pandemic, and then with the cost of living crisis, we know that volunteering is in decline, which is quite a concerning.

"So we want to just do anything that we can at the moment to try and ensure that volunteers know, are reassured, that they're going to have as good experience as possible, and

that when they are volunteering, that they're doing so in roles that are, really meaningful and sustainable as well."

Aberdeen is blazing the trail in Scotland, as the first local authority with major Charter Champions.

Aberdeen City Council and NHS Grampian have become the first two major signups, backing the Charter in Aberdeen.

Alison Everson, Chair of NHS Grampian explained why the organisation became Charter Champions. "The volunteer charter is really important to us because we want to show that we respect and acknowledge the work that our volunteers do. They are tremendous across NHS Grampian.

"I'm very proud of all the volunteers that we have within NHS Grampian and very grateful for all their work they do and really keen to give support to them, acknowledging them as, as individuals, not as a collective group of volunteers, as individuals who are giving of their time for the benefit of other people. We want to acknowledge the work they do and through the charter we can really support them."

Councillor Martin Greig, Convenor of Aberdeen City Council's Education and Children's Services Committee, Spokesperson on Culture shared why the council backed the charter.

Volunteers contribute an amazing amount of additional value, social value to the city already. So many organizations and groups depend on the kindness and the time that's donated by individuals right across the city. They add so much, so, let's, let's flag that up, and, and encourage more people to become volunteers."

Finally, Chief Executive of Aberdeen Council of Voluntary Organisations (ACVO), Maggie Hepburn said "This is a bold display of civic leadership from the Council and the NHS and a very welcome one at a time when many voluntary organisations are struggling.

"It's also long overdue formal recognition of the vital role that volunteers play in the daily life of Aberdeen. Communities are being asked to do more for themselves, so it has become even more important that volunteers are properly supported and valued."

There are currently 240 organisations signed up as charter champions across Scotland, the more organisations that sign up, the more reassurances that volunteers have that they are valued and respected.

Visit Volunteer Scotland to view the charter and sign up! If you'd like to become a volunteer, why not check out the fantastic new Volunteer Aberdeen Website by visiting www.volunteeraberdeen.org.uk/

Mastrick Library

Mastrick is one of ten libraries across Aberdeen City which, along with the Central Library, are all warm, welcoming spaces for their local communities and those visiting from further afield to use our fantastic services and resources. Visit www.aberdeencity.gov.uk/services/libraries-and-archives/find-your-local-library for information on all our libraries.

Mastrick Library's current opening hours are **Monday and Wednesday 10am-7pm, Tuesday, Thursday and Friday 10am-5pm and Saturday 10am-1pm 2-5pm**. We have recently extended our opening hours to include Saturday afternoons. Be sure to come in and pay us a visit!

Pathways – Helping people find jobs since 1998! Job coaches from Pathways meet at the library every week and offer 1 to 1 support with CV writing, training opportunities, online applications and interview skills. If you think this would be of help to you, please contact Pathways directly on **01224 682939** or email info@pathways-online.org

Our **Bookbug** sessions at Mastrick Library take place on **Tuesdays every 4 weeks**. Spaces are limited, and booking is essential. Look out for details on our Facebook page or check with the library staff to see when the next session is being held.

Lego Club for 8–11-year-olds is back. These sessions run every **4th Monday from 3.45pm-4.45pm**. Check with the Library Staff for the dates. We'd love to welcome more children to these sessions. Master Builders should book their place in advance. To register visit **Mastrick Library** or call **01224 788558**.

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 or illness, give us a call and we can give you more information on our Home Library Service where we deliver items to

customers in their own homes every 4 weeks.

We offer up to two hours per day of PC access. These slots can be booked in advance online through our website or by contacting libraries directly. Walk-ins are also welcome. We have printing, scanning and photocopying services and our new Princh service allows files to be printed off from your own personal devices and is really simple to use. Library membership is not required for this service.

We are launching a new book group at the Library. Meetings are to be held monthly on the first Saturday of the month at 2:30pm. If you are interested in joining or would like more information please contact the Library using the details below.

For information on our services and online resources, please visit www.aberdeencity.gov.uk/services/libraries or contact Mastrick Library by email: MastrickLibrary@aberdeencity.gov.uk or telephone: 01224 788558.





Suicide Prevention Week

This year shmu were proud to support Suicide Prevention Week and take part in the #changethenarrative campaign.

We have partnered with Mental Health Aberdeen, alongside many other fabulous organisations to create two special episodes of our shmu IN FOCUS podcast to inspire change, raise awareness and highlight organisations who can offer support.

Let's come together to break the stigma, open up about mental health, and encourage everyone to start

the conversation. Talking can save lives – let's be there for one another.

If you would like to listen to the podcast please visit –

shmu is committed to the Creating Hope Together Strategy in Suicide Prevention, we offer a range of wellbeing activities which can help support you to improve your overall mental health and wellbeing.

Get in touch with Sarah to find out more on 07592 355131 or email sarah.igesund@shmu.org.uk

Challenge Poverty

shmu are gearing up for yet another Challenge Poverty Campaign from the 7th to the 13th of October.

There is still plenty of work to be done so please join us, our volunteers and many of our partner organisations to demand change.

There is lots to look out for this Challenge Poverty week from our shmu IN FOCUS Challenge Poverty

Podcast, short films and a plenty of interesting guests throughout the week on our shmuFM Packed Lunch shows.

We will also be hosting an event at the Music Hall on the 11th of October, so please keep an eye out for more details.

Dave's quiz

1. In what Year was Iqurice Allsorts Launched?
2. Who wrote and sang Spirit in the Sky?
3. Charles Mackintosh invented the world's first what?
4. Benny Lynch, born in 1913, became Scotland's first ever what?
5. What is Britain's largest National Park covering 1400 sq. Miles?
6. What city is said to be silver with golden sands?
7. In 1958, where were the first traffic cones produced?
8. What was the name of the picture house that was opposite the Northern Hotel?
9. The Murray River is the longest in which country?
10. Oasis and the Hollies, Hermans Hermits hail from which city?

Missing Link

- 1 – Train ---????--- Master
- 2 – Bad ---????--- Director
- 3 – Credit ---????--- shop
- 4 – harvest ---????--- shadow
- 5 – Global ---????--- pan



Grampian Gathering 2024

This year, the Grampian Gathering is to be held at the Beach Ballroom on the 12th of October from 10:30am to 4pm.

The Gathering is targeted for people over 50 years old who are in retirement or contemplating retirement. There will be various engaging speakers, stalls, workshops and taster sessions showcasing all the various groups and charities to promote and encourage people to join groups and to take up opportunities to volunteer.

The theme of this year's event is Age well, Retire well, Die well.

There will be a range of speakers and workshops throughout the day to interest you. Jillian Evans, Head of Health Intelligence and Learning Health Systems of NHS Grampian will deliver a talk on Ageing well and

living in Good Physical Health. Jock Hutchison of Horseback UK will speak on Managing mental health and community activities. These are just two of the speakers throughout the day. Workshops also include Performance and singing workshops by Granite City Choir and sport Aberdeen super six sessions, and more!

Browse over 30 stalls from community & voluntary sector and taster sessions, more workshops and the over 50 feedback forum on age friendly programs

This event is completely free but booking is encouraged! So call 01224 045624 or email granitecitygathering@aberdeencity.gov.uk for more information or to sign up.



1. 1989 2. NORMAN GREENBAUM 3. WATERPROOF COAT 4. BOXING GLOVES
 5. PION 6. CHAIRNGORMIS 7. ABERDEEN 8. EDINBURGH 9. THE ASTORIA 10. MANCHESTER

MISSING LINK ANSWERS

1. STATION 2. COMPANY 3. CARD 4. MOUNTAIN 5. WARMING

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

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cimcrae@aberdeencity.gov.uk

Area MSP

Jackie Dunbar

– MSP for Aberdeen Donside

01224 011 936

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