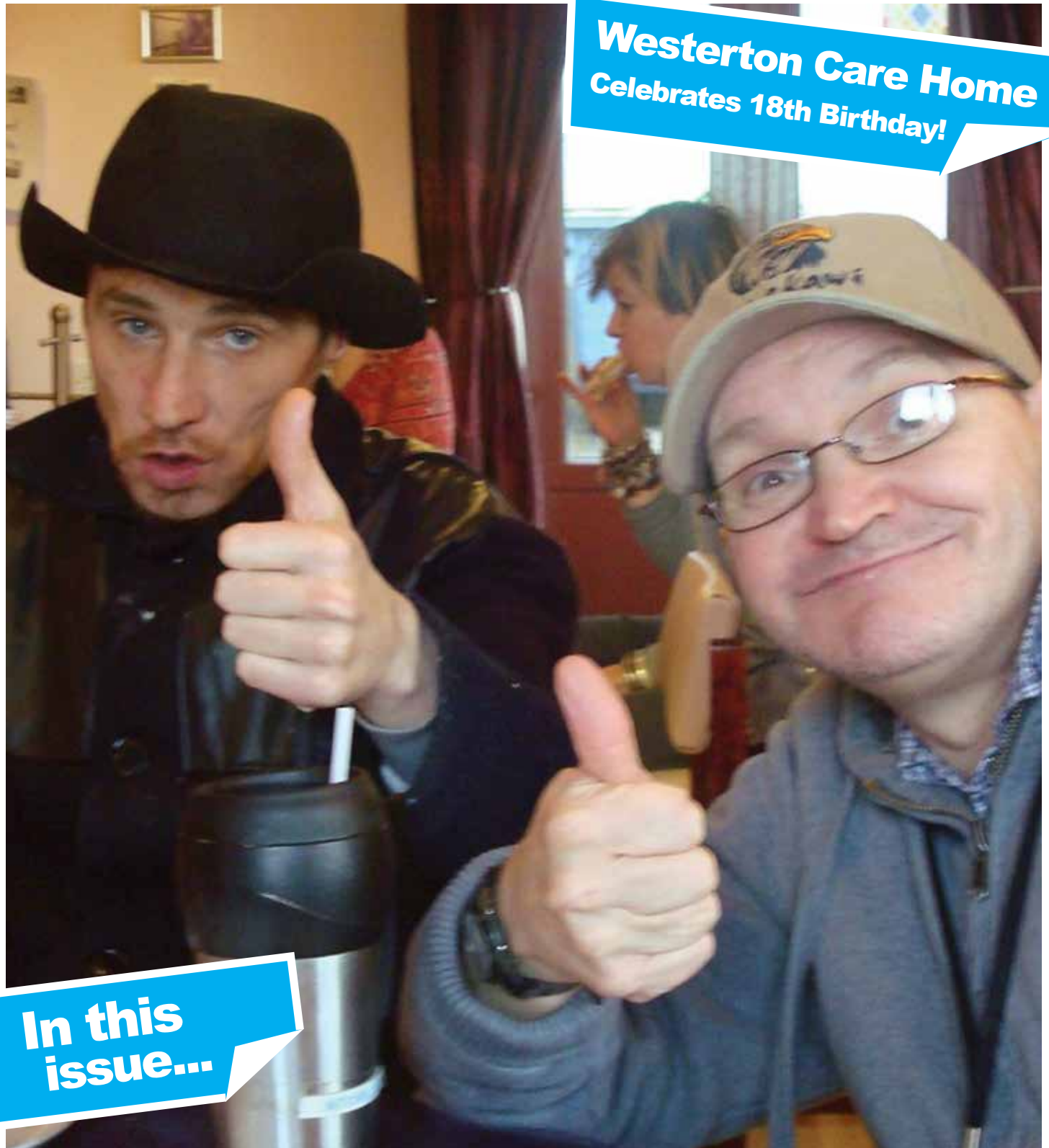


# cumming north

SpringEdition2013



**In this  
issue...**

**Bramble Brae**

Burn's Day Fun

**Northfield Neep**

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## editorial

Here at Cumming North magazine we are always on the look-out for local people to help us gather articles and information that may be used in future editions, or indeed, help in other ways as part of the editorial team. This would involve a couple of short meetings prior to publication of the magazine.

If you live in the Northfield / Cummings Park area, or are a teacher or representative based in the 5 schools within these areas and would like to get involved, please contact Mary Clare at **SHMU** on **01224 515013** [maryclare@shmu.org.uk](mailto:maryclare@shmu.org.uk) or myself **Dave White** **01224 696185**

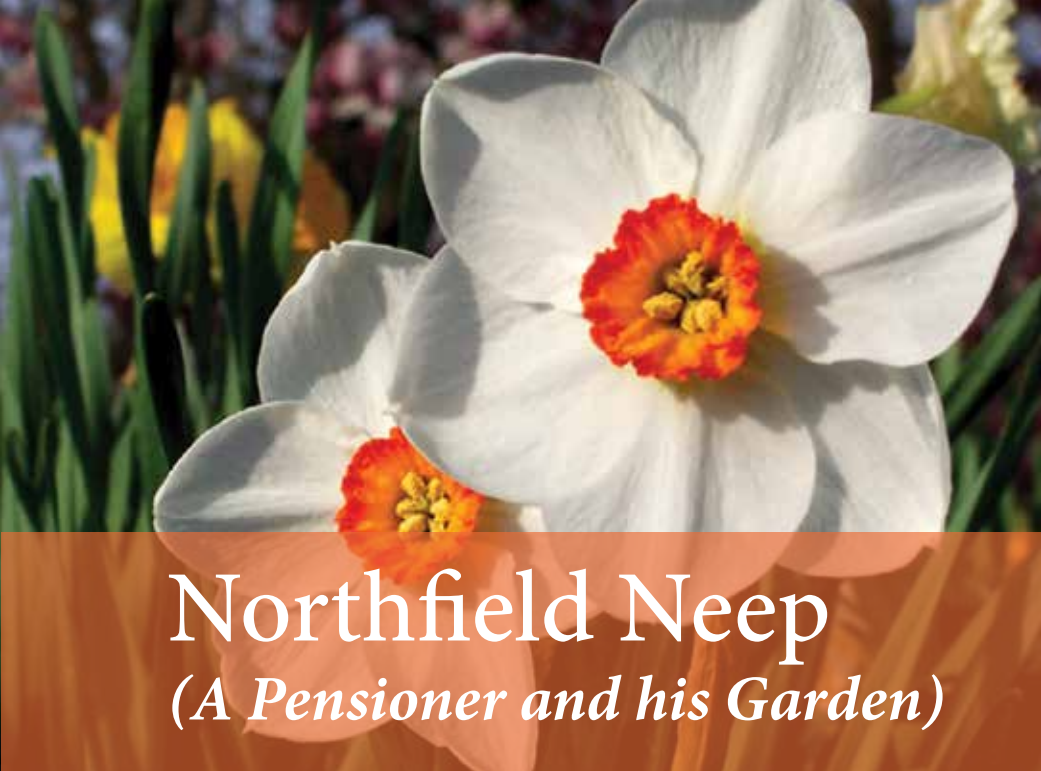
***Deadline for the Summer magazine submissions is May 29th.***

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# Northfield Neep

## *(A Pensioner and his Garden)*

Dear fellow gardeners,  
Spring is in the air but not in my heart as I look out from the warmth of the kitchen to a somewhat soggy and un-kept back garden. However I reluctantly discard the warmth and comfort of my slippers for my gardening boots and make my way to the greenhouse. On entering I can almost hear the greenhouse say "where have you been you great lazy lump?" My first task was getting my onion sets into small pots with fresh compost to encourage them to root. The containers of daffodils and tulips are growing well, waiting patiently to be displayed in the racks outside. A quick rake up of the compost and a good watering has them pruning themselves for a grand spring flower show. I have decided to grass over some of my veggie plot and create a flower border with plants to attract bees and butterflies to add a bit of interest to the area. There is a small holly bush I intend to use as my centre piece within my green oasis where I shall relax and listen to the scent of the bees and the hum of the flowers-they don't call me 'The Neep' for nothing.

After a great success last year, I will grow my potatoes in bags

again this year and recommend people give this a try as the tatties are cleaner and have a greater pest control. This year I will also try tomatoes grown in hanging baskets which is something I have not tried before. My onions will eventually go in a space created in my rhubarb patch. I will need to find space for my lettuce and parsley for my salad days ahead-gannet. My thoughts are also turning to a flower display for the summer and sprucing up the lawnmower and shears ready for the coming combat.

I shall be buying bedding plants for display along with my roses growing in my front garden. The shrubs and bushes will be given their annual trim and tidy up with a little help from a fellow gardener friend who is a dab hand with the shears and has a great knowledge of plants. This being said if things go as planned and the big man up in the clouds gives us plenty of sunshine I will be able to sit in my green oasis and soak up the rays to get a healthy tan. I am looking forward to my evening strolls around Northfield and Cummings Park admiring all the skills and hard work of you fellow gardeners creating your own themes and displays.

## A little bit of things Celtic, 2

### The Walking Dead

In a previous article we looked at the dead who walk abroad at Halloween, in ancient times we disguised ourselves to hide from the spirits of the dead. Those spirits would come through at certain times like Halloween and Lammas, but there were those spirits that walked abroad at other times and quite often not long after death which are called the revenants-the Walking Dead.

In our ancestral past we practiced and performed some pretty bizarre rites on the dead. These depended on the circumstances of how a person died but some of these rites or actions were to ensure that they did not return.

Long before Bram Stoker wrote Dracula, people were driving stakes into bodies, and long before we ever heard of zombies, beheading was quite the norm.

A revenant is a walking dead person usually roaming round objecting to being dead in the first place as well as giving out warnings of impending doom. The cure was to exhume the body and perform a number of actions including impaling the corpse, putting a stone in the mouth, or decapitating the corpse.

The above have been documented and is part of our folklore. Suicide victims were treated in a similar way, often buried in peat bogs or at cross roads. The bodies were put there to confuse the spirit, for example if a body has been decapitated the head would be placed at its feet.

**Mike Middleton**

# Northfield Academy

## Northfield Academy Pupils working in direct collaboration with the Industry Sector

Your Future in Energy was launched the week beginning 14th January at Northfield Academy in collaboration with the Offshore Contractors' Association (OAC) and training company Atlas. This scheme highlighted the different routes into the energy industry.

As part of the transition process from S3-S4 110 pupils aged 14-15 spent a week in industry-led workshops learning about the reality of the energy workplace. The companies involved set out the types of jobs on offer and the

skills required to fulfil these.

This was the first time that experts spanning the education sector, energy sector and training bodies came together to map where the skills shortage lay, which skills were needed to fulfil these roles, and which school subjects were needed to steer pupils towards achieving these.

This programme was received very positively by our pupils giving comments like, "It was great to learn about the different jobs available on our doorstep", and, "I am now looking at taking subjects that will help me get a job there."



## The Jasmine Charity Challenge

Seven senior students are participating in the Jasmine Charity Challenge. This is an exciting opportunity to take part in an initiative that brings schools, charities, businesses and communities together. This year, the group is working in partnership with CHAS (Children's Hospice Association Scotland). CHAS work hard to support families of terminally ill children. The senior students took part in "The Vault" where the students faced a panel of corporate judges. They gave a five minute presentation on CHAS, including a short business plan and took questions from the judges.

## Eco Schools Silver Award

The Eco group have been working hard since March 2012 and as a result they have now achieved silver status for the school. This is a big achievement and every member of the group has worked hard to achieve this. The next step for the group is the green flag. This is a difficult task but they are a dedicated group so I am sure they will work away to achieve this.

## Loch Eil – Outward Bound

This year's S1 Outward Bound experience at Loch Eil was our most successful (for those who made it up to Fort William before the snow arrived!). The challenge and success demonstrated by the pupils during the trip was excellent and highlighted what a valuable experience this is

for our young people. A group of S6 pupils also took part in a Senior Challenge course which developed skills relating to responsibility, confidence, decision making, leadership and problem solving. We are currently talking with Outward Bound to ensure that those who missed out due to the snow will get the opportunity to visit in the New Year.

## OAP Christmas Lunch

We were delighted to support a local OAP Christmas lunch on Monday 17 December. A group of S1 pupils helped serve them lunch and chat with them about life at the Academy. This was an excellent experience which was enjoyed by all.

# Councillors Comments

## Cllr Gordon Graham

It will be an interesting few months ahead of us with proposals to merge Bramble Brae School with Quarryhill. There is also concern with regards to proposals for the Gypsy traveller community to have a temporary halting site at Granitehill Road lasting two years. These are evolving issues which will be the subject of debate in the next few months.

I attended North East Schoolboys boxing competition at Cummings Park Community Centre of

Saturday 9th February. It was good to see people from as far afield as Tayside and the Highlands coming along to compete. Local lads from Byron Boxing Club did well in the competition.

On Friday 15th February I attended an award and presentation ceremony "Your Future in Energy" which is a pioneering educational initiative that brings together industry, education and government bodies to deliver tomorrow's talent for the energy sector.

I am delighted to say that it was piloted at Northfield Academy from 14th – 21st January. During the week, pupils participated in industry-led workshops on transferable skills, interview skills, CV building, psychometric testing and presentation skills. They also visited companies in the energy sector to find out first-hand the range of prospects the industry has to offer them. The pupils I met made Northfield proud and I hope that the experience bodes well for their future and also lets industry know that the kids in Northfield have a lot to offer them.

## Cllr Jackie Dunbar

Proposed Gypsy Traveller site at Granitehill Industrial Site

I have been contacted recently asking why I did not consult with the community about the proposal of a short term Gypsy traveller site at Granitehill. The reason I was unable to let the community know what was being proposed was that I was not consulted on the

report that went to the Housing and Environment committee on the 15th January.

I have now taken this matter up with officers as I have the right to be consulted on all matters that involve my ward so I can inform the community to fulfil my role as your Councillor.

The council does have a statutory responsibility to provide halting sites for Gypsy travellers. I believe

that they should be situated in an area which is the best option for the Gypsy travellers and the local community. My opinion regarding the Granitehill Industrial Site proposal is that it is not the best option for the local community or the Gypsy travellers. There are just too many unanswered questions and a lack of information for this proposal to be viable.

## Cllr Scott Carle

There have been a lot of things happening since the last edition of Cumming North. I'd like to start by saying it was a pleasure to be invited along to help out at the Northfield Community centre over 55s Christmas lunch before the holidays. There was a great turnout and good time was had by all enjoying a great Christmas lunch. Well done to everyone at Northfield Community Centre who helped organise the event as well as to the pupils of Northfield Academy who were on hand to help out and the pupils of Bramble Brae who came along to provide the entertainment on the day.

A number of residents have come to me and raised concerns over the last few months over the dumping of rubbish, furniture and electrical goods in gardens, lanes and streets causing problems for neighbours and those walking by. Although these can be cleaned up by the council and dealt with when they are reported, it can often be a few days before they are reported leaving the rubbish lying which could cause hazards. I will be looking at ways in which to deal with this in the future.

Other issues which continue to grow and evolve include the traveller's camps and the school estates review which

are important to the Cummings Park community and the wider Northfield area. I will continue to monitor these issues closely. The Council will also debate the budgets for next year which will not deliver any cuts to frontline services which is great news for everyone across the city.

Surgeries - every second Saturday (11am) at Northfield Community Centre, every third Thursday (6.30pm) at Northfield Academy and every fourth Tuesday at Manor Park Primary (6pm).

[ScCarle@aberdeencity.gov.uk](mailto:ScCarle@aberdeencity.gov.uk).  
Or by phone on: **01224 346622**



# Cummings Park Flat

## What's on?

In the flat we have a variety of classes and activities to suit most people.

Monday morning at 9:30am we have a 'Weigh In group' which is currently a small group of people who enjoy catching with one another and encourage one another on how to be healthy.

North East Scotland Credit Union is available for anyone living in the area from 10.00am - 11.00 am.

Literacy classes are available for adults. Literacy sessions aim to support them with reading, writing and, or, number skills.

Young people have the opportunity to access our Youth group on a Tuesday evening. The groups so far have attended sessions, accessed trips including skiing and going to see falcons.

The Computing Classes for beginners is offered on a Wednesday afternoon. We intend purchasing additional computers with funding we received from the BIG LOTTO fund so that members of the public may access the internet, emails, job searches or job applications.

## New Group

Some of our male participants would like to set up a 'Men's

Group' within the flat. Aiming at getting men together in an inclusive and informal way. We want to talk 'mans talk' without the wifies...we could play darts, pool, cards or whatever idea you may have. The group would like to run on a Wednesday afternoon but this is open for discussion – perhaps an evening session would suit better? If you are interested please leave a message for Archie or Paul on 681357

## Flat News

### Make-over for the Flat

The flat would like to say a big thank you to the Big Lottery Fund who approved the application to donate money to decorate the flat as part of the Cumming-In project. This is really exciting news for everyone at the flat, as the flat has been in need of a make-over for some time now. However, before we can start any of the work we need a few volunteers to help with painting. The work may take place over a weekend. If you are available please contact us.

Food and refreshments will be provided to those who are willing to chip in!

### New Garden

Part of the funding from the Lottery Community Family Fund

will be used to improve the flats back Garden. The plan is to have a vegetable plot, small flower beds and fruit trees. We also hope to get a new shed, benches and a picnic area. We are looking for volunteer 'families' to help with the gardening, so if you're a keen gardener and you would like your wee one to mix with other children, please get in touch with us.



### New Sign for the Flat

We hope to change our outside sign. The current one has confused some people into thinking that the flat is actually a nursery and others are saying they thought it was a youth facility so hopefully the new design sign will be clearer and we will attract a few more new faces into the flat.



# Northfield Library

## Read any good books lately?

Feeling a bit board and fed up with the weather? Take heart, spring, is just around the corner. This gives us an opportunity to boost our mood and think about how we can pursue a leisure activity without feeling the cold or digging into our wallets.

If you haven't visited Northfield Library in recent weeks, why not pop in on your way back from the shopping. We have a broad range of stock to suit all moods. Be it a book or a DVD to inspire you to lose those extra pounds gained over the Christmas period or perhaps a selection of short stories that you can dip in and out of when you are looking for some quiet time. The Northfield library DVD collection has recently been renewed and of course, new book titles arrive on a regular basis. Our varied selection means you are sure to find something of interest to borrow.

Got your own laptop? There is now Wi-fi and free computer access for library members. Update a CV or access a number of free online resources where you can spend an hour or two

researching your family history, delve into the vast selection of reference books available on 'CREDO', learn a new language online or scan old newspaper reports not to mention the 'Acorn Grow' database aimed at children aged 4 -7 and a reliable source of science information for school projects.

Staff are always on hand to point you in the right direction but if you are housebound and can't visit us, we can deliver to your door. Ask for details of our library Home Service.

**Northfield Library opening times are:**

**Monday and Wednesday**  
2 pm - 7 pm

**Tuesday, Thursday and Friday**  
10 am - 1 pm and 2 pm - 5 pm

**Saturday**  
10 am - 1 pm

**Northfield Library, Byron Square, Northfield, Aberdeen**  
Tel: 695104

**NorthfieldLibrary@aberdeency.gov.uk**

## Affected by Finance or Debt ?

**Would you be willing to discuss your experience in confidence?**

Finance can have a huge effect on people's lives but rarely do ordinary people get the chance to speak about their experiences. That is why Northfield community activist Keith Paterson, who is doing post graduate research at Aberdeen University, has chosen this theme for his research project.

The research aims to build up a picture of the experiences of ordinary people by giving them the chance to discuss, in confidence, how financial issues affect them and their families. This can be credit, debt, insurance, savings, rent, banks, mortgages or any other aspect of money or finance. Building on these experiences, a second phase of the project will investigate the social practices of financial institutions who frequently lend at very high interest rates.

If you have an experience you would like to share or are interested in being interviewed, contact the researcher Keith Paterson from Aberdeen University on 07793 655 410 or by email on keithpaterson@abdn.ac.uk

All interviews take place at a time and place that suit you and all personal information is treated in strictest confidence.



# Grampian Fire and Rescue



Grampian Fire and Rescue Service are currently working alongside Sport Aberdeen, Active Schools, RGU Street Sport and Grampian Police within the Northfield Youth Action Group. The group's aim is to engage with young people in the area. They are currently in the planning stage and working on a project at the disused Northfield outdoor sports centre on Kettlehills Crescent. They are exploring the possibilities of managing a programme of various different activities including street dance, football, tennis, basketball, try golf and geocaching. Geo cache is a real-world, outdoor treasure hunting game using GPS-enabled devices, for example

smart phones. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache container hidden at that location where they can win a prize.

This is shaping up to be an exciting project for the young people in Northfield. There have been opportunities for the young people to be involved in the project from the beginning, including designing their own name and logo.

Free coaching will be provided by Sport Aberdeen, Active Schools, RGU Street Sport, and street workers will be delivering youth information sessions. Also access to the swimming pool on a Friday

Evening is being looked at for the youths to do activities in the pool. The opening times for the pool on a Friday night are going to be extended to accommodate the project.

The team are aiming to kick off the project in late April and are looking forward to engaging and working with the youths in the area.

Please be encouraged to use the facebook link below to add your comments and ideas for the up and coming project.

[www.facebook.com/pages/Northfield-Youth-Action-Group/375208892586227?ref=ts&fref=ts](https://www.facebook.com/pages/Northfield-Youth-Action-Group/375208892586227?ref=ts&fref=ts)



# Adrian Watson Chief Superintendent

## Northfield Policing Team Update

On behalf of Inspector Mackie it is my pleasure to provide you with the latest quarterly update for the Northfield Local Policing Team.

Community Policing remains at the heart of Grampian Police and, like you, we want Aberdeen to continue to grow as the vibrant and exciting place to live, work and socialise that we know it is.

Our policing model is designed with the needs of our

communities at the heart of what we do. In this latest quarterly update you can find out more about what progress has been made by the Local Policing Team in addressing the issues raised by your community and about further work which will be carried out over the coming months.

I would encourage you to use these updates to find out about the work being done by your Local Policing Team.

Details of how to meet and contact the team and discover more information about how we're tackling your local policing priorities can be found here: -

<http://www.grampian.police.uk/Area852e.html?id=365&pid=30;32;9;391>

**I would like to thank you for your continued support.**

## Northfield Parish Church

At Easter we remember that God's Son Jesus died on the cross for each one of us and was raised to life so that by believing in Him we might have eternal life.

Easter Sunday is on March 31st with the school holidays beginning on Good Friday, 29th March.

Northfield Parish Church will be involved in the following:

**Tues 26 March -  
Easter Assemblies at  
Northfield Academy**

1st & 2nd years • 9 - 9.30am

3rd - 6th years • 10 - 10.30am

**Thurs 28 March - Primary  
School Services in Northfield  
Parish Church**

Heathryburn - 9.30am

Westpark - 11am

**Good Fri 29 March – Good  
Friday Reflection in Church  
Lounge 10am**

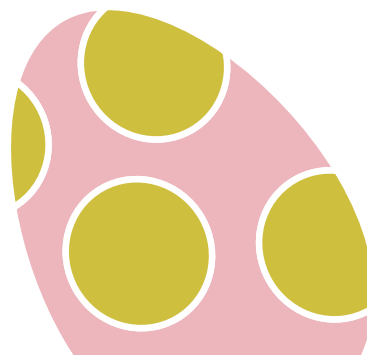
**Easter Saturday 30th March –  
Soup & Sweet Lunch in Church  
Hall 12:30 £4**

**Easter Sunday 31st March  
- Easter Celebration in the  
Church Hall 10.30am**

Teas, coffees, hot-cross buns,  
chocolate eggs will be provided.

You will be made very welcome  
at any of our Easter events and I  
wish you all a very happy Easter!

**Scott Guy**  
(Minister)





## 17 Westerton Crescent Celebrates 18 years!

17 Westerton Crescent was opened on the 14th of February 1995 and will be celebrating its 18th birthday this year.

It is a residential support unit run by VSA that was purpose built for 9 people who have a dual diagnosis of mental health problems and a physical disability. The residents each have a flat within the unit that contains a bedroom, a kitchen and a bathroom/shower room. We provide our residents with 24 hour support to live as independently as possible.

The aim of the service is not just to look after the residents but to motivate, empower and promote their self-esteem.

Both residents and staff have great links with the local community. The shops at local complex Byron Square are often the first point of call in a day whether it is for buying milk, picking up the daily newspaper or using some of the other amenities on offer.

One of the residents frequents the Cummings Park Community Centre for the Wednesday bingo session and says that he enjoys the company, the food and, of course, the occasional call of "HOUSE"! However, it is not all about the winning-it is about integration into the wider community and building a social network from it.

17 Westerton Crescent is often open to the public for open days, car-boot sales and coffee mornings. This allows the local community to have a better understanding of mental health, the way care sector works in Scotland and the support VSA provides for all their service users.

The grounds of 17 Westerton Crescent are shared with Northfield Parish Church. We have a good relationship with the church and the minister, Scott Guy, who visits weekly to have a chat, a coffee and a prayer with the residents in the dining room. We would like to extend our thanks to all local residents who have made us feel part of such a great community.

# School News

Bramble Brae Primary

## Burn's Day

To celebrate Burn's Day the boys and girls in Primary 2 at Bramble Brae read some poetry by Robert Burns with their teacher Mrs Russell. They came up with their own Scottish poems in the style of Address to a Haggis.

## Address to a Pizza

by Kyle Steven

*Fit fine and spicy,  
And cheesy too,  
Wi crusts on tap,  
And tamata goo.*

*Address to Mince and Tatties  
by AJ Burt*

*Ma ma maks mince and tatties,  
She maks them affa fine,  
A canna wait tae eat em,  
I'd eat em aa the time.*

*Address to a Pizza by Scott Beattie*

*Ham and pineapple sits on tap,  
Sprinkles wi' cheese,  
Hot oot the oven,*

*Aww please, please, please.*

*Address to Macaroni by Adam Duncan*

*Fit fine and cheesy,*





## Living in Cummings Park

*Cummings Park Drive is a beautiful place to live and learn or even pay a friendly visit. I have lived in Cummings Park for ten years and like many others have seen the ups and down side to life here.*

I find there are some fantastic places to walk and love talking to the locals. People say that mothers and fathers are losing their family values which in return reflects badly on the younger generation, maybe it is the modern society we live in!

There aren't many appropriate facilities in place, public transport can be a nightmare and the job market is a shambles!

Therefore trying to improve your current lifestyle can be a hectic battle. Inadequate housing or housing in disrepair is the norm for many families, lack of funds in your pocket or the council's is worrying and a loss of direction can be upsetting. Finding the right help in hard times is like knocking your head against a brick wall.

Our children playing on the streets or indoors seems to be the normal daily routine for the average family-as prices are going up, family life is at an all-time low.

*Yes sometimes the negatives outweigh the positives, though generally it boils down to your own personal outlook on life.*

Yes sometimes the negatives outweigh the positives, though generally it boils down to your own personal outlook on life. As a disabled person with severe depression who is also father to five children I know at times life can be quite tricky. Sometimes you feel giving up is the easiest solution.

Little over a year ago I decided to visit the library at Byron Square, with the aim of going about educating myself or enrolling in further education when one of my family friends told me about the Cummings Park Community Flat. With little knowledge of its background I decided to pay it a visit.

Now a little over a year later I am the chairperson to the Cummings Park Management Committee and we now have many courses taking place with room for further possibilities.

Although I am disabled getting involved with the Cummings Park Community flat has given me a better outlook on life. It has made happier, more active and hopefully healthier.

Changing things in your life can make a big impact too!

**Paul Hunter Havelock**



## Do You Look After Someone? Are You a Carer?

If you provide unpaid support to family or friends who could not manage without your help due to illness, frailty, disability, mental ill health or a substance misuse problem then you are a carer.

VSA Carers Service has a Carer Support Worker based in Northfield.

Tracey said: *“Often people don’t see themselves as a carer, they think of themselves as a partner, parent, friend, son or daughter. It is important that people recognise they are carers and get support and information to help them with their caring role.”*

Information from a carer who has previously been in touch with Tracey helps to explain the benefits of contacting Carers Services:

*“As a carer you don’t realise the help you need, you think you just have to get on with it. It’s not a failure seeking help—support makes such a difference. Getting help and support makes a difference to your own health. The happier you are in yourself the better you are for looking after someone.”*

*I take part in a support group for carers. The support and advice I have had from other carers has been invaluable. I have also received information from Carers Services about benefits and services to help. I get the newsletter and have attended some of the courses for carers. All of these have been very helpful. I would encourage other carers to get in touch—get the first phone call done—it will open so many doors.”*

VSA also have access to funding through the Scottish Government’s Short Breaks Fund to help pay for short breaks for adult carers, kinship carers and young carers in Aberdeen City. The fund is flexible to help you create the break that is best for you and the person you care for. Carers have previously been awarded funding for a variety of reasons including a weekend away, gym memberships and driving lessons.

If you would like more information you can contact Tracey Harrison at:

**VSA Carers Services, 38 Castle Street, Aberdeen AB11 5YU.  
Telephone: 01224 212021/  
07885803046**

**Email: [carers.info@vsa.org.uk](mailto:carers.info@vsa.org.uk) / [tracey.harrison@vsa.org.uk](mailto:tracey.harrison@vsa.org.uk)**

## SHMU Journalism Course

SHMU is currently running Journalism courses to anyone who lives within our seven target areas. The course runs for six weeks and is held once a week at SHMU. The six-session course will take participants through all the essential basics of journalism, looking at the following areas:

- **What makes a good story: news values and feature writing**
- **Differences between news and features**
- **Sourcing: How to find a great story**
- **What is a style guide and how do you apply it to your writing?**
- **Interview technique**
- **Research skills**

- **Writing workshop – how to get the most from your story and create engaging, lively copy.**

On the current course we have Dave White from Northfield, Renee Slater from Torry and Suzy Hunter and Pauline Alexander both from Woodside. Everyone on the course is aiming to write an article for their community magazine, so look out for their up and coming articles in the next editions of the magazines.

If you are interested in signing up for the next session please contact [denise@shmu.org.uk](mailto:denise@shmu.org.uk) or call on 515013.

## ShmuTRAIN in Northfield Academy

The shmuTRAIN team are back working with Northfield Academy for the second half of our Early Interventions programme working with 11 young people who plan to leave school in the summer. ShmuTRAIN are working with young people once a week at Station House and Tillydrone Youth Project delivering Employability and Digital Media modules. In the winter term the young people worked with Iain on their music and sound production module and this term are doing DJ-ing with Kojo. Over both terms the shmuTRAIN employability development worker, Michelle, has been delivering sessions geared towards helping young people get ready for entering into either employment or college. Michelle will be supporting pupils to apply for College early in this term and will cover everything from putting together CV's all the way to preparing for interviews and everything in between, including job search skills, application

forms and cover letters. Michelle also delivers sessions focused on how to sustain employment helping pupils develop their communication and team work skills as well as personal responsibility.



**“The shmuTRAIN course is a good way to help you get back into work and to build on your CV. I did have a job before but have been finding it really hard to find another job. My highlight so far has been learning how to make a film.”**

**Naomi Franklin - 18yrs old**

*Station House Media Unit (shmu) is situated just off Great Northern Road in the old Station House Community Centre, Woodside. We offer free access to, and training in video and radio production, and magazine and online publications to residents of all ages living in Seaton, Woodside, Middlefield, Tillydrone, Torry, Northfield and Cummings Park.*



## A Year in Home-Start – what a year it's been

We have just finished celebrating 25 years supporting families in the city. We offer weekly support to families who have at least one child under the age of 5 in the family's own home. Our team of amazing volunteers who are usually parents themselves offer 2-3 hours each week offering a listening ear and provide practical support and advice. Home-Start recognises that sometimes life has its challenges and difficulties and parents need a helping hand.

It has been an amazing year for us with so much happening and I thought I would like to share some of this with readers.

### **Our Charity Shop**

We have opened our first charity shop hoping that it will help us to raise money to enable us to support more families in the city, raise awareness of the work we do and provide volunteering

opportunities for families to get some skills for work. The shop opened at 101 George Street (just across from John Lewis) on 1st November 2012. It is a lovely shop and is really busy and has been very popular. Definitely worth a visit next time anyone is in town. At the moment the shop is open Tuesday to Saturday 10am to 4pm. This will increase as we are able to get more volunteers. If anyone is interested in volunteering in the shop they could drop by and speak to Karen the shop manager or give the shop a call on 01224 622390.



### **Our Award**

Our work was recognised by the local Trend Magazine. We won their Community Award 2012 recognising the difference we had made to the city.

We are always looking for more volunteers to help us support more families. If any reader has parenting experience and can offer 2-3 hours of their time each week to help a local families please get in touch. Our next volunteer induction course is starting in late February.

Please call us on 01224 693545 for more information or email [admin@homestartaberdeen.org.uk](mailto:admin@homestartaberdeen.org.uk) or have a look at our website [www.homestartaberdeen.org.uk](http://www.homestartaberdeen.org.uk)

**Georgette Cobban**  
**Scheme Manager**

# COMMUNITY CONTACTS

## Alcohol

Alcoholics Anonymous **0845 769 7555**  
Drinkline **0800 917 8282**

## Benefits

Benefits Agency Advice Line **0800 587 9135**

## Crime

Crimestoppers **0800 555 111**

## Drugs

FRANK – National Helpline **0800 776 600**

## Dentist

Emergency - G-Dens **01224 558 140**

## Doctors

NHS 24 Emergency **08454 242 424**

## Electricity

If you have a Power-Cut **0800 300 999**

## Family Planning

Square 13, Support & Advice **01224 642 711**

## Gas

Gas Emergency **0800 111 999**  
Gas Emergency with a Meter **0845 606 6766**

## Housing

Emergency Repairs **01224 480 281**  
Call Centre Emergency **0845 608 0929**

## Police

Non-Emergency **0845 600 5700**

## Samaritans

Need to talk **01224 574 488**

## Social Work

Social Work Duty Team **01224 765 220**  
Emergency Out-Of-Hours **01224 693 936**

## Young Carers

Support & Information Service **01224 625 009**

## Water

Scottish Water Emergency **0845 600 8855**

## Alkohol

Anonimowi Alkoholicy **0845 769 7555**  
Problemy z alkoholem **0800 917 8282**

## Zapomoga

Agencja doradztwa w zapomogach **0800 587 9135**

## Przestępstwa

Przeciwdziałanie przestępstwom **0800 555 111**

## Narkotyki

FRANK – narodowa linia pomocy **0800 776 600**

## Dentysta

Nagle wypadki **01224 558 140**

## Lekarze

Nagle wypadki **08454 242 424**

## Elektryczność

W wypadku odcięcia energii elektrycznej **0800 300 999**

## Planowanie rodziny

Square 13 wsparcie i doradztwo **01224 642 711**

## Gaz

Nagle wypadki **0800 111 999**  
Nagle wypadki w związku z licznikiem **0845 606 6766**

## Pomoc mieszkaniowa

Nagle naprawy **01224 480 281**  
Centrum pomocy **0845 608 0929**

## Policja

Zgłaszanie przypadków nie wymagających nagłej interwencji **0845 600 5700**

## Samarytanie

Telefon dla potrzebujących rozmowy **01224 574 488**

## Praca społeczna

Dyżur pracowników społecznych **01224 765 220**  
Nagle wypadki poza godzinami pracy biura **01224 639 936**

## Pomoc w karierze

Wsparcie i informacje **01224 625 009**

## Woda

Nagle wypadki **0845 600 8855**