

cumming north

Spring 2024



In this issue:

SCHOOL NEWS

GRANDPARENTS ROCK

ANDY'S MAN CLUB

GRANITE CITY HISTORY

www.shmu.org.uk/press

Photo Credit - Olivia Andrews

Spring 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.

In this edition, we take a look at mens mental health with Andy's Man club. There has been some big updates from the schools and we take a step back in time with a piece from the mysterious Jack A Norrie.

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



A fresh start for Northfield Academy

Local lad Craig McDermott has taken on the role of acting head at Northfield Academy. He hopes to work with the pupils and parents to create a school that they are proud to call their own emphasising that “they are the school”.

Mr McDermott first came to Northfield in October after teaching in Torry and St Machar and helping with the additional support needs team. Attending Harlaw Academy as a pupil himself means he is more than familiar with the Aberdeen area.

When speaking to Mr McDermott, it was clear that he wanted to show the hard work and dedication of the amazing young people and staff that make the school. Hoping to change Aberdeen’s skewed perspective of the Academy due the press surrounding the school from the past year.

To really connect with the community, we thought it a good idea to get a quick introduction to the new acting head. After first stating that he was a bit of an introvert I would say Mr McDermott did a great job at answering our questions.

What made you want to take on the job of acting head at Northfield?

“Having a real belief in the school and the young people that come here.” He mentioned that it was a privilege for him to take on the role.

What is your favourite thing about Northfield Academy?

“The community” saying that it was something you didn’t get in the other schools that covered a wider area. That real sense of community is a unique feeling. It’s the young people that make Northfield “they are the school”.

Following the press coverage about the school what improvements would you like to make or see?

After taking time to think which really shows how seriously he is taking his role, he said “it’s not that they’re (the pupils) not proud of the school, but that sense of pride, I’d like to see them take more pride in Northfield Academy.” He mentioned the significance of involving the pupils in the running of the school and making it a place that they would want to take pride in.

But most importantly Mr McDermott is not one to complain about school dinners saying his favourite had to be the lentil soup.

Halfway through our interview, a knock at the door revealed a pupil hoping to get his hat back that was confiscated earlier in the day. After a bit of banter mainly concerning the pringles he was munching, his hat was returned with a fair but stern warning. Getting to witness a tiny glimpse of the day-to-day life of this head teaching really goes to show how much goes on behind the scenes’ those little moments spent with each young person that really matter.



What’s going on at Westpark?

Westpark started the long, dark term by inviting guest speakers from the World of Work to share how they use language and maths in their jobs. Our children also think about and discuss the Skills Development Scotland meta-skills and aim to develop these to help them get ready for life after school. Later this term we will be learning about the global development goals in Westpark’s Miniature World.

Shortly before Christmas we were contacted by a former pupil who wanted to donate to the school fund, because of kindness shown to him and his family some-time in the past. We will use this kind gift to provide support to a family in need.

This term the primary 6 children who play an active part in the community can present themselves to be considered for the Fraser Cowie Community Trophy. Children selected by the pupil voice will present what they do for their community in front of a panel of adults from the school and wider community, who will decide this year’s winner. Photograph shows last year’s winner receiving the cup from two previous winners.

Pupil Voice are trying to get a group of parents together to develop a school travel plan, that promotes active travel to school. The aim of this is to reduce the traffic arriving around the school in the morning and afternoons, which create a hazard for children crossing roads and add to air pollution.



10 energy saving tips from Scarf

With the energy price cap having increased in January, many people are worrying about their fuel bills. Keeping this in mind, there are things you can do to cut the amount of energy you use and pay for.

Scarf, an Aberdeen-based charity and social enterprise, provides free and impartial energy efficiency advice to communities. Funded by the council, Scarf operates a local home energy advice team in Aberdeen and offers the phone-based Home Energy Scotland service in the North East, funded by the Scottish Government.

Here are ten cost-effective tips from Scarf to immediately reduce your energy usage and expenses*:

1. Turn Off Lights: Save approximately £25 annually by turning off lights when not in use or upon leaving a room. Consider replacing all lights with LED bulbs for additional savings.

2. Insulate Hot Water Cylinder: Increase insulation on your hot water cylinder to a British Standard Jacket (80mm thick) and save £50 annually.

Insulating water tanks, pipes, and radiators is an easy way to cut costs.

3. Opt for Short Showers: Limiting your shower time to 4-minutes shower can save £70 per person annually on energy bills.

4. Combat Standby Mode: Save around £55 yearly by turning off appliances in standby mode. Consider using a standby saver or smart plug for efficiency.

5. Air Dry Clothes: Avoid using a tumble dryer and save £60 annually by drying clothes on racks indoors or outside in warmer weather.

6. Optimize Washing Machine Use: Save about £29 annually by using your washing machine more efficiently. Choose a 30-degree cycle and reduce your machine use.

7. Draught-Proof Your Home: Invest in professional or DIY draught-proofing to save £95 annually by preventing heat loss through gaps in doors, windows, and floors.

8. Full Dishwasher Loads: Run your dishwasher only when full to reduce water usage. Reducing

dishwasher use by one run per week could save £14 yearly.

9. Limit Shower Time: Keeping your shower time to 4 minutes can save a typical household £70 annually on energy bills.

10. Kettle Efficiency: Avoid overfilling the kettle and save £36 annually on your electricity bill. Consider fitting an aerator on your kitchen tap for additional savings.

For more information and advice, contact Scarf on freephone 0808 129 0888 or email heat@scarf.org.uk. Advisors can provide personalised energy advice tailored to your needs, covering guidance on energy-efficient practices, understanding bills, managing debts, or coping with rising costs.

**Data by Energy Saving Trust. All figures correct as of January 2024 based on a typical three-bedroom semi-detached house in Scotland on a standard energy tariff. <https://energysavingtrust.org.uk/hub/quick-tips-to-save-energy/>*



Songs, stories and fancy pieces, come along to Family Church!

There is a family church every Sunday afternoon at the Northfield Community Centre between 3pm and 5pm.

The family Church is run by all three local churches, Sheddockley Baptist Church, Aberdeen North Church and United Friendly Church.

Come along with your children, we have activities for them to do. There are snacks, tea, coffee and juice. Sometimes you are treated to homemade bakes, I thoroughly enjoyed the homemade shortbread the other week.

The families that come along really love it.

The children also get a story too! There is a sing-along to a few songs.

You are more than welcome to pop in past, no sign up required. This is a no cost, free event, open to anyone.

If the kids get up to any crafts, they can take home their creations.

It would be lovely to see you.

Janet Calder

Boogie in the bar at Sunnybank

Make sure you've got these dates in the calendar; you don't want to miss a chance to boogie!

Boogie in the Bar runs at Sunnybank FC on the first Friday of the month. These dates include:

1st of March

5th of April

3rd of May

7th of June.

Sessions run from 12:30pm to 2pm.

Please be aware, these sessions may change due to unforeseen circumstances. Please check the Facebook page 'Boogie in the Bar Aberdeen' for any updates.

City Voice - have your say!

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

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

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

Who's the Councillor? *Janet Calder*

Do you know who your councillors are and what they can do for you?

Local Councillors are elected officials who are responsible for your area and can make sure your voice is heard.

They hold surgeries every month and are your first point of contact for issues you may have. These problems may range from a pothole in your street or housing issues, to what you want to see in the area and more.

We have three local councillors for the Cummings Park and Northfield

area, Donna Clarck, Gordon Graham and Kieran McCrae.

You may have heard their names or perhaps seen them in passing or even read their updates in this magazine but have never interacted with them or been aware of who they are.

You may be aware that each councillor holds regular surgeries in the community.

Gordon Graham – 2nd Thursday of every month at the Cummings Park Flat from 12 to 1pm.

Donna Clarck's – every 3rd Monday the Cummings Park flat from 12 – 1pm.

Unlike the medical kind, these surgeries are nothing to worry about, they are simply an opportunity to see them, if you have any problems or things you want to raise. Hopefully the councillor can help you.

If you have any questions that you would like to ask your councillor and can't manage to go to any of the surgeries, please get in touch and let us know what you'd like to see answered in the Cumming North.

What's Donna been doing?

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

On 28th October the Cummings Park Community clean-up took place, with teams of folk from the Council's Waste Team, Housing Team, Garden Maintenance Team, City Wardens as well as a team of litter pickers out to help assist with the clean-up. A crew from the Scottish Fire and Rescue Service were based at the Cummings Park Centre. As this proved to be a success, Aberdeen City Council Officers have assured me that another clean-up within the Northfield/ Mastrick North Ward will go ahead in the future and will include many more streets. Once again, I would like to thank everyone at the Cummings Park Community Flat, Housing Department and most importantly, the residents within Cummings Park, who made the clean-up possible.

On 25th November, I participated in the Reclaim the Night march in the City Centre, whilst also having the privilege to join the list of speakers at the event in giving a speech to those who attended. This march is to highlight women's right to go out at night and ensure that they can get home safely as well as ensuring their right to be safe in their own homes.

On Monday 4th December, I joined the staff and volunteers at Northfield Community Centre to help out at the pensioners Christmas lunch, which was well attended by many residents within the area. I would like to give my thanks to Jacqui Inness and the Management Team at Northfield Community Centre for their hard work and efforts in organising another brilliant Christmas lunch for residents within the area.

On 28th November, I joined a group of pupils and staff members from Northfield Academy in a community walkabout. This was an opportunity for pupils to highlight issues in the

area that are important to them and things they want to see changed within the local community, with pupils coming up with amazing ideas for how they would like to improve the community. Once again, I would like to thank the staff at Northfield Academy for arranging this and I will continue to work with staff and pupils going forward.

I regularly hold surgeries in the Cummings Park area on the third Monday of each month at 10:30am at Northfield Community Centre and at 12pm at Cummings Park Community Flat. Since changing the times, I have seen a change in attendance, therefore I will continue to hold surgeries at these times.

If you have any questions or concerns, please do not hesitate to get in touch. My contact details are as follows:

Email: donclark@aberdeencity.gov.uk

Mobile: 07977 399622



Grandparents Rock!

A Northfield grandmother and Family Learning participant has received a Grandparents Rock Award from Parent Network Scotland.

Isobel Singer, who sadly passed away very suddenly in July this year, was involved with Family Learning for many years and was a kinship carer for her two grandchildren.

Isobel first got involved with Family Learning through receiving 1-2-1 support from Megan, a Family Learning Development Worker, based at Westpark School.

After Megan left her post, Isobel continued to attend Family Learning groups and activities that Helen (FLDW) was running and used her lived experience to support other families in the community who were struggling. Along with her two grandchildren, Isobel attended our

summer residential to Cullen last year and volunteered to be the chef for the time the group were away. The children were all very fond of her and they all called her 'Granny'.

She was a great ambassador for Family Learning and always shared with others, whom she helped, the advice she had received from the Family Learning Team.

After she had passed away, Parent Network Scotland contacted Emma (FLDO) from Family Learning to see if we had any nominees for their upcoming award ceremony. It was decided that Isobel should be nominated in the Grandparents Rock category to celebrate how much she had done for her grandchildren as well as so many others. Emma received word that Isobel had been shortlisted as a finalist for the award

and that they hoped her family members could attend the event. Family Learning supported Isobel's daughter, Angela, and Isobel's granddaughter, Kerris to attend the ceremony in Glasgow.

Isobel's worker, Helen from Family Learning, received a call from Jack on the evening of the event to say that Isobel had won the award.

Angela shared her thoughts after the event: "Thank you so much for making last night happen we had a brilliant night with happy and sad tears. We will remember last night for the rest of our life's thank you so much."

Family Learning continue to support Isobel's family as they adapt to life without her and are proud to have been and continue to be part of this incredible woman's story.

Aberdeen, What A Lovely Place To Live

Or was it? Let's find out about the city's dark and grisly past...

Aberdeen is a city that has contributed to the world in a lot of ways but it also has a dark side, it's cruelty toward people who had committed no or very minor crimes. The burning of mostly women and a few men accused of witchcraft, all because in the 1590's King James V1 had a fear of witches and started a purge on people who were said to be one. Many women who had a knowledge of herbs and medicine from plants which were used for many many years to heal and had been passed down for a long time, were sadly targeted.

In Scotland between the 16th and 17th centuries around 4000 folk were accused, of which 70% were tortured and executed, many of the accused were elderly or kept themselves to themselves so the finger was pointed.

Here in Aberdeen from February 1596 and April 1597 one man and twenty-three women were charged and executed after being accused of witchcraft, it has been said they were firstly partially hanged and then burned on Heading Hill. Janet Lucas was deemed to be a witch because she carried a lucky charm in her purse, another, Margaret Ogg, was burned after she was accused

of bewitching her neighbours' cattle. Very serious crimes indeed, but it was one way of getting rid of someone you had a dispute with. Point the finger and say 'witch'.

Drowning was another form of execution and was said to take place at the Quayhead which was at the foot of what we now know as Shore Brae, it was not only the poor who met their end this way, Alexander Blyndcele and Elspeth Mychel were executed this way and both from well healed and influential families, I can't find a record how many went this way.

Hanging. This was probably the most common form for dealing with criminals the main place for execution was outside the Tollbooth, the spot where the scaffold stood is marked by a square of cassie stones by the rails opposite Marischal Street, some young men were often warned you'll end your days looking down Marischal Street.

The people used to gather in numbers to watch a public hanging and watch the hanged persons feet dance with the devil, a lot of hangings were for trivial offences which in a lot of cases people don't even go to prison for these days.

Public executions were stopped in Aberdeen in 1857 although, allegedly still went on behind closed doors.

Beheading. There were a couple of ways this was carried out, one for the aristocracy by a two handed sword or the Maiden or Aberdeen Maiden, last used in 1615 or by axe for the commoners. The Maiden or similar was also used in Edinburgh and was a forerunner to the guillotine used in France, although 200 years before the French. The blade of the Maiden is on view in Provost Skene's House having seen it myself it looks quite blunt and I think it would smash through your neck rather than cut through.

Aberdeen also had a whipping post where public floggings took place, a small square of stones at the corner of Union St. and Broad St. marks the spot, it is said that to fall fowl of this you only had to look at town bailie the wrong way or one of the town fathers as they were known. Public floggings or whipping was abolished in 1817 for women and 1830's for men, then finally abolished in 1948.

Jack A Norry



UNION STREET



Flexible childcare for all!

On Cummings Park Crescent, across from the infamous Pink Building, is a hidden gem, hoping to reach out to the Cummings Park and Northfield Community.

Cummings Park Nursery are doing things differently.

One of two Aberdeen branches of the national charity, Flexible Childcare Charity Scotland, Cummings Park Nursery offer a flexible model of childcare.

Rather than block booking half day or full day slots, parents and carers can book by the hour, as and when they need, around hours that suit their work and life.

Cummings Park Nursery Manager, Amy Grant explained how it all works. "With us, you can book by the hour. A lot of private and school nurseries have set hours. The parents may only need a 9am to 3pm space but they must pay from the start time to the close time. With us, you can book just the hours that you need." Handy for parents who do shift work, but also for those who may be on the lookout for work too.

"We are also completely flexible with our funded hours too." Said Amy, "The Aberdeen City funding and the eligible ones can choose if they want 22 and a half hours or 30 hours per week The hourly cost is low cost too, we are about £20 cheaper than a private nursery for a full day."

The Charity reported last year that over 77% of parents using the services had said they were able to work more flexibly. With 80% reporting that their household income had increased since accessing the childcare.

Amy, who had previously worked in private sector nurseries has noticed the difference this flexible method of working has on the families.

"It's brilliant, we can see the difference that we are making here. We do have some parents that come in and have their funded hours and now say that they are looking to pay for additional hours because they have been able to get back into work. It's a good feeling that you're helping so many families.

The nursery would also love to get the community involved in an

exciting new community garden project.

After being awarded £2000 of funding to develop a community garden from Aberdeen Airport's ABZ Propeller Fund, Amy is excited to work with the community.

The team do have a few ideas of how the space could be used, with veg planters to grow veg for families to take home. Or even clear flower beds, which allow you to see the roots as they grow to allow outdoor learning for the children.

"We have a play area outside with climbing and water play and mud kitchens, but I think it would be good to also have an area outside where the children can learn without any other distractions.

"To get the local community involved too I think will be a massive benefit." So, if you have any interest in gardening and would like to get involved in the project, why not reach out to the Nursery.

**Contact the Nursery at
01224 002446 or childcare.
cummingspark@fcsc.org.uk**

DAVE'S QUIZZES

THE BIG QUIZ

- 1 – The White -----
- 2 – The Coach and ----
- 3 – ---- And Crown
- 4 – The ----- Keys
- 5 – ----- and Anchor
- 6 – The ---- and Hounds
- 7 – The Kings ----
- 8 – The Royal ----
- 9 – The Three -----
- 10 – The ----- Furnaces
- 11 – ---- and Jockey
- 12 – The ----- Swan
- 13 – The Star and -----
- 14 – The ---- Cockade
- 15 – The staging ----

Take a word from the list below to give you the name of a pub

Cross,
Black
Lum's
Head
Horse
Crown
Garter
White
Post
Three
Horses
Hare
Rose
Oak
Horse

QUIZ

- 1 – Which American state is known as the Lone Star State?
- 2 – Name the Dance Venue at Aberdeen Beach
- 3 – Where in Aberdeen would you find the roundhouse?
- 4 – What colour do you get when you mix Blue and Red?
- 5 – Name the last battle on British soil?
- 6 – Over 100 yrs. old name the school on Great Northern Road?
- 7 – Which city is served by John Lennon Airport?
- 8 – Who is Aberdeen FC's Current manager?
- 9 – A Headbut can be known as a Glasgow What?
- 10 – Where in Scotland can you get married over an anvil?
- 11 – What protection does a boxer wear in his mouth?
- 12 – How many buns in a baker's dozen?

DO THE MATHS >>

- 1 – A number multiplied by 6 and increased by 11 is equal to 65 what is that number ?
- 2 – What number multiplied by 11 and reduced by 18 equals 15 ?

ANSWERS
PUB NAMES --- 1-HORSE - 2- HORSES - 3 - ROSE - 4-CROSS - 5 -
CROWN - 6 - HARE - 7- HEAD - 8 - OAK - 9- LUMS - 10 - THREE
11 - HORSE - 12 - BLACK - 13 - GARTER 14 - WHITE - 15 - POST
QUIZ - 1 - TEXAS - 2 - BEACH BALLROOM - 3 - FITTIE (HARE
BOUR) 4 - PURPLE 5 - CULLODEN MOOR - 6 - KITTREBEN-
STER PRIMARY 8 - BARRY ROBSON 9 - KISS 10 - GREYNA
GREEN 11 - GUNSHED 12 - 13
MATHS 1 - 9 // 2 - 2 - 3



Andys Man Club is a UK wide men's suicide prevention charity that provide free groups for any man to attend. They run every Monday except bank holidays from 7 until 9pm, the Aberdeen branch is held in Northfield Community centre, where you will find a great group of guys including club champion Scott Brander.

Scott was keen to share his story and spread the word about the club in the hopes that it might just help that one man come forward.

Right away he came across as a down to earth guy, his story starts back in 2019 when he was living in Dundee after moving away from his home in Aberdeen.

"I was going through a bit of a difficult divorce, not seeing my boys, and you know just feeling a bit lonely down in Dundee because I wasn't from Dundee."

"I'd basically hit rock bottom, I was really really struggling. Going back and forth to the doctor and then somebody said have you ever heard of Andys man club?"

Scott explained how he went along but with reservations thinking it might just be some "sad manny's club".

"One of the biggest things I was going through when I was feeling quite down was feeling alone, you know feeling like I was the only person going through this, this was me alone."

"I went along and thought, I wouldn't say anything on my first night because you didn't have to speak, and the next thing I know, somebody asked me a question."

"And I thought I'm going to either not speak or maybe just going hold back and the next thing you know I'm sitting, you know blubbering, just spilling my heart out."

"I just find this, sort of really surprising, you know what I was saying about feeling quite alone, the next thing I know, the 22 other guys that were in the room that night were all going through something maybe not the same thing, but all going through something and I thought, well, the very first thing that hit me is I'm not alone."

"Six of them came up and gave me a hug afterwards, even that first night was a breath of fresh air."

Scott then became a facilitator for the charity and helped set up other clubs in Arbroath and St Andrews. Before moving back up to Aberdeen for a fresh start, it's a place he felt was familiar and where he set up the Northfield club in October 2023.

After hearing Scots story, we asked him about the ideas behind the club.

"One of the key things is, confidentiality."

ANDYS MAN CLUB CONT.

Explaining how there was a closed Facebook group for the club that was sort of an extension of the Monday nights.

“At Andys man club, one of the hashtags is its okay to talk, I’m completely behind that now, because I think I struggled for a while, not really opening up to anybody about it”.

“Partly because I didn’t feel I had anyone to open to. But a problem shared is a problem halved and all that”.

We asked him what men could expect when they walk through the doors of Northfield community centre.

“Since we opened about 15 (guys) have been coming”.

“The key thing is peer to peer support, other guys that understand what you are going through”.

There is always someone at the door to welcome you, and they all follow a similar format of a few questions some light-hearted and some more serious. They have a break mid-way through where you get a chance to chat to the other guys and it helps you relax.

“There’s no sign up, no referral, you just come through the door”.

The club provide the goods with free tea and coffee and plenty of biscuits on hand, although Scott did mention that they need to up their chocolate game. Guys come in for all sorts of reasons.

“First of all, I would say somebody doesn’t even have to have an issue. Just that they want to get together with a group of like-minded guys. But you know it’s been everything from bereavements to sort of separations, divorces, work issues.”

It’s also important that the members don’t compare the seriousness of their issues to other guys. “That’s your storm.”

I asked him if he had seen any improvements from the guys who attend.

“Oh definitely, yeah. I won’t go into names or anything, one guy who had a rough year last year and his confidence was totally shot, now you would struggle to make the connection to the same person.”

One of the biggest issues surrounding men’s mental health is the stigma. Scott has witnessed firsthand its harmful effects across Scotland that are stopping men opening up.

Scott hopes that one day the club won’t be needed, as men will feel comfortable enough to share their problems with each other big or small. Maybe at the pub, a game of golf or just a during a break at work. But until then, Northfield’s doors will remain open even if it’s just to help “that one guy.”

For more information please contact info@andysmanclub.co.uk or visit andysmanclub.co.uk

Mrs Meadows

The snow has arrived with vengeance, the weather is so changeable, with snow and brilliant sunshine at the same time. Nothing can be done in the garden until all this clears up. If you have a greenhouse you might want to sow seeds inside and get them started before March when they can be planted outside. Peas can be sown in pots as well as sweet peas, spring onions and red and white onions. Summer bulbs can be started also in pots to be planted out about March. If you have climbing plants growing, check them out and make sure they are safely connected to the fences, walls or trees to make sure that they are secure for growing over the summer.

If anyone has any unused ACC recycling black boxes, which are no longer of any use to them, please donate to the Cummings Park Community Flat so that we might use them for planters. They can be placed in the front garden of the flat at any time.

If you have an hour or so of free time and you would like to help me in the Community Garden, I would very much appreciate it, especially in the months of March and April when everything is growing (including the grass!). I look forward to hearing from anyone who might be interested in helping and receiving the benefits of volunteering, mixing with others and helping to keep the gardens thriving.

Best wishes and looking forward to meeting you soon.

Placement Students

Shmu are delighted to be working with two fantastic placement students from Robert Gordon University and would love for you to meet them!



OLIVIA ANDREWS

Hi, my name is Olivia Andrews, and I study Journalism at Robert Gordon University I am in my third year of the course so got an opportunity to go on placement at shmu.

I am really enjoying my time here, there is always something going on whether its a radio show, people filming content downstairs or Simon doing paperwork.

Working on the magazines with Rose has been amazing, getting to meet all the volunteers and editorial teams has been a pleasure. Seeing all the different areas SHMU work in and witnessing all the people in the communities come together is really heartwarming.

Even though I've spilt my coffee and almost choked to death in a team's meeting, I can't say I haven't enjoyed every minute of my placement so far.

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LAURYN SIMPSON

Hello, my name is Lauryn Simpson, I am a third year Media student at Robert Gordon University, and I got the opportunity to do a 12-week placement here at shmu.

I am working with Communications Officer, Lucy, to learn about all shmu communications but for the most part, social media posting.

Here at shmu, you really get involved with everything that's going on, whether it's being interviewed, joining groups to take photos for socials or even sitting in on meetings, shmu has been a great environment to be in.

I have really enjoyed meeting everyone who works here and all the volunteers. Seeing people all over the building making content, hosting radio shows or simply just at their desk, every person has been a pleasure, and I am really happy to be a part of shmu and the work that is done here.

Fancy trying radio?

Have you ever fancied having your own radio show?

We are starting a new radio training courses and they are open to those living in Cummings Park and Northfield, as well as out other priority areas. Training will take place on Monday afternoons at shmu and is free to attend.

Get in touch to sign up or for more information. Email volunteer@shmu.org.uk or call 07592 355 131



Cummings Park Community Flat

Hello everyone,

As we are now firmly rooted in 2024, we wish to remind you that you are welcome to come along and visit us. You don't need to be attending one of our groups or have any reason, other than looking for company, to join us. You are welcome to pop in for a cuppa, a chat, or just to use the facilities. We are reliant on our incredible volunteers to provide a service from the community flat. The volunteers who share their time with us do so with a range of duties from being key holders and opening the flat for you, agencies and partners, to planning and making decisions. Times given to volunteer within the flat ranges from one hour a month, right up to all day. It would be great to talk to you about what you might like to do.

Volunteering opportunities may include:

Being part of the editorial group for the magazine that you are reading right now.

Helping to arrange outings/trips, fund raising

Helping to clean up the community through litter picking.

Highlighting community issues

during an annual community walk-about

Spending time with the community garden

Being part of our Intergeneration group

showing your skills through workshops and/or regular activities

leading walks and/or sharing of health information

On offer at the moment is the Women's group, Cumming North Editorial Team, Adult Learning class, Art session, community gardening, drop-in session, Computing support for over 50s, Pathways – back to work support, talking with the Housing Support officer and two councillor surgeries, knitting group and buddying you to attend other groups such as the Boogie in the Bar or Coffee morning at the Northfield parish church.

Contact us on 01224 68135, dosim@aberdeencity.gov.uk or our Facebook page [cummingsparkcommunityflat](https://www.facebook.com/cummingsparkcommunityflat)

Last year's successes include:

Participation in the Community Walk-About. We were so pleased

when members of the community (including the lovely German Shephard, Tilly), took part.

Cummings Park Drive/crescent and Terrice rubbish amnesty.

Community litter picking.

Beach clean-up.

It's Your Neighbourhood – receiving top prize for the work in the community garden.

Groups led by volunteers – Burns supper afternoon, Easter craft, singing together sessions, intergenerational group, games sessions, visiting Aberdeen group, walking group, meet at the parks, pottery sessions, tea in garden, learners attending the Adult Learnings Celebration event, all our volunteers being recognised and thanked at our volunteer's celebration, volunteers Christmas lunch..... We will aim at doing some of this again this year.

If you require support with getting back to work, or you would like to attend a free class to help with your reading, writing, numbers or computing, we can refer you to the Adult Learning team.

Looking forward to hearing from

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

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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