

cumming north

Summer Edition 2015

Community News
from your area



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New Gym

Primary School News

Westpark & Bramble Brae

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Editorial

Welcome to another exciting edition of the Cumming North magazine. Thanks again to all the contributors - we are very grateful to everyone who submits articles and photos for the magazine. Our editorial team is always on the lookout for local people to help 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.

Do you have a story to tell about Cummings Park or Northfield? We'd love to hear it! We're always looking for more people to get involved in the magazine. Please get in touch with Laura at shmu on **01224 515013** or email laura.young@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!

Not bad for a Northfield Quine

(see front cover)

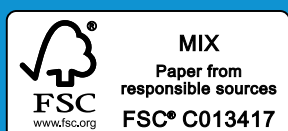


Hi my name is Luna, I'm a female beagle dog. I have just taken part in a competition run by Swan Veterinary surgery in Dyce for Pet of the Month and I have won. This means I will be the feature face on their web page for June, fame at last!

I'm off to be pampered and get a pedicure then I'm heading to Grandma's to cast hair over the carpet – it drives her mad!

Cheers, Luna

Supported by





Cummings Park Community Flat

122 Cummings Park Drive • 01224 681357

An interview with a Cummings Park Community Flat volunteer

Archie Weir is a volunteer within the Cummings Park Community Flat. One of the Cumming North Editorial team asked him to tell us a bit about himself.

I am a married dad of 5. I came to Aberdeen almost 12 years ago. I am not in full time employment due to health issues, however, I am an active volunteer when I am able to be so. I have a great interest in the community and like to see good things happen within it. I became a volunteer because I wanted positive changes to happen for my family and for the place they grow up in.

How long have you been a volunteer?

I have been volunteering in the Community Flat since it opened in 2006. My capacity as a volunteer then was selling fruit and vegetables for CFINE. The Community Flat formed a Management Committee in 2011 and I felt that this was something I could be part of. In 2013 I was elected the committee Chairperson.

What have you gained from being a volunteer?

I have gained skills that I didn't even know I would be capable of doing. Skills that are transferable include talking in public, taking charge at meetings, representing the Community Flat as well and directing and supporting others.

I have helped to organise community events such as the Big Dig, the 24 hour make over for the interior of the flat, litter picking, community walkabouts as well as agency days and open days.

This is all in addition to being part of the day to day running of the flat.

Training - I now have my First Aid certificate, REHIS certificate and Trainer for Trainers qualification. I have been trained to facilitate a session of North East Scotland Credit Union which is available at the flat every Monday morning at 10am. I attended information courses in drug and new psychoactive substances, mental health and have attended many other workshops.

Is volunteering something you would recommend to others?

Yes, I would. Getting out of the house, mixing with other people, gaining skills and having access to training helps to build confidence and gives your self-esteem a wee boost. I don't have regular hours I can only give when I can but I do facilitate the Man's Group along with another volunteer. There are some weeks where I am in the flat quite often like many of the other volunteers. There are volunteers who offer an hour a week which is great and fully appreciated. Any time that someone would like to share to enhance our service and be of benefit to local people is always appreciated.

How would someone who would like to be a volunteer get in touch?

*If anyone would like to volunteer they could come along to the Community Flat for a chat. We could also signpost you to other places that are looking for volunteers. You can call the Flat on **01224 681357**.*

Free phone access to the Cash In Your Pocket Telephone Referral Service at Cummings Park Community Flat.

The need for a telephone service was identified in discussion with community representatives.

As pressure on services increased and it was becoming more difficult to advise with confidence, it was felt access to 'first step' immediate advice would improve quality of outcome, from first contact. The option of making a referral, while on the phone, ensures easy access to help, around issues that cannot be self resolved.

A free direct dial access to the CIYP Phonenumber is available at the Cummings Park Community Flat.

As part of a pilot and to promote use of the telephone service, CIYP provided a direct dial mobile phone to Tillydrone Community flat, to allow and encourage free call access to the CIYP Phonenumber for anyone seeking help, or advice, around any money related issue.

"A great deal of our time is often spent trying to find the relevant organisation to provide assistance or advice. Our working partnership with CIYP provides an immediate route to help for clients who can access CIYP via a dedicated phone in our office. CIYP have the knowledge to ensure those in need are directed to the correct organisation or individual as quickly as possible, and friendly advice is always available." Tillydrone Community Flat

Providing a service like this is particularly important for people who may be struggling financially with no or limited access to a phone, or have no mobile phone credit.

By calling the CIYP Phonenumber, where possible, and in discussion with you, we can also provide advice on other help not mentioned above and be able to identify how to find that help. Where necessary, we will make an immediate referral to the most relevant organisation(s) to get the help you need.

The Cash In Your Pocket Phonenumber is available Monday–Friday, 10am-4pm on 01224 686077.



Food poverty on the rise - charities step up

It seems that more and more people are turning to food banks in Aberdeen. Staff and volunteers at Community Food Initiatives North East (CFINE) have identified a spike in the use of their food bank based at 2 Poynerook Road, and this seems to be part of a wider story of food poverty in the city.

CFINE leads The Food Bank Partnership Aberdeen, which aims to coordinate support by bringing together organisations across the city who are involved in food bank provision and tackling poverty. This involves distributing emergency food parcels to those in need, and perhaps more crucially, providing in-house money and employability advice to get folk out "the bit".

At the recent Feeding Aberdeen seminar, delegates heard from CFINE volunteer Raymond. As he described his situation; being made redundant and ultimately ending up homeless, those in the room were left in no doubt of the bleakness many in our community face on a daily basis. His story was both heart-breaking and uplifting. Raymond now feels like a valued member of the CFINE team as a data input assistant.

One of the really positive roles CFINE plays is running Community Food Outlets (CFOs) across the city, selling fruit and veg at low prices to promote health and wellbeing in the community. See below for details about when and where you can access a CFO in your area.

Community Food Outlets (CFOs)

Location	Day/Time
Henry Rae Centre	Saturday 2pm to 2.30pm
Cummings Park Community Flat	Thursday 12pm to 1.30pm
Northfield Community Centre	Wednesday 10.30am to 12pm

Our dedicated team of volunteers does a great job, and we are always on the lookout for folk who might be interested in helping out too.



If you would like more information the work that CFINE does, or to get involved with CFINE please contact Diane or Christine on 01224 596156, or email info@cfine.org

The Young Clean Up in Northfield

Clean Up Aberdeen 2015 got off to a fantastic start in the Northfield community in March. Pupils from Muirfield Primary and Northfield Academy joined Aberdeen City Council staff to pick litter in the Northfield area. After 2 hours the volunteers had filled over twenty bags with litter.

Julie Adam of Northfield Academy is a great supporter of clean ups and said: "Northfield Academy's Eco Group has been involved with the annual spring clean for the past three years and has actively encouraged other community members to get involved.

"The group aims to highlight the problem by encouraging as many young people as possible to pick up litter by joining our anti littering campaign.

We feel that young people are less likely to drop litter in areas which are litter free. The pupils find working with others enjoyable and rewarding thing to do prompting pride in our neighbour hood. We are working hard to ensure our pupils have a pride in their local community."

The great work of Northfield Academy and its neighbour, Cummings Park Community Flat was rewarded last year when both were honoured with the title Aberdeen EcoCity Clean Up Champions 2014.

Clean Up Aberdeen is part of Keep Scotland Beautiful's national mass-engagement campaign Clean Up Scotland. Clean Up Scotland aims to involve one million people in action against litter and mess.



You can help Clean Up Aberdeen by committing to the following:

- Pledge your support to the campaign via www.cleanupscotland.com/pledge
- Organise a community Clean Up

Clean Ups are great fun and make a noticeable difference to areas. Environmental Services can lend you litter picking tongs, high visibility vests, gloves and black bags and will uplift the collected

rubbish. All you have to do is pick and bag the litter. For more details, or to get help organising an event call **01224 219281**, or email cleanaberdeen@aberdeencity.gov.uk

Northfield Total Place Celebrates Success

Northfield Total Place wants to celebrate local success stories. We are looking for faces to feature on our new poster campaign, which will be distributed throughout public buildings in the area.

To be part of this, you need to have attended a primary school in Northfield/Mastrick/Cummings Park/Heathryfold/Middlefield or Northfield Academy and have gone on to a trade apprenticeship, training, college, university or a profession.

Interested?

Please send your contact details to Kay Diack via email: kdiack@aberdeencity.gov.uk stating which schools you attended and what your job is now.

Golden Hoards and Hack Silver

A long, long time ago in many different places in and around Aberdeen, pots of coins and chopped up pieces of silver were buried in the ground to protect the contents from invading armies, thieves and marauders. These were difficult times of war and famine and during this period no banks or exchange houses could be depended on.

Recently a hoard of hacked silver (chopped up pieces) was found in Aberdeenshire. It contained pieces from late Roman and Pictish times, as well as this many pots and crocks (earthen ware, that's where we get the name crockery) full of coins have been found across the North East, in some cases there has been small cauldrons made of metal.

Many such hoards have reflected the conflicts, plagues and invasions by the dates of such coins and the cutting up of them into halves, created common terms like Halfpenny and Farthing (fourthing of coins).

There is the St Nicholas hoard found in the development of the St Nicholas Centre, containing silver pennies from the Reign of Edward of England.

The Brimmond hoard from the Reign of Charles the 1st was found by a platoon of Home Guard soldiers during target practice, unearthed from under a boulder in 1942. There were 77 coins from the 17th century. They had various dates and most were copper turners. It is thought to have been buried up on the summit of Brimmond during the troubles of the Three Kingdoms and the sacking of Aberdeen by Montrose's troops.

In the city centre there were other pots found during city development and drainage of streets.

A hoard was found at Bankhead Farm and another at Mill of Maidenraig. It does make you wonder what life threatening events were taking place at that time?

Across the UK and Europe, such hoards have been declared Treasure Trove mostly for their historic and cultural value; however they are worth a pretty penny.

So if you are looking to find such a treasure, you could look for leprechauns or fairies at the bottom of your garden or simply get lucky, you could try the Lottery!

Northfielder goes the Distance



Katy and Twigg

A Northfield lass is taking on the English Channel to raise money for Aberdeen Riding for the Disabled Association (RDA). Katy Wood will be swimming the equivalent of the English Channel in a swimming pool over twelve weeks.

The 24 year old was inspired to raise money for the RDA as she rode there as a youngster and said the experience helped her a lot. She wants to raise money to say thank you for all their support over the years. Her aim is to raise £2,500 for the association which will fund them to provide the service.

She has started her swim and plans to finish by the 2nd of July. Katy is completing the challenge in the pool as she has cerebral palsy and has to use a walking stick for support.

The English Channel is approximately 21 miles (or 32 kilometres) wide and the equivalent of 1416 lengths in a pool.

There have been several attempts to swim the Channel before, the shortest took 7 hours and the longest took 27 hours.

Swimming the Channel has been described as the "Everest of open-water swimming" and only 10% of people who attempt it actually succeed.

The Cumming North Editorial team would like to wish the best of luck to Katy on her fundraising adventure and we can't wait to hear all about it!

You can donate to Katy's challenge by going to mydonate.bt.com/fundraisers/katywood and donations will be accepted until August this year.



Katy in action

Northfield Outdoor Sports Centre

Hi there folks,

Today I want you to know a little about Stockethill Ladies Bowling Club. We bowl on a Tuesday and Wednesday afternoon between 2 and 4pm at Northfield Sports Centre. We would make you very welcome if you decided to come along and see for yourselves the fun and great laughs we always have.

They really are the best ladies you can meet - a cheerier bunch you could not wish to find!

Apart from bowling we have fun in other ways. When the weather is dull, cold and rainy, we have a game of bingo indoors and of course, the ever welcome fine cup of tea.

Usually we have a bus trip out normally leaving around lunch time to somewhere not too far way. Afternoon tea is our first stop and maybe a browse round the shop or just a nice stroll around the town. Then its onwards for a run round the beautiful countryside that we have, usually heading on to the British Legion at Banchory for a lovely high tea. We then have a game of bingo with their members and perhaps a wee dram or two if one cares and about 9pm we then head home. Magic – a great day out!

All ready to board the bus for their outing



At the end of the season (which runs April to September) we have a Trophy Lunch for all of our bowling winners, another good time is had by all.

So why do you not trot along to see us one fine day? Get out in the fresh air, have a go and see how you feel. It is a super sport and not too strenuous. You can borrow shoes and bowls from the office and as I said earlier you will be made very welcome. If you wish any further information please ring the office on a Tuesday or Wednesday on **01224 685920** and a Committee member will be glad to speak to you.

Come on give it a go, I'm sure you'll love it.

Kindest regards,

SLBC

Bus Shelter

In March 2014 volunteers from the Cummings Park Community Flat launched a petition to have a bus shelter erected at the bus stop on Granitehill Road.

The residents felt that the stop, which is fairly busy, requires a shelter because it is very open and leaves travellers waiting for a bus vulnerable to adverse weather conditions.

The group of people approached representatives from Aberdeen City Council to find out why there was no bus shelter and what could be done about it.

However, the petition was stopped after a week when one of the Flat volunteers attended a Councillors' surgery and was informed that at that time there was no budget for a bus shelter at the stop.

Councillors Dunbar and Graham were both in touch with the Council and the stop was added to the pre-existing waiting list for bus shelters. They are hopeful the request will be successful.

An Aberdeen City Council spokesman said, "The bus stops on Granitehill Road are on the Public Transport Unit request list for upgrades and our studies show that the site in question has enough usage and space to meet the criteria.

"We have a budget to start introducing new bus shelters on the network. Sites on the request list are due to be evaluated and ranked in terms of bus frequency and footfall and a priority list for installing bus shelters will then be drawn up."

It has been identified that the request for a bus shelter at this stop is sensible, particularly given its proximity to sheltered housing.



Our S1 Great Scottish Scientists Project is now in full motion. In March we were delighted to welcome back our Patrons of Reading, Metaphrog, to work with S1 pupils in a series of graphic novel workshops. Pupils enjoyed working with Metaphrog over several periods and were encouraged to create their own comic strip of a famous Scottish scientist. Metaphrog also worked with Primary 7 pupils from Quarryhill Primary on an introductory workshop on graphic novels.

As part of the project a number of S1 classes also attended a workshop by Scottish author Allan Burnett. Allan gave an enthusiastic presentation on a theme of "Invented in Scotland" with numerous links to Scottish scientists.

He has also written a book on the subject. He did a fantastic job of combining the history and the connection with where we are now, eg James Watt, steam and turbines and Napier, logarithms and computing. He had lots of new facts too, including informing us that the humble digestive is a Scottish invention!

Pupils are now finishing off their comics in Art classes before we move the project forward. These workshops are part of a wider cross curricular school project to research, plan and draw a short comic strip about a famous Scottish scientist. These will be showcased soon on the TV screens in school. Several comics will be photographed frame by frame and music composed to create short films.

Sport and Recreation

This term, six of our Sport and Recreation National 5 pupils were involved in coaching sessions at Manor Park Primary School. The pupils planned and delivered sessions to the Manor Park Basketball team and assisted in helping with a competitive match against Broomhill Primary School. The pupils have thoroughly enjoyed their experience and several have committed to supporting the basketball team in the future on a voluntary basis.



They will also support the team who are attending our upcoming primary school basketball competition which is being organised by our Sport Ambassadors.

Girls' Football

The Girls' football team took part in the SSFA Cashback 7s tournament at Garioch Sports Centre, Inverurie. The girls put in a good performance against strong squads from all over Aberdeenshire. They started off strongly with a draw against the group favourites, Banff Academy, and had 1 win and 2 losses. The girls had a great day and are determined to build on these results. Well done to the squad: Brooke Alexander, Rhianne Bryson, Zoe Constable, Laura Donald, Zoe Jones, Cara McGregor, Catherine Massie, Kiera Melville, Chloe Morland and Kayleigh Stephen.

Girls' football training is on every Tuesday lunchtime and new members are welcome. We even had 2 new members competing in the above tournament.

Westpark Primary School

Working And Learning Together to Build a Stronger Community

Westpark School has been building community capacity within the Northfield area to inspire and empower their young people to facilitate their own personal, social and educational development. Most of us want to live in a society that is safe, caring, inclusive, respectful, and in which we feel valued. Many people want to work towards such a society, by learning from each other, by making connections to others, through volunteering or by seeking change. Driven by community need, Westpark have been working closely with the local police officer, Active Schools coordinator and Community Capacity Builder to strengthen and promote networks and resources available to the Westpark community.

In response to Westpark community needs, Northfield after school clubs available were drawn together, promoting, celebrating and encouraging Westpark children to attend. Staff from school, Police Scotland and Active Schools accompanied the children, increasing their confidence to grasp opportunities being made available.



Whole School Family Picnic

Local community groups have been invited to Westpark's open afternoon to offer their services; supporting Westpark families to have the practical help and support they need to strengthen their skills for life, learning and work. In preparation of the open afternoon, Community Capacity Builder, Madelene MacSween met with Westpark Parent Council to instill confidence in leading an information stall; aiming to engage prospective parent/carers within the group.

Next steps for Westpark community are to potentially pilot FAST (Families And Schools Together) which Madelene MacSween is at the very early stages of developing within Westpark Primary School. Research has demonstrated the programme improves child behaviour, child achievement, child social skills, parenting practices/competency, parent wellbeing, reduced risk of child substance misuse and reduced risk of child offending. Funding is currently being sourced and the application is still to be accepted, but Westpark community hopes for a positive outcome in securing this new partnership!

Bramble Brae Primary School

PGL Dalguise

Our Primary 7s recently went on a trip to PGL Dalguise in Perthshire. Nicole wrote about her shot on the Giant Swing...

No one could conceal their excitement. The best part was we were first! As we ascended up the hill the famous swing came into view. As the name implies, it was huge! We dumped our belongings next to the shed and pulled on the harnesses. Fiddling to make them comfortable we were talked through what would happen. Jamie M and Chantelle went first. Jamie had been before so it wasn't new to him.

Strapped to the swing, we hauled them up to their desired height. 3... 2... 1... The rope was pulled and they swooped. They went again and then swapped. Finally it was my turn. I was so incredibly nervous, so nervous that I only went half way the 1st time. I now majorly regret that because I loved the full way. Initially I only wanted to go half way again, however, I was deceived.

Everyone was tugging at the rope, pulling us up higher and higher. After maybe 30 seconds I was far higher than half way. 3... 2... "click".

The surprise hit me like a bombshell when the rope was pulled early. As we plunged, I felt like my body was leaving my insides behind. I loved it. The sudden speed was amazing and so was the view. I could see the mountains, the fields, the trees and even some animals. Every time we swung back my legs hurt even more. The harnesses dug into our leg. It was fine though when we stopped.

Still swinging, we slowed to a stop. The metal steps were brought over and we detached ourselves from the swing. With slight pins and needles in my feet, I gingerly walked out into the safety zone. Everyone took off their harness, laid them out neatly and picked up our stuff. Now that everything had been reset, we happily walked down to meet with our new instructors to go to quad bikes.

Flamewith Lodge

We have had a fun packed programme since our last article. Many events have taken place, with lots more to come in the next few months.

We had the Owl and Pussycat Centre come with some of their owls. The residents loved the experience of touching them, as well getting the opportunity to hold a couple of the owls. Some of our residents are bed bound and seeing the owls brightened up their day.

Various musical performers have come to entertain the residents, from a lady who plays the accordion and sings, as well as tells wee fun stories. We had a memories disco with all the old songs from different eras, karaoke, and an Elvis impersonator. The residents love all this and have a great time singing and dancing. Lots more performers come along to entertain.

We held our Easter Fair on 4th April, which was a huge and successful event. Various stalls included Tombola, Bric-a-brac, and Raffle and Guess the Dolls' name. We raised a grand total

of £526.19. Everyone had a wonderful day. I would like to thank the staff and residents that helped make the Easter Fair successful. Their help and support was greatly appreciated.

The puppet gang came to put on a show on with their lovely puppets, and then ended the performance with a bubble show. This was absolutely fantastic and each and every resident enjoyed themselves. Zoo lab came along with all their creepy crawlies. These ranged from spiders, millipedes, snakes etc. Some of the residents were fascinated by the bugs, while others did not want to touch them.

It has been a mixed time as late with the weather, but hopefully we will start getting some fine weather, so that the residents can get outside to enjoy the fresh air, some will do planting of flowers to brighten the garden up. The pupils from Bramble Brae School were asked to take part in a drawing competition for the home. We displayed pictures from all ages and the residents, staff and relatives helped to choose the winners.

It was a very hard decision to make as we felt all the children who took part were winners, but we could only choose a few. All the children were presented with a prize at their end of term church service at Easter time by Nadine. The winning pictures will be painted on our fences and slabs in the garden by the children themselves, also some of them will paint their pictures on canvases. We look forward to having the children come along to the home.

In the next few months we have a busy time. Some of the residents will be taking part in the "Golden Games Event" organised by the Well Being Team at Aberdeen City Council. This will be lots of fun, getting the residents to partake in different activities, making it fun.

Finally I would to introduce my new member to the team, Debbie Rowles, who most of you will know as a carer. Debbie will work with me 3 days a week and will still do caring some other days. **If you have any ideas or wish to discuss anything with us please do not hesitate to come see us.**



Northfield Lodge

Northfield Lodge has been lucky enough to have a team of volunteers from the BG Group and TRAC International to undertake gardening work. We would like to say a big thank you to them all for their hard work and appreciate all their help and valuable time they have spent weeding, digging and planting. We now have a stunning garden which all the residents are looking forward to

getting the benefit from during the summer months!

We are also currently looking for volunteers or a local craft group that may be able to be able to dress our upstairs bay window seat with new cushions. We recently redecorated Northfield Lodge and to get the bay window seat finished would be a great addition to our new surroundings. If you are able to help, or know anyone that could please contact our Fundraising Team on **01224 212021**.



Northfield Girls Brigade/Guildry & Boys Brigade

Were you a member or officer in 14th Girls Brigade / Guildry or 63rd Boys Brigade at Northfield Parish Church?

Unfortunately in recent years both organisations have folded and it is now planned to “lay up” the colours of each company. This will take place during the morning service in Northfield Parish Church on Sunday 13 September at 10.30am. Following the service a soup and sandwich lunch will be served in the Church Hall and everyone is invited to attend.

Do you have any photos or memorabilia of your time in the organisations which we can borrow in order to create a display?

Please send your items to either:

*Edith Wilson, 32 Forvie Circle,
Bridge of Don, Aberdeen or
Ian Ingram, 14 Wallacebrae Road,
Danestone, Aberdeen.*

Alternatively drop them off at the Manse at 28 Byron Crescent (next to the Church). Please include your name and address to enable us to return them to you.

We will be delighted to see as many former members and officers as possible at this service and look forward to giving you a warm welcome.

Edith Wilson



Byron Boxing Club has a new gym. For the first time ever the gym is now open to non-boxers and anyone who is keen to keep fit and do some training.

Members of the public can come along on a Monday and a Wednesday evening between 6:30 and 8:30pm. Children as young as eight are encouraged to come along, learn some new skills and get involved in exercise. Coaches will be on hand to give advice and training tips.

Kevin Kerr, one of the coaches said: “The facilities we have now got are on par with anything else there is in other parts of Scotland. We have two rings for the boxers and they have trebled in size

Byron Boxing Club opens its doors

which will encourage more folk to get involved. This isn't just for boxers, we are open to everyone and anyone who wants to get fit.”

Byron Boxers was set up five years ago in Northfield Community Centre and has progressed from year to year. They compete every year in the Scottish Championships and there are five Scottish Champions in the squad. Several boxers in the squad represent the Scotland team and have travelled to places such as Russia, Serbia, France and Spain.

All the boxers who are training with the Scotland team will head to Portugal in June for a warm weather training session.

Collections Centre

Construction has started on a new £5.85m purpose-built Museums Collections Centre in the Northfield area.

The Museums Collections Centre will be the main location for the Council's collections of historical objects and artworks while not on public display. It will also be a focal point for increasing opportunities for people to engage with arts and culture, and a venue in its own right for the community, city and wider region.

The contract to build the centre was won by the Robertson Group and the work is expected to take until November 2015, with a subsequent period to enable the correct environmental conditions to be achieved.

Leader of Aberdeen City Council Councillor Jenny Laing said:

"This is a major investment in the people of Northfield and their local community. It will be a real hub of creative engagement for local residents. This will include involving local school children and the local community in naming the facility."

"This is more than a first-class facility - it is an investment in people young and older in one of the city's regeneration areas."

Keith Taylor, Managing Director for Robertson Construction Eastern, said:

"We are proud to have been chosen to deliver a centre which will be home to some of the city's most loved and treasured possessions while not on display."

The centre will include space for community use and there will be regular opportunities for the community to select and showcase items from the collection in the facility and elsewhere within the local community.

A volunteer programme will be

developed on site, primarily aimed at the residents in the immediate area. Working with other agencies in the city, the staff will provide skills and develop confidence, through volunteering opportunities and associated training.

Cultural engagement with Northfield will be enhanced through guided walks and heritage trails, which could include public art and link into a city-wide network. A programme of school visits, activities and learning events is also being developed.



Becky Elizabeth McGonigle and Chloe Stephen, P7, Bramble Brae Primary School and Cllr Jenny Laing and Keith Taylor, Managing Director of Robertson.
Photo by Norman Adams, Aberdeen City Council

Police Goodbye

This will be my last article as the Northfield Community Policing Team Inspector and curiously PC Kevin Lynch, the Northfield Academy School Based Officer will also be moving on, following his four year attachment. Kevin will become a Sergeant in the City's Community Safety Hub, while I will be Aberdeen Division's Partnership Chief Inspector. With city wide remits to work with others, our thoughts will never be far from Northfield and the real issues which you face.

Working together, specifically through the Academy and the wider community allowed us to develop projects with you and our partners to make the area safer, increasing opportunities, especially for our young people. The Northfield Youth Action Group, Project Fit, Street Sport sessions, NPS Awareness, Police Scotland Youth Volunteers and IMPACT, just some which will continue to make a difference, while much of Kevin's school based work will last lifetimes. It remains an exciting time to be here.

We are disappointed to be leaving but know our replacements – Inspector Andy Barclay and PC Sorcha Burns will continue our efforts to keep you all safe. Please give them the same welcome and support which we received from you.

Thank you, Kevin Wallace & Kevin Lynch



Get ready for the 2015 Library Summer Reading Challenge!

The Tesco Bank Summer Reading Challenge Scotland takes place again this year with the exciting new theme of Record Breakers. The Challenge encourages children to read up to six books over the summer holidays. The Challenge is aimed at children aged 4 to 12, however children under 4 can take part in Bookbug's Library Challenge.

Summer Reading Challenge - Record Breakers Event

Mastrick Library Friday 31 July 2:30 - 3:15pm

Northfield Library Wednesday 29th July 2:30 - 3:15pm

Contact details

Mastrick Library - 01224 788558 or MastrickLibrary@aberdeencity.gov.uk

Northfield Library - 01224 695104 or NorthfieldLibrary@aberdeencity.gov.uk

Or visit Aberdeen City Libraries' website www.aberdeencity.gov.uk/Library



Stay and Play Sessions At Northfield Community Centre

The Stay and Play sessions at Northfield Community Centre on Thursdays from 11:30am to 12:45pm have been popular and are going really well. We have had quite a few new families join us recently which is great. We also had Gwen from Bookbug come to the Stay and Play and the baby play/massage group in May. She led a short Bookbug session and told us about sessions currently running in the area. The staff at the community centre have been good enough to open up another room where we can "park" the buggies and this makes a big difference to the space in the room, freeing up the messy play area. We have been able to do some planting, make paint footprints and play with sand, dough and, believe it or not, wild bird seed which was very popular with the little ones.

Baby Massage at Northfield has sort of evolved into a mixture of baby massage and baby play. These sessions are on Wednesdays from 11:30am to 12:30pm and families with babies and little ones who aren't quite walking come along to meet and play. While the play is going on we also lead a short massage session for anyone who wants to join in. Baby massage can help with colic, digestion and pain from teething for some babies and even if it doesn't it is a really nice, relaxing thing to do with your baby.

Unfortunately, as the community centre has a skeleton staff over the school holidays, we aren't able to run the groups over the summer. However if you are able to get to them the sessions at Mastrick Community Centre, Manor Park Community Centre and Tillydrone Community Flat will be running for the first four weeks of the holidays and you would be welcome to join us there.



If you would like more information please contact Susan Emery on **07785 455800**, susan.emery@earlyyearsscotland.org or look at our page at www.facebook.com/aberdeenstayandplay

MEDIA ACCESS PROJECT

shmu has recently received a grant from The Big Lottery to run a new five year project working with prisoners at HMP and YOI Grampian. The project is called the Media Access Project or MAP.

The project will give prisoners the opportunity to create media in the prison such as this magazine. They will also have a chance to create and broadcast prison based radio programmes, write and record their own music and work on film based projects.

Apart from gaining qualifications for this work, participants will also develop skills such as team work, effective communication, planning and employability.

It is anticipated that 3750 prisoners will have the opportunity to get involved over the five year period. They will then have the opportunity to receive extra help from a MAP Support Worker who will meet with them in the prison and help create a realistic plan of support with them and continue to work alongside them after their release.

It is anticipated that participants will make good use of their new skills to help them into employment, further education or training. There is also an expectation that some will continue to create media after they are released. This can then be shared in the prison and elsewhere to show others the benefits of taking advantage of some of the supports available both in the community and prison.

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.



FACEBOOK

The Cumming North magazine is now on Facebook. To keep up to date with what the team is up to, meeting dates and content deadline then search "Cumming North" and hit that like button!

Scott Carle At this time of year I always look forward to the Northfield Academy Celebration of Success Ceremony at the Music Hall. The ceremony is a great way of showcasing all the talented pupils we have at Northfield and rewarding them for their hard work and achievements throughout the year. I'm sure that this year's will be bigger than ever with the school going from strength to strength.

You may have noticed that recently Alan Douglas Park has been regenerated as well as Eric Hendrie Park. The latest improvements which have now

been completed are the works done to upgrade the Beech Road Play Park, just across from Northfield Academy. I'm sure you'll agree that the play park is much improved. I am delighted that this work has now been completed and that the play park can now be used by the local community again. The majority of play parks in the area have now been addressed, including at both sides of Cummings Park, and this has seen significant investment in our area and I hope that they can continue to be well used.

Next year I will be continuing with my regular surgeries where

you can come along and discuss any issues that you may have. The times and venues will be confirmed in due course and advertised on the Council's website. That being said please do not hesitate to contact me at any time if there is anything I can help you with. Otherwise I hope everyone has a good summer and fingers crossed we get some nice weather to enjoy!

Regards,

Councillor Scott Carle
sccarle@aberdeencity.gov.uk

Gordon Graham Last time I advised how the administration were dedicated to improving opportunities for the residents of Northfield/Mastrick North Ward, as you can see that these efforts are beginning to bear fruit.

At the time of writing Cummings Park Community Centre is opening, a lot of hard work is being done by residents to return it to its former glory. I would like to take this opportunity to thank them for the commitment

A new 3g all-weather pitch planned for Northfield Academy

has received planning permission and this should be completed by the end of summer. This will be a massive benefit to our local teams.

I have just returned from junior golf coaching at Auchmill Golf Club and we had 20 kids aged from primary 5 to 7, mainly from Holy Family and Westpark schools and it also included kids from Dyce.

We are expecting the numbers to increase and I will report on this in the next edition. The design for the new facility for Middlefield Community Project incorporating

the Henry Rae Centre is nearing completion and we are now down to discussing what further services will be supplied and ensure that it is financially viable.

The new museum and exhibition centre is now being built and when finished it is anticipated that this will provide employment opportunities for people in the area.

Regards,

Councillor Gordon Graham
ggraham@aberdeencity.gov.uk

Jackie Dunbar Just a wee update from the last edition regarding the fencing round the Allan Douglas Park and the wider Northfield Park. Some of it is in the ownership of the Environmental Service and the rest in the Education Service. Unfortunately there is not enough in the budgets to replace the broken fencing with the same type of what is already there, however, they have assured me that they are going to work together to find a solution that will not only solve the problem. So watch this space and I will keep you updated with

what they come up with.

The Cummings Park Community Flat held an agency day on the 19th May, which was a huge success with standing room only at times. It was great to be able to have a chat with folk to let them know what I do in my role as Councillor and the issues that I can be of help with.

Exciting times are ahead with Cummings Park Community Centre re-opening. I attended the open day on 23rd May and really felt the buzz that is going on. A new team of volunteers

are in place and working hard to ensure that the community is being listened to in regards to what is needed there for the community. If you think you would like to become a volunteer then please get in touch with the centre, they would be delighted to hear from you.

Regards,

Councillor Jackie Dunbar
jdunbar@aberdeencity.gov.uk

cumming north

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

Drugs Action Helpline **01224 594700**

Dentist

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

Doctors

NHS 24 Emergency **111**

Electricity

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

Family Planning

Aberdeen Community
Health Care Village **0845 337 9900**

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 **101**

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**

Northfield Community Centre **01224 695416**

Cummings Park Community Flat **01224 681357**

Manor Park Community Centre **01224 812073**

CFINE **01224 596156**

Healthy Hoose **01224 661500**

Pathways **01224 682939**

Cash in Your Pocket **01224 200221**

Citizens Advice **01224 200221**

Include 01224 Dialling Code When Calling from a Landline.

Since 1 October 2014, people in Aberdeen have needed to include the area code whenever they dial a local number from a landline – in the same way people do when calling from mobile phones.