

# cumming north

Summer 2022

Image Melissa Wells



## In this issue:

NORTHFIELD POOL

YOUTH HUB

WAYS TO KEEP WELL

[www.shmu.org.uk/press](http://www.shmu.org.uk/press)



Summer Edition 2022

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## 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 focus on your wellbeing. Read on to discover community initiatives, services and ways to keep well.

You will also find a fabulous history piece and an assortment of quizzes to keep you thinking.

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



Laura Young



Goodbye Laura

# MEET THE NEW COMMUNITY SUPPORT WORKER

All good things come to an end, with that sentiment, shmu sadly bid farewell to Laura Young. Laura has been behind the scenes making the delivery of community magazines possible for several years.

After doing such an amazing job for the past 7 years, Laura has left behind big shoes to fill. Hoping to fill those shoes is Rose Ross, the new Community Media support Worker. Rose will be supporting the dedicated volunteers on the editorial committee who bring this magazine to life.

Rose commented saying, *"I've enjoyed putting together this magazine with the brilliant Cumming North volunteers and look forward to getting involved with the community. I look forward to meeting many more people from the area and getting even more people involved!"*

Rose Ross





# LOCAL VOLUNTEERS SOUGHT FOR YOUTH HUB STEERING GROUP

## **Police Scotland are working alongside Northfield's young people to set up a youth hub.**

A steering group has been put together to support this project, which includes Police Scotland and several local organisations such as The Dennis Law Community Trust, AFC Community Trust and Northfield Academy, to name a few.

The steering group are looking for local people to join them. What are the criteria for joining? If you care about the community and its young people, they would love to have you involved.

The Northfield project follows the successful introduction of a youth hub outside the Summerhill Tesco in May 2021.

After receiving many complaints regarding youth anti-social behavior to the Tesco site alone, Police Scotland began work to combat this. After engaging with some of the young people, it became clear that they were looking for a space to feel safe and call their own.

The Police worked with Tesco and a variety of local groups to give the kids just that, and the youth hub was created. The hub, fashioned under the delivery ramp gives some shelter, with a bespoke seating area and free Wi-Fi (only outwith school hours). A range of diversionary activities to engage with the young people has allowed youth workers to build important relationships with the young people.

The project has thus far delivered astounding results. Before its creation, a recorded high of 93 reports of youth anti-social behavior were reported within the Tesco site in a single month. In the 12-month period following the hub's launch, the calls have dropped drastically to 11, for the entire year!

There have been a number of positive changes, PC Derek Bain, Partnership Development Officer said. *"We have seen with the Tesco project, the difference it can make, we have had quite a number of young people who have managed to divert their pathway towards a more positive destination. A few of the community's young people are reengaged with education, and five of our attendees have received Saltire awards for their volunteering. There are also benefits for the wider community and those who work in and visit the area, as it's a much more positive experience."*

After rising instances of youth anti-social behavior in the Northfield area became challenging for police the fire service and the local community; the team are looking to replicate the successes of the earlier project and build a new hub in Northfield. PC Bain explained the goals of the project, *"What we want from this hub are the outcomes for the young people to be more optimistic. Along with all the partners involved we want to point our young people towards positive destinations - it could be*

*argued on current form some may not reach such a destination.*

*"The kids are bored, and there isn't much youth provision in the area. This has been the case since around 2011, when financial constraints began hitting councils and they cut their cloth to fit budget cuts. One of the first things to be cut was youth work. I think we are now seeing, especially in the areas with higher levels of poverty, the outcome of a reduced youth work provision. Giving our young people a wee space of their own, some activities and having youth workers building relationships with them, providing positive role models makes a difference. I'm quite passionate about this.*

*"The young people at Tesco gained ownership from being involved in designing the project, I think the community in Northfield would get that from being involved too but we need volunteers to come forward to help make this happen."*

*At present the team have secured £30,000 in funding, two shipping containers, are in discussions with the local authority to have a community transfer of a small piece of land and have estimated a further £70,000 will be needed to complete the project."*

**To get involved with the Steering group or for any other enquiries please contact PC Bain at [Derek.Bain@scotland.police.uk](mailto:Derek.Bain@scotland.police.uk)**





# Volunteer Story

**On Tuesday the 3rd of May I was invited along with Debra Christie, the Community Engagement Officer at Aberdeen FC Community Trust and Marion Douglas, a fellow volunteer to give a talk in the Sir Alex Ferguson Lounge at Pittodrie to Aberdeen to the Aberdeen FC community coaches.**

I volunteer for both AFCCT and shmu and saw it as a perfect opportunity to share my volunteer story and inform the coaches of the work that shmu does in the community and the schools in the area.

The talk started with Debra letting the coaches know of the programmes that AFCCT engage that they could tap into, these many programmes are varied and rooted in the community.

Marion and I were then invited onto the stage and Marion told her volunteer story. Marion has been involved with AFCCT from the very beginning and indeed was involved in its previous guise - Aberdeen FC in The Community, and after a very powerful and emotional talk it was my turn.

I started by describing how I got started at AFCCT and the things I had been involved in, my highlights and best memories and what

volunteering means to me. I then moved onto my shmu story, how I got involved and a summary of what I had done at shmu.

As these coaches are based in Northfield Academy, St Machar Academy and Lochside Academy, I then spoke about the various youth programmes that shmu offers for young people in these areas.

Some of them had heard of the Youth Media Programme which gives young people aged 10-18 an opportunity to participate in radio, film, music and magazine production and were keen to learn more so they could point pupils in this direction, they were also interested and keen to get involved in the Foundation Apprentice Scheme for Creative and Digital Media as this involves classroom sessions in their schools.

Finally I let them know about the SHMU Train and Positive Transitions Schemes which offers a 12 week course which covers CVs, Job Search, Body Language and Interview Skills for young people aged 16 to 25, this was something that they all agreed would be a good area for collaborative working and something that they thought should be explored further, whilst a few of

the coaches were unaware of the scheme, Aberdeen FC have offered some of the course members work experience which is another part of the course.

I closed by informing them about the upcoming monthly AFCCT show on shmu which will air on the last Thursday of the month at 1pm and will cover all things related to Aberdeen FC Community Trust with their staff and volunteers as guests, the coaches were keen to get involved in this show and also the community shows on shmu also suggesting that they take some of the young people along with them so that they can see the work that Shmu does first hand

Overall, an enjoyable afternoon that went from a 10-minute chat to a 30 min Q&A with a load of positives to come out of it and a real opportunity for AFCCT and shmu to work in partnership to change young peoples lives for the better and make a real change for them

I would like to thank David Smith, Liz Bowie, and Emma Hunter of AFCCT for the opportunity to share my story and share toe excellent work that shmu do with young people in the community.

**Dave Ironside**

# Cummings Park Community Flat

The Cummings Park Community Flat remained open during most of the pandemic. We offered reduced days to remain in contact with learners and partner agencies. During this time, we supported people to access online services and accounts, for example: to pay council bills, request housing repairs, and access the Universal Credit journals. We met with Elli from ACVO who is looking for people to engage in a Homecoming project and with staff and volunteers from HSRU, who sought to gain public opinion about how easy or hard it is to access medical appointments using the internet.

The flat hosts a ladies group on a Monday from 12.30pm – 3.00pm. We enjoyed our chats, playing board games, watching a movie, taking part in a 7-week course called Power Tools (self-esteem and confidence building), which was facilitated by Adult Learning and Healthy Minds tutors.

Manuela's Art group meet on a Tuesday morning. This group is volunteer led and places are by arrangement.

Over 55's, have come to gain support in accessing computers. Learning how to browse the internet, upload photos and create email addresses is supported by our volunteers, Anthony and George. These sessions are free. The Silver City Surfers continue to support people on Thursday from 11.00am – 1.00pm. To find out more, please call 01224 6812357

Theresa from Pathways is available to help create and update CV's, job search and give back to work support on Thursdays from 12.30pm – 4.00pm. Please call Pathways on 01224 682939 or you can email Theresa directly at [t.mackay@pathways-online.org](mailto:t.mackay@pathways-online.org)

Janet and Karen support people in a knitting group on Friday afternoons between 1pm and 3pm. We are always grateful for donations of wool to keep our knitters busy. All items knitted by donated wool are given to charity.

The Community Flat is all about people coming together. We encourage people to pop in when they need a friendly face to talk with.

Our internet is available for you to use, as is our phone to help you arrange appointments or contact services.

We have contacts with CLD Life-Long Learning too, so if you would like to engage in a class, please let us know and we will pass on your details. Classes include help with literacy, numeracy, E.S.O.L, basic computing skills, confidence to cook, budgeting, literacy for employment, confidence building and Power Tools.

The community flat relies on volunteers. If you have an interest which you would like to share with others, we would like to hear from you. We are looking for new and creative ideas to encourage community members to engage. Email Donna with your ideas on [dosim@aberdeencity.gov.uk](mailto:dosim@aberdeencity.gov.uk)

**Cummings Park Community Flat**  
**122 Cummings Park Drive**  
**Aberdeen AB16 7BB**

**01224 681357**

**Facebook - @**

**cummingsparkcommunityflat**

## Garden Update



Hello folks, Mrs Meadows here.... There are lots of things going on in the Garden at the moment. We have helpers at the weekend, and they are doing a great job.

Things are going very well, the tatties are growing, the peas are shooting up too.

Unfortunately, the greenhouses took a battering over the winter, there are panes of glass missing and others broken but I am hoping to get

this repaired very soon. So many trees have been blown over and destroyed and it's taking quite some time to get them all cleared up. Next time you hear from me, the fruit and veg will have grown in and ready to be used.

**Bye for now,**  
**Mrs Meadows.**

# SAMH

## The team preventing suicide across the Grampian Area

Scotland's national mental health charity, The Scottish Association for Mental Health (SAMH) are working to prevent suicide across the Grampian area.

The team of four aim to prevent suicide, raise awareness of the issue and combat the stigma which surrounds the topic of suicide across Aberdeen city, shire and Moray.

Suicide is an extremely prominent issue and having thoughts of suicide are shockingly common. Beth Wallace, who is Samh's, Suicide Prevention Community Engagement Officer for Aberdeenshire said "It is estimated that up to 1 person in 20 is thinking about suicide at any one time. In Scotland that means 262,740 people may be thinking about suicide which is enough people to fill Pittodrie Stadium 12 times over.

*"However, although this number is high, we find there is a lot of hope in this number. Although 1 in 20 may be thinking about suicide, 1 in 20 don't go on to die by suicide.*

*"We also believe this figure helps to show people that they are not alone in their thoughts of suicide. This figure is an important drive in our work as we know we have a large number of people that need our help and support when it comes to suicide prevention."*

Beth and the rest of the team work with local partners on a variety

of projects such as running their 'Introduction to suicide prevention' course. Designed to train and help people understand suicide and support others struggling with the issue, the course is free to attend. 3,500 people have already taken part in the training across the northeast of Scotland.

Beth feels that *"It is best to prepare yourself for a conversation that you may never have about suicide rather than that conversation arise and you not be sure what to do.*

*"We deliver numerous online sessions monthly. If people would like more info on the dates of these, they should ask to join our mailing list via the below email address. We can also look in to doing a closed training session if you are a part of a wider group or organisation."*

Download the 'Prevent Suicide - Northeast Scotland' app to become more suicide aware. The application is host to lots of helpful information such as, where to access help, links to national and local support services, information on how to support someone with suicidal thoughts and a safety plan can also be created using the app.

**Please contact, [northeastsuicideprevention@samh.org.uk](mailto:northeastsuicideprevention@samh.org.uk) to sign up for the training course and to work with the group.**

To keep up to date with the team and any events, like their Facebook page 'Suicide Prevention – North East Scotland'.



## Walk for your wellbeing with Family Learning

Family learning undertake a weekly walk on a Friday morning, at present, we are meeting at Heatheryburn school and heading in the direction of Howes Road.

It takes a few hours from start to finish. We have a wide range of people of different ages who attend the walks. We started it up during lockdown and it has been amazing for everyone's mental health.

We have a hard-earned cuppa and a biscuit at the end.

Everyone is welcome to join - to find out more please contact **Helen Polson at Family Learning on 07919300687.**

*Words and photography by Melissa Wells.*



it is - - to - -

SAY

NO

There are times in life when we want to say no, but we feel compelled to say yes. It might be that you have been asked to work late, again. Perhaps you have been asked by a colleague to swap shifts. Or was it that time when you were offered that cigarette on the first day of high school? There are various situations when we say yes to things that are detrimental to our own physical and emotional health. Why is it then that we find it so difficult to say no? In this article, I aim to provide you with a brief insight in to a relatively unknown, yet serious public health issue, the inability to set reasonable boundaries.

One reason we find it hard to say no is our fear of conflict. We spend our lives actively trying to avoid conflict in our everyday lives. This could be conflict at home, in the workplace, and perhaps, especially in the wider community. To say yes to everything would seem at first the best way to avoid conflict. One other reason we find it difficult to say no is our fear of rejection. Human beings are a social species. From birth we depend on other people for the most basic of human needs, to be wanted. In fact, research shows that the experience of being rejected stimulates the same region of the brain that produces the physical sensation of pain. We say yes, because we fear being excluded from social life. To say no, therefore, would seem unwise. One further reason is the issue of guilt. As a society we are taught to be agreeable. Children who are disagreeable and refuse a request are almost always punished by the parent figure. Punishment produces the feeling of shame, which in turn, leads to feelings of guilt when we do not do as we are asked.

**By Sean Small**



Having now considered just a few of the reasons why we find it so difficult to say no, it can be easily understood why many people prefer to say yes. What if I told you that it was better for your physical and emotional health to be able to say no, when you really need to? And what if I told you that being unable to set clear boundaries, such as saying no, is doing more harm to your physical and emotional health than you realise? In *When the body says no: the hidden cost of stress* (2003), Dr Gabor Maté argues that many serious illnesses are caused or exacerbated by prolonged exposure to stress. Maté spent years interviewing patients suffering from a wide variety of serious illnesses such as cancer, heart disease, diabetes, strokes, anxiety and depression. Maté identified that without exception the patients he interviewed were all known to have been exposed to prolonged periods of stress. The patients Maté interviewed were also all highly agreeable people, unable to say no to the slightest request from anyone. Maté's patients all reported that their agreeability was their way of avoiding conflict, avoiding the risk of being rejected and because they felt guilty.

Some of the patients Maté interviewed were highly successful businesspeople. However, as Maté notes, wealth does protect us from the impact that stress can have on our wellbeing. Others were informal carers who had spent their whole lives caring for others. And always did so at a detriment to their own health. Another common feature among the patients Maté interviewed is that they seldom asked for help from others in times of need. Maté argues that learning to recognise your own physical and emotional

limits are essential for maintaining good physical and emotional health. In fact, the word health itself means wholeness. Only recently has the mind/body connection re-emerged as topic interest amongst medical professionals. Maté reminds us that we must begin to listen more closely to our inner voice.

We need to recognise that there are times in life when we need to say no, to ensure that our own physical and emotional health is not compromised. This does not mean that you have to say no to everything. It is important to allow the body and mind to rest. If you respond with kindness, you will feel the benefit. When you feel guilt, this is your body telling you that you are doing something for yourself. Guilt is the body's natural stress response system alerting you to a threat. Just because you did not say yes today, does not mean that you will never be able to help. It just means that at this moment you need the time to yourself to rest and recuperate. It is understandable that we want to maintain important relationships with significant others. To set limits is not an act of defiance or resistance. It simply demonstrates that you respect yourself enough to be able to say that you are not able to help in that precise moment.

### **“It is important to allow the body and mind to rest.”**

In *12 Rules for Life* (2018), the clinical psychologist Jordan Peterson argues that it is important to be precise in our speech. If we truly believe that we are putting ourselves at risk of emotional or physical strain, we need to be disciplined enough to say so. Peterson also advises us that we should only be friends

with those people who want the best for us. If you want to know who really carers for you, you will know because they understand that in that moment, you need time to rest. Of course, there are times in life when we will need to compromise. We can also reduce the risk of exposing ourselves to unnecessary prolonged periods of stress by knowing when to say no. The psychological benefits to being able to say no are more liberating than the fears that subjugate and force us into submission.

If we can say no, we are beginning the process of mastering ourselves and our lives. We show that we respect ourselves by demonstrating to others that we know our own limitations. It is possible to learn to say no without disrupting the ties that bind us together. By setting boundaries and being clear we reduce the risk of resentment developing in our lives. It also reduces the feeling of regret. Therefore, we should learn to embrace the word no, as opposed to being held prisoner by it. My advice would be to start small. Try it out in situations where you feel comfortable. Most important of all is to remember to listen to your inside voice. If you feel guilty because you have legitimately said no to that last minute request to cover a shift, remember that your body is telling you that you are doing something for the benefit of your physical and emotional health.

If you would like to learn more about the issues raised in this article I strongly recommend *When the body says no: the hidden cost of stress* and *12 Rules for Life*. Copies can be found on the Aberdeen City's Library catalogue and can be ordered to the Northfield Library for convenience.



# Heathryburn School

**Heathryburn School is a community. It is not just a school but a place for growth, physically, mentally, and emotionally. Unlike many schools across the globe, here we feel welcomed and nurtured. A place where we can let our minds run free, a place that gives us creative freedom.**

The pupils at Heathryburn have varying skill sets, therefore, it is vital for our teachers to understand that their pupils' skills can differ from pupil to pupil and must be respected. For the pupils of this school to succeed in the future we need to be educated at an appropriate level for us and Heathryburn does this exceptionally well.

Many people believe that our school is below the curriculum's standards, however, our school gives everything to assist the students who may not be given a chance elsewhere, for a number of reasons. These pupils may have issues away from school and our teachers care for them, making school feel like a home away from home. Our school will take on any challenges that we may face emotionally and physically. We may not be as sophisticated or fancy as other schools however our school does not feel like a prison but a home.

Rewards have always assisted people's self-esteem to sprout, which increases capability to cope with complex mental situations. The school provides wonderful gifts and experiences for our pupils to treasure

for the rest of their lives. However, there is inequality in the opportunities students are presented with as many pupils are giving recurring rewards.

Our work is different each lesson, as our teachers vary the criteria of which standard our piece should be, making every lesson a new and exciting journey, and with each lesson comes a new challenge for the pupils at our school. Each day we are presented with a new opportunity to broaden our horizons.

Thank you for taking time to read about Heathryburn, our home away from home.

***Written by Wade Tewnion and Alexander Scot, Primary 7 Pupils at Heathryburn School.***

## Gordon Graham

Hi Folks,

First of all, thanks for your support during the elections.

### **Northfield Swimming Pool**

I am glad to say we are finally over the line with the redevelopment of Northfield Swimming Pool and Leisure Centre. We would still be working to a commencement date in mid to late summer with the project being completed in the summer of 2022. Thanks to everyone for their support in this matter.

### **Heathryfold Park and Community Paths within Auchmill Community Woodland**

The pathways are now installed, and they are a great improvement to what was there. However, I am concerned that they are not to the required standard. I have sent letters to the council detailing my concerns and await a response.

We have provided wooden sculptures that will go around Heathryfold Park and Auchmill Community Woodland. There is one wooden flower and 6 toadstools however, it is disappointing to report that they have been damaged. We are repairing them at the moment and will have further statues shortly.

### **Doctors Surgeries**

People have raised concerns regarding the closure of Mastrick Surgery and the partial closures of both Northfield Surgery and the Healthy Hoose. I have written to the Scottish Health Secretary regarding the delays to the promised doctor's surgery in Northfield, however I did not receive a positive response. I will continue to chase this up to ensure that we get the Health resources we deserve.

**Gordon Graham**  
**ggraham@aberdeencity.gov.uk**  
**tel 07736329751**





## WAYS TO KEEP WELL

Mental and physical wellbeing are extremely important, and not to be taken for granted. It must be said, it can take a lot of work to maintain good wellbeing. This can seem overwhelming for many, for a variety of different reasons, such as finding time within a busy schedule or knowing where to start.

Taking a bit of time to focus on yourself can make a world of difference! So, read on to get an idea of how to get started.

There are several different ways to improve your mental wellbeing. The NHS details different steps to maintain mental wellbeing such as physical activity, practicing mindfulness and learning new skills.

### Physical activity

Being active is not just beneficial to one's physical health but it is also important for mental health too. Don't worry! This doesn't necessarily mean committing to a strenuous workout regime, even a short walk can work wonders.

Why not get out and about in the community and explore the area?

Aberdeen City Council created a list of walks and trails to explore throughout Aberdeen. This can be accessed via [www.aberdeencity.gov.uk/services/leisure-culture-](http://www.aberdeencity.gov.uk/services/leisure-culture-)

[and-parks/walks-and-trails-aberdeen](#)

### Learn new skills

Learning new things and building up skills is an excellent way to feel empowered, beat boredom and gets your brain ticking.

There are a multitude of different opportunities within the community to learn something new. Find out all about the fantastic range of activities, such as adult learning, computer classes and knitting groups offered by Cummings Park Community flat on Page 6.

### Connect with others

Kill two birds with one stone, these classes and groups are also a great way to connect with others and make new friends with the bonus of boosting your skills at the same time.

### Mindfulness

The NHS recommends 'paying attention to the moment' or practicing mindfulness. Perhaps setting aside a couple of minutes each day to slow down, take a deep breath and check in with yourself can help. It is easy to let your feelings overwhelm you, taking time to assess one thing at a time may make them more manageable.



## Upgraded swimming pool on track for summer opening

Get Active @ Northfield is set to open on the 29th of July. The opening of the pool is on schedule for the planned late summer goal.

Sport Aberdeen were awarded a £4.8 million contract for the revamp of the Northfield swimming pool and work began in September 2021.

The facility boasts a 25-meter, six lane pool, a large changing village, and an inclusive fitness status, designed to accommodate those of all levels of ability. Further new additions include a 40-station gym with a weight training area and fitness suite.

Various rehabilitation programmes will be running such as adults returning to exercise and a health and wellbeing programme.

A focus is being placed on local use of the venue; Sport Aberdeen want to know what the local community would like to see at the center and are currently conducting a survey to find out.

**To have a say, complete the survey at <https://www.sportaberdeen.co.uk/venues/get-active-northfield>**

# The Bell Beaker People

During the late Neolithic (new stone age) here in the district (Burrowstone by Brimmond) around 2500-2000 BC, there was a group of people who migrated from the continent to settle on the land. They had a new and distinctive culture in which they introduced a type of pottery which gave them their unique identification as a people.

This was the “Beaker” a bell-shaped pot that had stripes and lines etched on them. These were very finely made without a potter’s wheel and were found in Cist (Kist) burials. These Cists were a meter square and made of stone slabs, creating a box in the Cist. Under a capping stone, was found the remains of interred bodies placed on a bed of leaves and flowers in a fetal position with knees tucked to the chin. The beaker was found in many cases

behind the skeletal remains next to the lower back, others behind the head.

Often, copper objects were found as well as arrow heads however, the presence of copper indicated the beginning of the Bronze age as copper mixed with Tin created Bronze. It is now thought that there was little resistance to this new wave of settlers as the indigenous population were dying out due to disease and the farming lands, they cleared were open to be exploited by the newcomers.

A cluster of burials were found at the farm of Burrowstone in the 70s and 80s, also over on Perwinnes moss. Denmore Man was exhibited in Aberdeen City museums, and the University had several examples. I engaged in a creative Archaeology experiment with enthusiasts,

archaeologists, and potters to recreate these fascinating objects, using local clay, we made more than a dozen coil pots and a clamp kiln, and over 48 hours lost only one pot.

*Lying beneath our feet from millennia, so far and deep.*

*The old ones slumber deep within their sleep.*

*A bed of flowers and leaves, on which they dream.*

*Of open skies and flowing streams.*

*Clean air breathed upon the wind.*

*Family kith and kin.*

*sleeping safe, throughout the ages.*

*A chapter in our heritage, one of many pages.*

**Mike Middleton**

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## Haudagain Improvement Project Progress

The official opening of the Haudigan link road took place on the 18th of May and the road was open for public use later that day.

The new road, which takes traffic between North Anderson Drive to Auchmill Road was opened by Transport Minister, Jenny Gilruth.

Designed to ease congestion, the £49.5 million project is part of the AWPR project backed by the Scottish Government.

Work began on the roundabout in 2017 and was originally due to be completed in 2021.

Contractors, Farrans, have faced several obstacles since taking on the project in 2018. Due to the pandemic and an incident with a burst gas pipe, there have been many delays.







# Penumbra

Penumbra provides a first response and information service for mental health issues. This service can be accessed in Aberdeen for people aged 16 and over.

Aberdeen 1st Response can provide you with short term support when you feel at crisis point. If you are feeling overwhelmed, we can provide support tailored to your individual needs when you feel you need it most. You will receive sensitive and non-judgmental support, information and signposting. Aberdeen 1st Response will support you to find ways to successfully resolve the crisis situation and to plan for your own future.

**Contact Us Freephone: 0800 234 3695**  
**Email [aberdeen1stresponse@penumbra.org.uk](mailto:aberdeen1stresponse@penumbra.org.uk)**

Aberdeen 1st Response provides support between 9am and 5pm, Monday to Friday.



## Food bank information

The Cummings Park Community Centre Food Bank is open on Tuesday evening and Thursday mornings.

To access the food bank, please use the side entrance to the centre, located beside the cage.

Proof of family size will now be needed when using the service.

# Pathways in

## Cummings Park / Northfield

Pathways have been helping people in the Cummings Park / Northfield areas of Aberdeen to successfully look for and find suitable employment since 1998!

Both have had recent successes helping clients to find work. Theresa assisted a client who had left school with few qualifications but did have a lot of transferable skills that would be of interest to a prospective employer. Having created a CV for the client Theresa helped the client to improve their motivation and confidence, and with online job applications. Once the client began to get interviews Theresa coached them through Interview Techniques which also boosted the client's confidence. With this newfound confidence they had successful interviews, one of which led to a positive job outcome, and they started work soon afterwards.

Claudia started seeing a new client who was working but was on a zero hour contract and find it difficult to make ends meet as they had a family to support. Claudia referred them to the SAFE Team to get their benefit entitlement checked and a list of foodbanks to supplement their meals. The client was limited in applying for jobs on their mobile phone which did not support a lot of the websites, but Claudia completed these on their behalf. The client got three interviews very quickly and with some coaching was able to get a better job and be able to support their family!

Our two Keyworkers, Theresa (Cummings Park) and Claudia (Northfield), meet with clients face to face in their respective areas on a weekly basis.

**You can contact Theresa on email at [t.mackay@pathways-online.org](mailto:t.mackay@pathways-online.org) or Claudia at [c.karl@pathways-online.org](mailto:c.karl@pathways-online.org) and both can be called on 01224 682 939.**

## 57 North/Aberdeen Youth Music Forum

We held the first of our three Pitching Up Songcamp events over the Easter weekend! Kicking-off with a social meet-up on the Friday evening, our group of young people from both city and shire were back on Saturday morning to hear from our partners PitchPlay Music about what they do and how similar camps work within the music industry.

They then split into groups for the rest of the weekend to work to song briefs which gave them outlines of genres and artists – and the quality of the work we heard at the listening session on Sunday was amazing!

The Youth Music Initiative-funded project continues with weekly online sessions before further Songcamps in the summer and October. Thanks (and welcome) to our new Project Trainee Marie who did a great job too.



## Youth Media

Exam season is approaching and as such the young people have spent time this month looking at careers and education. They have had interesting and detailed conversations about what they would like to do in the future and have been respectful and listened well to each other. We have played some team building and communication games which they have enjoyed. These games have been beneficial for the development of their personal skills as the young people could see what skills they have developed and how they could be used for future studies and employment.

The Youth Media Team were visited by Dr Alan McCue from the University of Aberdeen to demonstrate a Chemistry experiment experience. The group watched and participated in experiments and thoroughly enjoyed the visit. They filmed the experiments which have now been used on social media, written blog posts, and spoken about it on their radio shows.

One young person said “I believe you’ll agree with me when I say that seeing an actual scientist demonstrate experiments is very cool and while it’s not something you’ll see very often, that’s exactly what we experienced. It was a highly enjoyable, interesting, and fascinating event to participate in. We had a lot of laughs, and everyone seemed to be having a good time. It would be awesome to repeat this, as it encouraged numerous people to learn more about science and chemistry.”

The young people enjoyed developing their learning outside of what they have already been taught in school and used the experiments as a subject matter for film and media content.

The group continue to learn more about film and TV and have made some fantastic short clips, working towards making a promotional video for shmu!



# DAVE'S QUIZZES

## BIG QUIZ

- 1 – How Many Dalmation's were in the film of that name?
- 2 – In the film Bambi ,what kind of creature was Thumper ?
- 3 – Who played the title role in the film Calamity Jane?
- 4 – General George Custer and his troops died in which battle?
- 5 – The Colorado River flows though which canyon?
- 6 – Which drink is known as Mother's Ruin?
- 7 – Perry is made from which popular fruit ?
- 8 – John Logie Baird invented what?
- 9 – What is a Penny Black?
- 10 – Millionaire Bruce Wayne is Better known as who?

## POP CONNECTIONS

- 1 – Harry Webb is the real name of which pop star?
- 2 – Fleetwood Mac had a major musical hit about which bird ?
- 3 – In the 50/60's Tommy Steel sang about A Little White –what?
- 4 – Which female group claim to have started girl power?
- 5 – Who is Thomas John Woodward Better Known as?
- 6 – In his song George Ezra sang about riding –what ?
- 7 – Bubbles the Monkey was the pet of which pop star?

## MISSING LINK

- 1- Hot --- ? --- Orange -----
- 2- Union - ? - Dance -----
- 3- Back - ? - Way -----
- 4- Highland -? - Trail -----
- 5- Duthie --- ? - Drive -----
- 6- King --- ? --- Wise
- 7- Crazy - ? --- Buggy
- 8- Round - ? --- Of Cards
- 9- Wild ---? --- Membership
- 10- Sunny - ? - Centre

## MATHS >>

$$14 \times 2 + 22 - 10 \times 4 \div 5 - 12 = ?$$

ANSWERS

Missing Link --- 1- Chocolate - 2 - Square - 3 - Door - 4 - Whisky - 5 - Park  
 6- Sweet - 7 - Golf - 8 - House - 9 - Life - 10 - Day

Maths - = = = 20

Big Quiz - 1- 101dogs - 2 - Rabbit - 3- Dons day - 4 - Little Big Horn  
 5 - Grand Canyon 6- Gin 7 - Pears 8 - Television 9 - A Stamp  
 - 10 Batman

Pop Connections - 1 - Cliff Richard - 2 - Albatross - 3- Bull --  
 4 - Spice Girls 5 - Tom Jones - 6 - Shotgun - 7 - Michael Jackson

## Musical Memories = shmu FM Tuesday's 2-3pm

Musical Memories is a radio show on shmuFM that is designed for the elderly in our communities. Residents and staff in Care Homes, Sheltered Housing and Day Centres can send in a list of requests to be played on a Tuesdays 2-3pm. Each show requires around 15 songs and booking a show is easy. Just send a list of requests with a contact name and number and we will be in touch to let you when your show will be on air

Contact the station on 01224 515013 or email [davewhite007@hotmail.co.uk](mailto:davewhite007@hotmail.co.uk) to send request or to find out more.

# 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

[donaclark@aberdeencity.gov.uk](mailto:donaclark@aberdeencity.gov.uk)

Councillor Gordon Graham

01224 523594

[ggraham@aberdeencity.gov.uk](mailto:ggraham@aberdeencity.gov.uk)

Councillor Ciaran McRae

07500 999617

[cimcrae@aberdeencity.gov.uk](mailto:cimcrae@aberdeencity.gov.uk)

## Area MSP

Jackie Dunbar

– MSP for Aberdeen Donside

0131 34 85067

[Jackie.Dunbar.msp@parliament.scot](mailto:Jackie.Dunbar.msp@parliament.scot)

## Area MP

Kirsty Blackman

– MP for Aberdeen North

Aberdeen office: 01224 633285

[kirsty.blackman.mp@parliament](mailto:kirsty.blackman.mp@parliament)

## 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

There are services available to support you, and they are still open. You do not have to wait for an emergency to get help. Tell someone you trust or contact:

### 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](http://sdfmh.org.uk)

### Grampian Women's Aid

Telephone: 01224 593381. Website:

[grampian-womens-aid.com](http://grampian-womens-aid.com)

**Rape Crisis Grampian** Telephone: 01224 590932.

Website: [rapecrisisgrampian.co.uk](http://rapecrisisgrampian.co.uk)