

# cumming north

Summer 2024



## In this issue:

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RNLI

SCHOOL NEWS

MRS MEADOWS

IN FOCUS

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

Summer 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](mailto: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. This time we find out all about what the schools in the area have been getting up to. We also say goodbye to the much-loved Mike Middleton.

This summer we're celebrating amazing work done by community volunteers. Read on to find out the hardworking volunteer behind the Cummings Park Community Garden. We also take a look into the history of the RNLI and more

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](mailto: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.

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shmu



# SCHOOL NEWS

Heathryburn Primary

Rotary Club  
Quiz 2024

## Primary Enterprising Maths Challenge

On April 16th 2024 we participated in the University Maths Challenge representing our school, Heathryburn. There were three of us in the team. The day consisted of many activities: a poster challenge, maths stations, a maths quiz, head to head games, relay races and announcements.

Many weeks before the day we had to plan out our poster and start working on it. We also had to learn a lot of lines so that we could remember what we had to write.

On the day of the Maths Challenge, we all felt nervous and a bit worried but eventually we started to feel better and enjoy the day.

The first task was the poster. We had just 50 minutes to complete this. We each had a job to do and we managed to complete it just in time. It was a very good poster talking about geometry and problem solving. We included jokes and facts about Archimedes and Erno Rubik as well as problems for people to solve like using tangram pieces to make different shapes.

Soon after, we went to take part in some problem solving games. We enjoyed this and we learned quite a lot too.

Next we did a maths quiz which was quite hard. Despite that, we still tried our best. After the quiz we played a game called 'Blackhole' on paper. There were six rounds and luckily we won.

Eventually, we did a maths relay race which we didn't do great in but still enjoyed.

At the end of the day we found out that we placed second in the poster competition, losing by only 0.5 points. We were really proud of ourselves.

Overall, we had a great day and had lots of fun. This is an experience we will always remember.

In March a team from Heathryburn Primary School entered the Rotary Club Quiz at Hazlehead Primary. This is a competition open to schools across the city.

Before the quiz, our team of 4 studied different topics to prepare. We also had the opportunity to take part in a practice quiz beforehand.

Once we arrived at the quiz we sat down at the table with our name on it while they explained how the quiz would work. We were all quite nervous but we were fine after the first round.

They explained the different topics. They were maths, written word, geography etc. There were 10 rounds with 6 questions in each round. We had to be careful not to let other teams hear our answers when we discussed them.

The first round was an Alphabet quiz. We all enjoyed that round and we weren't nervous after it. We found the picture round the easiest and the sport round the hardest as sport is not one of our strengths! Despite this, we still managed to answer a few of the questions.

After a few rounds the top 3 teams were announced. The first time the teams were announced we were in 3rd place. We were really happy with this but hoped we could go higher.

At the end of the quiz we found out we were 2nd overall. What an achievement! We were very proud that we had done so well. We got a certificate and went and got our picture taken.

Overall we all enjoyed the experience and would definitely recommend future P7s take part.



# For Those In Peril – RNLI

March 2024 marked the 200th year for the RNLI around the towns and villages of the UK coastline, although there was a lifeboat service of some form but unlike the organisation we know today. Aberdeen has had a lifeboat service since 1800's and along with Montrose and St. Andrews among the first in the UK. Henry Greathead of South Shields started building specially designed boats in 1790 for the purpose of lifesaving 30 in total of which Montrose was first to acquire one. During January of 1800 the north east coast suffered some extreme and extended hurricanes and in a week, wrecked 30 boats resulting in Aberdeen's worst maritime disaster taking the lives of at least 80 of the city's seamen ( in just 1 week ). This prompted the call for more and better lifeboats to be built to protect the brave volunteers who go to sea in them to rescue people in danger. Crews today are much better off using the type of craft provided as

most if not all are self-righting with the use of airbags, others are self-righting because the wheelhouse has been made watertight which makes the wheelhouse like a bubble putting the boat back upright a bit like the lifeboats on the oil rigs. These brave men and women who volunteer for the task of saving lives at sea or indeed any stretch of water have had a lot of disasters fall upon them over the years, Fraserburgh lifeboat lost a total of thirteen brave souls from three disasters over the years one of which was in 1953 the same year as the Arbroath lifeboat went down only one crew member saved. This is only a couple of disasters the RNLI have had to suffer but there has been many more around the UK coastline. A pal of mine Alec Leslie told how his father was saved by the Longhope Lifeboat when the trawler Strathcoe went ashore and all the crew were saved (13 ) unfortunately a few years later the Longhope boat overturned with all

hands lost, some of those who had saved the crew of his father's boat.

There is another side too in that these brave volunteers over the years have saved over 146,277 + lives causing a lot less suffering in the UK less widows and less children without fathers and grieving families. We the public should be proud of them and when you get a can rattled in your face dig into your deep pockets and donate some cash, Aberdeen became part of the RNLI in around 1925 and this station can hold its head high having saved 590 lives, not bad. The RNLI run 238 lifeboat stations around the coast and should be supported to give them the best equipment possible to keep them safe so they can keep us safe.

**Jack A Norrie**  
**Alec Leslie**





# THANK YOU, MRS MEADOWS

**R**eaders of Cumming North will be familiar with our own Mrs Meadows, but fewer will know the hardworking volunteer behind the sweet pseudonym.

Pat Lawrence has volunteered at the Cummings Park Community Flat for almost 18 years, dedicating thousands of hours of hard graft to the flat's garden and helping in any way she can.

Pat arrived at Cummings Park Community Flat with her two young Granddaughters in tow. She had heard that they were looking for some help, so she decided to volunteer. She kept coming back, and all these years later, with her Granddaughters grown up, Pat is the backbone of the community garden.

There was no Community Garden before Pat started, what you see today, has been her creation, with the help of others along the way, like Jim. She started the flat garden, whilst also volunteering for both the nursery and church garden's, keeping those beautiful too.

Gardening is hard work, but for Pat, it's hard work she enjoys, which

she plans to continue for as long as she can. "I've still a lot to do. I enjoy working in the garden, it's what I like to do, and I want to do it for as long as possible."

Although her passion is for the garden, Pat's volunteering and involvement in the community goes well beyond her green fingers.

Donna Sim, Cummings Park Community Flat Development Worker commented "Pat is an absolute credit to her community. She goes out of her way to help people, not only with garden information but also with the subtle advice and support that she provides.

"Pat is well known in the community and is often approached for gardening advice. What people may not know, however, is that Pat also volunteers and participates in litter picking exercises, community walk abouts, the intergenerational group, supporting other volunteers, the Cumming North Editorial Team, chairing the CPCF committee and supporting the flat participants. Pat can be seen regularly in the

community gardens and would fully appreciate anyone, who has a genuine interest in gardens, to come along and help her with the more laboured duties."

Donna Continues, "We would love to see Pat get some kind of recognition (although, she really dislikes 'fuss') for the work, hours and input that she gives to us all while trying to make our community more lovely."

Pat is one of the most inspirational people that we know. We thank her so much, for everything she does for our community, for the work she consistently does in the community gardens and the leadership that she provides to all of our volunteers within the community flat. A special thank you also, directly from me, for being a consistent and reliable volunteer and one of my closest friends. Thank you very much Pat, for continually making the difference."

We here at Cumming North must thank Pat too, as she is an integral part of the editorial team. She is always thoughtful, considering how best the magazine can represent



the community. Her input and insight to her community is greatly appreciated. It's always amazing to chat to her.

Throughout her time at the flat, Pat has a multitude of fond memories. She remembers when work first began to create the flat's garden. "Loads of people showed up, it was a bit like ground force. All these people helped us, to turn the patch of grass into a proper garden."

She also enjoys working with the young people from Ace Voices who come to visit the flat each week and teach them different things about the garden.

While Pat does a phenomenal job, taking care of the garden is an immense amount of work and as Donna said, a helping hand would not go amiss. If you have an interest in gardening, or are keen to learn, why not get in touch and see where your volunteering journey takes you.

We cannot thank Pat enough for all that she does, she is truly an inspiring person and a great asset to the Cummings Park Community, we hope she knows how much she is valued.





## How I try to stay well with a lung condition

**I have had my lung condition for six years now and here are some tips I have found have helped me to keep well while I live with an illness.**

I know that everyone is different and not everyone will be able to do all the things that I do, but there may be some things you might find helpful to keep you well in general.

My lung condition has affected me a lot over the last 6 years. I couldn't breathe, I was coughing constantly. I couldn't stop coughing through the night and I was keeping my neighbour up with the noise.

I was embarrassed to go out because folk would stare at me for coughing, it made me really uncomfortable.

I have been in hospital with pneumonia. I get lots of chest infections, which were extremely bad and common at winter.

I was getting lots of different medications and they weren't helping.

The job I had, cleaning, really affected this. I was off my work more than I was there because I was so ill. Since then, I have been told I am unfit to work and not being in this environment has also helped me.

Since I have been at the hospital, I have got anti-biotics that have worked. Thankfully, the anti-biotics have made a vast improvement but I can't rely on them, I have to do other things to keep me well and avoid getting chest infections.

So, this is what I do.

### **Exercise**

I have found that exercise does help me. It doesn't need to be hard, just do what you can do. A little bit here and there if you can.

When I first started, I couldn't do much, but doing little bits I gradually improved. I started going to exercise classes at Northfield Community Centre to do chair exercises and more. Is this still available?

### **Fresh air**

This goes hand in hand with exercise, but getting out helps too.

During Covid, I was shielding by myself and being in my flat all the time, I was getting lots of chest infections, so was on anti-biotics a lot. I started going out for walks to get a little bit of fresh air.

Again, you don't need to go far. At first, going as far as the garden gate was as far as I could go, but before long I was walking round my area more. Remember if you need

an inhaler, take it with you just in case!

### **Socialising**

Going to meet people and returning to groups I was part of before covid is beneficial to me. I need the interaction for my mental health. I need it, especially since I bide myself.

There are lots you can do, you can join groups that interest you at your local resources. I am involved in the Cumming North Editorial team and The Cummings Park Community flat.

Being involved in these groups helps as they have given me connections with people that I wouldn't have gotten before.

Getting up and doing these things has helped me a lot, it is my reason to get up, having something to look forward to.

I make an effort to see family too. Through Covid I couldn't see them, and it showed me how much I really needed them and relied on them.

By working on and maintaining my health I am giving myself a better chance at seeing my grandchildren growing up and I couldn't ask for more.

**Janet Calder**



# Easter Journey Aberdeen

Two congregations in Aberdeen recently partnered together with their local SU Regional Workers to deliver an interactive Easter event for local Primary 6 pupils.

Children from Kingsford, Muirfield, Westpark and Heathryburn Primary Schools took part in an Easter Journey to discover the things that happened during the week of Jesus' death. The week-long series of events were organised by Aberdeen North Parish Church and Northfield United Free Church.

Through role-play, storytelling and listening pupils travelled through the palm-waving celebrations in Jerusalem of Palm Sunday and the clearing of market traders from the temple. They gathered around the table at the Last Supper with the disciples, listened in to what happened in the Garden of Gethsemane and witnessed Jesus' cruel death on the cross on Good Friday. Children experienced for themselves some of the emotions felt by those who knew Jesus well. And of course, the children discovered that the story didn't end at the cross, hearing a first-hand account of from the disciples of finding the tomb empty and Jesus appearing to them in the locked room.

This was the first time, either church had embarked on a project this size and sought advice and support from their local SU Regional Workers Cheri Young and Pamela Sloan.

Rev Fiona Lister, Minister at Aberdeen North explained, "SU's support was invaluable - we couldn't have done it without their help and input. I first saw the Easter Journey programme being delivered at my

home church in Kemnay and I was keen to bring it to Aberdeen North. Andy Ellison and I had already worked together delivering a Faith and Conflict project at the local high school, and we wanted to build on that relationship. And together we recognised that the Easter Journey programme would be a great opportunity to engage and involve the members of our congregations in supporting the local schools."

Rev Andy Ellison, minister at Northfield United Free Church shared a similar sentiment, "It was great to work together as churches in the area to share the Easter story in an engaging and interactive way with local school children. It was especially encouraging to have school pupils come along to the church as we had previously held events in the school but the school coming along was a first."

Fiona added, "Across both churches there is so much heart for supporting and reaching out to all age groups in our community. Our aim was not only to educate the children in our faith but more importantly to help them to view the church (and the people in it) as a safe and secure place to be."

At the end of the week, we had a community event in the form of a game's night, and it was great to see some of the children return to the church with their parents to participate. We hope to repeat this event next Easter as well as offering the option of a Christmas activity for younger children to participate in."

**Jay Thomas**

## A day-trip with United Free Church

I recently had a lovely day-trip to Lossiemouth with the United Free Church, Women's Association.

We started the day by going to the garden centre for cup of tea and something to eat. We had a wonder about before boarding the bus to take us to Lossiemouth.

I enjoy Lossiemouth, I had been there once before.

We went to the beach and had a look round the shops and then went to the church to practise our songs before the other church's visiting joined.

This year it was United Free Church's turn to host so our Minister, Andy, did the service.

It was a lovely day and service, after the service we went next door and had a gorgeous afternoon tea. All homemade with homemade sausage rolls, scones, tablet, cakes and more. It was delicious. Thanks to the ladies at the Lossiemouth Church for doing that.

We came home after that and arrived back in Northfield at half 6. I really enjoyed it, I'm looking forward to going again next year.

The Church are all set to hold their summer BBQ on the 29th of June. This will run at United Free Church between 11:30am to 2pm. The BBQ is a great time to meet other members of the community, chat to friends and enjoy good food and company. Fingers crossed we get the good weather!

**Janet Calder**

### Cllr Donna Clark

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

I still hold surgeries at the Community Flat on the third Monday of each month from 12pm, which are well attended by local residents. I hold surgeries at 10:30am at Northfield Community Centre on the third Monday, as well as the first Wednesday of month at the Hub on Manor Avenue. The most common issues which I have been dealing with not just at surgeries but also day to day include various housing issues including mould and damp, overgrown trees and void properties.

I recently took part in interviews for the new Headteacher at Northfield Academy, following which Craig McDermott was appointed to the post. I look forward to working with Craig going forward and I wish him all the best with his new role.

I recently attended the Aberdeen City Music School concert held at

the Music Hall. Pupils from schools right across the city took part in this concert, displaying their musical talents. I would like to commend the efforts of all pupils involved, particularly those from the Northfield/Mastrick North area.

On 6th March, the Council set their budget spending plans for the 2024-25 financial year. As part of the Council's budget, the administration committed to the protection of the Fairer Aberdeen Fund, from which funding of £1.54 million will be allocated to various community organisations across Aberdeen City, which includes the Middlefield Community Project as well as the Cummings Park Community Flat. I understand how vital this funding is for the community projects not only within the Northfield/Mastrick North ward, but across the city.

Also, as part of the Council budget, the administration committed to the freezing of Council tax for this financial year, this means that no

one will have to pay more than what they currently are on their Council tax, which help many individuals and families especially as we are still living in a cost-of-living crisis.

I have recently taken part in two walkabouts with pupils from Northfield Academy, who all had fantastic ideas of how they would like to see the community changed. I am due to take part in two litter picks on 13th and 14th May with the S1 pupils from Northfield Academy.

Finally, The Treasure Hub on Granitehill Road will be open to members of the public on the 22nd June 2024 and is free for everyone to visit. If you have not been in, I would highly recommend it!

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

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### Cllr Gordon Graham

On Monday 6th May it was 25 years since I was first elected to the then Cummings Park Ward, the Wards then merged, and I became one of the three councillors serving the Northfield/Mastrick North Ward. I believe that I have done my best working with local people and organisations to improve the facilities at Cummings Park, Heathryfold Mastrick, Middlefield and Northfield. Main things are the Bill Burr Park, the re-opening of Northfield Swimming Pool and working with the Middlefield Community Project to build the Community Hub amongst many others.

By the time you read this we will have also celebrated 25 years since Middlefield Youth Flat was opened at an event held at Auchmill Golf Club on Friday 17th May. They have asked that I be host and the DJ on the night. As well as a super playlist, I have compiled a slide show of activities carried out by the kids at the Youth Flat over those years. It is always good to meet with Charlie, Sharon, other flat workers/volunteers along with the kids now adults and hear their stories on how the flat benefitted and at times changed their lives for the good and celebrate their achievements.

On Monday 3rd June again at Auchmill Golf Club it is anticipated the Lord and Lady Provost will be in attendance along with Donna Sim to provide a thank you to the Cummings Park Flat Volunteers and Adult Learning volunteers as part of Volunteers Week. It is always good to see volunteers who give their time unselfishly recognised for their efforts.

There is a lot of good people and good work going on in the Ward and I am always happy to help where I can.

# A SERIES OF FAMILY EVENTS...

**Family Learning recently held three brilliant events across Northfield, funded by the Northfield Forum.**

The hope was that the events would bring the community together and help facilitate relationship building with peers and agencies who may be able to offer support to families in the area.

Each event had a range of activities to keep all the family entertained, thanks to the turnout of local partners and organisations. Aberdeen Science Centre, Handmade Changes, Calm and Cool, were just a few to be of support, alongside many more. The families also enjoyed a delicious lunch courtesy of JG Ross.

It was lovely to see the community coming together to celebrate and support one another across the events.

Angela Grainger, Family Learning Development Worker told us about the event at Heathryburn School where she is based. "This is an opportunity for families to come together, to do something that's enjoyable. It's a free event and a chance for us Family Learning workers to meet different families, showcase some of the things we do in Family Learning which is all about working towards better outcomes with their young people."

There will be plenty of opportunity to get involved with the team, even if you missed out. Angela continued, "We'll be running a summer programme, and an October programme for families during the holidays."

Abigail was one of many parents impressed by the events. "I came with my children. We came to the

first event, and they said, 'Mummy I love it here, I want to come again'. They enjoyed the dancing, juggling, facepainting, all the arts and crafts. It's a very positive environment. I brought my children along again, with my friend and her children.

"We are all very happy here. Come one, come all, you will love it and you will have a lot to show for it. The kids learn a lot of things and they look forward to it. This is not something we get to do everyday so any more family learning events, we will be coming."

**Make sure you keep an eye out for more Family Learning events and programmes. You can follow their Facebook Page 'Family Learning Aberdeen' or you can contact the team by emailing [familylearning@aberdeency.gov.uk](mailto:familylearning@aberdeency.gov.uk)**



# Cherryvale Bridge and its Links with the Past

*Extracts from an article in the Aberdeen Press and Journal of 12th April 1923*

This little bridge over the Denburn is now grass-grown, entirely abandoned, and crumbling to ruin. Yet its neat brick arch and its suggestive situation attract notice, and it touches the history and topography of the neighbourhood in a rather remarkable way. In a manner this little bridge is a link in the line of inner marches, otherwise the boundary of the City Royalty, of Aberdeen, for it connects (or did so when in full use) with March Lane, Jack's Brae, a small and obscure street that owes its name and all the distinction it ever possessed to the fact that it runs east and west along the "March," or boundary line, of the burgh royal of ancient times. Two deep, nicely-cut initials, "C. R.," on a prepared stone at the corner of March Lane and Jack's Brae show exactly where the line of City Royalty runs out, and show, too, that a watch is quietly kept on these old landmarks and possessions of the burgh.

The royalty boundary line enclosed, so to speak, the little property of Cherryvale, on which Esslemont Avenue was partly formed, and on which Skene Street Congregational Church and the two adjoining tenement houses and shops stand to-day. When Cherryvale was in the hands of Mr Smith in the later years of the eighteenth century it was entered from the "Robslaw" Road, the line of which was to a large extent adopted as the line of the new Skene turnpike road in 1803. At that time, however, there was no Skene Street as we know it. The "Robslaw" Road came eastward close past Cherryvale, then past the property of Robert Mackie, skinner, Convener of the Incorporated Trades - whose

name is commemorated in the name of Mackie Place - and then down Skene Row and Hardweird to cross the Denburn near St John's Well, now the site of Rosemount Viaduct. But when the turnpike road was made in 1803 it changed many things. It gave us Skene Street, for one thing - carried over a new bridge, on the Denburn, to Woolmanhill; and it turned Skene Row and Hardweird into byroads. Near Cherryvale, the turnpike road was constructed on a higher level than the old "Robslaw" Road, and so the entrance to the villa was by a gentle slope from the new Skene Street east of the property, a slope which is still in existence, protected from the higher level of Skene Street by a common wooden paling that has done duty, I am sure, for generations.



While our little bridge was in use it was a means of communication between the families of Professor Dickie in Cherryvale, and the Forbeses in "The Castle", a tall house that stood on the north side of the burn, close to the line of Esslemont Avenue, and although known as "The Castle" in a friendly and colloquial way, was known more formally as No. 6 Mackie Place. It was cleared away when Esslemont Avenue was made, and the Forbeses then went to live in the adjoining property, "The Galleries."

Then if anyone wishes to know how trout could be caught in the Denburn, even at that now rather unattractive spot, he may find in Dr .T. L. Dickie's charming book, "Forty Years of Trout and Salmon Fishing," the story of how, with fishing rod and tackle bought in the gallery of the New Market, he began his angling career in the Denburn, below the gardens of Cherryvale. But even half-a-century has brought many changes in that corner of the burgh territories. A spring well, of sufficient repute to be entered on the charters of the properties, no longer flows into the Denburn near the little bridge, but is still active, I am informed by one of the feuars, too uncomfortably near that feuar's property. In 1877, while Dr Dickie was still discharging the duties of the Chair of Botany, he put up Cherryvale for sale - having already disposed of part of the ground to the Grammar School, used as a garden by the late Mr Samuel Pope. The Lord Provost of that day, George Jamieson, and some colleagues in the City Improvements Committee, purchased the property for the Common Good, and their purchase was confirmed by the Town Council on 31st October, 1877. Thus the way was cleared for the making of Esslemont Avenue, which, by the carrying of Rose Street right through the old Bridewell grounds to Skene Street - connecting with Esslemont Avenue - provided desired access between the upper part of Union Street and the growing district of Rosemount. The making of Rosemount Viaduct followed, under the Improvements Act of 1883, and transformed the ancient appearance of the whole district.

**Alan Johnstone**



# shmu IN FOCUS

**We have officially launched our shmu IN FOCUS podcast!**

**You can listen on Spotify, <https://bit.ly/InFOCUS>**

This series explores mental health in Aberdeen. shmu volunteers shared their own mental health journeys and interviewed organisations on the frontline supporting people with their mental health and wellbeing.

Here is just a taste of one of the episodes where our volunteers discuss their own lived experience of mental health. We hope you will be inspired to listen to full series.

Our Adult Wellbeing Development Worker, Sarah, joined our brilliant volunteers, Dave, Rachael, Jay and Sadique in the studio.

*“We Know that mental health is a complex and challenging issue to talk about, but we think it is really important that we get the lived experience of those who are battling mental health every day” explained Sarah. “It can help us challenge the stigma, break down those barriers and raise that awareness.”*

Sadique reflected on some of the stigma he has seen, *“People like to label people, that makes people feel*

*kind of alienated from being normal. I have never found the reason for that.”*

*Everyone was in agreement, Dave said, “I think it’s just easier for people.”*

*“Lack of education, lack of awareness, people who don’t know”, Sarah added.*

*“It’s horrible to put people in boxes like that.”*

Rachael had her own experiences with negative stigma surrounding her mental health. *“When I was at school, you were seen as attention seeking if you struggled with mental health. I felt I was brushed off and no one has ever really understood.”*

The group also discussed the difficulty in accessing treatment for mental health.

Dave felt strongly that, *“Everyone has a right to be diagnosed correctly and the right to receive the right healthcare”.*

In agreement, Sadique shared his own experience. *“It’s very hard to receive treatment, you have to be on the waiting list, waiting just makes you want to give up.”*

As part of Sarah’s role, she sees a lot of people who are dealing with the effects of not treating their mental health. *“A lot of the adults that are coming into shmu, when you start to unpick the way, they are responding the way they are responding, it’s because of something that happened to them 20, 30, 40, years ago and they’ve never dealt with it. And it has such a huge impact on their future life.”*

Dave, who is one of our fantastic volunteer mentors, has seen a marked improvement in many people’s mental health since engaging with shmu. *“I have seen you guys go from, ‘I don’t know what to do’ which was you Rachel, and you Sadique who didn’t say anything, to doing your own radio shows. It is fantastic to see the work that Adult Services has done for you guys.”*

This is just parts of the fascinating discussions had in the studio. We hope you will check out the full podcast episodes by searching for shmu IN FOCUS on Spotify.



## Multi-media team

We have recently began training for our brand new multi-media team!

The team are learning how to create content across shmu's media strands from video, audio and print.

The group got stuck in right away, learning how to use the camera's and have even started making a short film about shmu as their first project.

We cannot wait to see what they create!

## Volunteer Poetry

One of our Wellbeing Café participants recently shared a poem they had written and we felt it only right to share it with you!

### New Era

FUNNY HOW TIME WORKS  
 EVERY DAY FEELS LIKE A CURSE  
 NIGHT AND DAY WE STAY AWAKE  
 EVERYONE AROUND US SEEMS TO BE FAKE  
 WHERE TO GO WHEN WE HAVE NOWHERE TO RUN TO  
 LOVE ESCAPES US IN EVERYTHING WE DO  
 BLAMING OTHERS FOR THINGS THAT ARE OUR FAULT  
 JUDGING EVERYONE ELSE FOR NO GOOD REASON AT ALL  
 WHAT CAN WE DO AGAINST THIS OBLIVION  
 TRYING TO STAY ALIVE DESPITE NOTHING TO LIVE ON  
 WE FORGOT WHAT WE WERE FIGHTING FOR  
 WHEN LUCK AND FORTUNE IS STANDING IN FRONT OF OUR DOOR  
 DON'T REMEMBER WHAT WE CARED ABOUT  
 ONLY CARE ABOUT OURSELVES ON OUR DAILY ROUTE  
 WE NEED TO CHANGE THE WAY THAT WE LIVE  
 STOP TAKING AND START LEARNING TO GIVE  
 STARTING TO CARE ABOUT EVERYONE'S WELLBEING  
 TAKE CARE OF OTHERS AND OURSELVES CAN BE FREEING  
 SHARE THE WELFARE AND GIVE LOVE TO THE NEXT  
 STOP SPREADING LIES, JUST TELL US THE FACTS  
 SAVE OUR HOME THAT GAVE US SO MUCH  
 DON'T BE AFRAID OF EMOTIONS OR SENTIMENTAL TOUCH  
 WE NEED TO CHANGE OURSELVES FIRST BEFORE WE CAN CHANGE THE WORLD  
 THOUGH WITH EVERY STEP WE CAN MAKE THINGS BETTER THAN WE'VE LAST HEARD  
 COMPASSION LACKING IN THE STREETS OF EACH CITY  
 MAJORITY IGNORES WHILE THE REST DOES NOTHING BUT FEEL PITY  
 WHEN WE NEED SOMEONE TO HOLD AND SOMEONE TO LISTEN  
 BUT NONE IS THERE TO GIVE US ALL THAT WE'VE BEEN MISSING  
 IGNORANCE AND BIAS IS SOCIETY'S BIGGEST POISON  
 CAUSING DISTRESS WHEN HATE IS RISING  
 OUR WALLS ARE NOT SAFE ANYMORE  
 WHY CAN'T WE FEEL FREE WITHIN OUR SHORES  
 UNDERSTAND THE SITUATION OF EXISTENCE  
 NEED TO CREATE AN EFFECTIVE AND PEACEFUL RESISTANCE  
 CREATE THE CHANGE AND START A NEW ERA OF ACCEPTANCE  
 RAISE EVERYONE EQUAL, GIVE EVERYONE A CHANCE  
 WHY CAN'T WE ALL JUST GET ALONG  
 THERE IS NOTHING TRULY RIGHT OR WRONG  
 NO LABELS, JUST HUMANS, LIVING TOGETHER AS A COMMUNITY  
 FIGHTING FOR THAT UTOPIA THAT COULD LAST AN ETERNITY  
 A SAFE AND HEALTHY PLANET TO THOROUGHLY PROSPER  
 KINDNESS AND COMMON SENSE FOR SOCIETY TO MUSTER  
 ENLIGHTEN PEOPLE ABOUT THE TRUTH OF EXISTENCE AS WELL AS PURPOSE  
 DISMISS THE ILLUSIONS OF DIFFERENCE TO BRING TOLERANCE TO THE SURFACE  
 HELP ONE ANOTHER, PROSPER TOGETHER FOR EACH LIVING DAY  
 BE TRUE TO YOURSELF AND SAY WANT YOU WANT TO SAY  
 WE ARE ONE PEOPLE, WE ARE ONE PLANET, UNITED AS ONE  
 I SHALL WAIT HERE UNTIL THE NEW ERA HAS FINALLY COME  
 FELIX FERLICCHIA

# DAVE'S QUIZZES

## THE BIG QUIZ

- 1- Prince of ----- ?
- 2 - ---- Head - ?
- 3 - Willow ---- ?
- 4 - The ---- Court ?
- 5 - ----- Motel ?
- 6 - Ma ----- ?
- 7 - Elephant --- Castle ?
- 8 - ----- Arms ?
- 9 - The -----leaf ?
- 10 - The Tally - ?
- 11 - The ----- Dog ?
- 12 - Lord Nel--- ?

Pub & Hotel names – take a word from list to complete name

Son  
And  
Tree  
Clover  
Saltoun  
Ho  
Camerons  
Nags  
Crossroads  
Black  
Wales  
Palm

## QUIZ

- 1 - Cycling and Walking are to charity events between John O Groats and where ?
- 2 - Which Aberdeen Granite Building is the second largest in the World ?
- 3 - The clipper ship design originated in which Scottish city ?
- 4 - In Which city did Denis Law play for both major clubs ?
- 5 - You can view the dolphins from which Aberdeen landmark ?
- 6 - Name Scotland's new First Minister
- 7 - What type of transport was nick named the Boneshaker ?
- 8 - What do the letters SHMU stand for ?
- 9 - Northfield Community Centre was a popular dance venue known as what ?
- 10 - Name the picture house said to be one of the UK's Finest – opposite the Northern Hotel
- 11 - What is the kings main residence in London ?
- 12 - It's the national flower of WALES –what is it ?

## DO THE MATHS >>

- 1 - What number multiplied by 6 add 42 == 84 ?
- 2 - 60 divided by which number + 10 == 15

ANSWERS  
1 - 10  
2 - 3  
3 - Glasgow  
4 - Aberdeen  
5 - The Broomfield  
6 - Nicola Sturgeon  
7 - The Bonshaker  
8 - SHMU  
9 - The Bonshaker  
10 - The Picture House  
11 - Windsor Castle  
12 - The Rose of Sharon

# 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](mailto:donclark@aberdeencity.gov.uk)

Councillor Gordon Graham

01224 523594

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

Councilor Ciaran McRae

07500 999617

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

## Area MSP

Jackie Dunbar

– MSP for Aberdeen Donside

01224 011 936

[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)

## Northfield United Free Church of Scotland

Tel: 01224704005

[northfieldufchurch@outlook.com](mailto: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](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)