

cumming north

Summer 2023



In this issue:

A FOND FAREWELL
TO MIKE

SCHOOL NEWS

BOOGIE IN THE BAR

www.shmu.org.uk/press

Summer Edition 2023

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Cumming North Letters to the editor

The editorial team of Cumming North want to hear from you.

The team are introducing a new interactive section to the magazine and want to hear from the community.

In this section, you can write to the editors of Cumming North, let us know of issues and events taking place in the community, send us your thoughts on topics we have covered. Have your say of what you want to see represented in the magazine and what you'd like to read. We'd also love to publish your stories and photos too!

Please email rose.ross@shmu.org.uk with the email subject 'CN Letters to the Editors' to have your letter included in the magazine.

Please contact Rose if you would be interested in getting involved!



Welcome to another exciting edition of the Cumming North magazine.

Thanks again to all the contributors – we are incredibly grateful to everyone who submits articles and photos for the magazine. 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.

In this edition we cover some of Aberdeen's fascinating history, you can read about brilliant groups and activities being held in the area and test your knowledge of Aberdeen with Dave's quiz!

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.

Supported by





Boogie in the bar

By Janet Calder

I have been going to Boogie in the Bar at Sunnybank Football Club since before Covid, and I enjoy the music and meeting other people.

For anyone that doesn't know, Boogie in the Bar is a monthly event for people over 50 to come and have a dance, listen to music and have a light lunch. Run by a really friendly bunch, who make you feel very welcome. Me and my friends always have a brilliant time.

Although there are a few Boogie events held in different areas, Sunnybank is my go to. This is held on the first Friday of every month.

On Friday the 3rd of March, I went to the latest event and had a brilliant time. We had sandwiches and crisps and then I was up dancing most of the time.

They play lots of different music from the 50's, 60's and 70's, there's something for everyone. The atmosphere is great and always ends in a buzz with everyone gathering round for Scottish classic, Loch Lomond.

I would highly recommend that everyone comes along for a boogie, you won't regret it.

Boogie in the bar is held at:

Sunnybank FC – on the first Friday of every month

In Kincorth, at the Abbot Lounge on Provost Watt Drive on the last Thursday of the month.

At the Foundry on Holborn Street on the second last Thursday of the month.

Dee Swim Club on Gerrard Street on the second Wednesday of the month.

Contact SWSC@aberdeencity.gov.uk or call 07799 860899 for more information.

REFLECTIONS OF HEATHRYBURN SCHOOL PRIMARY 7'S

Our experience throughout Primary School has been filled with positive memories and experiences. Our teachers have inspired our imaginations to be set free, and our teachers have also educated us on the basics that will be invaluable in the future. Some of us have been volunteering to care for the elders at the care home, allowing us to further develop our compassion, responsibility and ability to put others first. Another inspiring moment was when we went coasteering with Adventure Aberdeen. One group member could not swim going into it, but after experiencing the waves and tide, they grew the courage to learn how to swim and is now a confident swimmer.

Now at the climax of our Primary School journey, we are preparing for a trip to Cromdale or Lochter. We hope these trips will encourage us to try new things and make stronger friendships. We recently performed a panto of the famous Disney movie Aladdin. Three of our class members got the leading roles Aladdin, Jasmine and the narrator. It has improved their confidence and challenged their memory of the script. It was an eye-opening experience and one that we will indeed never forget. We also have an end-of-year festival with treats, inflatable courses, climbing walls, and even karaoke. We are all looking forward to it and cannot wait to enjoy the bliss of this festival finally.

We hope that the academy will continue to help us grow and blossom, teach us facts essential for our later years and that our classes will be beneficial and enjoyable. In addition, we hope to make new friends and start the next chapter of our lives.

Thomas Scott,

Aiden Smith

INSPIRING MOMENT

Our teacher helps and inspires us to make us better people. They put all their energy into giving us all the best.

They motivate us to keep going in the worst moment, and they will never let us down!

If we want to talk about something, they will always listen.

We also had the opportunity to go to Adventure Aberdeen.

The adventure that inspired us a lot was the coasteering. It made us overcome some of our fears. Some of us even learned how to swim!

END OF PRIMARY SCHOOL

We had a lot of trips, and we enjoyed them all. We will miss primary school, friends and teachers; however, we must move on.

We also made a lot of fun shows each year. The last show we did was Aladdin In Trouble. We had fun doing the rehearsals.

We enjoyed our school year and are sad to leave but looking forward to a new school, teachers and friends.

HOPES FOR ACADEMY

We hope the academy will be good and we make lots of new friends as well. We also hope to get smarter so we can have promising futures.

Maja Warchol,

Laura Stefanska

ORCHARD BRAE ACHIEVE RRSA BRONZE AWARD

Here at Orchard Brae, we have been working hard on our Rights Respecting Schools Award and are delighted to have recently achieved our Bronze accreditation. As a school for pupils with additional support needs it is really important that our staff are aware of their role as Duty Bearers, ensuring that our children and young people are able to access the same rights as their mainstream peers and children across the world.

In working towards our Bronze Award we have had short sessions on INSET days for staff and a keen group of volunteers from our teaching staff have worked hard to put together an action plan detailing the steps that we'll take as we begin our journey towards the Silver Award.

The UNCRC covers a wide range of rights for all children and young people under 18. It can be found online at: The United Nations Convention on the Rights of the Child - UNICEF UK, if you'd like to know more.

All rights are of equal importance within the convention, but there are some rights that are particularly important to us in Orchard Brae and easier to understand as we begin our journey. We will work hard to promote rights across the school, initially by introducing a 'Right of the Month'. The initial focus will be:

Article 12: I have the right to be listened to, and taken seriously.

We work closely as a team, including families and other professionals, to enable our children and young people

to develop their preferred method of communication. As many of our pupils have limited verbal communication we need to support them to use alternatives such as talkers, symbols and Makaton signing. We will create as many opportunities as we can to hear pupil voice and allow our children and young people to influence decisions in our school.

Article 23: If I have a disability, I have the right to special care and attention.

Again, we work with the whole team around the child, trying to get it right for everyone.

Article 28: I have the right to an education.

All pupils are entitled to an education, and we work hard to provide a personalised plan for each child to enable them to achieve their potential.

Article 29: I have the right to an education which develops my personality, respect for others' rights and the environment.

We try to listen to pupils, hearing their voices and recognising their talents, encouraging them to achieve their potential and develop skills that will support them throughout life.

As we progress through our Rights Respecting journey, we will provide updates on the school website and hope that the wider school community will learn alongside us.

MIDDLEFIELD COMMUNITY PROJECT NURSERY PLACES

We are now taking applications for nursery places for August. We provide a range of different Early learning and childcare opportunities for children aged 2-5 years. This includes the funded 1140 hours for eligible children for ME2 and children aged 3-5 years. Also, fee paying childcare places for parents who may be working or in further education. Nursery session times can be flexible in order to meet parents' needs and preferences.



Mrs Meadows

Hello there, Mrs Meadows back again!

Tomorrow is the first of May, I had hoped the weather would be sunnier.

Things are taking longer to grow, even in the greenhouses. It will be another 2 weeks before I can plant out lettuce, cabbage, sweetcorn, beetroot and Carrots. I have planted the seed tatties, and replanted the strawberries.

The pear trees are in flower and so are the apple trees.

I said in the last edition that anyone who wants to come and help out in the garden, will be made more than welcome! Also, anyone who is starting in a new garden and wants to come along and get some tips and learn about gardening is welcome too!

**Bye for now,
Mrs Meadows.**

coffee morning

On Friday mornings, there is a lovely coffee morning at United Free Church in Northfield.

For the past year, I have been going along on a Friday morning and have been made very welcome by the very friendly folk there.

Go along between 10 and 12 and be treated to tea and coffee and lovely homemade scones.

The coffee morning is free to attend but donations are more than welcome, just giving as much as you can is very appreciated.

Since attending the coffee morning, I have started going to Sunday service too, which is new to me, although you don't have to. You can just come along for the coffee morning if you like.

I have really enjoyed my visits to the church and have made plenty of new friends!

All are welcome to the coffee morning; kids are more than welcome too! We can always find something fun for them to do.

Andy, the minister, is very nice and a good laugh too. I encourage everyone to come along and see what it's like.

On the 24th of June, the Church is having a BBQ, there will be food, games and tea and coffee. I have been to one of the annual BBQ's before and it was a brilliant day. We were treated to beautiful weather, before the heavens suddenly opened. All was not lost as we managed to save all the food and went inside to enjoy the rest of the event.

Fingers crossed for good weather this year, but either way, we will have a great time. Everyone come along!

Janet Calder



Thinking Back

Having stopped outside the Northern Hotel a while ago I looked and noticed just how the area had changed since I was a youngster. The splendour of the Astoria picture house was replaced many years ago by a now shabby looking shopping mall.

This picture house was a place I had fond memories of going to. My father was a checker at the Astoria so myself and my pals used to get in without any checks which was handy. We once went in on three nights on the trot to see A Night To Remember – about the Titanic with Kenneth Moore who learned nothing as he sunk the ship the first night and the plonker sunk it the following two nights as well, good job he did not skipper our trawlers or our fleet would have been gone.

The Central Mart was also a great place for young to have fun playing on all the farm equipment and of course getting chased by the workers, and if caught, getting a kick on the posterior which was the done thing then.

We would also go to the auctions and watch the cows and sheep being sold off. At Christmas time we were sometimes lucky to help with the plucking of the turkeys, not always but we earned a few bob doing that. Although I did not like to thraw their necks and i'm sure Bert showed us how to do it just to test us and we all passed the test.

There was a football pitch at the back of the mart's ground where I used to go with my father, I don't remember what team played there, if I said it was Ashgrove something it would just be a shot in the dark. The thing I do remember is that it was not a grass pitch but cinder or something like that (no slide tackling on that stuff .)

Around the corner was the Belmont Mart where I think Sainsburys is now, that was also a great source of fun in the barns making gang huts using the bales of hay also getting chased and another size 8 on the rear end, (but only if caught which was not often) track stars in the making .

On the other side of the road from the Northern Hotel was the day old chicks place where you could see trays of tiny yellow bubbles moving around and looking at as if to say see you at Christmas but they never did . Sadly, its all gone now, a simple but good way of life.

When at the top of Kittybrewster School, when fed up we could look out the window and watch the dinosaurs roaming around before getting back to our writing with hammers and chisels, we did not get the scud we got clubbed.

Jack A. Norrie

Shelter

Shelter is fighting for better housing and conditions in Northfield.

Everyone deserves the right to a safe, secure, and affordable home - right?

But too often, this vision for modern Scotland just isn't grounded in reality. It's a fact that many of us are still living in accommodation that's damp, overcrowded, and expensive.

Communal issues can range drastically, but all of them can make a tenant's life a misery. Anything from damp and mould, to extensive repairs that have been ignored for years.

That's where Shelter Scotland's community organisers come in. We're here to help residents and their communities to get organised in the fight back against the housing emergency.

We provide training, equipment, resources and encouragement to give tenants in Aberdeen the best chance at creating housing change for their community.

If you'd like to fight for housing change in Northfield, contact **Jacob Campbell at Jacob_Campbell@shelter.org.uk**.

Jacob also runs sessions at the Northfield Community Centre, every Thursday from 11am to 1pm.

A FOND FAREWELL TO MR SCOTSMAN

It was with great sadness that we learned of the passing of local man Michael Middleton at age 67. Michael was known by many people within the community and was a regular contributor and valued member of the Cumming North team.

A Northfield loon born and bred; Michael spent the majority of his life living in our local area. He was educated at Northfield Academy before travelling down to Castle Douglas in Dumfries and Galloway to study horticulture at Threave Castle. This is where he met his wife Valerie, and they moved back to the local area to start and raise their family.

It was during his own childhood that Michael developed his deep love of both history and nature. He spent many hours during his childhood summers, out at Lumphanan, listening to his grandad and his Gordon Highlander comrades regale him with tales of how they survived as Japanese Prisoners of War during World War II. Michael took great interest in these stories and developed a passion for history which he went on to share with us within the local community.

If you ask those who had the pleasure of knowing Michael, no-one knew their local history more than him. Ask him any local history or nature question and he would give you both the answer and a wealth of other information on that very subject. He could do all this without needing to look up any book or webpage. He has a truly remarkable gift for retelling historic tales and factual information. He ran the local History Group within Northfield Community Centre for numerous years. During this time, he introduced many local people to the enjoyment of their local history.

Michael has done a great deal for our community throughout his life. He was Chair of the Northfield Forum, striving for improvements in our local community including the regeneration of the Alan Douglas Park. When his children

were young; he helped out at various children's groups both within Northfield Community Centre and Northfield Parish Church helping at both the 5-11 group and the church youth group. He took local children on trips to Burn O Vat and other local areas of interest.

Some of us may remember when the site of the current Grampian Autos on Quarry Road was home to the local branch of the Royal Observer Corps (ROC). The ROC was a volunteer civil defence organisation set up in the period between the first and second world war. Their motto was 'forewarned is forearmed' and this tied in with their purpose of detecting, identifying and reporting aircraft over Great Britain. Michael served within the ROC for over a decade and was recognised for his hard work when he received his long service medal.

Michael's friends and fellow community members shared their thoughts.

Cumming North volunteer, Dave White said.

"I first met Mike when I started to go to the Northfield Community Forum a good number of years ago, this was a group that Mike was very much involved with and believed in.

"Working for and in the community to improve things and hopefully the lives of folk in Northfield were a great part of his life. Living in Northfield all his life, fighting for better things no matter how big or small if it was for the good of the community, it was an improvement.

"He was also a strong union man and served as a shop steward for a good many year and was well respected by both workers and management alike for his fairness and ability to see both sides but would never let the workers down. Having worked with Mike on a number of projects, I realized he had a real love of his area and said on many occasions, as long as people try to get things done then changes will happen no matter how

slowly. Mike is and will be missed but the work he believed in will go on. Rest in peace Mike and wherever you are I'm sure you're looking to see if you can make things better."

Staff and volunteers at shmu were also devastated to hear of his passing; *"I first met Mike at a Northfield Community Forum meeting, which must have been around 20 years ago," shared Murray Dawson, shmu's founder CEO. 'It was clear from our first meeting that Mike was a passionate advocate for his community; keen to champion and celebrate all the great things about Northfield and surrounding areas. He was a font of knowledge, whose love for his community and passion for history was always evident in his words and in his writing. Mike went on to become a hugely valued contributor and member of the Cumming North team and we all looked forward to the articles he produced, which became an integral part of the magazine. Mike's passing is a great loss, and one which came far too early. He will be sorely missed by us all, but his memory will live on in his stories, which we plan to continue to share through the Cumming North magazine."*

Cllr Gordon Graham commented "I was saddened to hear of the death of Mike Middleton a much-valued friend and colleague. Mike had a great sense of humour and was always willing to help people.

"I first met him during a meeting of the Northfield Forum. Mike was a passionate trade unionist and helped many people during his time at the Council. He was also strong on Health and safety and both Mike and I took turns to be Chair of the Corporate Health and Safety Committee which has now disbanded."

Michael truly was a champion for his community and will be sadly missed by us all. Our thoughts are with his family at this sad time.





Northfield Academy

The pupils of Northfield Academy have been up to all sorts of exciting things recently.

S2 Northern Lights

Before the holidays the S2 Northern Lights cohort were invited to the RGU campus where they took part in 5 workshops. During the Aberdeen Business School workshop pupils were invited to compete to win Aberdeen Business School hoodies, by designing a new soft drink.

Across two days many teams from 10 different schools competed and earlier this week we learned that Darcy, Darren and Arya won for their 'Dragon Fizz' drink. Congratulations

School Trip

Smart start young people were working together to build relationships, confidence and self-esteem. During the visit to Camperdown and Dundee Ice arena highlighted how empathetic

our pupils can be. Ready Respectful Safe!

AFCCT SHMU Radio broadcast

On Thursday 27th April Lucas and Darius from S3 along with AFCCT coach Euan were invited to SHMU to contribute to a live radio show. They shared their experiences of the AFC Northfield programme, they got to choose songs to be played and gave a shout out to the office staff.



Cummings Park in Recovery

Aberdeen in Recovery (AIR) are now hosting a Medication Recovery and Me group at the Cummings Park Community Flat.

This is a recovery group for those addicted to or recovering from an addiction to prescribed or self-prescribed medication.

The group is held on a Wednesday between 2pm and 4pm by one of AIR's Peer Supporters, Alan Chalmers.

Alan spoke to Cummings Community flat and answered their key questions about the service.

Aberdeen recovery is a lived experience charity, meaning "All of our volunteers and workers are people who have lived with an addiction and have real life experiences of either having been an individual living with a substance use disorder or have had experience with someone they are related too or cared for who has had an addiction or mental health issue" Alan explained.

AIR also offer a range of different sessions, from one to ones to group and community sessions. Group sessions are offered in-house and in communities. Attendance for the group sessions is not expected weekly, however everyone is encouraged to come along regularly to build connections in the group and boost their confidence.

For those wondering how to get involved and what to expect, you can pop into the AIR office for a chat with someone or call ahead to arrange a meeting time.

Alan details "A worker would chat with the individual to find out what

their need is and what they are ready to progress with. Perhaps they need sign posted to other organisations or perhaps they just need someone to talk with.

"They will be offered a cuppa (a small donation would be appreciated but not necessary) and a chat. They will be asked a few questions to establish what they feel they need and what name they prefer to be known as. The purpose of the chat is to get the correct support for the individual.

"If a person would like to join us but doesn't feel they can attend at the Citadel or one of our community sessions, they can be met in a mutually agreeable location."

All sessions are also private and confidential, providing a safe space for participants to talk freely.

If anyone would like to use the service or would like to learn more, please contact AIR by calling phone **01224 638342** or email **emailing info@aberdeeninrecovery.org**

You can also view the website on **www.aberdeeninrecovery.org**

Further sessions are as follows:

Tuesday
AIR Office
10.30am – 12.30pm
(41 Union St)

Wednesday
Inchgarth Community Centre
10.30am -12.30pm

Cummings Park Community Flat
2.00pm – 4.00pm

Thursday
Old Torry Community Centre
10.30am – 12.30pm

Pathways

(A Brighter Future)

Helping People Find Jobs
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Pathways offers one-to-one support to help people find the jobs they want and support with the following:

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Continued Support

CONTACT US:

Tel: 01224 682 939

Email:
info@pathways-online.org

Pathways, First Floor,
Powis Community Centre
11 Powis Circle, Aberdeen
AB24 3YX

DAVE'S QUIZZES

THE BIG QUIZ

- 1 – The Titanic sailed from which port on it's final voyage ?
- 2 – John Wilkes Booth murdered which American president ?
- 3 – Which British King was recently crowned ?
- 4 – In the football world Aberdeen FC was first to do what ?
- 5 – What do you call a group of Owls ?
- 6 – Who won the world cup in 1966 ? (see next Question)
- 7 – Who Beat them 3 – 2 in 1967 ?
- 8 – Crocodile Shoes was sung by which actor/singer ?
- 9 – Buff Hardy was part of which comedy trio ?
- 10 – What is the capitol city of Australia ?
- 11 – The first Aberdeen merged with what other two clubs in 1903 to form Aberdeen FC ?
- 12 – The Grand Central in Aberdeen was a well known what ?
- 13 – Where is Dunnotter Castle ?
- 14 – Ronnie O'Sullivan plays in which sport ?
- 15 – The body of a Lotus car is made of which material ?

MISSING LINK

- 1 -Ball ----- ?----- Drive
- 2 -True ----- ? ----- Murder
- 3 – Spring ----- ? ----- Motion
- 4 – Easter ---- ? ----- Hops
- 5 – Right ----- ? ----- Jive
- 6 – Highest ----- ? ----- Climb
- 7 – Plaster ----- ? ----- Off
- 8 – Hit ----- ?----- Player
- 9 – Funny ----- ? ----- Idle
- 10 – Country ----- ? ----- Salad

DO THE MATHS >>

$$13 \times 12 + 44 \div 4 - 20 \times 8 + 60 =$$

Answers

Quiz 1- Southampton --- 2 - Abraham Lincoln --- 3 - Charles 111
 --- 4 - Dugouts --- 5 - Parliament --- 6 - England --- 7 - Scotland
 --- 8 - Jimmy Nail - 9 - Scotland The What ---
 10 - Canberra --- 11 - Victoria United & Orion FC --- 12 - Picture
 House - 13 - Stonehaven
 14 - Snooker --- 15 - Fibre Glass

Missing Link

1 - Park - 2 - Blue - 3 - Forward - 4 - Bunny - 5 - Hand --- 6 - Moun-
 tain --- 7 - Cast - 8 - Record --- 9 - Bone --- 10 - side
 Maths = 300

Elected Officials

Councillor Donna Clark

Since being elected as a councillor in May 2022 for the Northfield and Mastrick North ward, I have been tirelessly working to ensure the views of Cummings Park and Northfield are heard.

In February, I had the opportunity to take part in a community walkabout in the Cummings Park area, with various departments from the Council also involved along with staff from the Community Flat and residents. Various issues were raised following the walkabout, including overflowing bins, dog bins, blocked drains, potholes, dropped kerbs as well as many other issues.

I have had the opportunity to visit Cummings Park Community Flat and see the fantastic work which is done and meet a lot of visitors

to the flat. I also have had the opportunity to visit the Aberdeen Treasure Hub Museum Centre during one of their open days, which was a trip down memory lane and is well worth a visit and there are many open days in the calendar. I also visited Cummings Park Community Centre, where I got shown round the facilities by Kev Donald and had the opportunity to meet many residents who use the facilities and speak to the staff who run centre. If you happen to see me when I'm at the cubby, and want to discuss any issues, please do not hesitate to approach me.

I have received a number of complaints from residents, regarding mould and damp in their properties. On the back of this, I arranged a meeting with the

Housing team, where we spoke with residents about how to deal with damp and condensation. I aim to try and hold regular meetings like this. I recently had the opportunity to visit the Council's roads team in Tullos and was given an in-depth report on how they organise the gritting of roads and pavements in the winter months and the different qualities of salt used.

I attended an event organised by Sport Aberdeen, regarding the upgrading of the tennis courts at Northfield as well as the potential to create a youth hub for the area. It is important to note that if the youth hub goes ahead, it will not take away from existing work already being done at **The Hub@ Manor Avenue** or any other community groups.



Councillor Gordon Graham

Hi Folks,

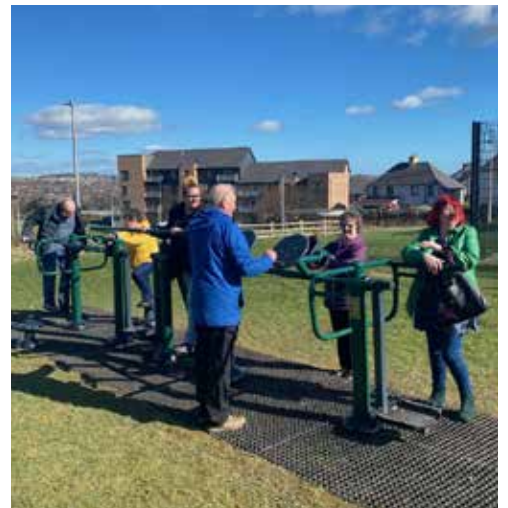
Things are a bit crazy at the moment I tried to prevent the closure of Northfield Library. Now we are in the middle of consultations which may lead to the closure of a primary school in the Northfield area. I have pledged to fight any proposals for closure of any school should that be the outcome.

I am a member of the Friends of Heathryfold Park Group and thanks to Willma Collie we secured funding for new exercise/play equipment for the park.

Good news for Bramble Brae is that toilet refurbishment costing £243k is due to commence on 10th July 2023.

I was glad to see that further improvements to the Northfield Sports centre are planned, now that the Swimming Pool and leisure centre are completed and up and running. With the potential development of a youth hub also on site at the old ground's keepers hut, this could be a really exciting time to continue to develop facilities across the site that provide for a large cross section of the local

community and help counter some of the existing anti-social behaviour in the area.



We are all about keeping well here at shmu and we have plenty on offer to give both your mental and physical health a boost.



Wellbeing Walks

We held the first of our Wellbeing Walks on Thursday the 27th of April. Despite the drizzle, we had a brilliant time, and enjoyed a scenic Walk along the River Don. We topped this off with a cuppa and a catch up at our Wellbeing Café.

Our Wellbeing Walks are held on the last Thursday of every month. If you are looking to get more active, meet new people, socialise, share stories of Aberdeen, our community Engagement Wellbeing Walks may be for you!

On our next walk, we will explore the Torry Battery, meeting at The Greyhope Bay Centre at 12:45 on the 25th of June. We'll have a walk along the Bay, see if we can spot some dolphins before enjoying a cuppa at The Liberty Kitchen.

If you'd like to join us, no sign up required, but if you'd like more information, contact Sarah by emailing sarah.igesund@shmu.org.uk or by calling her on 07592 355 131.

Community Wellbeing Running Group.

Do you feel like running?

Join our new Community Wellbeing Running group, which kicks off in June.

Weekly sessions, supported by runner and shmu volunteer Paolo Maccagno, will take place on Thursdays between 10:30am and 12:30pm, starting on the 1st of June.

We will meet for a gentle run followed by a practice of attention session at shmu.

This group is for everyone, individuals and staff, who want to try a new challenge and learn the benefits of running and connecting your mind and body.

Do something different the summer to improve your mental health. Come run with us!

To find out more or to sign up, contact Sarah on sarah.igesund@shmu.org.uk or call 07592 355 131



Change only happens if we are part of the change

Cummings Park Community flat held a community walkabout to make note of things the community would like to see improved. Here are just some of the issues raised by community members:

We found several gardens where large items of furniture and rubbish were in plain view.

Did you know that if you are a council tenant, you may have 4 bulk items removed for free if you book this with Aberdeen City Council?

Wheelie bins overflowing and not taken in off the pavement. This causes an obstruction for those with buggies and small children and those with disability scooters, forcing them to venture onto the road to get by.

Dog bins. There have been several dog bins in the area that have been removed and not replaced. We have asked the council to replace some of these bins to encourage people to continue to be responsible dog owners.

Blocked drains

We explained to the housing and councillors, the difficulties that these blocked drains give, particularly in the winter when overflowing water freezes. Councillor Donna Clark said she is already addressing this and will follow it up.

Potholes, broken road surfaces, uneven pavements.

These were pointed out to housing and to the councillors who said they would make sure these would be reported. We hope that they are properly fixed and not just 'fixed for now'.

Dropped kerbs. One of our non-able bodied community members mentioned that there is no drop kerb on Granithill next to the bus stop. This means that she cannot use public transport as she cannot use her mobility scooter to get to/from the bus stop.

Benches at Moir Green

Previous benches had been removed and not replaced. We were delighted to hear this situation is to be rectified with two new benches to be installed.

Thank you so much to the community members who highlighted some of the issues and to those who were able to participate on the Walk About.

For your further information

Councillor Gordon Graham continues to offer a surgery at the Community flat every second Thursday of the month (during term-time) 12.00pm – 1.00pm.

If you live in a council property within Cummings Park, you may

wish to talk to the Housing Support Officer. She will be present within the Flat every Tuesday 1.30pm – 3.30pm. No appointment is necessary.

We intend to host a litter picking session when the weather is more favourable. If you would like to be involved with this, please let us know by calling **01224 681357** and leaving a message if no-one is available to take your call.

Volunteers

We would really like to improve our activity availability. If you have ideas of activities that you would like to share with a small number of people, and you would be willing to facilitate/lead a group please get in touch. Maybe you would like to offer a coffee session for older people in the community, perhaps you are a great baker and would like to share your skills with others, perhaps your skills lie in craft, or you'd like to share your knowledge of some other hobby. We look forward to hearing from you.

We know that working outside is great for our mental health. If you can spare any time at all and would like to participate in keeping up the community garden, please get in touch.

Donna Sim

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

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Councillor Gordon Graham

01224 523594

ggraham@aberdeencity.gov.uk

Councilor Ciaran McRae

07500 999617

cimcrae@aberdeencity.gov.uk

Area MSP

Jackie Dunbar

– MSP for Aberdeen Donside

0131 34 85067

Jackie.Dunbar.msp@parliament.scot

Area MP

Kirsty Blackman

– MP for Aberdeen North

Aberdeen office: 01224 633285

kirsty.blackman.mp@parliament

Northfield United Free Church of Scotland

Tel: 01224704005

northfieldufchurch@outlook.com

DOMESTIC ABUSE SUPPORT

Domestic Abuse is not acceptable. It is not your fault and you are not alone. Domestic Abuse is when you are hurt, bullied or frightened by:

Your husband or wife. Your boyfriend or girlfriend

Your current or ex-partner

Their behaviour can be; controlling, physical, sexual, financial or emotional.

Help and support

Police Scotland

If you are in danger and it is an emergency, call 999.

For non-emergencies call 101

National Domestic Abuse Helpline Free and

confidential advice. Open to all. 24 hours a day.

Telephone: 0800 027 1234. Website: sdfmh.org.uk

Grampian Women's Aid

Telephone: 01224 593381. Website:

grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932.

Website: rapecrisisgrampian.co.uk