

cumming north

WinterEdition 2012



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editorial

Here at Cumming North magazine we are looking for local people to help us gather articles and information that may be used in future editions, or indeed help in other ways as part of the editorial team. This would involve a couple of short meetings prior to publication of the magazine, which we are trying to get done in a set timeframe. If you live in the Northfield / Cummings Park area or a teacher or representative in any of the schools in these areas and feel you could help then please contact Mary Clare at **SHMU** on **01224 515013** maryclare@shmu.org.uk or myself **Dave White** **01224 696185**

To help us meet deadline I would like to inform every one that we will be looking at a cut-off time for the spring edition of mid-March. By telling you this now it should hopefully give yourselves plenty of time to sort thing out.

Supported by



Councillors Comments



Cnclr Gordon Graham

I thought I would give you a brief description of what I am undertaking as part of my duties as a councillor.

Convenor Policy & Performance

To develop and approve corporate policy and strategies including partnership working, and HR policies except those specified as relating to teaching staff and falling within the remit

of the Education, Culture and Sports Committee.

Police and Fire

Whether people like it or not the Police and Fire Reform (Scotland) Act 2012 received Royal Assent on 7 August 2012. The Police Service of Scotland and the Scottish Fire and Rescue Service become operational from 1 April 2013. Part of this will see the council responsible for overseeing the local Police and Fire and rescue plans. This will report to Policy and Performance Committee and I will ensure that we -

- Protect and improve frontline services for local communities
- Keep communities safer by providing equitable access across Scotland to specialist

support, expertise and national capacity when it is needed

- Strengthen the links between the police and the fire and rescue
- Provide clearer local governance

Councils Representative on Confederation of Scottish Local Authorities

Strategic Human Resources Management Executive Group

Councils Representative on Scottish Accident Prevention Council – Home Safety

I have been nominated as the Council representative on the Scottish Accident Prevention Council.

Regards
Gordon Graham



Cnclr Scott Carle

It would like to start by congratulating Middlefield Community Project on their recent visit and glowing review from Care Inspectors. It was great to see the Middlefield Community Project nursery get praise from Care Inspectors showing again how well staff are doing in providing a valuable service and top quality support for children and parents from across the area who use the service.

I have recently attended the primary school estates review consultation event at Northfield Academy. I would encourage anyone who has any views on the primary school estates to take part in this consultation. You find out more and take part in the online consultation on Aberdeen City Council's website.

I have also been speaking with colleagues at Grampian Housing Association regarding their Community Energy Challenge project and SCARF's Home Energy Advice Team (HEAT) who are running a project piloted in Northfield which aims to help residents reduce their fuel bills by increasing fuel efficiency. Rising fuel bills continue to be a problem for many families and projects like these can help save you money whilst making your home more energy-efficient.

You can find out more by contacting Helen McCulloch, Energy Adviser on 01224 202967 or email helen.mcculloch@grampianhousing.co.uk

I now hold regular surgeries around the ward as follows:

- Every second Saturday at Northfield Community Centre, 11am
- Every third Thursday at Northfield Academy, 6pm
- Every fourth Tuesday at Manor Park Primary School, 6.30pm

As always if there are any issues you would like to raise or any assistance I can provide, please do not hesitate to get in touch.

Finally, I would like to offer my best wishes to everybody over the holiday period!

ScCarle@aberdeencity.gov.uk
Or by phone on: **01224 346622**

HISTORIC NORTHFIELD

A Little Bit of Things Celtic.

Having survived Halloween, and the onslaught of the 'trick or treaters', I was reminded of the old Celtic festivals that were very much a part of life in Celtic times.

The first was Halloween, or Samhain - this was the time of the dead, as well as the living; a portal between two worlds opened and on the night of Halloween the spirits of the departed would come amongst the living, feasts were held to welcome the Dead and a place was set aside for them. The other guests would sit in disguise, wearing masks or painted faces, hence 'Guisers' - in disguise. This was the original Hogmanay as November the 1st was New Years Day, and in Christian times we get the name for Halloween - this was All Hallows Eve and the next day was All Saints Day.

Great fires were lit to ward off evil and to help the sun as it entered the Underworld - as darkness descends on the living, the dead walk abroad at night. (See further articles)

It is at this time the Wickerman fires were lighted to give sacrifices to the Gods, it is said by the Romans that people were burnt alive in these festivals - slaves, captives or selected volunteers.

The Mid-Winter Solstice of the 21st December was also noted by the Celts as an important point

The next was Imbolc - this was the 2nd of February and the beginning of Spring and a time when Ewes were lactating (giving milk) and lambing would begin. This meant much needed butter, cheese and milk as supplies were very depleted for those products. Animals shared the confines of the Celtic home, especially cattle, and they gave off warmth and were bled for making a blood soup or a blood pudding. Yes folks, we still buy them at the Byron Chipper, the Black Puddin Suppers are on me!

Beltane was the next big calendar event although there are many minor dates all year round, this is the 1st of May and is the most celebrated Summer event alongside the later Midsummer Solstice, 21st of June - but watch as it can move to the 22nd

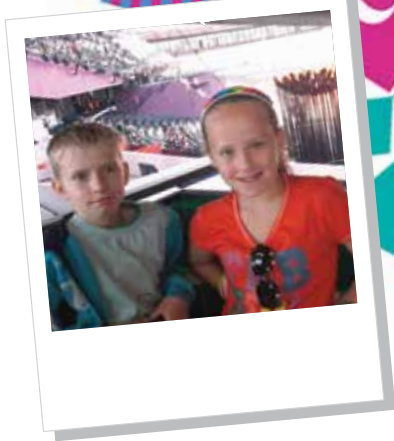
Beltane, like Halloween, is a fire Festival and was celebrated until the Reformed Church banned it in the 16th Century. The Beltane fire was the epitome of all things Celtic; it was a reflective part of the Trinity of the mother Earth (The Virgin, Spring, new life in trees and animals and birth born out of the depredations of Winter. The Mature child-bearing Mother of Summer, with her sun and warmth, and productivity. The Old Crone, of bleak hard winter with her cold and starvation - a reflection of all that is negative and evil in the Celtic world).

The Beltane fire was a fire of cleansing - the cattle were walked between two fires to protect them from harm and disease, as did people with in the homestead. This was the time of the May Pole and dancing.

Next up is Lammas Nicht, as it was in old Scots, Lughnasadh in Celtic, the 31st of July - another night of wondering spirits, as it was famed across all of Europe. Lammas was the time of fairs and weddings, hand clasping for the period of a year - these were trial marriages and children born of these were considered as, like all children, of the Clan, and not just of the parent's union. These days we refer to such arrangements as "Bydie Ins", or, partners - an arrangement that sits far more with the Equalities Act than ever before.

And so, back to Halloween - the dead are said to walk abroad that night and in many ways were much invited - that is to say, would you not want, as I would, to set aside a special place for your Mum or Dad? But, what of those that you do not want to meet?

Those spirits, that you want to avoid other than being in disguise to avoid being recognised, well there was a way but we will look at that later.



My Trip to the Paralympics

On Wednesday the 5th September Marcel and I met Miss Prentice at Aberdeen Station. As we boarded the train the lady told us where our rooms were. I felt excited. After we put our stuff away, we went to explore the train. Near the front of the train was a fancy lounge where you could order food or charge your phone. The rooms were little. They had a window so you could look at all the wonderful things outside. There were bunk beds in both rooms and a sink. As we were coming towards London station Miss Prentice got us up at about 6 am. When the train stopped we got off and started heading for the Olympic Park. To help us find our way there were some signs about the athletes that took part. When we got to the Olympic Park we had a McDonald's for breakfast. After McDonald's we headed for the Olympic shop and bought some flags and face paint. Once we found our seats we took pictures of the Olympic flame. The first event we saw was the long jump for blind people. Also two British women won the cycling race. My favourite bit was when Oscar Pistorius got his gold medal.

Once the Paralympics finished we went into the main part of the city to get something to eat. We had to catch the train to get about. When the train came, I got on first then Miss Prentice. Then the door shut on Marcel and Miss Prentice's arm. Thankfully Marcel

got on the train and was ok. We were hungry so we went to get something to eat. Miss Prentice and I had a chicken burger and Marcel had a beef burger. Then we went on the 'hop-on hop-off' tour bus that showed you all around London. On the bus we saw a Lamborghini shop and a Ferrari shop. We also saw Buckingham Palace and 10 Downing Street where David Cameron lives. The bus was sitting in traffic for ages and we had to be at the London Eye at 6:00pm and it was about 5:50pm. We had to get off the bus and run towards the London Eye. We thought we were not going to get on but with one minute to spare we made it. In the pod above us on the London Eye were 6 Ukrainian Paralympians that took part. Once we got off the London eye we went to a souvenir shop to get something that reminded us we were in London. We got our souvenirs and headed for Waterloo Station and got a train to Euston Station. Before going on the train back to Aberdeen we had pizza and a drink. Once we got on the train we put our bags away and explored the train again. We went to sleep at about 10:30pm and got in the morning at about 7:30am. We got off the train and headed for Miss Prentice's car. We had to go to school on Friday morning. I was tired at school on Friday but it was the best trip ever!

Paralympics by Marcel (P7)

At 21:30 we left the station in Aberdeen. As we boarded the train I felt excited.

Jordan and I put our heads out of the window. We had separate cabins because I was the only boy. We went to sleep at 10:35pm.

The next day we got off the train and went to the Olympic Stadium. In the distance I saw jumping, cross-country, discus and shot putt. My favourite was when Ewa Durska won gold in shot putt. I enjoyed singing my national anthem. After the Paralympics was finished we went on an open top bus tour. I saw Big Ben, the London Eye, Buckingham Palace, the Houses of Parliament, the Marble Arch and Tower Bridge.

After the bus we went on The London Eye. We saw the whole of London. It was fun. Then we went for something to eat. I had a burger and vanilla ice cream.

Being in London was great fun.



Northfield Parish Church, Byron Square

Christmas Events

This Christmas, come and celebrate the birth of God's Son Jesus at your local Church.

Sun 9th Dec 10.30am
Community Carols in Church,
led by Northfield Band, followed by teas & mince pies for all & sweets for the children, provided by Northfield Community Council.

Sat 15th Dec 12.30
Christmas Soup & Sweet Lunch, £4.

Fri 21st Dec
Primary schools services in Church.
9.30am Heathryburn.
11am Westpark.

Sun 23 Dec 10.30am
Christmas Celebration,
in Church.

Mon 24 Dec 7pm
Christmas Eve Carols for all,
in Church.

Tues 25 Dec 11am
Christmas Day in Hall.
Bring presents

Have a wonderful Christmas and all the best for 2013.

Scott Guy (Minister)



Dental Care in the Community

We are a team of 3 dental nurses employed by NHS Grampian and will be in your local area on a regular basis to provide help and advice on dental and oral health for adults and children including registration with an NHS dentist.

We have already visited some locations such as Cummings Park Community Flat so watch out for our planned visits in the future.



Goodbye (not quite) for the Woodlands Community Ranger



A quick update on my work in your communities.

I started here in Aberdeen almost 5 years ago (time flies!!) and began working with you all through the Woodlands In and Around Town (WIAT) Project, focussing on community engagement and helping you deliver the fantastic services you provide in some challenging environments.

When this funding ceased we sourced a replacement funding stream through the Heritage Lottery Fund and, when that ran out, through the Sustainable Urban Fringe Project (SURF). This allowed me to continue the good work you all deliver.

I am afraid to say my time involved with community engagement along the Don Corridor has now come to an end as my time on the SURF Project officially ends as well. I now move to the south to work on Tullos Hill and the surrounding communities there. This is an exciting opportunity for me as Tullos Hill is a “blank canvas” and I look forward to re-establishing my working relationship with organisations in Torry, Altens and Kincorth. So, still in SHMUdom to a certain degree!!!!

Although the community work itself will not continue I am more than happy to say the service I can provide (subject to resource) with the Unpaid Work Team on a Thursday and Friday will. Those who listen to my show, Around With a Ranger, will know this work is as varied as the communities in Aberdeen. From early years site development to garden work to path maintenance and general repair work, we try to do it all. This means I will never be too far away so please feel free to contact me on [\[aberdeency.gov.uk\]\(http://aberdeency.gov.uk\) if you have something we may be able to help with. Remember, our team may be small but we do cover most of Aberdeen!!!](mailto:lochinch@</p></div><div data-bbox=)

I would like to take this opportunity to thank all those I have worked with and for in the community. I have truly enjoyed it from start to finish and have appreciated the support I have received when it came to pushing for funding (Miss Demeanour and Mrs Porter especially!!) throughout the time here. I am often told how much people appreciate the effort I make but I have only been able to do this as a result of all your enthusiasm and dedication to your own community and clients; to not give 110% as you do would be a disservice to all of you who do so day in and day out.

All the best and see you around.

Stephen

DO YOU KNOW A VULNERABLE PERSON?



GRAMPIAN FIRE AND RESCUE SERVICE CAN HELP

In recent years it has become very obvious that many of the people who are dying or being seriously injured in house fires are dealing with other issues in their lives.

We can all get caught out at certain times, particularly after a couple of drinks, when we're tired or if we get distracted but unfortunately there are some people at a higher risk from fire every day of their life.

A vulnerable person may be unable to react to a fire or a

smoke detector going off. They can also be less capable of preventing a house fire. There are many reasons or combination of factors that makes a person more vulnerable, including:

- **Drink or drug abuse or dependency**
- **Strong medication and prescription drugs**
- **Age related illness e.g. dementia, Alzheimer's**
- **Sensory impairment**
- **Mobility problems**

Some vulnerable people are not known to support agencies but they will have friends, relatives, neighbours or work colleagues that are aware of their situation. YOU may be the only person that can help them; YOU may be the only person they will listen to. If you have concerns, please contact Grampian Fire and Rescue Service on **01224 788758** for advice.

Inspector Stewart Mackie Northfield Local Policing Team



He joined Grampian Police in 1994 and has worked in Banchory, Ellon and Huntly. He has worked in Roads Policing as a patrol officer, motorcyclist and Head of Driver Training as well as several years as a Detective Sergeant within Aberdeen City. He has previously been the

Mastrick local policing Inspector but most recently he was the Detective Inspector in Elgin with responsibilities for serious and organised crime.

On October 14th, 2012, he transferred to Northfield as the Local Policing Inspector.

He is committed to tackling antisocial behaviour across Northfield, particularly in relation to youth annoyance at the Byron Square shops, which residents have highlighted as a particular concern. His team and their partners are currently involved with Operation Castle, which is aimed at tackling antisocial behaviour around this area and they have seen some positive

results which they aim to build on.

He also intends to tackle drug abuse in their community, as substance misuse has far-reaching effects across their entire community.

With this in mind, he would urge people to come forward with their concerns as the information they receive from local people is often the most valuable. By working together, their local policing team and residents of Northfield can improve their community for everyone.

If you have any issues you want to raise with your local policing team, contact the **Service Centre** on **0845 600 5 700**.

Northfield Neep

(A Pensioner and his Garden)

I took a quick look back to June 12th and straight away discovered very little difference occurred to alter the wording "where does all the water come from". However not wishing to tempt "Lots" wife in looking back as she did, I'm taking up a positive stance and cleared out the greenhouse and dug over the earthy parts with the thought of spring 2013 uppermost in my mind.

I of course dug up my two drills of second early tatties and emptied my two bags of similar tatties - I was pleased with the result of tatties grown in bags - and made a note to increase the amount of bags next year. Elsewhere in my plot, although the onion sets would not have won even a booby prize in a garden fete, they will however be fine in my mince and tatties (large portions - gannet). I will say no more about my other efforts in the veggie plot, except to blame the weather and hope for a drier 2013.

Being late planting my greenhouse tomatoes, they never came to much but a kind neighbour has been giving some of his crop which I have been laying on my window alongside an apple to help them turn as they were slow in turning due to lack of heat this summer - lovely red (gardeners delight) and yellow (golden sunrise) varieties. Hope to get tomatoes planted earlier next time and with a

bit of luck the weather will be kinder. Despite the wet weather this year my plants and bulbs flourished and gave a nice variety of colour and scent to the garden borders. Hydrangeas and summer bedding did well despite the rain and hanging baskets have been cleared out ready for spring 2013.

My thoughts for next year are been influenced more by lower maintenance - but no doubt when the time comes I'll just get the spade and grape out and get cracking as usual. Meantime, it's sweeping up dead leaves and attending to toilet duties, after my daily from the CAT neighbours also feeding the bird population going with peanuts and fat balls which keeps me reasonably swack (groovy). I'll finish by casting my memory back a good few years when there was a Northfield in Bloom garden competition and was wondering if it could be resurrected to give us fellow gardeners the chance to show what can be done. With the pride we can get with our gardens, perhaps the community council may be interested in looking into this and possibly making an annual event once more. Till next time, I wish you a restful change from the garden and enjoy the winter break.

Until next time - Merry Xmas!

Mr Northfield Neep

Northfield Community Centre

character

education

life skills

recreation



Signing of the Lease



Well the signing of the lease for the centre took place on Mon 15th October at the Bruce Room in the Town House. It was a great setting and it was all very relaxing.

Thanks especially to the council officials who were on hand to ease us through the process and take us for a cuppa after it was all over.

We were very proud and honoured to do this for the people of our community. The Management Committee

see this as a positive move forward for the users - new and old - who use the centre.

Let me introduce you to them.

Jacqui Innes - Chairperson

Irene Paul - Secretary

Alison McInnes - Treasurer

Alex Cain,

Kevin Kerr

Sandra Davidson

Martin Morrison,

Karen Steele

Keith Patterson,

Debora Wilson

Although the centre has a busy programme we are always on the look-out for new/old groups and it is hoped to resume the Pensioners' Group, if we can find someone to help get it going.

And the Coffee bar will soon be up and running, "So ye kin pop in hay a cuppa and a blether.

The Centre is also available for private hire, be it parties, coaching sessions or seminars - we've done them all.

And now the centre is run entirely by **VOLUNTEERS** we are always looking for more, so if you are interested in becoming a volunteer or hiring the centre then give us a call on:

Office - 01224 695 416

Mobile - 07906 674 294

Please leave name and number and we will get back to you.

Community Energy Challenge

Rising fuel costs means that saving energy is a good move for everyone. Save energy and you'll help the environment and reduce household bills at the same time. It's an ideal time to get the best gas and electricity deal and find out how to save energy in your home.

Helen McCulloch is an Energy Adviser with Grampian and Langstane Housing Associations who is working on a government funded project called the Community Energy Challenge. The project is designed to help housing association tenants use energy more efficiently and cut down on gas and electric bills.

Speaking about the project, Helen said "With rising energy prices we are keen to help tenants avoid slipping into fuel poverty. Often it's a case of

checking that people are on the best gas and electricity tariffs and advising on how to use their heating systems. Even turning heating down by one degree could cut bills by up to 10 per cent and typically saves households around £50 per year. Our aim with this project is to make energy advice affordable and easy to put into practice."

Helen will be working in your area to help you to reduce your fuel bills and reduce your carbon footprint.

The Community Energy Challenge aims to:

- Provide advice on how to reduce your fuel bills and your carbon footprint
- Assist where fuel debt may be an issue
- Offer energy advice
Check that you are on the best

gas and electricity tariffs to suit your lifestyle.

- Maximise your income
Advise on how to keep warm during the winter months
Advise on the **SSE (Scottish Hydro) Free Appliance Scheme**. This is a scheme run by the utility companies to assist low income/vulnerable tenants with free kitchen appliances such as a cooker or washing machine.

If you are tenant of Grampian or Langstane Housing Associations and find your home hard to heat, feel you are paying too much for your fuel or having problems paying for fuel, please call Helen on **01224 202967** or email energy@grampianhousing.co.uk. All advice is free and confidential and arrangements can be made to visit you in your home.

Aberdeen City Voice

Add your voice to the hundreds of residents already making a difference in aberdeen!

Aberdeen City Voice is a panel of Aberdeen City residents. We contact them on a regular basis to ask for their views on a wide range of issues that affect the community. At the moment around 1000 residents are on the City Voice Panel and we send them 3 questionnaires a year. The City Voice is supported by Aberdeen's Community Planning Partnership so it covers a wide range of topics.

Its very important that the panel represents the whole of

Aberdeen's population so we are now calling for more panelists to join. The results of these questionnaires are used to shape policy, measure performance and plan future service delivery. Basically, it tells the service providers what they are doing right and what they could be doing better.

Panel members also receive a copy of a newsletter that updates them on past City Voice questionnaires and more importantly, what the service

providers are going to do with the results.

If you want to make your voice heard on a wide range of issues affecting your community, please contact Philippa Mason, City Voice Co-ordinator on cityvoice@aberdeencity.gov.uk or **01224 522935**.

Alternatively, you can find out information and access the questionnaire on www.aberdeencityvoice.org.uk



Northfield and Cummings Park go 3D

In October a large white dome appeared outside Northfield Community Centre - this was not an alien invasion but rather a more mild-mannered art invasion. The dome and the accompanying art workshops were set up to launch Creative Communities in Northfield and Cummings Park.

Creative Communities is Arts Development, Aberdeen City Council's programme of inventive & inspiring art projects for residents of the City's regeneration areas of Northfield, Cummings Park, Middlefield, Tillydrone, Woodside, Seaton & Torry and is funded by the Fairer Scotland Fund.

Throughout November there were free sculpture

workshops lead by artist Craig Barrowman, with support from Arts Development staff and volunteer Vicki Shennan, who is a student of Gray School of Art. Taking part were an adult drop-in group, nursery and primary-aged pupils from Bramble Brae School, S2 pupils from Northfield Academy, local youth groups from Northfield and Cummings Park, Northfield Community Centre's children's club for 5-12-year-olds and a group Grandparents as Parents – and they contributed to the 'Here's one I made earlier' event which took place on Saturday 24th November.

The event showcased all the artwork produced during the project, offered new art activities

for people to take part in and gave information of further arts and cultural opportunities. It saw the return of the dome, adorned with a new set of pictures and collages. The event was a great success and was enjoyed by all ages.

Any of the Creative Communities events and adult workshops can be attended by anyone from any of the regeneration areas. The initiative runs until the end of April with projects in:

Woodside 19th January
23rd February 2013

Middlefield 16th February
23 March 2013

Seaton 16th March
27 April 2013







SHMU TV UPDATE

October saw the Youth TV crew make their first broadcast from the Tillydrone TV studio. Young people from across the regeneration areas came and took part in an intensive training course which ended with a LIVE broadcast.

The young people also worked alongside artists from Creative Communities and designed a Youth TV logo and created a fantastic graffiti background for the TV studio.

The Youth TV group met on Monday 19th November at 6pm for the first of their new weekly sessions. Planning for their Christmas extravaganza is now well underway.

There is a wide range of opportunities at shmuTV for young people and we are always interested in getting involved with community events. If you would like to be part of our Christmas show please get in touch.

We are always looking out for new members of our shmu crew and if you would like to come along and take part please get in touch with us at tv@shmu.org.uk

You can also watch our recent work at <http://www.youtube.com/watch?v=UsWeJhMX41g> or check out our facebook page - shmu tv

SHMU TRAIN

We are now recruiting for the next Positive Transitions course which will be starting in January 2013. We will be running taster sessions and interviews before Christmas so get in touch now if you are interested or just want to find out more. Please contact **Michelle**, our Employability Worker, on **01224 515 013** or michelle@shmu.org.uk. Positive Transitions offers a 12-week training course for those aged **16-19** who are not in education, employment or training.

This programme encompasses a range of digital media modules which have been developed by SHMU; radio, video and music production. These modules are used not only to engage young people in a dynamic and different way but also to build employability skills such as communication, research, team work and confidence building. The employability module focuses on fully preparing participants to move on to, and sustain, employment, education or further training, by focusing on team building, industry sector awareness, job search, CV preparation and interview skills. Trainees completing the 12-week course will achieve an SQA Employability Award.



SHMU SOUND

SHMUSOUND LAUNCHES WITH NORTHFIELD BAND

The **shmuSOUND** project has been a long time in the planning but we are delighted to say work in the recording studio is now underway – and our first band through the doors was from Northfield.

Funded by Creative Scotland, **shmuSOUND** is your route to launching a career in music - offering expert tuition, advice and recording time to young musicians, all free of charge. Over the next year we will be working with more than 25 local groups and solo artists, who will each take part in a set of tailor

made workshops and will get to record a demo in our industry standard recording studio.

Our first band on the project was Without Reason, a 5-piece metal band hailing from Northfield and featuring one very noisy line-up! They have been in a recording studio before, but said they were blown away by the facilities on offer and the quality of our tutors and sound engineer.

Places on the **shmuSOUND** project are limited, but we are still looking for people to get involved, so get in touch if you are interested. To qualify,

applicants must be aged **14-25** and these free sessions are available to those who live in Northfield and Cummings Park. We are looking for all genres of music, so no matter whether it's hip-hop, metal, indie, classical or if you're a ten-piece soul band with a brass section and a xylophone, we want to help launch your music career.

To apply, or to find out more, get in touch with **Stevie Kearney** by calling **515013**, emailing sound@shmu.org.uk or you can find **shmuSOUND** on Facebook.

COMMUNITY CONTACTS

Alcohol

Alcoholics Anonymous **0845 769 7555**
Drinkline **0800 917 8282**

Benefits

Benefits Agency Advice Line **0800 587 9135**

Crime

Crimestoppers **0800 555 111**

Drugs

FRANK – National Helpline **0800 776 600**

Dentist

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

Doctors

NHS 24 Emergency **08454 242 424**

Electricity

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

Family Planning

Square 13, Support & Advice **01224 642 711**

Gas

Gas Emergency **0800 111 999**
Gas Emergency with a Meter **0845 606 6766**

Housing

Emergency Repairs **01224 480 281**
Call Centre Emergency **0845 608 0929**

Police

Non-Emergency **0845 600 5700**

Samaritans

Need to talk **01224 574 488**

Social Work

Social Work Duty Team **01224 765 220**
Emergency Out-Of-Hours **01224 693 936**

Young Carers

Support & Information Service **01224 625 009**

Water

Scottish Water Emergency **0845 600 8855**

Alkohol

Anonimowi Alkoholicy **0845 769 7555**
Problemy z alkoholem **0800 917 8282**

Zapomoga

Agencja doradztwa w zapomogach **0800 587 9135**

Przestępstwa

Przeciwdziałanie przestępstwom **0800 555 111**

Narkotyki

FRANK – narodowa linia pomocy **0800 776 600**

Dentysta

Nagle wypadki **01224 558 140**

Lekarze

Nagle wypadki **08454 242 424**

Elektryczność

W wypadku odcięcia energii elektrycznej **0800 300 999**

Planowanie rodziny

Square 13 wsparcie i doradztwo **01224 642 711**

Gaz

Nagle wypadki **0800 111 999**
Nagle wypadki w związku z licznikiem **0845 606 6766**

Pomoc mieszkaniowa

Nagle naprawy **01224 480 281**
Centrum pomocy **0845 608 0929**

Policja

Zgłaszanie przypadków nie wymagających nagłej interwencji **0845 600 5700**

Samarytanie

Telefon dla potrzebujących rozmowy **01224 574 488**

Praca społeczna

Dyżur pracowników społecznych **01224 765 220**
Nagle wypadki poza godzinami pracy biura **01224 639 936**

Pomoc w karierze

Wsparcie i informacje **01224 625 009**

Woda

Nagle wypadki **0845 600 8855**