

# cumming north

Winter Edition 2011



Now printed in  
full colour

## **Clean it Up!**

Northfield youngsters  
take action.

## **Transition Extreme**

Mission to improve skate  
facilities at Allan  
Douglas Park

## **British Heart Foundation**

National Wear Red Day

## **Access Points**

The Council face in  
the community

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## EDITORIAL

**Hello, and welcome to the Winter 2011 issue of Cumming North. We are striving to publish three editions a year now, so the past few weeks have been hectic as those of you involved with creating the magazine will be aware.**

Cumming North is a way for anyone from Northfield or Cummings Park to tell others about what's going on, or as a way to make your own voice heard.

Thank you to those who have submitted articles, worked on designing the magazine and chased up people for articles. Your hard work is very much appreciated! Anyone who wishes to submit an article for the next issue is more than welcome to do so. If you are involved in anything that you think others in the area would be interested to hear about, please let us know.

If you would like to become involved and live in either Cummings Park or Northfield there are many aspects to creating the magazine which you could help with. Just get in touch and training will be arranged. Please contact:

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CITY COUNCIL**

# NORTHFIELD LOCAL POLICING TEAM **UPDATE**

**Inspector Stuart Ord, of the Local Policing Team for Northfield, is delighted to announce the recent arrival of three new Sergeants to the area. This article provides a background to each of the new team Supervisors who are all pleased to be given the opportunity to serve the local communities of Northfield, Heathryfold, Middlefield and Cummings Park.**



**Sergeant G8901  
Steven Gillies**

*"I joined Grampian Police in 1989, and was initially stationed at Byron Square in the Police Box situated there, which is now 'The Cell'. I thereafter served at various locations within Aberdeenshire, including Banchory, Fraserburgh and Ellon before returning to Aberdeen in 1999 on promotion to the Sergeant rank.*

*I have served mainly in the operational uniformed role although I am heavily involved in the Public Order Unit of the Force, where I fulfil the role of Instructor and Tactical Advisor.*

*I joined the Northfield team on 6 June this year, and I have enjoyed making my presence known through attendance at the Community Council. I am thoroughly relishing the prospect of serving the people living and working in the area.*

*I have a close affinity with Northfield as members of my immediate family live within the area covered by the Local Policing team"*



**Sergeant G8807 Gary Innes**

*"I joined Grampian Police in April 1988, and spent the first years of my service working in Elgin and Cullen.*

*In 1995, I joined the Force Traffic Department, where I performed road patrol duties and specialised in Collision Investigation and Instruction in Speed Detection Equipment. Overall, I spent 10 years in this department, stationed at Banff and Inverurie, and latterly as Temporary Sergeant at Nelson Street and Inverurie.*

*I was promoted Sergeant in January 2005, transferring to Aberdeen where I worked at Queen Street, Tillydrone, the Mobile Support Unit, and as the Divisional Training Sergeant, where my role involved the training, development and welfare of Probationary Constables.*

*I was actually brought up and educated in the Northfield area, attending Cummings Park Primary School and Northfield Academy*

*In July 2011, I became a member of the Northfield Local Policing Team and I am delighted to be working in the Northfield area where I can serve the residents of the community in which I was raised"*



**Sergeant G9105  
Andrew Jamieson**

*"Joining Grampian Police in 1991, I have served equal time of my 20 years service in Aberdeen City and Aberdeenshire. The majority of my career has been working in operational uniformed posts at Queen Street, Nigg and Torry, and in Aberdeenshire at Inverurie, Westhill and Banchory.*

*I was promoted Sergeant in 2007, and my post immediately prior to coming to Northfield was the Partnership Development Sergeant for Aberdeenshire. This involved working with a number of partner agencies including health, education and social work, with the aim of improving the quality of life for residents.*

*I have a specialist interest as an Oil Liaison Sergeant - working with the emergency services and oil companies training for offshore incidents.*

*On 23 October 2011, I returned to Aberdeen to work from Manor Park Police Station. Community focused policing is at the heart of everything we do and I look forward to meeting the residents of Northfield in due time"*

**As always, the team can be contacted in person at their office adjoining the Manor Park Primary School on Danestone Circle, by e-mail at [myloclapolicingteam@grampian.pnn.police.uk](mailto:myloclapolicingteam@grampian.pnn.police.uk) or by telephone on 0845 600 5 700.**



**Northfield Parish Church, Byron Square**

# Christmas events



- Sat 10 Dec** 12noon in Church Hall - Christmas Soup & Sweet Lunch £4
- Sun 11 Dec** 10.30am in Church - Community Carols led by Northfield Community Band. Teas, mince pies & sweets for children provided by Northfield Community Council in Church Hall afterwards.
- Sun 18 Dec** 10.30am in Church - Christmas Celebration for all ages.
- Sat 24 Dec** 7pm in Church - Christmas Eve Carols for all. Get ready for tomorrow in the best way possible.
- Sun 25 Dec** 11am in Church Hall - Christmas Day. Bring your presents to show others.
- Sun 1 Jan 2012** 10.30am in Church Hall - New Year's Day. Start the year right.

You will be made very welcome at any of the above events. It will be great to see you and your family this Christmas and to celebrate with you the birth of God's Son Jesus. Have a wonderful Christmas and all the best for 2012.

**Scott Guy (Minister)**

## word search

M	C	Z	U	R	D	S	K	M	F	B	K	T	F	C	G	J	K
H	P	P	O	Z	M	E	R	R	Y	E	N	A	X	N	U	F	I
T	R	E	E	Q	V	Y	H	B	P	L	H	N	J	K	R	B	X
B	G	R	E	I	N	D	E	E	R	L	O	U	L	N	D	P	X
O	U	Z	N	F	C	Y	Y	T	L	S	Z	E	S	Q	V	B	O
L	R	Y	O	B	L	A	R	Q	Z	U	Z	P	T	S	R	B	S
G	I	H	O	G	D	U	O	L	H	V	R	M	T	F	E	O	M
S	H	W	K	I	G	T	A	O	O	E	K	H	B	S	D	T	Q
S	I	Q	L	C	G	B	L	O	O	R	G	I	N	U	L	W	N
A	M	O	C	H	K	L	G	E	H	I	A	H	P	B	L	V	V
N	H	Z	L	R	Y	F	Q	A	L	N	F	C	W	G	D	Z	A
T	T	P	M	I	A	I	P	S	U	D	C	N	I	F	U	Z	G
A	Y	K	P	S	Y	P	W	E	N	B	I	F	D	G	F	P	S
S	C	D	N	T	Y	A	E	Q	F	O	T	F	Z	F	W	W	L
G	T	Y	N	M	H	J	D	J	D	S	W	E	R	F	V	B	K
I	Q	C	I	A	K	N	E	E	R	G	E	A	W	O	R	I	S
Y	U	G	H	S	C	A	V	J	S	D	T	O	F	Y	O	Z	G
V	L	I	L	E	B	K	Q	F	A	S	H	I	J	I	R	J	B

- Christmas
- Holiday
- Happy
- Star
- Santa
- Tree
- Lights
- Carol
- Bells
- Gifts
- Snow
- Reindeer
- Red
- Green
- Merry
- Candy



# Christmas cake

No Christmas is complete without a classic Christmas Cake. This Christmas cake recipe may look complicated but is easy if you prepare and weigh all the ingredients and line the tin before you start. A Christmas cake can be made 2 months before Christmas for it to mature and to be fed at regular intervals with brandy. If you are making it later, don't worry, it will still taste good.

Note: If you have time, you can also soak the dried mixed fruits the night before in a little extra brandy and proceed with the recipe next day, as it creates an even more moist cake.

## For this recipe you will need:

- 1lb 2oz/525g currants
- 8oz/225g golden raisins/sultanas\*
- 8oz/225g raisins
- 4oz/110g mixed candied peel, finely chopped
- 6oz/165g glace cherries, halved
- 10oz/300g all purpose or plain flour
- Pinch salt
- ½ level tsp mixed spice \*\*
- ½ level tsp ground cinnamon
- ½ level tsp freshly ground nutmeg
- 2½ sticks/300g butter, slightly softened
- 10 oz/300g soft brown sugar
- Zest of ½ lemon
- 6 large eggs, lightly beaten
- 3 tbsp brandy, plus extra for feeding

## Preparation:

Heat the oven to 300°F/150°C/Gas 2

The temperature is low as the cake needs a long slow bake. It is packed with sugars, fruits and brandy and if the temperature is any higher the outside of the cake will burn and the inside be undercooked.

Line a 9 inch cake tin with 2 thicknesses of parchment or greaseproof paper. Tie a double band of brown or newspaper paper around the outside. This acts as an insulator and to prevent the cake from burning on the outside.

In a large roomy baking bowl mix the currants, sultanas, raisins, peel and cherries with the flour, salt and spices.

In another large bowl cream the butter with the sugar until light and fluffy. Stir in the lemon zest. Add the beaten egg to the butter mixture a little bit at a time, beating well after each addition - do not try to rush this process as the mixture could curdle. If it does curdle simply add a tbsp of flour and mix again, this should bring the mixture back together. If it doesn't come back together, don't fret, the cake will still be delicious.

Carefully fold in half the flour and fruit into the egg and butter mixture, once incorporated repeat with the remaining flour and fruit. Finally add the brandy.

Spoon the cake mixture into the prepared cake tin making sure there are no air pockets. Once filled smooth the surface with the back of a spoon and make a slight dip in the centre (this will rise back up again during cooking and create a smooth surface for icing the cake).

Finally, using a piece of paper towel clean up any smears of cake batter on the greaseproof wrapping, if left on they will burn, and though it won't affect the cake, it doesn't smell too good.

Stand the tin on a double layer of newspaper in the lower part of the oven, if you have a gas oven ensure the paper is well away from the any flame, and bake for 4½ hours. If the cake is browning too rapidly, cover the tin with a double layer of greaseproof or parchment paper after 2½ hours. During the cooking time avoid opening the oven door too often as this may cause the cake to collapse.

After 4½ hours check the cake is cooked. The cake should be nicely risen and a deep brown all over. Insert a skewer or fine knife into the centre of the cake. If there is sticky dough on the skewer when you pull it out it needs cooking longer, if it is clean, the cake's done and remove from the oven.

Leave the cake to cool in the tin on a wire rack for an hour, then remove from the tin and leave to cool completely. Once cooled prick the surface of the cake with a fine metal skewer and slowly pour over 2 - 3 tbsp brandy. This feeding should be repeated every two weeks up until Christmas.

The cake should be stored wrapped in greaseproof or parchment paper in an airtight tin. The cake can be iced a week or two before Christmas, or served as it is and is delicious with a piece of Wensleydale Cheese.





## A Christmas Message from Grampian Fire and Rescue Service

At this time of year, many of us will be preoccupied with purchasing gifts, decorating our homes and entertaining visitors and friends. We want everyone to enjoy a safe and happy trouble free Christmas. The following information will give you some points on keeping your home and property safe over the festive period.

Statistically you are 50% more likely to die in an accidental house fire during the festive period than at any other time of the year.

63% of house fires in Grampian start in the kitchen. The risk of a fire occurring in your kitchen increases considerably after alcohol has been consumed. Fire starts when your attention stops. Never leave cooking unattended

Only use Christmas tree lights that conform to the British Standard, if in doubt have your lights replaced. Always switch Christmas tree lights off and unplug them at night and when the room is going to be unoccupied for a lengthy period of time

Never place candles near your Christmas tree or furnishings. Never leave burning candles unattended and always ensure

that they are in proper holders so that they can't fall over

Sadly, during last year's festive season in Grampian, 25 households had nothing to celebrate. They all suffered the trauma of having a fire in their home, which could have been avoided.

**Fire does not respect Christmas - celebrate safely, be safe not sorry.**

### Northfield Neep - *A pensioner and his garden*

#### **Hello gardeners,**

I can't help thinking that in 2010 I wrote about a good spring followed by a not so good summer and here I am doing the same thing in 2011. Thank goodness however that nature isn't upset by those conditions, and that the garden coped well yet again. The tatties in the bags were reasonably good but not enough to go down to the square to try to make a bob or two, the tatties planted in the soil fared much better and I have ate them all (gannet) with a bit rotation for next year I will be looking for a repeat performance. The Rhubarb I planted in 2010 came away fine this year they were a wee bit slow to get cracking but at the right time they were an

enjoyable addition to my plates of custard (gannet).

The leeks and onion sets responded well to the weather conditions and there are still a number of sets drying nicely in the greenhouse, the leeks being sturdier are still growing away in the ground. My only failure was in the beetroot patch, this was my fault failing to sow the seeds at the correct time and I will make sure this will not be repeated next year.

In the flower side of things the Hydrangea bushes and roses both put on a good show the mop heads are still showing colour and my yellow floribunda proudly producing attractive displays.

The butterfly bush attracted many red admirals which were a source of much interest and pleasure, the other perennials responded well to the weather patterns making one think of sharpening the shears for their annual cut etc, The greenhouse is now all quiet now but was all hussle and bussle with a great display of lovely juicy cherry tomatoes but my bigger tomatoes were not as good with quite a few ending up in the green bin. Now with night's drawing in we will all have time to sit back and reflect on what might have been (only if I'd done this...) a well-earned rest before spring challenge comes around so enjoy your break.

**Mr N. NEEP (gannet)**



# Westerton's Land Art Collage

## The Wilds of Westerton

Service Users from 17 Westerton Crescent created a land art collage for the North East Open Studios (NEOS) event that was held throughout September at various venues across the North East. VSA's Easter Anguston Farm was a NEOS venue for the 3rd year running and the Westerton artists were proud to display their collage alongside the works of professional artists, charity groups and other VSA Service Users.

To create the collage we used materials from the land that we

found in our garden and the local parks to make a piece of land art inspired and created by nature. The Service Users decided to make their collage have a jungle theme, with animals, birds, trees and water all represented within the piece. We found the whole process of collecting materials and creating the collage to be a therapeutic and enjoyable experience and we are already thinking of ideas for next year's exhibition!

The Westerton Service Users had a chance to visit their collage at

the exhibition and were pleased to discover that someone had bought it which was a great boost to their self-esteem.

One of the Westerton artists commented on their involvement in the project: "Me and my co-key worker found leaves in the garden and thought we could use them. We added more to the art project and hoped that people liked it. Some people did say that they liked what we had done. Someone actually bought it which was fine!"

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## Northfield Lodge

All the staff and Service Users at Northfield Lodge would like to extend their warm thanks to everyone in the local community who helped us collect old clothes and bedding to help us raise money for new furniture for Northfield Lodge.

One of the Service Users commented that they were amazed how many bags of clothing had been dropped off and that they even had a clear out of their wardrobe to help also.

The Service Users have decided to use the money raised to buy a

new sofa for their TV lounge as well as a bench for the garden and a bird table so that they can feed and watch the birds on the nice weather days.

We would like to invite everyone in the community to our next fundraising event, a Christmas Fayre, being held at Northfield Lodge on Saturday 3rd December between 11am and 1pm. This event is a collaboration with 17 Westerton Crescent to help us both raise funds for different items to enhance existing and create new

areas for the Service Users to enjoy - for example a relaxation room, games/computer room and a crafts/art room.

By creating Christmas cards and decorations with the support of staff, the Service Users plan on selling these at the fayre along with their home bakes, a bottle stall, massive hamper raffles, a tombola and a whole host of other items and entertainment which will hopefully make the day a lot of fun for all who attend.

All donations welcome please!!

# CLEAN IT UP

## NORTHFIELD YOUNGSTERS TACKLE DOG FOULING

On 1st September this year, Soozy Lai from the Aberdeen Play Forum teamed up with a group of children and a mum, local to Marchburn Park in Northfield. The crew were fully kitted out in protective clothing, before beginning their work of spray-painting "Clean It Up!" stencils on to the ground at the entrances to Marchburn Park, which is situated between Marchburn Crescent, Westerton Crescent, Waulkmill Crescent and Bannerman Place.



Dog's dirt is not only smelly and unpleasant, but can be very dangerous too, particularly for young children. Young children love to get hands-on and roll around, this is vital for their

development. A child's hands can easily come into contact with dog's dirt, if a child then touches their mouth or has a snack before washing their hands, they are in danger of Toxocariasis. Toxocara Roundworms can be found in dog and cat faeces, they can lead to severe illness and even cause blindness. Many people know of children who have become blind because of dog's dirt where children play.

Dog fouling is a huge barrier for children playing in Aberdeen. The Aberdeen Play Forum received special permission from Children's Play Area Department, Aberdeen City Council. If they have the desired affect of getting dog-owners to pick up their dogs' mess, we may see more stencilling appearing in problem areas; there has been a great deal of interest so far.

Soozy is absolutely delighted to say that, since the stencilling in Marchburn Park, she has not had to clear up any dog's mess at all! Previously, the quantity of dog's mess removed from this area



on a weekly basis was frankly shocking, so this has been a massive turn around... thank you very, very much to local dog owners for making this incredibly valuable and much appreciated effort to keep a clean and safe play space for local children to play!!

**PLEASE CLEAN UP AFTER YOUR DOG AND ENCOURAGE OTHERS TO DO THE SAME.**

**PLEASE ENCOURAGE YOUR CHILDREN TO PLAY OUTSIDE (IT'S VERY GOOD FOR THEM!), BUT ALSO REMIND THEM TO WASH THEIR HANDS THOROUGHLY WHEN THEY REACH HOME AND BEFORE THEY EAT.**





# transition extreme

Over the past two years, Transition Extreme have worked successfully with Northfield Community Centre and local young people aged roughly between 10 and 15 to get their skatepark in Allan Douglas Park up to scratch and better used. This has worked really well and has also led to a select few becoming 'custodians' of the park. This means that they take some responsibility in maintaining the park, making sure that the ramps and jumps are safe and free of glass and that people are using the space responsibly.

Jamie McLennan, Development Officer for Young People in Aberdeen states he has seen a huge increase in youngsters taking responsibility for themselves and the park, clearing up debris and sharing with each other. Colin Wright who works in the Community Centre has also been more aware of young people helping clear the site now and felt that previously the site was pretty much unused.

We have now run our third successful programme on Friday evenings where Transition Extreme staff are available to teach BMXing and skating skills and are looking forward to running at least another two programmes in the New Year.

One of our successes has been that more and more new people are coming forward to get involved. We are always looking for anyone who thinks that they can help us, to contact the Project Coordinator at Transition Extreme on 626279. We would particularly like to hear from young people who are interested in Skating or BMXing, but would also welcome input and support from adults in the area who feel that they could help somehow also. Transition Extreme is an award winning charity and social enterprise which aims to assist young people in the transition from childhood to adulthood by providing innovative opportunities.

# Aberdeen Boxing Club

The club is open Monday and Wednesday's from 6.30pm till 8.30pm and there is a lady's only class from 7 till 8 pm both nights the starting age is 9 and upwards. All welcome advice given on all aspects of fitness and nutrition for men and women of all ages.07809889030 for details or [www.aberdeenboxingclub.co.uk](http://www.aberdeenboxingclub.co.uk)



**Regards, Kevin**

# Auchmill Golf Club

Auchmill Golf Club can offer Greenfee Membership at £430.00 starting now until the 31st March 2013.

If you are interested call Gordon Graham on 07736 329 751 or e-mail [gordon.graham@scotoil.co.uk](mailto:gordon.graham@scotoil.co.uk) or you can collect a form from the clubhouse, complete this and return with your remittance along with two passport photographs.

You can also pay in instalments through Premier Credit, £110.00 deposit and 4 quarterly payments of circa £89.00. Would make an ideal Christmas or Birthday present.

## WINTER GOLF

Summer greens will be utilised throughout the winter unless conditions are unsuitable for play to summer greens, at which time the course will move to temporary greens.

Round Ticket - £10.00  
Senior Ticket/A2L - £7.50  
Student & Junior - £5.00

Greenfee Paying Members  
Guest £5.00 Monday to Fridays only.

**WEEKEND SPECIAL - RETURN YOUR PAY & PLAY TICKET TO THE CLUBHOUSE AFTER YOUR ROUND AND GET A FREE PLATE OF SOUP.**

**20TH NOVEMBER**

**18TH DECEMBER**

**15TH JANUARY**

**18TH FEBRUARY**

**19TH MARCH**

**TEXAS SCRAMBLE ON THE 3RD SUNDAY OF EACH MONTH.**

**ENTRY FEE FOR TEAM OF 4 PLAYERS; MEMBERS £30.00 PER TEAM; NON MEMBERS £40.00 PER TEAM**

**Also includes free bowl of soup when finished round on presentation of your ticket.**



## Outerspace

**Outer space is not a disgrace**

**Unless you meet an alienface to face**

**The sun is so bright**

**Except at night**

**Rockets search and rockets speed**

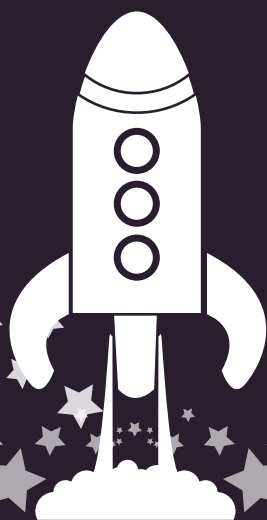
**Spacesuits in space, humans need**

**Pluto is the smallest of them all**

**All of the planets are shaped like a ball**

**Collins, Aldrin and Armstrong first on the moon**

**Everyone hoping they get there soon**



# Councillors Comments



## Cummings Park Community Flat

During a Board Meeting of the Fairer Scotland Board I was disappointed to hear that the Cummings Park Community Flat was no longer the hub of the community it once was.

When we heard the story we identified funding to provide a co-ordinator for the flat every afternoon to help improve the facility.

I went along on 14th of September to an initial Community Engagement Event to see how the Flat was progressing. Northfield and Cummings Park has not received monies that it is entitled to so if you feel you have a project that could benefit from the fund please see the website on [www.communityplanningaberdeen.org.uk/Internet/Funding/FSF](http://www.communityplanningaberdeen.org.uk/Internet/Funding/FSF) or contact me, Gordon Graham at [ggraham@aberdeencity.gov.uk](mailto:ggraham@aberdeencity.gov.uk)

## Aberdeen Safer Community Trust – Safe Team

As many of you will know I am a member of Aberdeen Safer Community Trust and a Safety

Manager by profession and I am deeply committed to preventing accidents both in the workplace and at home.

During September I had the opportunity to attend the Safe Team project at the Gordon Barracks. For those of you who have not heard of the scheme it was started nearly twenty years ago by Grampian Police and partners and provides — scenarios with examples of safety issues such as a kitchen fire; overhead electricity and substations; road scenes etc which children can view, ask questions about and make comments on, what they or their pals should have or should be doing in such circumstances.

The Aberdeen Safer Community Trust now co-ordinates the two week project with partners, schools and children and do so very well. How many lives have been saved and/or how many serious injuries have been prevented has not been calculated but I am convinced of the value of a project which carries out such a process and importantly allows children to enjoy themselves. One of our main aims is to have a permanent site for our safety centre Risk Ready.

Regards

Gordon Graham

## SNOWFLAKE

**S** now is falling all around us

**N** ever go outside without your gloves, scarf and your hat

**O** n our sledges we glide through the snow

**E** xcept at night

**W** e are building a snow man with a big nose

**F** lakes are very small and they melt when you hold them

**L** akes turn into ice when it is winter and people skate on it

**A** cup of hot chocolate when we get home because we are very cold

**K** ool, kool fun we had today

**E** very day should be a winters day

welcome

**> Our Council Vision**  
"We will be recognised within the city and more widely, as being a leading Council in Northern Europe by 2010."  
Our six values are:  
• Ensuring total commitment to customer care  
• Fostering a workplace where every employee is valued and given the opportunity to play a full part  
• Raising performance to a higher standard  
• Delivering modern, effective, efficient and accessible services to the people of Aberdeen  
• Providing strategic leadership for the community  
• Encouraging community engagement

# Access Points

*The council face in the community.*

## **Do you know about the Customer Access Points?**

There are three Customer Access Points in Aberdeen situated in Kincorth, Mastrick and Woodside. They are a gateway to a wide range of council services for the residents of Aberdeen; the accessible face of the council in our communities. At the Customer Access points we try to deal effectively with any requests and enquiries to your satisfaction giving you answers immediately where possible.

Using a Customer Access Point residents are able to pay their rent and council tax, report a housing repair and buy school dinner tickets all in one trip. This is obviously a huge benefit for the cities residents; however it is not only convenience that the Customer Access Points can deliver:

### **Multiple services on offer**

There is a huge range of services on offer, including:

- Additional waste bin applications
- Applying for Disabled

- Badges (Blue and green)
- Applying for Access to leisure
- Applying for an Accord Card /National Entitlement Card;
- Bioliners for your food waste caddies;
- Booking a bulky item uplift;
- Dog waste bags for sale;
- Making a Goodapple Housing application;
- Making garden maintenance payments;
- Pay any Aberdeen City Council bill;
- Paying any parking fines due;
- Paying Rent and Council Tax ;
- Reporting a housing repair;
- Reporting road/pavements defects;
- Reporting street light faults;
- Sale of Multi journey tickets for the community bus
- Sale of school dinner tickets; Al payments can be made with cash, debit and credit cards (1.6% admin fee charged) and cheque

Advice and information  
The team also offers advice and information on:

- Parking permits;
- Council housing and council tax forms

- School clothing and footwear applications;
- Education Maintenance Allowance;
- Recycling and bin collection Calendars;
- Parking/garage/allotment spaces.

### **Dedicated teams**

The teams at the Customer Access Point take pride in their work and take their role in community life seriously. The teams are multi-skilled and well trained providing a polite, welcoming and efficient service.

### **Contact details**

Kincorth Customer Access Point  
Provost Watt Drive, Kincorth,  
Aberdeen AB12 5NA

**Phone:** 01224 872572

**Email:** CAPKincorth@aberdeencity.gov.uk

Mastrick Customer Access Point  
Spey Road, Aberdeen AB16 6SH  
Phone: 01224 788503

Woodside Fountain Centre  
Marquis Road, Aberdeen

**Phone:** 01224 524920

**Email:** woodsideCAP@aberdeencity.gov.uk



# GETTING HELP

## with winter fuel bills

This winter, 1 in 4 households will be in fuel poverty, spending more than 10% of their income on fuel to maintain an adequate level of warmth within their home.

Hitting the most vulnerable, recent fuel hikes are having a devastating effect on families who are already struggling to balance their finances and avoid escalating debts.

As well as the sharp rise in fuel bills, spiralling costs of food, clothing and housing are adding further pressure for cash-strapped families, who are already finding it hard to make ends meet.

Not knowing who to turn to for help, when you are experiencing financial difficulties, or struggling to pay household bills is a problem facing many people, and taking the first steps can be difficult especially when you don't know who to contact.

Cash In Your Pocket Partnership offer a free and impartial referral service that allows you to access a wide range of organisations and services to help you manage your finances and maximise your income. By contacting us, you will have quick and easy access to the information, support and expert advice you need.

SCARF Heat is just one of the partnership organisations offering expert advice and information to help you save money this Winter.

As well as giving advice on how to choose, or change fuel suppliers, they can provide information on current discount schemes available to provide financial assistance to qualifying households.

The Warm Home Discount Scheme can provide assistance to certain groups of vulnerable and low income households, by providing a fixed £120 rebate on electricity bills. Under this scheme, households in receipt of Guarantee Pension Credit should qualify automatically however,

### You may qualify if you are in receipt of:-

- Pension Credit (which included Saving Credit)
- Income Support
- Income- related Employment and Support Allowance
- Income- based Job Seekers Allowance, or have
- a child under the age of five living at home
- Tax Credit which includes a disability or severe disability element
- a disabled child premium
- a disability premium, enhanced disability premium or severe disability premium
- a pensioner premium, higher premium or enhanced pensioner premium

### You may be eligible.

If you like to know more, or want to check whether or not you would qualify for a rebate, please get in touch with Cash In Your Pocket.

By contacting us, we can put you in touch with SCARF as well as other relevant organisations, to provide the help and support you need, relating to matters such as debt advice, benefit & tax credit entitlement, home repairs & adaptations, low cost savings & borrowing, low cost foods, getting back to work, stopping smoking and much more.

If you, or anyone you know is experiencing financial difficulties, or would like advice or information, please get in touch.

You can contact us by :-

**Telephone: 01224- 200221**

**E-mail: [info@ciypp.co.uk](mailto:info@ciypp.co.uk)**

Text: **TEXT 'CASH'**, followed by your name and issues you would like advice on to **07624 802721**

You can also visit our website at **[www.ciypp.co.uk](http://www.ciypp.co.uk)**



## shmuDESIGN

Fancy getting involved in the **Cumming North**? The editorial team are on the look-out for volunteers to take part. This is your chance to gain new skills, meet new friends and a chance to make a **difference in your community**. You don't need experience to be part of the **editorial team**, **SHMU** will give you all the support and help you need. So if you are interested call **Mary Clare** at **SHMU** on **515013** or email [maryclare@shmu.org.uk](mailto:maryclare@shmu.org.uk)

**SHMU** is running a six week journalism course in January. The course will run for two hours a day and will give the participants an exciting opportunity to gain an understanding of the basics of journalism.

Topics covered in the course will include: What makes a good story, **news and feature writing**, sourcing content, **style guides**, interview techniques, research skills, writing workshops and create **engaging, lively copy**.

**SHMU** is always hunting for fresh volunteers... Why not sign up? You could put your newly acquired **writing prowess** to the test by writing an article for the **Cumming North**! If you are interested please contact **Stevie** on **01224 515013** or email [steven@shmu.org.uk](mailto:steven@shmu.org.uk)

## Improve your WORD POWER



## shmuTRAIN

**shmuTRAIN** delivers employability & skills development courses to support people into work, education or training using digital media, including radio and film making to help develop core skills.

Employability training supports people to **produce a CV**, develop job search and interview skills, meet with local employers, **increasing motivation** and the chances of sustaining either **work, training or education**.



**positiveTRANSITIONS** is a 12 week course including radio & video training for **16-19 year olds** who are not in education, employment or training. The next course begins on 9th January 2012.

**shmuWORKS** is a 6 week course including radio training for **18-25 year olds** who are not in education, employment or training.

If you are interested in any of our courses please contact **Chrissie Simpson**, on **01224 515013**, or email [chrissie@shmu.org.uk](mailto:chrissie@shmu.org.uk)

# Look red hot and save lives



## **BHF Scotland needs you to Go Red for Heart in February -**

Turn heads, warm hearts and wear red on 24 February for British Heart Foundation (BHF) Scotland's **National Wear Red Day**.

Heart disease kills three times more women than breast cancer(1) but by turning red, you can help BHF Scotland to reduce this number.

As part of National Heart Month the nation's heart charity is calling on locals to brush down their red dresses, shake out their red locks or even unlock their most precious Louboutins to help raise valuable money for its fight against heart disease.

A famous fashion designer once said, "When in doubt, wear red" and that's exactly what BHF Scotland is encouraging you to do. It can be a touch of red for those who want to be more alluring or it could be a full blown outfit dedicated to the 'emotionally-intense' colour.

By making a suggested donation of just £1, women, men and children around the country will make a big difference in beating Scotland's biggest killer on **National Wear Red Day**.

Local Fundraising Volunteer Manager, Kathy McIlwaine, says: "There are lots of ways you can raise vital funds during National Heart Month. To find out more and to order your free Red for Heart Fundraising Kit today - visit [bhf.org.uk/red](http://bhf.org.uk/red) or call 0300 330 0645."

It's also a leap year in 2012 which means there is an extra day in February that you can use to help the nation's hearts. The bonus day could be used for a Wear Red Day, if you can't fit it in on the 24th but, if red isn't your thing, there are other ways of getting involved and sharing the love.

You can pen the person you love a Love Note for a suggested donation of £1 and have it posted in one of BHF Scotland's shop windows for all to see! What's more, any women thinking of taking advantage of the leap year can use the heart-shaped notes as the perfect way to pop the question.

Or buy your loved one a gift such as a Sweetheart Hot Water Bottle or Heart Cufflinks – there is a whole array of heart-warming gifts at the BHF's online shop. <http://giftshop.bhf.org.uk/>



## **MUIRFIELD PUPILS TEACH OLDER PEOPLE TO SURF.... ON COMPUTERS!**

Silver City Surfers Charity and Muirfield Primary School are running a project to help over 55's learn basic computing skills. The talented and computer savvy P7 pupils at Muirfield have been looking at what older people want to use the computer for and thinking about what skills they have that will make them good teachers.

"It's great to listen to pupils' ideas about how they can share their expertise with the older people within their Community", said Chris Dunhill from Silver City Surfers. "We are delighted to be working with such enthusiastic pupils and great teachers at Muirfield School."

The lessons will take place in the New Year and we're looking for people over 55 to sign up for personal tuition. If you'd like to help with this project by learning computer skills, please get in touch with Mrs McAra, Deputy Head at Muirfield by telephoning 01224 694958 as soon as possible.





# DUTHIE PARK RESTORATION

## The Lord Provosts Visit to Heathryburn School

It was a normal Tuesday morning when the Lord Provost visited our school. Our teacher chose two people to show him around and one person to take photographs of his visit. It was so exciting to show him around the school. In primary six and seven he saw the children working on Micro-Tyco. Nursery 1 and 2 were having lots of fun learning and primary 1 were working with shapes. In Primary 4 we saw the board games that they had designed and were making.

Before he left the Lord Provost went outside to see our new pond.

The Lord Provost was very nice and he tried to make time for everyone, he saw the children learning and he even met some of our parents.

Aberdeen City Council has been successful in its bid to the Heritage Lottery Fund for restoration and improvement of Duthie Park. Through their Parks for People programme, the Heritage Lottery Fund provides a range of funding to improve and restore parks throughout the country.

Duthie Park is both regionally and nationally important, as it is one of the best purposely designed public parks in Scotland. Despite many changes over the course of its history, Duthie Park remains a park of national significance with sufficient heritage merit to be considered for grant funding.

It is intended that the works at Duthie Park will restore many of the historic features of the original park design, and reinstate the quality of a number of original important Victorian features. The park and its living heritage will be conserved for future generations.

As well as the restoration of Duthie Park, part of the Heritage Lottery Fund aims to widen and develop its visitors market, also provide more volunteering opportunities in the Park.

Duthie Park and the David Welch Winter Gardens are open all year round and are accessible for all ages and abilities. We will be developing our activities at the park with community events, guided walks, allotment demonstrations, improved play areas for all ages and will enhance the visitor experience by providing more interpretation facilities. We will also encourage schools and colleges to use Duthie Park as a place of learning and will support their involvement by providing educational resources. By becoming a volunteer at the Park you will develop new skills, learn about the natural heritage environment and forge new friendships. You can also become a volunteer member of "The Friends of Duthie Park", which works in partnership with Aberdeen City Council to promote and maintain Duthie Park. For more information about the Friends Group please check their website, [www.friendsofduthiepark.co.uk](http://www.friendsofduthiepark.co.uk)

For more information about volunteering or educational opportunities then please contact Arthur Gill, Outreach & Training Officer on 01224 585310