

# Middlefield

## *Mirror*

Autumn Edition 2012



Featured in  
this issue

**Youth Project**  
Summer Fun

**Family Learning**  
Parent Support

**Reading Radio**  
Manor Park takeover

**Money Matters**  
Financial Advice

# Middlefield Mirror

Autumn Edition 2012

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## Editorial

Welcome to the long-awaited Autumn edition of the Middlefield Mirror.

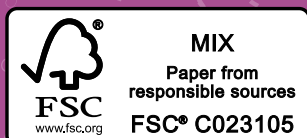
As ever, thanks go to all those who have submitted content and supported the development of this publication. Middlefield Mirror is your magazine and has the potential to be a real voice in your community.

But this cannot happen without your input – we need people of all ages to get involved with the editorial team. This may involve attending meetings whenever you can, helping source content and proofing the magazine. Training can be provided.

Alternatively, if you are a budding photographer or keen creative writer, we'd love to hear from you!

If you would like to get involved and live in Middlefield, please contact Mary Clare: [maryclare@shmu.org.uk](mailto:maryclare@shmu.org.uk) or 01224515013

FUNDED BY



# Family Learning



## Middlefield Project continues to offer parents and families a mixture of different learning activities.

This is important because there are often people in Middlefield who have negative feelings about their past experiences as learners and need a lot of encouragement and support to get started again.

Wherever possible, crèches are provided to support learners and groups and classes take place at times which suit them. Over the past year the project has worked with the Family Learning team to provide an 'I'm a Parent – Get me out of here!' course, as well as classes in confidence building and assertiveness and 'First Aid for Under Fives'.

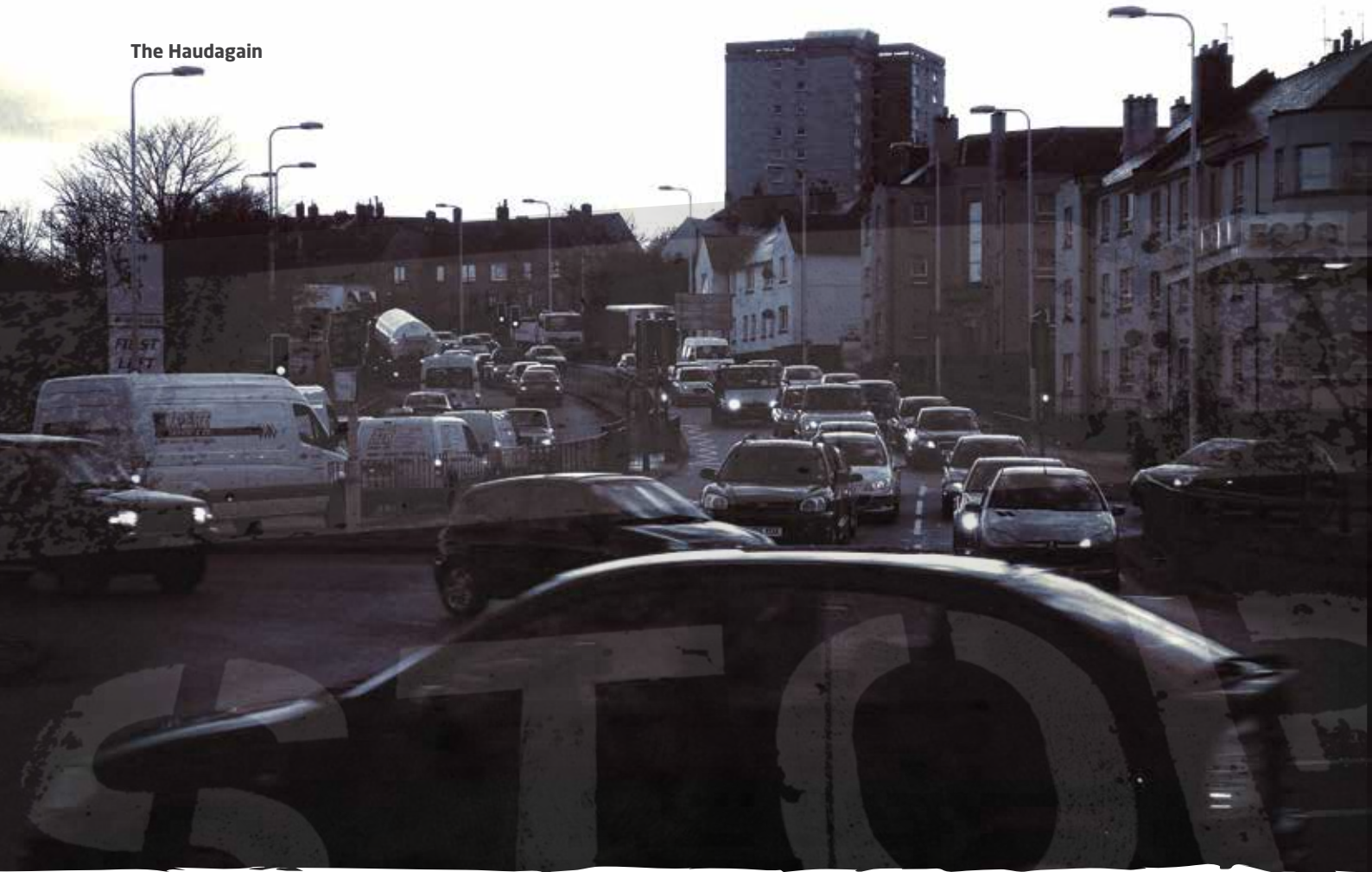
The Project has also worked in partnership with Pathways to present a course focussing on health issues in the community. A number of referrals have been made to the Council's Literacies Team

to support learners who want to brush up on their reading, writing and number skills either to help in their everyday lives or in employment.

A new initiative this year has been the Parent and Toddler learn together group and those attending have benefitted from the involvement of the Scottish Pre School Play Association's 'stay and play' Development worker.

All who have attended the groups at the Project have indicated that their confidence in group settings has increased greatly as a result of their involvement. New parents starting the nursery in August will be encouraged to identify areas of learning they would be interested in and supported to develop their interest.





# The Haudagain Roundabout

*Last April the famous roundabout got nominated as the worst roundabout in the UK and yet another year on and there is still no signs of improvements being made. What is the hold up? We're calling on our politicians to tell the people of Middlefield what is (or isn't) going on.*

Previously, voting was carried out and it was agreed that proposed option would be to put a slip road in from the bottom of Anderson Drive through Middlefield and onto Auchmill Road and last February we heard that £3 million was secured to help with the developments. However, no further information has been given on whether more money is needed before the work can start - or even when it will start at all.

There have been no more updates for months now and the local residents of Middlefield are getting frustrated as the

purposed new route means that some council tenant buildings will be knocked down in order make room for the new route. As a knock-on effect, this is now delaying plans which have been put in place for the local area.

However Councillors from Aberdeen City Council have stated in the past that work would begin once the new Aberdeen Western Peripheral route was completed, but even the plans for that new road have been delayed due to legal challenges which have been going through the courts. It really is

unacceptable that local residents and commuters have not been notified to what is happening with the plans.

The Haudagain Roundabout has been an on-going issue for years, and last year there seemed to be some progress with plans and funding being given to the project, but this year plans now seem to be going backwards instead of going forward.

Could somebody behind this project please give the people of Middlefield some answers?

# Councillors Comments



## Cnclr Jackie Dunbar

### Middlefield Community Clean Up

I would like to thank everyone who got involved in the community clean up at the end of May. We got lucky and had an extremely warm sunny day and it was encouraging to see so many residents come out and lend a hand and show that they care for our area. We managed to cover a fair bit of the area and had what seemed like a mountain of filled black bags at the end of the day. I would also like to thank the officers of Mastrick Housing and the City Wardens, who came out on their day off to help. I have also been told by the wardens that they have received telephone calls regarding folk fly tipping and car registrations have been passed on. So hopefully we are getting the message across that we, as residents, will not tolerate folk dumping their rubbish in our patch.

### Play park between Manor Ave and Manor Walk

The play park is well used but I noticed that the wooden spring animals were in dire need of replacement. As everyone is aware, money is tight, so I knew that there would be no budget for them to be replaced. So instead I have asked that the rotten wood be replaced with new as the metal on the equipment was still in good working order. I have been told that this would be possible and I am looking forward to the play park being back into good working order again in the very near future.

### Alternative to 0845 Numbers

I recently spoke to the council about the fact that it was very expensive to call the council on the 0845 numbers. Many people nowadays do not have landline telephones and the cost to phone the council was extortionate on mobile phones. I asked if it would be possible to text in to the council when it came to things like using the bulky uplift service (as tenants of the council get 4 items a year uplifted through the HRA account). Unfortunately, this was not possible due to the council not having the technology, but instead the council are now displaying the 01224 numbers on the website.

### The numbers are:

#### *General Enquiries*

01224 522000 or 08456 08 09 10

#### *Anti-Social Behaviour*

01224 523000 or 08456 06 65 48  
- Monday to Sunday: 9am to 4am

#### *Benefits Advice*

01224 522709 - Monday to Friday: 9am to 5pm

#### *Council Tax & Housing/ Council Tax Benefits*

01224 2192 83 - Monday to Friday: 8am to 6pm or 08456 08 09 21 - Monday to Friday: 8am to 6pm

#### *Environmental Services (including Grounds, Roads & Street lighting)*

01224 219281 or 08456 08 09 19

#### *Housing Repairs*

01224 219282 or 08456 08 09 29

#### *Waste Aware*

08456 08 09 19 or 01224 219281

Please do not hesitate to contact me by email on

**[jdunbar@aberdeencity.gov.uk](mailto:jdunbar@aberdeencity.gov.uk)**

or by phone on **01224 522522** or **07733 300570**

or if you prefer by mail at **127 Manor Avenue, Middlefield, Aberdeen, AB16 7UT**

# New Keyworkers at Pathways

Pathways is pleased to announce that 2 new Employment Keyworkers have recently started work with the organisation, bringing the team up to 4 Keyworkers, working across all the regeneration areas in the city.

Donald Armatage and Graham Stuart both have previous experience of working with people to help them achieve their job goals. Donald previously worked with Pathways in the same role in 2010, whilst Graham has over 10 years' experience with a range of organisations in similar roles.

The new Keyworkers bring the team back up to full strength, so support is available to people living across all the regeneration areas.

In Middlefield, the Keyworker is Dave Cook, who has been with Pathways for 6 years and has helped many people over the years to achieve their aims.

The team provide a range of services to help you find the job you want, including:

- **Help you develop a plan to reach your job goal;**

- **Help to update or develop your CV;**
- **Help with application forms, including helping you to complete online applications;**
- **Help with interview skills;**
- **Help to identify funding to support you when you find work e.g. clothing or equipment needs;**
- **Look for job and training opportunities for you.**

If you would like help to find work, call us on 682939.

Pathways is funded by the Fairer Scotland Fund.

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## The Healthy Hoose

The Healthy Hoose has had its door open to residents of Smithfield and Middlefield since August 1999. We at the Healthy Hoose offer a wide range of healthcare services such as contraception (including implants), smears and health checks. We are here to help with many of your health queries and concerns, saving an unnecessary journey to your surgery. Your GP knows we are here and is happy for us to help you if we can.

We provide a service for people of all ages, with all contacts being confidential. We also have a range of visiting services including podiatry and credit union.

We have recently increased the area we cover; residents of

Cummings Park can now attend the Healthy Hoose.

Our opening hours are **Monday - Thursday 9am-5pm** and **Friday 10am-5pm** and closed between 1-2pm for lunch.

The Healthy Hoose team comprises of:

**Pamela Coutts** - Receptionist  
**Dorothy Paterson, Audrey Scott and Marion Caughey** - Nurse Practitioners and **Janet Crichton** - Counsellor

Marion Caughey is a Nurse Practitioner Trainee who joined us in January this year, bringing many years of nursing experience to the post.

\*NEW\* Healthy Start vitamins available with Healthy Start vouchers.

Flu jabs available from the end of September.

If you live within the Middlefield or Cummings Park areas we are here to help you. Please feel free to call Tel: **01224 661500** for advice or pop in on your way past to collect a leaflet.

Middlefield Community Health  
The Healthy Hoose  
2B LOGIE PLACE,  
MIDDLEFIELD  
Tel: **01224 661500**





### Why should I recycle?

Recycling your waste is important for three reasons. First, waste is a resource; new products made from recycled materials save energy and natural resources. Recycling your newspaper, for example, saves trees because old paper is used to make new paper. Second, it helps protect the environment by diverting waste from landfill, and this cuts down on harmful greenhouse gases such as carbon dioxide and methane. Third, recycling helps save taxpayers' money by reducing the amount of Landfill Tax that the Council pays to dispose of your waste.

### How can I recycle in Middlefield?

There are forty-three public recycling points in Aberdeen, including at all major supermarkets. Near Middlefield, there are recycling points at Hilton Community Centre on Hilton Road, Cornhill shops on Forresterhill Road and Station Road, off Great Northern Road. Materials that can be recycled at these sites are: paper, cardboard, plastic bottles, food and drinks cans, aerosols, kitchen foil, foil trays and glass bottles and jars. Although recycling points are always open to the public, please be considerate of others and use them only between 8 am and 8 pm.

For properties offered a kerbside recycling collection, the Council provides a black box and white bag. The black box is for plastic bottles, food and drinks cans, aerosols, kitchen foil, foil trays and glass

bottles and jars. The white bag is for paper and cardboard.

For properties offered a garden and food waste collection, the Council provides a brown bin, kitchen caddy and food waste bags. Garden waste includes grass cuttings, weeds, flowers, leaves and small branches. Food waste includes fruit and vegetable peelings, bones, raw and cooked meat, cooked leftovers, egg shells, tea bags and coffee grounds. Replacement food waste bags can be picked up at Woodside Customer Access Point or any local library.

Collection calendars for waste and recycling are available online at [www.aberdeencity.gov.uk/wasteaware](http://www.aberdeencity.gov.uk/wasteaware).



There are also four recycling centres in Aberdeen. Additional items can be recycled at these sites such as waste electrical and electronic equipment, televisions, fridges, batteries, large cardboard and garden waste. Visit the Council's website for locations, opening hours and a full list of recyclable items accepted at these sites.

For more information or advice about recycling your waste, call **08456 08 09 19** or email [wasteaware@aberdeencity.gov.uk](mailto:wasteaware@aberdeencity.gov.uk).

**Follow us on Facebook at [www.facebook.com/wasteaware](http://www.facebook.com/wasteaware).**

## Money & Benefits Advice

Since 2009 Citizens Advice Bureau-Aberdeen has been running a benefits and money advice service exclusive to people residing in the Middlefield area.

We have two workers based in the local area.

One of us has experience in dealing with debt issues such as rent arrears, council tax arrears and loans to the private sector such as banks, credit card providers, catalogue companies and fuel suppliers amongst others.

We offer advice and assist in providing means to alleviate the stress debt causes and deal directly with the creditors on behalf of our clients. We make available options for our clients as to how they can best resolve the issues that debt presents.

Our other worker has experience in Income Maximisation and advises on whether an individual is entitled to state benefits from the DWP, the Pension Service, the local authority or HMRC. We advise on appeals and deal directly with the benefit agencies if there are any issues to be resolved. If you would like assistance from our service then we are based at the Middlefield Community Project every Friday between 10am-3pm. You can drop in to the centre or arrange an appointment by telephoning 07795-622-114 or 07944-803-490.

# MIDDLEFIELD Y



## THE PORT



Young people from the flat were amongst some of the youngsters which took part in a unique parade which aimed to document the history of Aberdeen's port. Various themes - including fishing, granite and oil, clippers and heavy industry - were all brought to life with circus skills and stilt walkers, giant puppets and drumming bands. The older session taught participants to fire breathe and perform a routine for the parade whilst the younger session involved a sequence with flags - a big thank you to the young people who participated.



The trips over the holidays this year consisted of gorge walking, coast steering, rock scrambling, strawberry picking (we made our own strawberry jam and it was awesome) the flat also visited Montrose, Stonehaven and also the infamous Dundee swimming pool.

## SUMMER TRIPS



## JUMBLE SALE

A big thank you to all the young people that participated and helped to organise the jumble sale which was held at the Henry Rae Centre - we managed to raise £360. A thank you to Byron Baker, staff at Henry Rae and to all those who managed to support on the day. Also a big thank you to the young people who took part.



# OUTH PROJECT

## GIVING BLOOD

Blood is the most precious gift that anyone can give to another person - the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components - red cells, platelets and plasma - which can be used individually for patients with specific conditions.

The over-sixteen group and two members of staff decided it would be a great idea to give blood. We contacted the Blood Transfusion Centre based at ARI and spoke to Claire who is one of the nurses there. She thought it was best to come and chat with some of the young people and answer any concerns/questions rather than turn up and find out that we were unsuitable donors. Claire came along to the youth flat and answered all our questions and queries which was really informative and interesting.

So..... we were all able to give blood. Some of us felt a bit anxious only because of the unknown! However it was a painless and quick procedure, taking only about 10 minutes.

Thanks to Derek, Ryan, Mark, Darren, Charlie and Sharon. Our donations have helped save or improve the lives of up to 18 transfusion patients - apparently an amazing result for a group of new donors!

**And yes... we will donate again.**

## COMMUNITY CHEST TOKENS

We are now collecting tokens from the Evening Express. Please help and support us to do this. You can hand your tokens into the project or give them to nursery staff. Alternatively there is an additional box situated at the 612 Social club in Great Northern Road. Tokens will be printed on Mondays and Wednesdays between September

## CROMDALE

The residential went really well with 17 young people taking part in gorge walking and swimming. The weather was so good to us that weekend and we ended up going to Loch Morlich to catch some sun.



# Money Matters

## Help for Families

Preparing for kids going back to school after school holidays can cause extra strain on families who are already struggling, on a limited budget. Help may be available to households on low income from the following sources:-

### CLOTHING & FOOTWEAR GRANT

Aberdeen City Council can, in some circumstances, make a grant towards the costs of clothing and footwear for school pupils to those in receipt of certain Benefits. The current grant is £55 for primary school pupils and £60 for secondary school pupils. For pupils of statutory school age the grant is paid direct to parents; for pupils over statutory school age the grant is paid direct to the student.

Eligibility criteria is reviewed annually to take account of changes to the Benefit System.

### Education Maintenance Allowances (EMAs).

EMAs are financial support for 16 - 19 year olds who stay on in full time non advanced education after their statutory school leaving date.

### To be eligible for an EMA in 2012/2013 the student must:

- Have been born between 1 March 1993 and 28 February 1997.
- Have a household income of £22,403 or below (for families with more than one dependent child in the household)\* or
- Have a household income of £20,351 or below (for families with a single dependent child in the household)
- Be in full-time non-advanced education (up to SVQ level 3).

\* Dependent children are all

those up to the age of 16 and those over the age of 16 and up to the age of 25 if they are still in full-time education.

Following assessment of the application, weekly payments will be paid at £30.

**Students become eligible for an EMA in August if they turn 16 between 1 March and 30 September and in January if they turn 16 between 1 October and 28 February. Eligibility is reassessed each academic year.**

- To be eligible for weekly payments the student must complete a learning agreement with the school.
- Payments are made fortnightly in arrears to the student's bank account depending on attendance and compliance with the requirements of their learning agreement.

Application forms are available from schools, Marischal College Reception and Customer Access Points in Woodside, Kincorth and Mastrick. A form can also be downloaded.

### Further information on grants and EMA can be obtained from:

**Moyra Forbes**, Education Maintenance Allowances, Support Services, Education Culture and Sport, Business Hub 13, Second Floor North Marischal College, Broad Street, Aberdeen, AB10 1AB  
**T:** 01224 523898 **F:** 01224 522022  
**E:** MForbes@aberdeencity.gov.uk

### SCHOOL MEALS

#### Who is entitled to free school meals?

Any income related element of Employment and Support

In partnership with:



Allowance. Parents or carers can claim free school meals for their children if they are receiving:

- Income Support;
- Income-based Jobseekers Allowance;
- Child Tax Credit where no award of Working Tax Credit has been made and your annual income is less than £15,860;
- Both Child Tax Credit and Working Tax Credit with an income below the threshold for receipt of Working Tax Credit set by the UK Government currently at £6,420

Young people aged between 16 and 18, at school and receiving these benefits in their own right, can also claim free school meals. Asylum seekers who receive support under Part VI of the Immigration and Asylum Act 1999 are eligible to apply for free school meals. Application forms for free school meals are available from each school.

### What other benefits can I get for my child to assist them attend school?

You may also be eligible for free school transport, or a school clothing grant. For students who wish to stay on for 5th and 6th year at secondary school, there is also education maintenance allowance available. A disabled students allowance may be available for those in further education.

Contact Christina Shinnie, Education, Culture and Sport Service,

**T:** 01224 523237

**E:** cshinnie@aberdeencity.gov.uk

# Grampian Symptoms Study

*Have you had a sore throat, chest pain or a persistent cough in the last two weeks?*

If so, and you're aged over 18, a University of Aberdeen health researcher would like to hear from you.

Alison Thornton is leading the Grampian Symptoms Study, which aims to find out more about how people think about their symptoms and what they do about them.

"We would like to talk to people who have had a sore throat, persistent cough or chest pain in the last two weeks. We are interested in speaking to people whether or not they have sought medical advice," said Alison, who is based at the University's Centre of Academic Primary Care.

"The study involves talking to me about your symptom and filling in two short questionnaires. Everything is kept confidential. It should take no more than an

hour in total and can be done wherever suits the participant – either in their own home, or at the University (Foresterhill campus)."



"It is important that people remember that this is a research study," she added. "I am not qualified to give medical advice, so if people are worried about their symptoms, they should seek medical advice in the usual way".

One person who has already taken part in the study is Mags. She said, "I enjoyed being able

to help. It was a doddle. Alison was very pleasant. She was kind enough to come to my home. It was very easy."

Alison added, "We need around 45 volunteers for the study and are looking to include a wide variety of people – men and women of different ages and from all walks of life."

"Anyone who is interested in getting involved can call me on Aberdeen 437216 or email [ajthornton@abdn.ac.uk](mailto:ajthornton@abdn.ac.uk) and I can send them an information pack which tells them more about the study - or they can pick up a pack from Sasha at SHMU."

"This is an opportunity to get involved in some community-based research and we'd love to hear from anyone who thinks they might be able to help."

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## 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.



# North East Scotland Credit Union:

*a community credit union in action –*

**There has never been a better time to get involved in your local community credit union. In these uncertain financial times Nescu is a safe-haven for your money and a place to begin a savings account.**

**Nescu in a nutshell:**

It is a financial co-operative wholly owned and operated by its members for their benefit. In simplistic terms Nescu members all save small amounts of money into one large pot of money, which is then lent out to members at a low rate of interest. The interest from all loan repayments is then put back into Nescu funds and helps pay for the administration of Nescu; at the end of the financial year (September) any profit, after expenses, is then shared amongst the members in the form of a dividend. There is no interest paid on adult savings only the dividend.

**This is the really boring bit, but necessary:**

All monies are protected through the FSA compensation scheme up to the value of £50,000 per member - as the maximum you are legally allowed to save with a credit union is £10,000 you can see that your savings are always protected. Nescu also offers a death benefit scheme that pays up to £2,000 on top of your savings to your nominated beneficiary.

**So why a credit union:**

Well it is easy to join and if you need help filling in forms our staff are only too pleased to assist. It is local and keeps all money

in the local system (no fat cat directors taking a share of the profits) which helps to sustain local businesses because you will tend to spend your money locally.

You have to save with Nescu for eight weeks before being entitled to apply for a loan – this shows Nescu that you are committed to saving, planning for the future by saving and that you can afford regular weekly, fortnightly or monthly payments. The minimum saving we ask you to commit to is £1.00 per week – the price of a can of juice!

All loans are granted after careful consideration - you must fill in a loan application form with an income and expenditure table and Nescu may ask you to come in for an interview, especially if it is your first loan. The maximum you can borrow is three times your savings as Nescu does not believe in indebting people beyond their means. Loans for holidays and Christmas are expected to be paid within 10 months to allow you to continue saving for another couple of months before applying for next year's loan. You can also save and take out your own funds then simply start saving for the following year immediately.

We also offer a Junior Savers scheme whereby the kids can join, either at their local school if we have a collection point set-up or through a local collection point or the main office. Please see our website at [www.nescu.co.uk](http://www.nescu.co.uk) for lots more information and downloadable forms. If you feel you would like more information

then why not give us a call on 01224 899-688 and arrange to speak to us or to receive an application pack. We are now at 7 Finnan Place, Aberdeen, AB11 8RG and would be delighted to welcome you as a member.



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**Friday -11:00am-1:00pm**

[www.nescu.co.uk](http://www.nescu.co.uk)

# Middlefield Parish Church

## A word from Rev Anita van der Wal...

In my last article in the Middlefield Mirror I wrote about that strange experience that you can pass a building or sign post for weeks or maybe even years and then all of a sudden think, is that new, I have never noticed it before while you realise it must have been there for years.

I spoke about this experience in relation to Middlefield Parish Church. For many people from the Manor Avenue the church is hidden behind buildings and a fence. From Fowler Avenue it looks like a closed building where not much is going on. As I said in the previous edition, we are alive and probably there is more going on than many realise.

In the meanwhile I hope you have noticed the garden work that is done, especially on the side of the Fowler Avenue and on the side of the church. We have recently put on a new roller door as the last one looked rather tired and needed to be replaced. The Church is a building in your community. If you have ideas to brighten it up please contact us - we are very open to ideas and would love to make the building more attractive from the outside.

This autumn we have a few special events and services planned to which we would like to invite you.

On Sunday 7th October at 11.00am we have our

Harvest Thanksgiving service. Contributions of non-perishable food items are very welcome and are donated to Instant Neighbour after the service.

During the first week of the autumn holidays we have a holiday club for the under 12's. It is every day from Monday to Friday from 10am to 12 noon and we close the week with a family service on October 21st at 11.00am - the theme is Joseph and his amazing coat. We have a very enthusiastic group of volunteers preparing this week and we hope that many children will join us for what promises to be a week of fun.

On Remembrance Sunday - the 11th November - we have a service to remember all those who gave their lives for their country. This service starts at 10.50am so we can have the 2 minutes silence at 11.00am.

On the 25th November at 7.00pm we have a special service where we would like to remember those who have passed away recently or maybe some time ago. During the service there is the opportunity to light a candle for our love ones. As with all the services, everyone is warmly invited to attend.

If you just want to experience some peace in our garden or you would like to speak to the minister, please feel free to do so. As a church we would like to be part of your community,

and we hope that the community will see the church as part of the area you all live in. With every blessing,

**Rev Anita van der Wal**

**Middlefield Parish Church of Scotland, Aberdeen**

75 Manor Avenue,  
AB16 7UT

**01224 682310**

**Minister:**

Rev Anita van der Wal

**01224 865195**

**Outreach Worker:**

Sumtende Chaba

**01224 682310**

**Session Clerk:**

Linda Forbes

**01224 691165**

## YRP VIENNA VISIT

On the morning of the 24th of June six Young People from the Youth Radio Project (YRP) at SHMU set off for their journey to Vienna. We travelled to Austria via two planes from Aberdeen and on the first day in Vienna we visited a castle on the outskirts of the historic city. In the first two days we met young people from Vienna, Italy, Romania and Poland, took part in lots of team building activities and got to know each other. On day three we were put into the media groups in which we would be working for the next few days. Later on in the evening some young people started a jam and rap session that was recorded for the media projects.

During the morning the following day we discussed questions we were going to ask the public of Austria on the main theme of the project, which was stereotypes of young people. We then had a visit to the Viennese parliament where we recorded interviews for the media projects with Tanja Wehsely, who is the chairwomen of the Youth Centres in Vienna.

There were trips to a TV studio, radio studio and community newspaper, where everyone participated in a recording at the TV and radio studios. On Thursday the group went out into the streets of Vienna to ask the public questions, as part of the lead up to the final media projects the group were to put together at the end of the week. This visit has had a positive impact on me in terms of my confidence; it has also made me think about what I want to do with my life.

*The project is EU-funded, with top-up funding from the Fairer Scotland Fund and Aberdeen City Council Youth Activities Grant.*

*Written by LIAM YEATS (YRP MEMBER)*



## WHY WATCH TV WHEN YOU CAN MAKE TV!

shmu TV aims to give YOU the skills to make TV programmes that YOU want to watch. This is going to be a project where you can choose what you want to make and we will help bring your ideas to life. We are looking for enthusiastic young people aged 14-19 who want to be part of this exciting new Internet TV channel. Come along and get involved. You need to be from the regeneration area's to be eligible but no experience is necessary. What is a multi camera studio?

Shows like the X factor, The One show, or The Voice are all examples of Multi camera shows. They are filmed on a set and use more than one camera. Like a theatre performance everything is rehearsed and planned so that the LIVE show runs smoothly. We have a multi camera studio where we can make LIVE TV shows. Over the October break we are running drop in sessions where you can try your hand at different TV jobs from being a camera operator, Director, set designer, make artist, script writer, Floor manager, presenter, musician....

It's amazing how many people are needed to make a short TV show.

**We definitely have a role for you!!!!**

**For information and training times please contact [tv@shmu.org.uk](mailto:tv@shmu.org.uk) Or text – "training" and your name to 60300**



# Reading Radio.....

**Pupils from Manor Park primary school are taking over Aberdeen's airwaves as part of the Reading Radio project again this year.**

Reading Radio gives 17 primary schools across the city the chance to take charge of their very own radio show every Thursday from 11am to 12noon on SHMU 99.8FM.

Primary schools in the Northfield, St. Machar and Torry Academy catchment areas can take part and each school has the opportunity to do two radio shows during the school year. Reading Radio is a joint project by the Reading Bus and shmuFM, supported by BBC Children In Need, which aims to enhance communication skills, improve literacy skills and increase the self-confidence and self-esteem of children.

Lesley Ross, the Reading Radio Development Worker, works with each P7 class during six sessions in school where pupils prepare and record their own original features for the radio show. Four pupils from the class then travel to Station House with Lesley to present the show live

from shmuFM's professional digital studio.

Manor Park primary school have already created a number of fantastic shows for Reading Radio during the past two years and the 2012/13 school year will see the new P6/7 and P7 classes showcase their skills as part of the third year of this exciting project.

The first show of the new school year was Miss Robertson's P7 class (on Thursday 13th September), while Miss Casey-McKay's P6/7 class will be broadcasting live on SHMU 99.8FM at 11am on Thursday 1st November.

Each school also has a representative from P7 on the Reading Radio Committee which meets four times a year. Previous meetings have been held in venues including the main council chamber in the Townhouse and in the new University of Aberdeen library

building. The 17 committee members play a vital role in the development and delivery of the project by providing the Reading Radio staff team with invaluable feedback from their schools, making a range of suggestions on improving the programme and working together to take important decisions about the project.

Tune in to Reading Radio every Thursday from 11am to 12noon on SHMU 99.8FM for exciting and engaging material planned, prepared and presented by a different Primary 7 class from the Torry, Northfield and St. Machar school catchment areas!

## Reading Radio shows times:

- 13 September - **Manor Park**
- 20 September - **Woodside**
- 27 September - **Cornhill**
- 04 October - **Westpark**
- 11 October - **Bramble Brae**
- 01 November - **Manor Park**
- 08 November - **Heathryburn**

# 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

Nagłe wypadki **01224 558 140**

## Lekarze

Nagłe wypadki **08454 242 424**

## Elektryczność

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

## Planowanie rodziny

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

## Gaz

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

## Pomoc mieszkaniowa

Nagłe 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**  
Nagłe wypadki poza godzinami pracy biura **01224 639 936**

## Pomoc w karierze

Wsparcie i informacje **01224 625 009**

## Woda

Nagłe wypadki **0845 600 8855**