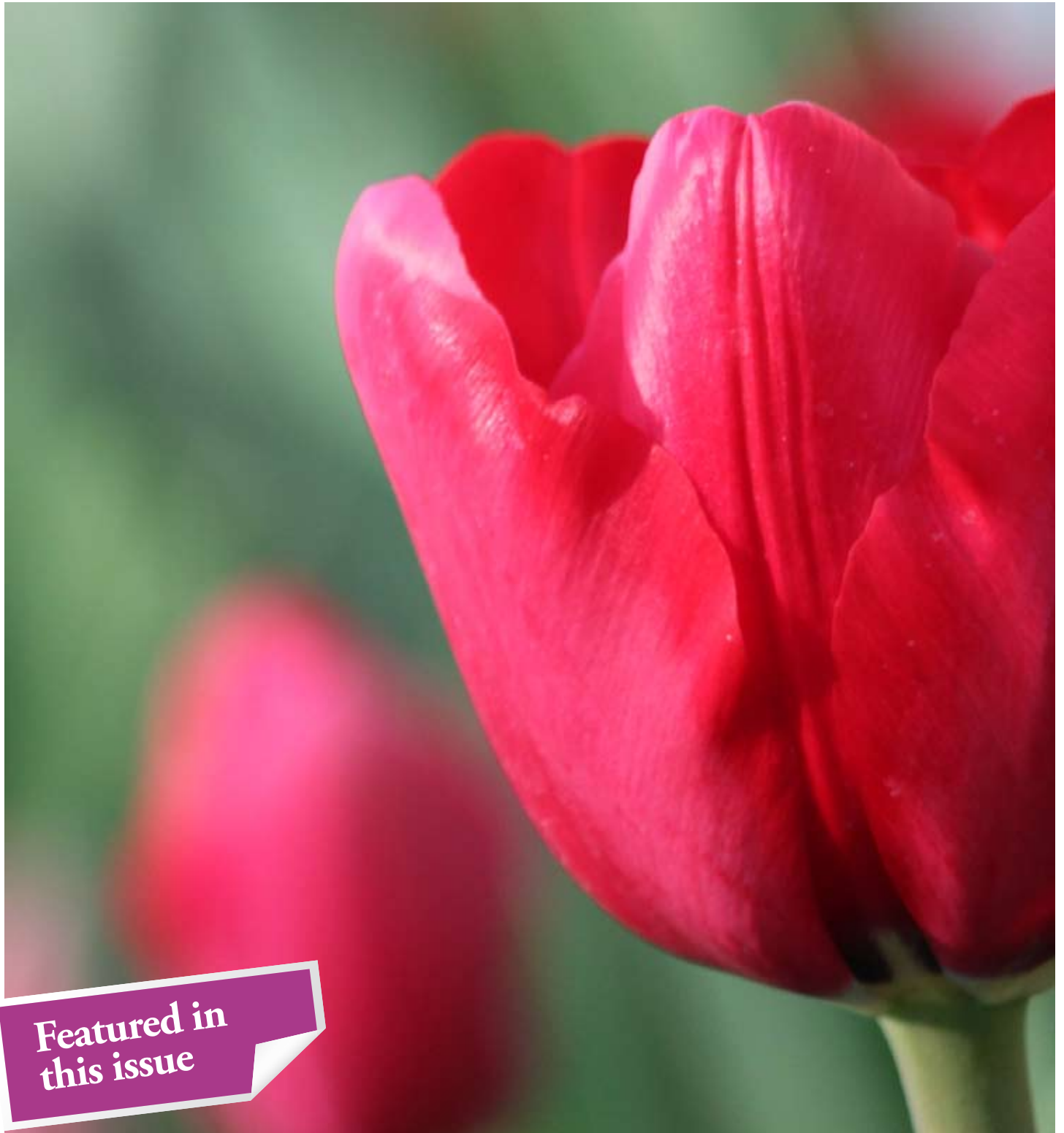


# Middlefield *Mirror*

Spring Edition 2011



Featured in  
this issue

Manor Park  
School

Middlefield  
Youth Flat

Middlefield  
Parish Church

Ladybird  
Nursery

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## Editorial



### Welcome to the long-awaited Spring 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. This cannot happen though without your input – we need people of all ages to get involved with an editorial team. This may involve attending one hour meetings as and when you are able, getting content for the magazine, taking photographs, submitting articles or creative writing, design and layout of the magazine or any aspect of the editorial you feel comfortable with – any training can be provided.

If you would like to get involved and live in Middlefield, please contact;

Email: [middlefieldmirror@shmu.org.uk](mailto:middlefieldmirror@shmu.org.uk)  
Tel: **01224 515013**

#### FUNDED BY



# Cooking on a Budget

The Women's Group who meet every Tuesday from 6-8pm at the Middlefield Project decided to get some help in learning how to cook on a budget. They asked Summerhill Education Centre if they could assist and the Centre kindly offered the ladies a 5-6 week cooking course. During the sessions they were taught how to cook soup, chicken dishes, fish, puddings and general home baking.

"It was good to try different things that I could do at home and follow the recipes for family meals." Charlene Keller.

"Everyone has their own way of making things, but our recipes would have something different or extra." Kelly Ogston.

All recipe ingredients cost roughly £5, which is definitely

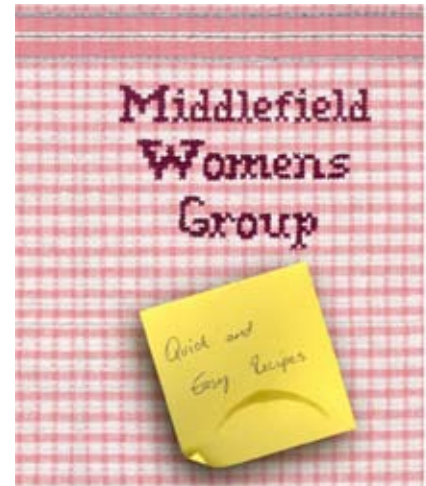
affordable for everyone, especially large families. The group were so enthused by their new cooking skills that they decided to create a *Cooking on a Budget* cookbook.

"It's a book that you can use daily to cook easy and quick family meals." Lynne Brown.

The book is almost complete, thanks to the support and help from Whitespace with the design and layout. The group now hope to sell the cookbook for their group. If you'd like to find out more or even purchase the *Cookbook* contact the Women's Group at Middlefield Community Project 8 Logie Place, Middlefield, Aberdeen.

The Women's Group have also contributed towards the *Our Story* exhibition, which

is currently on in the Studio Workshop of Aberdeen Art Gallery, and can be seen up until the 18th June. The OAP's and Under 12's have also have created items for the display at the exhibition.



# The Middlefield Word Search

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

- CLARKE STREET
- LOGIE PLACE
- PERSLEY CRESCENT
- CUMMINGS PARK ROAD
- LOGIE TERRACE
- PROVOST RUST DRIVE
- DANESTONE CIRCLE
- MANOR AVENUE
- SMITHFIELD DRIVE
- FAIRLIE STREET
- MANOR DRIVE
- SMITHFIELD ROAD
- FOWLER AVENUE
- MANOR TERRACE
- STRACHAN PLACE
- KEMP STREET
- MANOR WALK
- WILKIE AVENUE
- LOGIE AVENUE
- NEWTON ROAD
- LOGIE GARDENS
- NORTH ANDERSON DRIVE

# 900 Trees!! 130 Pupils!!!

## Pupils dig in for Persley Crescent Park



Manor Park Primary School pupils got "Muddy in March" all in the name of fun and to improve their local environment. Thanks to teacher Leigh Houston and teaching staff throughout the school, every class, from p1 to p7, were organised to make the short trip to Persley Crescent Park where pupils launched straight into tree and hedgerow planting, litter picking and imaginative freeplay with their friends. Their enthusiastic response was plain to see and even our traditional north east weather didn't dampen spirits.

The Aberdeen Greenspace team provided funding for the planting, organised volunteers to prepare the ground and were also on hand to help develop our green fingers! Meanwhile, Aberdeen Play Forum's Soozy Lai great rapport with the pupils ramped up the fun factor during the freeplay session.

Last year, Community groups identified Persley Crescent Park as one of many sites across the wider area in need of regeneration and were keen that younger residents get involved. At a park visit in February, Manor Park Pupil Council wholeheartedly agreed. The Pupil Council gave their views on which improvements were needed (new equipment, seating, planted areas) and the local issues that stopped young people and families using the

park - vandalism, older children bullying, dog mess and broken glass, as well as the need for new equipment

At a consultation stall at a recent Parents' Night at Manor Park School, parents raised similar concerns but also highlighted anti-social motorbike use in and around the park area, as well as a high number of intimidating dogs off-the-leash. Commenting on the new Police station, parents felt the local Police presence would help reduce anti-social behaviour.

Local Neighbourhood Planner and project coordinator, Elaine Sinclair, hopes the "Muddy in March" day marks the start of what will hopefully be a long association between pupils and the Park, which may help to reduce instances of vandalism in the future. Elaine worked in partnership with Leigh Houston to coordinate the day, supported by the Aberdeen Greenspace team and Aberdeen Play Forum. The partners are hopeful that the pupils' enthusiasm for the site will continue to grow alongside the new trees and hedgerows. They are also exploring further opportunities for pupils to get involved, from informally "adopting" the site and undertaking regular litter-picks to helping finalise design plans and make funding applications to improve play equipment.

Improvements on site are set to continue with funding from Aberdeen Greenspace, for new seating. The park is also to benefit from the relocation of play equipment from the former Smithfield School site, thanks to the support of headteacher Mr Baxter, who has overseen the successful transition of pupils and staff from the former Smithfield School to the new Manor Park Facility.

Elaine Sinclair, Neighbourhood Planner, Aberdeen City Council  
01224 814526

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

### Timetable

9.00 - 9.15	Nursery - Walk up with Parents and play on the equipment
9.20 - 9.50	Primary 5/6
9.50 - 10.10	Primary 3
10.10 - 10.30	Primary 4
11.10 - 11.35	Primary 2
11.35 - 11.55	Primary 6/7
12.45 - 1.00	Nursery - Nursery Walk up with Parents and play on the equipment
1.10 - 1.35	Primary 1R
1.40 - 2.05	Primary 1C
2.05 - 2.30	Primary 5
2.30 - 3.00	Primary 7

## Manor Park Community Wing



### PARENT AND TODDLERS

Parents and Toddlers runs on a Friday from 1:00 to 2.30pm, its a chance to allow your children to play with other children their own age and socialise with other parents.

There is also a parents and babies group which meets on a Monday from 1:00-2.30pm.

It's about allowing parents or carers some time to spend with their children to play, or learn and meet new friends.

If you want to find out more contact the community building on 812073 or 812074.



### PARENTS' COUNCIL

*As a parent I enjoy being involved with events happening at Manor Park School.*

*Joining the Parent's Council gave me the chance to help organise evening events such as discos, drama based sessions and so on.*

The Parent's Council meet every four to six weeks, so if you'd like to help practically or have a say in the organization and you're a parent/carer please don't hesitate to contact or telephone us at the Parent's Council on 01224 812060.

With the new Manor Park community building now fully up and running it seemed like a good idea to let everyone know what's happening. The problem for me, as a community worker, is that I don't know what will be happening as the cuts take full effect.

I can let you know the kind of things the facility is, and can be, used for. I can also let you know what courses have been, and are, running... but... as for what is to come, well, that's up to you.

We have computer courses aimed at those that have never touched a computer before; we love those students, you're the people that we get the most satisfaction out of teaching. 1st Click courses start from the very beginning and are designed to lift you to a level where you are more confident (and keen to go on to a further course). The courses aren't supposed to feel like returning to school... you come in and have a "blether" whilst learning new skills. It makes no difference what age you are or how you got on at school. I promise, and in this you have my personal guarantee, that you will learn much.

We have support for young carers: how to cook cheap and healthy meals on a budget, which can taste fantastic... might suit you (might not right enough).

We have also offered literacy and numeracy classes, English for speakers of other languages, parents and toddler groups, sewing classes or even organising hill-walking groups. Look, the list is pretty much endless, it just depends what it is you want to do... and here's the thing: I doubt we will be here, certainly in the same capacity, for very much longer so come and speak to us now. It's certainly not all doom and gloom, in fact it gives you an opportunity to take charge of your learning, your life and your building. It's the Middlefield community that will ultimately decide how and when the Manor Park Community Building is used, and for what for. Come and let us know!

There's also Pathways to help with job-seeking, Citizens Advice Bureau, Middlefield's over 50's group, Grandparents as Parents and St Machar Parent Support Project to name but a few of the organisations here to help.

Again, you pay your taxes and it's your building so feel free to just pop-in, or telephone Ian or Donna on 01224 812074. We are lovely and might even make you a cuppa. We also don't mind if you bring your own cakes (Donna prefers things with cinnamon in, Ian is a human dustbin).



# Police Update

As a resident of Middlefield, you have a dedicated team of Sergeants and Constables who are responsible for policing your neighbourhood. I currently lead the team and we provide policing cover on a 24/7 basis.

Your team of local officers not only respond to incidents, but also have specific responsibility to address ongoing quality of life issues and anti-social behaviour. They are ably complemented by many other partner agencies; including Aberdeen City Wardens who you may have seen patrolling the area.

It is clear that you take pride in your community and work hard to promote and enhance positive aspects of your area. Your Local Policing Team also take pride in providing a service to you and we will strive to address any issues that you bring to our attention. To enable us to do this effectively, I encourage you to make contact with us and advise us of any local problems affecting you or your neighbours. In particular we intend to tackle instances of youth disorder, anti-social behaviour, drug related problems and road traffic related issues.

Grampian Police are very much an intelligence-led organisation who require the help of you, the public, to assist us in gathering

information which we can act upon. Your information, no matter how irrelevant it may seem, could be crucial, so I urge you to contact us. You can call the team on 0845 600 5 700 or e-mail them at . Alternatively, if you wish to report crime and remain anonymous, please call Crimestoppers on 0800 555111.

Your policing team will be visible and accessible throughout the area. Please approach us and speak to us. I am also aware there are 'communities within communities' and the area has a diverse population from many different cultures and countries. This is clearly a positive, and we are here to assist with a variety of different resources we can call upon should there be a language barrier or any other perceived communication difficulty.

We work closely with many different departments of Aberdeen City Council and with other outside agencies. This enables us to share information and address issues together, working towards longer term solutions that improve the quality of life for those of you who live and work in our area. I regularly attend local Community Council meetings, Residents meetings and other community forums where you can meet me and

voice any concerns you may have. I also liaise with local Councillors who often raise issues of concern to their constituents.

The team have recently taken occupancy of the Police Office facility within the recently opened Manor Park school on Danestone Circle. This provides us with a fantastic opportunity to be closer to our communities and provide a more visible and reassuring presence. I am particularly pleased that the local children will have the opportunity to speak with their local police officers from an early age, helping build a positive and trusting ethos as a result.

I look forward to continuing to work with you in order to promote and enhance the feeling of well-being and safety within the community of Middlefield.

Stuart Ord  
Northfield Local Policing Team  
Inspector  
Manor Park Police Office  
Manor Park School  
Danestone Circle  
Northfield, Aberdeen.

T: 0845 600 5 700  
E: mylocalpolicingteam@grampian.pnn.police.uk

# CITY WARDENS

City Wardens want to deliver a better service to our communities by working in partnership and encouraging residents to have "a word with the wardens". More community interaction is needed to deal with issues that are current, so that we can work together to prevent further incidents and promote a safer and better environment for the communities of Middlefield, Heathryfold, Cummings Park and Northfield. These four communities already have a great community spirit and our intention is to interact more with them to identify and help address local issues such as community safety, environmental and parking. We hope to achieve positive outcomes with a finger-on-the-pulse approach to dealing with concerns that affect the community. Working with our Housing teams at Aberdeen City Council and Grampian Police we can ensure residents are heard and supported.

## Community News

# Reading Radio



Reading Radio held its first Reading Radio Committee meeting at the Aberdeen office at Nexen Petroleum UK. All seven schools in the Northfield Academy catchment area sent one pupil along to act as a representative in a discussion about how the programme should develop. The pupils showed amazing dedication and maturity at this event and their efforts will undoubtedly

improve the quality of the show and the experience in making it.

We are looking forward to more great shows in the Summer term. Keep your ears peeled for Westpark on 19 May and Holy Family on 26 May.

Reading Radio is on SHMU 99.8 FM every Thursday at 11am, and repeated on Sundays at 5pm. To listen to archived shows, for instance Manor Park's show on 28 April, and Quarryhill's on 12 May, please visit the Reading Radio page on the Reading Bus website: [www.readingbus.co.uk](http://www.readingbus.co.uk)



## Give your kids a Healthy Start

### **FREE milk, fruit, veg and vitamins for you and your family....**

Healthy Start is a UK-wide government scheme to help you give your family the very best start in life. If you're pregnant or have a young child under four you could get Healthy Start vouchers worth £3.10 a week for you and your child.

The vouchers can be spent on milk, fruit, vegetables and formula milk at your local shops and supermarkets or your local CFINE outlet, plus you'll get coupons for free vitamins too.

### **You could be entitled to Healthy Start vouchers if you are:**

- 10 or more weeks pregnant
- Have a child under four and
- In a low income family, receiving benefits or tax credits or
- Pregnant and under 18 (even if you don't receive benefits or tax credits)

### **If your answer is 'YES' to any of the above...**

To find out more ask your local midwife or health visitor or call the Healthy Start help-line on 0845 607 6823.

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

# Middlefield Youth Flat



## Open Day

Middlefield Youth Flat held an open day for the new intake of Primary 7's who came along and visited our Youth Flat.

Parents/carers and young people were also invited to see what goes on at the Youth Flat, to see what activities there are, and to meet the staff.

The open day took place on Wednesday the 27th of April. Look out for an update from the new members of the group in the Summer edition of the Middlefield Mirror.

## Moving on up!

Farewell to our P7's. Don't worry they're not going anywhere apart from moving up to the next session at 4.45-6.00pm. It took some time for them to settle-in and get used to the flat, but they got there in the end. They will be having a moving-up party towards the end of April to celebrate their year in the Flat.

## Outreach

Look out for Angie and Sharon on a Thursday evening walking around the area, informing local people of the facilities and services in the area.

For more information about the Youth Flat phone: 01224 687362

## Fairer Scotland Funding

Over the past few months members of the Youth Flat had put together a petition and asked the local people to support them in their quest. They also came together and showed solidarity with other projects outside the Towns House to support the continuation of the Fairer Scotland Funding. They also made and painted a six foot banner to carry on the day.

Young people also wrote to members of the FSF Board to let them know what the Flat meant to them and how important it was to get their views across. The Youth Flat means so much to the young people that use it and they want to keep and protect this service for as long as possible.





# Cromdale 2011

Twenty-three young people, six staff, three Outdoor tutors and four feet of snow had a fantastic time up in Cromdale. The weekend consisted of a wide range of activities such as canoeing, gorge walking (dry!!), mountain biking, a night walk, sledging and games in the Cairngorms. The night walk was very informative as we learnt about our night vision capabilities. Thank you to Adventure Aberdeen staff.

The young people made a shopping list, a main meal menu, and went shopping for the weekend's food supplies. They had to work together and plan how much food, snacks and sundries they would need for the whole weekend.

Quotes from some of the young people:

*I liked gorge walking, the night walk and not getting attacked from Adam.* Liam 13

*On the 2 night trip to Cromdale with the youth flat I had lots and lots of fun. We did many of fun activities and I got to know all my peers better. Although all the activities were amazing I really enjoyed the gorge walk. For the gorge walk we got split up into 3 different groups then we set off down the snowy cliffs. It was very cold and the paths were icy but nobody complained and we were all making the most of it. I was hoping that my feet would stay dry but by the end of the lovely day out my socks were soaked. This was my first visit to Cromdale and I can't wait to return soon!* Ashleigh Swan 13

*I liked playing football on the pitch with a mix of people from different age groups. I also liked the view when we were on the Cairngorms.* Derek 17

*I liked the gorge walking, it was fun. It was nice to spend time with my friends.* Martyna 14

*I liked the canoeing because it was a new experience for me. Helen sort of made the canoe overflow. My feet were freezing!!!* Connor 11

*I liked going up the Cairngorm Mountains because it was fun going sledging.* Kevin 12

*I liked everything.* Mark 12

*I liked Cromdale because of the mountain biking, I also liked gorge walking. It was a great weekend.* Liam 11

*On my two night trip to Cromdale, we did lots of stuff. One of the activities we did was canoeing. Our instructor tied two canoes together so it was easier because the water was so choppy. The first time I went on it did not work as the canoe started to fill with water. We had to try and paddle as a team to a corner of the Loch. We didn't get as far as we hoped but were told we got the furthest.* Rachel 13



# Middlefield Community Project

## Volunteers & Under 12's work

Over the last few months I have had to take on the organisation of the Under 12's work as Wendy had left and the other staff member was off ill.

I had a meeting with some of the volunteers and Charlene, Andy, Carolann and Jody agreed to help out at the clubs. At the same time we reviewed the clubs, as we stopped getting any Primary 4-6's coming along on a Tuesday night. We decided that we'd go back to having two clubs due to staffing levels.

The Primary 1-3 Club runs on a Monday afternoon and after the holidays we hope to start this from 3.15pm instead of 3.30pm as some parents did not have enough time to take children home and finish between 4.45pm and 5pm. This is a very busy session with sixteen children attending on a regular basis. They have been really busy painting pictures, or playing with the clay, or gluing pictures each week. They really enjoy playing the Wii and it's great to see them just dance or play some of the sports games. They have been given the chance to go onto the computer from Henry Rae Centre and they have been 'surfing the net' looking at their favourite bands or playing the CBeebies games. They have been great at puzzles and they really like making-up their own games and normally there is a bus, or train with everybody going away somewhere. They love playing with train sets, the castle and figures, the dolls and being shop

keepers. After snacks they usually play games and they really enjoy skipping and bean-bag throwing at a target. I would like to thank the parents for helping tidy-up at the end of the session.

The Primary 4-6's Club runs on a Thursday from 3.30 to 5pm. The first few weeks there were five children, but the numbers have started to increase and we now have an average of eight coming to the session and once again they have been using the computers, playing pool, arts and crafts, playing the Wii, they have enjoyed making the car and train tracks, doing puzzles, baking cakes and having games in the hall. Andy one of our volunteers went to a sports training day so trying some of this out with the group.

### Swimming Pool update

A lot of parents and children have been asking when we will be going swimming again. We are still waiting to hear if we have been given two sessions in one of the hotels' pools which would be great to get this started-up again. If we do not get this then we will begin to take some of the older ones down to the Beach Leisure Centre swimming pool as soon as we have enough staff.

It is more difficult to do this with the younger children as the adult child ratio is two-to-one, unless we had a pool where we could take swimming lessons.

If anyone can assist in helping us find a swimming pool, which we can utilise for a number

of sessions, this would be appreciated. Early Tuesday or Wednesday evenings are preferred. Please contact me (details below) and I'll follow it up.

Our volunteers have had four meetings to plan for the Easter Playscheme and chosen a trip to Stonehaven but, if the weather's cold, Alford park. They wanted to try something we have not done for a while so after some discussion it was agreed we would go to Edinburgh Zoo. Our volunteers said we needed to allow more time to be able to see most of the Zoo, so this will be a long trip. They will also have two-day sessions at the Henry Rae Centre where we will have ACC art workers producing and displaying crafts and there will also be the opportunity to go swimming afterwards.

Our volunteers will be renewing their Health and Hygiene certificates and hopefully their First Aid competence over the next two months.

I would like to take this opportunity on behalf of the project staff and parents to thank the volunteers for giving up their time to help out at the Clubs and/or playscheme.

I'd also like to thank the Fairer Scotland board for continuing to fund this work.

**If you would like more information about the clubs or being a volunteer please contact Helen Graham on 01224 697000**



### **I'm a Parent: Get Me Out of Here.**

Middlefield Community project has developed a new support group. If you have a child with additional support needs, you're more than welcome to join us... we're here every Monday morning from 09.30 - 11.30a.m.

This is a superb opportunity to support each other, share information, resources and ideas in ways to deal with various situations. There are even some adult activities if you fancy taking some time out yourself.

I'm a Parent: Get Me Out of Here, is an eight week course running every Tuesday morning at the Project using Family Learning resources booklets. If you'd like to know more please let us know.

### **Over 55's**

The over 55's group meet at Manor Park School every Thursday afternoon for a chat and they are keen on arts and crafts. During the past few weeks the group have been on various local trips to Cove, Westhill and Banchory. Again, please enquire if you'd like more information.



Middlefield Parish Church

## Message from the minister

I would like to apologize before I continue to write this Church News article for the Middlefield Mirror.

Our story in the Christmas edition of the Middlefield Mirror in 2010 came later through your letter boxes than was intended. And so we ended-up with a Christmas story in February. We will do our utmost best to prevent this happening again.

In the meanwhile it is Spring; daffodils..., crocuses..., all their flower-heads have now nicely sprung from the ground. The buds are growing on trees and bushes and when you read this they have maybe even grown out into fresh green leaves. However, this all seems in contrast with what is happening in the world at the moment. When I write this article the situation in Libya has escalated. It is 10 days after the earthquake, tsunami and the start of the nuclear disaster in Japan and people are very concerned about the events that are happening in Yemen and Bahrein to mention only a few.

At the same time at home we are dealing with an economic crisis, sky high petrol prices and severe cuts that have a major

impact on the budget in many families. I don't know about you, but all these negative stories can overwhelm me. It seems you hear nothing else. There are times you would like to escape to a place where problems can't hit you. Escape to a dream world where all our and the world's problems are solved. However, we all know that is not possible. But what we can do is find places that function as a safe haven for us, as an oasis in the middle of all the business and difficulties of day to day life. Did you know that Jesus had such a place?

Jesus was not always amongst people, speaking to and healing them. There were also times that he needed to recharge his batteries. In the Bible we can read that Jesus was looking for time for himself. He liked to go into the hills to pray to God and so found rest and peace. We are allowed to do the same. Maybe the hills are not our 'cup of tea' but, there are many other ways to create oasis spaces in our life. Maybe we find rest in meeting a good friend, reading a book or going mad with music we like. But, as Jesus was refreshed after his time with God in the hills, also we need time to recharge our

batteries in whatever way that is appropriate for us in order to deal with life's challenges!

Many of those who come to Middlefield Church find peace in our time of worship on Sunday mornings.

We are also very fortunate to have a lovely and peaceful church garden, which is a very relaxing place to be with a nice cup of tea or coffee. If you think you would like to try what I am speaking about, you are very welcome to come along any Sunday morning at around 11am or some other time during the week when the gates are open.

**You can find us at**  
Middlefield Parish Church of  
Scotland  
75 Manor Avenue,  
Aberdeen  
AB16 7UT  
(Access is available without steps  
from Fowler Avenue).

### **Ministry team**

Minister:  
Rev Anita van der Wal 865195;  
Outreach Worker:  
Sumtende Chaba - Tel 682310;  
Session Clerk:  
Linda Forbes - Tel 691165



Station House Media Unit (shmu) is situated just off Great Northern Road in the old Station House Community Centre, Woodside. We offer free access to, and training in video and radio production, and magazine and online publications to residents of all ages living in Seaton, Woodside, Middlefield, Tillydrone, Torry, Northfield and Cummings Park.

t 01224 515013 | e info@shmu.org.uk | www.shmu.org.uk

## shmuTRAIN

shmuTRAIN delivers a vibrant, contemporary and visionary training/skills development programme, using community and digital media as a meaningful and stimulating medium to increase the chances of young people (14:19) of moving into employment, education or training.

The initiative offers two programmes; an Early Intervention programme aimed at education, targeting the 14 to 16 year-olds showing early indications of not having a positive post-school destination; the second, Positive Transitions offering a range of 'hands-on' training opportunities for those in the 16 to 19 year old MCMC category.

### Early Interventions at Northfield Academy

As part of the Early Intervention programme, our tutors have been working with pupils from Northfield Academy since January 2011 providing radio training. So far six pupils have been attending SHMU weekly, taking part and enjoying this new and exciting learning opportunity.

***"Doing radio at SHMU makes school more interesting."***

A Northfield Academy group reflecting on their Early Intervention course at SHMU



Northfield Academy group live in the studio at shmuFM



### Positive Transitions

Since June 2009 shmuTRAIN have run five Positive Transition courses with a maximum of eight young people attending the 12-week employability and skills development course. Over this time five young people from the Middlefield area have taken part in the course and all have successfully moved on to either college or employment.

***"If I wasn't here I would probably be lying in my bed or lying around the house or even doing a paper round. So I'm glad I'm here where I am now."***

Daniel on the PT 5 course

### Positive Transitions 7 will begin in July

Are you, or do you know someone who is aged 16-19, not in Education, Employment or Training and would be interested in finding out more about our courses? Then please contact:

Chrissie Simpson, shmuTRAIN Administrator:

email - [chrissie@shmu.org.uk](mailto:chrissie@shmu.org.uk)

tel - **01224 515013**

text - **'TRAINING'** followed by your name to **60300**.



## **WANTED:**

### **REHEARSAL SPACE FOR MIDDLEFIELD MUSIC GROUP**

Middlefield Music Group have been using Mastrick Young People's Project at Summerhill to improve their band and vocal skills. The building at Summerhill is now closed and we no longer have access to any rehearsal space. We have equipment – but nowhere to use it or store it.

The Middlefield Music Group is for young people between 12 and 25 to play music together and give them the chance to develop their talents. We have three 'groups' of four players and a number of youngsters who are just starting to play who are all at different levels and need a rehearsal space to improve their skills.

The musicians are supervised at all times and the equipment could be stored in a relatively small space. Our musicians are desperately keen to continue their work.

Do you know of anywhere that might be suitable for these, very keen, young musicians.

You can contact the Youth Flat for more information on what music sessions are available by contacting Charlie after 2pm on Tel: 01224 697362 or if have free space available please contact or leave a message for Mike at Middlefield Community Project by Tel: 01224 697000

## **A New Way to Access the Healthpoint Service – 'healthtext'**

The public in the North-East is to get easier access to NHS Grampian healthpoint service. The new healthtext will make it easier for people to get advice about long term illnesses such as heart disease, help with stopping smoking or guidance about benefit entitlement to exercise classes.

Anyone looking for advice should text the word 'Info' to 82727 and a trained health advisor will return the call during office hours. The information is free and confidential and our friendly staff will be able to help with a wide range of health related issues. Texts are charged at the standard network rate.

The service can be contacted by calling the free healthline on 0500 20 20 30, emailing [healthpoint@nhs.net](mailto:healthpoint@nhs.net) or dropping into one of the local walk in healthpoints at the Aberdeen Indoor Market, Aberdeen Royal Infirmary concourse, the Hot Spot, Kirk Street, Peterhead or Dr Grays Hospital in Elgin.



## The Ladybird's Day Nursery

Are you working? Are you thinking of returning to work? Are you in college or thinking about applying for a college placement?

If your answer is yes to any of these questions then the Ladybird's Day Nursery is the ideal environment for your child.

WHY?

We provide challenging opportunities for a broad and progressive curriculum where your child is motivated and actively involved in their own learning.

Parents, staff and children work together to achieve our common vision so that every child reaches their full potential.

We promote a caring, positive ethos where each person is

valued, respected and included.

We work with parents/carers, other agencies and the wider community to meet the needs of the whole child.

We promote the outdoor environment as a space for learning and teach respect for our world.

We provide a positive environment to promote Health and well-being.

The Ladybirds Day nursery is open 50 weeks of the year (only closing for the Christmas break)

We are open from 8.00am until 5.45pm

- We have reduced the entrance age to 18 months.

Our staff are fully qualified and committed to ensure your child receives the best possible quality

care.

HMIE and the Care Commission recently inspected the Middlefield Community Project Nurseries.

Our strengths include:

- A positive, welcoming atmosphere with an inclusive ethos;
- Well-behaved children who enjoy learning through play;
- Caring, sensitive staff supporting children and families;
- Working partnerships with community members and other agencies in supporting children's learning.

If you have any questions relating to our Ladybird's Day Nursery, please contact myself - Donna Rennie at Middlefield Community Project on 789934.



# 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 locally-based, healthcare services. 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 babies, toddlers, young people and adults, with all contacts being confidential.

**Opening hours:**  
Mon. to Thurs. 9am to 5 pm;  
Friday 10am to 5pm.  
Lunchtime closure: 1-2pm.

The Healthy 'Hoose' team comprises:

Pamela Coutts, receptionist;  
Dorothy Christie and Audrey Scott, Nurse Practitioners;  
Kathleen McFarlane, Pharmacist;  
Janet Crichton, Counsellor.

- We also have a range of visiting services including podiatry, health visitors, Credit Union and Benefits advisors.

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

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