

Middlefield Mirror

Summer 2022

NOW COVERING HEATHRYFOLD



In this issue:

.....
MINI YOGIS
MEET THE TEAM
POOL UPDATE
PROJECT NEWS

www.shmu.org.uk/press

Image: Simon Whitworth

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Editorial

Welcome to the summer edition of the Middlefield Mirror.

In this issue we have updates from the Middlefield Community Project and nurseries and articles covering the proposed Greenferns Landward development.

If you would like to get involved and join the editorial team or if you have ideas for this community publication you can easily get in touch with us. The staff at SHMU are able to support and train anyone living in the area if they are interested in developing their ideas, or their skills in writing, proof reading and photography.

So, please don't be shy, this is your magazine, written, edited and designed by folk from Middlefield and Heathryfold.

If you live in the Middlefield or Heathryfold area and would like to come along to the editorial meetings or submit an article then get in touch with staff at shmu on 07752586312 or email rose at rose.ross@shmu.org.uk.

The magazine is now on Facebook as well so you can search for Middlefield Mirror and like the page for regular updates.

You can also view this magazine, alongside previous editions on the SHMU website www.shmu.org.uk then click the 'PRESS' option.

Middlefield Mirror is a community publication and the views expressed are not necessarily those of the editorial team or of shmu.

Covid-19 has made many changes to our routines and life as we know it. Many of these changes have left us feeling negatively about the situation but there have been some positives from the lockdown Covid brought about. Whether it's getting to see more of your local area, reconnecting with family and old friends or having a slower pace we would love to hear from you about your positive experiences during the Covid-19 outbreak.

LIFE MAY NOT BE THE PARTY WE HOPED FOR
BUT WHILE WE'RE HERE WE MIGHT AS WELL DANCE



Supported by



Laura Young



Goodbye Laura

MEET THE NEW COMMUNITY SUPPORT WORKER

All good things come to an end, with that sentiment, shmu sadly bid farewell to Laura Young. Laura has been behind the scenes making the delivery of community magazines possible for several years.

After doing such an amazing job for the past 7 years, Laura has left behind big shoes to fill. Hoping to fill those shoes is Rose Ross, the new Community Media Support Worker. Rose will be supporting the dedicated volunteers on the editorial committee who bring this magazine to life.

Rose commented saying, *"I've enjoyed putting together this magazine with the brilliant Middlefield Mirror volunteers and look forward to getting involved with the community. I look forward to meeting many more people from the area and getting even more people involved!"*

Rose Ross





MANOR PARK MINI YOGIS

Manor Park School is the first school in Scotland to be accredited by Mini Me Yoga, a UK organization which promotes health and wellbeing through yoga.

The school reached this status on the 31st of March, having worked with Mini Me Yoga Aberdeen over the last two years. The partnership was funded through Pupil Equity funding as was organized by Emma Kidd, an Early years Practitioner at Glashieburn School.

Mini Me Yoga seeks to introduce the fun of yoga to children and empower adults to teach this. While

working with the group, staff at the school have learned how to support pupils to learn yoga and how to use it as a tool for mental health. With training, staff have now introduced yoga to the classroom and support over 50 pupils to access yoga directly.

P6 and P7 girls have started a Mental Health Group and have been developing ways to support the wellbeing of pupils. They have set up 'charging spaces' throughout the school which gives pupils a space to keep calm and control emotions.

Head Teacher, Gill Graham, said:

"The partnership, support and yoga skills we have all developed have supported the emotional and mental wellbeing of staff and pupils. We are delighted to have Mini Me Yoga accreditation and look forward to working with Emma to continue to address the wellbeing needs of Team MP."

The project has been well received by pupils and staff and is thought to have come at the right time as everyone has benefited from it while returning after lockdowns and restrictions.

Keep up with the Hub

Muddy Hubbers

Muddy Hubbers is an Under 5's Playscheme for children who live in the Middlefield, Marchburn, Cummings Park and Heathryfold area.

The Playscheme runs during the school holidays two days a week at Easter, Summer and October. We provide a variety of activities and outings during these days. We have had Moo Music come along to entertain the children as well as the Critter Keeper showing the children different small exotic creatures such as lizards, tarantulas, snakes and a tree frog.

Other sessions include messy play, craft days and imaginative play. We also attend some local parks and play centres.

We have been lucky to receive funding from BBC Children in Need, so we have been able to keep the cost to a minimum. Children will be provided with a light lunch for activities taking place at the Hub and will take a packed lunch for activities out with. These sessions need to be pre booked as space are limited. If you would like to find out more information, please contact Lori at the Hub.



Parent and Toddler Group

Our Parent and Toddler group has been really busy this year. This is a group for children to socialise with other children and parents to meet other parents in the area.

It is a good place to get ideas, advice and support from other parents and staff. During this session the children will be able to explore their surroundings and engage their imagination through play. They will get the opportunity to engage in messy play and arts and crafts.

Occasionally the group has a walk over to the local forest to explore nature and have a picnic. Our session runs during school term times on a Tuesday (12:45-2:15), Wednesday (10-11:30) and Thursday (10-11:30). Each session cost £1 and the children get a light snack. If you require further information please contact Lori on **01224 697000**



Adult Wellbeing and Learning Week

Middlefield Community Project will be holding an Adult Wellbeing and Learning Week. We would like to put together a programme for adults in the area of Middlefield, Marchburn, Cummings Park and Heathryfold.

We cannot do this without input from community members. We will be holding information and taster sessions the Week beginning the 29th of August 2022.

Come along to see what we may have to offer. Some of the taster and information sessions will include aromatherapy and massage, adult education, Mindfulness, arts and crafts, Zumba and Forest Activities.

Please follow our Facebook page (Middlefield Community Project) for more information and times.

Middlefield Community Project

Nursery

Celebrating the Queens platinum Jubilee

Both nurseries enjoyed decorating their rooms and gardens with flags and bunting to celebrate the special jubilee. The children enjoyed learning about the queen. They also did lots of different arts and crafts activities and enjoyed having an afternoon tea party.

End of term activities and trips

The staff and children enjoyed celebrating the children's achievements and their time here with a variety of happy last day activities. These help to support the children in their transition and also support them to understand that endings can be happy and positive as well as a little sad too. In August many of the children will be leaving our setting, to move on to start school. Some other children will also be moving onto to new nursery settings. We would like to wish them all well and hope they come back to see us, to let us know how they are getting on.

The nursery children and staff enjoyed their end of term celebration activities and summer trips. Both nurseries enjoyed going on trips. The Wee Helpful Hedgehogs nursery children enjoyed going to their usual favourite place Dizzy Rascals with the nursery staff. Great fun was had by all. The Wee Heilan Coos nursery children and parents enjoyed going to Camperdown Park with the nursery staff. Similarly, great fun was had by all. Both trips were a great success.

Supporting transitions to school

Supporting positive transitions is really important for children's understanding, development and emotional wellbeing. Staff supported children to become familiar with their new school settings by going on a walk with them to see the nearby schools Manor Park and Heathryburn. This was great as children from both of our nursery rooms went on the walk together and could get to know each other a bit better. Staff also made up some



booklets for the children and parents to keep which contained pictures and information about their new school e.g. pictures of uniform and their friends that would also be going to the same school. We also had visits from teachers from several of the different schools too. This is always great and really helpful for them to see our nursery and meet the children before they start school. Some children were moving out of the area and going to schools further afield. We managed to go out in the minibus to drive to see Portlethen school where one of the children would be going.

Technology updates

We have made continued progress in improving the way that we use technology in order to get feedback from parents. We have updated our questionnaire formats for parents using online questionnaires. Using online formats has made it simpler for parents to complete by just accessing the questionnaire via a link. As a result, we have seen a rise in how many parents are completing feedback and questionnaires.

We have also introduced new software for doing virtual 360-degree tours of both nursery rooms and their gardens for parents and carers to see and learn more about our nursery rooms, activities and learning environments that we offer.

Weekly minibus trips for both nurseries

Both nurseries have thoroughly enjoyed their weekly outings on the minibus where the small group of children get to choose where they would like to go. The aim of these visits is to enable children to experience different natural outdoor environments

e.g., the beach, forests, parks and gardens. The children really benefit from being part of a smaller group as this helps enable the children to develop their confidence, language and let them explore different environments with more focused adult support. We go out throughout the different seasons and weathers. This also enables the children to experience seasonal changes and different weather conditions. Other benefits and learning opportunities include:

Developing confidence in visiting familiar places.

Experience a feeling of wildness in green/open spaces and experience a diverse range of habitats and features.

Develop practical skills such as how to cross roads, manage dogs and encounters with wildlife.

Learn how to care for public spaces. Develop stamina walking and being physically active.

Build on and develop relationships with peers and staff within a small group scenario. Develop speech and language skills.

Develop curiosity and a connection with nature.





GREENFERNS LANDWARD DEVELOPMENT – WHAT IS KNOWN SO FAR

Greenferns Landward is the name given to a patch of land and greenspace near the Bucksburn area which is a hotspot for walking.

The greenspace falls under the Newhills expansion area, this is an area on the periphery of Aberdeen City which is marked for urban development. Aberdeen city council are hoping to ease the demand for council houses with this development, as more than 6000 people remain on the waiting list.

Current development plans for the site include building 1570 homes, a traveller's site, a primary school, and a commercial space.

Previous plans for the development included a large medical centre. In 2018, the Scottish government proposed plans for an £8.1 million medical facility known as the aurora development. This development would cover the Mastrick, Northfield and Denburn areas, however the latest plans for the Greenferns site have not included this and have left many questioning whether the aurora development would go ahead.

Roohi Bains, Information Governance Manager & Deputy DPO NHS Grampian, provided shmuPRESS with a statement regarding whether the new facility will go ahead in the Greenferns development. "The assets that service our practice populations have had a change of use during the pandemic. The medical practice no longer feel that they require

additional space in the Greenferns building and are happy that their current provision is adequate given that the largest proportion of their patients are now in the city centre."

With the NHS no longer looking for an additional space within the area, it seems there will not be a new medical practice on the development patch. Both the NHS and the Aberdeen Health and Social Care Partnership (AHSCP) state the people in the area are being provided with alternate healthcare options.

An Aberdeen City Health & Social Care Partnership spokesperson said: "We want to ensure everyone living in Aberdeen – but especially the most vulnerable people in the city – have access to health and social services in their community.

"The Greenferns project – like many large building projects – was paused in March 2020, due to the pandemic. COVID-19 brought major changes to the health & social care system. The way services are delivered has changed. Many buildings have seen changes to the way they are used as well. All of this is currently being reviewed; we expect this work to be complete during Autumn 2022.

"There are currently 10 GP practices providing services across Northfield and Mastrick. There is also a clinic in Northfield which is open five days a week with multiple services provided by Aberdeen City Health & Social Care Partnership and Newburn Medical Practice."

While the review is taking place, the 10 practices allocated to the area are, Calsayseat, Elmbank, Newburn, Links, Westburn, Woodside, Holburn, Rubislaw, Albyn and Hamilton.

Wilma Collie, a local resident commented "This could be a problem for those unable to travel such distances and not everyone has transport available to them? I worry about the idea that the service is there, and people have to make a greater effort to get the help which was more readily available in the past."

A group within the Bucksburn community have raised their concerns about the environmental impact it may have on the area. A Petition was started by Kate Krawczyk in the hopes of stopping the development and has received over 900 signatures.

Wilma also said "I'm very concerned about air pollution. As someone with a lung condition I struggle most days to just breathe, and I am acutely aware of the days when air quality is poor. Traffic fumes combined with the increase in travel corridors add to the poor quality of the air we all breathe, and such a development will surely have a huge impact on us all."

The council have held a public consultation which ended on the 29th of July, this gave the public the opportunity to express their views on the project and will be used to inform the planning permission application.

WOOD GROUP



The Heathryfold and Auchmill Wood group are being given a quantity of mature trees and a huge number of bushes from the council. It is hoped a mini orchard could be planted in the park which can be used by the community.

The bushes will be used to line some of the paths and its hoped that some local children can play a part in this operation The group were successful in getting Lottery Community Funding which will go towards the installation of a few pieces of exercise equipment across the park.

The group are hoping to have enough money get a sculpture

installed somewhere in the park and welcome suggestions as to the shape it will take. It's hoped any sculpture would reflect the history and the nature of the area and again we welcome suggestions from people on what form this should take.

As always, the group meetings are held in the Youth Flat on the last Thursday of the month at 10.30 at the hub and all are welcome. A number of volunteers are making an effort to keep the area tidy. One such person is Sandy, who over the course of a few days, managed to fill a dozen black bin bags with rubbish.

Litter is unsightly and dangerous especially broken glass so please

take your litter home with you. I know there is a shortage of bins but if you take it into the park or woods then please take it home again.

The group have worked hard to bring a community space to life and make it a place to be proud of. We work hand in hand with various council departments and officials.

Our local councillor, Gordon Graham is very proactive in the area as is Steven Shaw from the council's environment department and they are always available to help the group and community.

Wilma Collie



Haudagain Improvement Project Progress

The official opening of the Haudigan link road took place on the 18th of May and the road was open for public use later that day.

The new road, which takes traffic between North Anderson Drive to Auchmill Road was opened by Transport Minister, Jenny Gilruth.

Designed to ease congestion, the £49.5 million project is part of the AWPR project backed by the Scottish Government.

Work began on the roundabout in 2017 and was originally due to be completed in 2021.

Contractors, Farrans, have faced several obstacles since taking on the project in 2018. Due to the pandemic and an incident with a burst gas pipe, there have been many delays.

Further work continues in the area.



Upgraded swimming pool on track for summer opening

Get Active @ Northfield is set to open on the 29th of July. The opening of the pool is on schedule for the planned late summer goal.

Sport Aberdeen were awarded a £4.8 million contract for the revamp of the Northfield swimming pool and work began in September 2021.

The facility boasts a 25-meter, six lane pool, a large changing village, and an inclusive fitness studio, designed to accommodate those of all levels of ability. Further new additions include a 40-station gym with a weight training area and fitness suite.

Various rehabilitation programmes will be running such as adults returning to exercise and a health and wellbeing programme.

A focus is being placed on local use of the venue; Sport Aberdeen want to know what the local community would like to see at the centre and are currently conducting a survey to find out.

To have a say, complete the survey at www.sportaberdeen.co.uk/venues/get-active-northfield



GETTING RECYCLING RIGHT

Aberdeen City Council opened its Materials Recovery Facility (MRF) and introduced the new recycling service in 2017. Household recycling rate has risen from 38.8% to 49%. Whilst this is good news, we would like to improve this and we need your help to do so.

Please consider whether you can recycle an item before you put it in your waste bin.

What can I recycle in Aberdeen?

Whether you use your own wheeled bin or a communal bin you can recycle the following:

Glass bottles and jars;

Plastics bottles, trays and tubs – all colours;

Paper and cardboard;

Metal tins and cans, including empty aerosols, foil and foil trays;

Food and drink cartons.

All recycling should be free of food and rinsed.

What items are non-recyclable and should go in your waste bin:

Plastic bags or bin bags – think about reusing plastic bags

Plastic film

Mixed material packaging e.g., crisp packets or crisp tubes

Bubble wrap - reuse for parcels especially closer to Christmas

Food waste - use your food waste bin for this

Polystyrene/foam trays - use these to fill the bottom of plant pots to help drainage instead of rocks

Nappies – please put this in your general waste bin or invest in reusable nappies for an improved environmental impact.

Drinking glasses/Pyrex

Plastic plant pots - return to your garden centre for re-use

To find out more about what happens to your recycling after it gets collected, take a virtual tour of Aberdeen's state-of-the-art sorting facility www.youtube.com/watch?v=C6XhtWgWQXQ

Aberdeen residents can also now apply for Garden Waste permits for their brown bin for 2022 to 2023.

This permit costs £30 and covers fortnightly collections of two bins of garden waste for the year. For an extra £30, residents can apply for a third garden bin.

Apply for a permit via Aberdeen City Council's website.

Brown bins can still be used for food waste only, without a permit.



SAMH

Scotland's national mental health charity, The Scottish Association for Mental Health (SAMH) are working to prevent suicide across the Grampian area.

The team of four aim to prevent suicide, raise awareness of the issue and combat the stigma which surrounds the topic of suicide across Aberdeen city, shire and Moray.

Suicide is an extremely prominent issue and having thoughts of suicide are shockingly common. Beth Wallace, who is Samh's, Suicide Prevention Community Engagement Officer for Aberdeenshire said "It is estimated that up to 1 person in 20 is thinking about suicide at any one time. In Scotland that means 262,740 people may be thinking about suicide, which is enough people to fill Pittodrie Stadium 12 times over.

"However, although this number is high, we find there is a lot of hope in this number. Although 1 in 20 may be thinking about suicide, 1 in 20 don't go on to die by suicide.

"We also believe this figure helps to show people that they are not alone in their thoughts of suicide. This figure is an important drive in our work as we know we have a large number of people that need our help and support when it comes to suicide prevention."

Beth and the rest of the team work with local partners on a variety of projects such as running their 'Introduction to suicide prevention' course. Designed to train and help people understand suicide and support others struggling with the issue, the course is free to attend. 3,500 people have already taken part in the training across the northeast of Scotland.

Beth feels that "It is best to prepare yourself for a conversation that you may never have about suicide rather than that conversation arise and you not be sure what to do.

"We deliver numerous online sessions monthly. If people would like more info on the dates of these, they should ask to join our mailing list via the below email address. We can also look in to doing a closed training session if you are a part of a wider group or organisation."

Download the 'Prevent Suicide - Northeast Scotland' app to become more suicide aware. The application is host to lots of helpful information such as, where to access help, links to national and local support services, information on how to support someone with suicidal thoughts and a safety plan can also be created using the app.

Please contact, **northeastsuicideprevention@samh.org.uk** to sign up for the training course and to work with the group.

To keep up to date with the team and any events, like their Facebook page '**Suicide Prevention – North East Scotland**'.

Penumbra

Penumbra provides a first response and information service for mental health issues. This service can be accessed in Aberdeen for people aged 16 and over.

Aberdeen 1st Response can provide you with short term support when you feel at crisis point. If you are feeling overwhelmed, we can provide support tailored to your individual needs when you feel you need it most. You will receive sensitive and non-judgmental support, information and signposting. Aberdeen 1st Response will support you to find ways to successfully resolve the crisis situation and to plan for your own future.

Contact Us Freephone:
0800 234 3695

Email aberdeen1stresponse@penumbra.org.uk

Aberdeen 1st Response provides support between 9am and 5pm, Monday to Friday. Please contact the email address provided to receive the meeting link and all details required.



Join Us!

The Middlefield Mirror are always looking for more volunteers to join the team.

If you are from Middlefield or Heathryfold and would like to join Janet and Wilma, give us a shout!

Being a part of the editorial team is a great way to keep up with what goes on in the community, give a platform to local voices and address issues important to you. It is also a great way to meet and build new friendships, over coffee, cake and a catch up.

There are many more ways to get involved with the magazine so get in touch via the contact details on this page to find out more!

Letters to the editor page

The editorial team of the Middlefield Mirror want to hear from you.

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

In this section, you can write to the editors of the Middlefield Mirror, let us know of issues and events taking place in the community, send us your thoughts on topics we have covered. Have your say of what you want to see represented in the magazine and what you'd like to read.

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



Wilma

Meet the Editors

Wilma: 75 years young, 65 years a resident, 55 years married to Bill. Secretary for the Heathryfold Park and Auchmill Woods group.

If there's a committee meeting somewhere she's there! Anything for coffee and cake!!

Janet: My name is Janet. I moved to Aberdeen 18 years ago. I have

had to give up my work through ill health, but I am involved with the Cummings Park Community Flat. I am on the committee and involved in many things that go on in the flat like our Knitting group!

Everyone is welcome!

Janet





PIDDLY WATTIE

In my years as a Home Carer, I met many fascinating people and one very strange dog, Piddly Wattie. When I started as a Home Help, we were exactly that, a help in the home. Most clients were women, men didn't tend to ask for help but that changed over the course of time as did the work. In the late eighties, early nineties, there was a change in what our duties were, and it was recognised that a person's mental health issues were every bit as important as a clean home and in due course we became personal carers too as it was acknowledged keeping someone in their own home was paramount and so the job changed and every day could be different.

One day, my boss asked if I would take an elderly chaps' dogs out at lunchtime. He couldn't manage currently because of a bad hip joint. It was in my area, and I loved dogs, so it was a no brainer, as they say.

However, this particular dog was a one off. It was a bulldog type with a very disturbing stare and a

solid body shape, and he moved aside for no one. He fixed me with this stare whenever I entered the house and I felt as if he was talking to me, but I didn't know what he was saying. I soon found out though. The stare meant he wanted walkies! I duly obliged and we set off to the local park where I met a few people who were walking their dogs too.

When we appeared, they all greeted us and spoke to Piddly Wattie. I must add here that the dogs real name was Wattie, I nicknamed him the Piddly part. That's because all he did was piddle, in fact it seemed that from entering the park to leaving was one long continuous piddle on his part.

Halfway round the park I bumped into some more dog walkers, and this was where I discovered another charming habit of this dog.

He would piddle on anything but especially people's feet! I narrowly avoided wet feet and made sure he walked in front of me for the rest of the walk.

Piddly Wattie also loved squatting down in the middle of the road and did just that when we left the park and tried to cross a very busy road!

I couldn't pick him up, he weighed half a ton by the look of him, so I had to unceremoniously drag him to safety on the pavement. For this I got a very fixed stare and I'm sure he shrugged his massive shoulders!

I got him back home and saw to his food and water and said my goodbyes. I didn't see Piddly Wattie again. The client went into a home as did the dog, not together of course.

I was astounded to discover the chap had been 92 and Piddly was 13. A pretty good age for both, I think. They have both gone over the rainbow a long time ago now, but Piddly certainly made a lasting impression on me, and I can still picture that stare. We got a new boss soon afterwards who said that wasn't one of our duties, yeah right! If a dog needed a walk, he needed a walk!!

Wilma Collie

I.5 degrees film challenge

I was very proud of my group at the screening of the 1.5 degrees film challenge. It was amazing to see their films alongside the other entry's from around the North East of Scotland as it gave us a sense of belonging to the bigger project as well as getting to celebrate their work.

The 1.5 film challenge was a project where participants around Scotland were challenged to make a 1.5-minute film about climate change. The aim was to heighten awareness of the climate problem as well as develop some new skills in film making.

shmu got together with a group from the charity Healthy Minds to deliver a six week workshop where we shared ideas and produced 4 very different 90 second films about climate change. It was lovely to see the groups confidence and enjoyment grow over the 6 weeks. We managed to cover a range of subjects including eco art, pollution in Aberdeen and the plight of the bees. A highlight was when the group filmed Geordie performing his original song "The Litter Picking Gremlin" down by the river Don.



Youth Media

The youth media team have been lucky to have a visit down to the University of Aberdeen for workshops with the Microscopy and Histology departments where they got to find out more about microscopes and experimenting with yeast and cells. The group got to interview two technicians from the department and are looking forward to having a follow up session at their base at Foresterhill. After this, the group got some special treatment at the Zoology Museum where they got to look around the museum, the first group allowed into the museum since covid started. The group loved looking at the 'dead animals' and thought it was super cool!

Recently the team was joined by a music placement student from the University of Aberdeen to work on sound effects/foley. The team had expressed an interest in learning about this, so it was great to be able to bring someone in to work with the group for 4 sessions. The group were able to learn about the history of foley and how sound has a key role in film. They had to work as a team to decide a film and then create some sound effects and think creatively about how to create those sounds and edit them together. The group have focused on making films, but this was a good task in thinking about the different elements that are linked with film

Jackie Dunbar MSP

Since my election in May last year, I have been doing all I can to support Donside – supporting individuals, businesses, and community groups, as well as being a strong voice for Donside in the Scottish Parliament. I am working to attract investment, ensure social justice, tackle poverty and improve the opportunities and outcomes for all across our area.

Locally, one of my projects has been lobbying Aberdeen City Council to see timely action taken to address the derelict condition of Logie Shops, a site I'm sure many of you will be aware of on Manor Drive, near the Haudagain Roundabout. The site has lay empty for over 20 years and, quite frankly, it is an eyesore.

Scotland has almost 11,000 hectares of vacant and derelict urban land and almost one-third of Scotland's 5.4 million population lives within 500 metres of a derelict site. These sites can cause significant harm to communities, ranging from negative impacts on mental and physical health to anti-social behaviour and safety concerns.

Aberdeen City Council have agreed to my request to carry out a renewed safety assessment of the Logie Shops. I have also raised a question of the Scottish Government asking what action they can take to assist the Council in dealing with the site and I have an upcoming meeting

with the Chair of the Scottish Land Commission to explore the potential for further action.

Another project which I am delighted to tell you about is the naming of the Haudagain Bypass after the late Brian Adam MSP. Brian worked hard for the community of Middlefield during his time in public office, starting as the local councillor before becoming the MSP. He campaigned hard for a solution to the bottleneck at the Haudagain roundabout.

I have had agreement from the Lord Provost David Cameron, Cllrs Donna Clark, Ciaran Mcrae and Gordon Graham, that it would be a fitting tribute to Brian to name the road after him. I'd like to thank them, Kevin Stewart MSP and Audrey Nicoll MSP for all their support.

I have also been delighted to add my support to the bid to bring a Green Freeport to the North East of Scotland. The innovative bid from Aberdeen International Airport, Port of Aberdeen, Peterhead Port Authority and Aberdeen City and Aberdeenshire Councils, really can bring huge benefit to Aberdeen Donside, as well as to all those who live across the North East.

This bid, if successful, will boost Gross Value-Added income (GVA) by £7.5 billion over the next decade and it will usher in a new era of

investment, innovation, regional regeneration and opportunities for those that need them most across North East Scotland. Estimates say that the bid could bring 30,000 highly skilled, highly paid jobs to the region – I want to help make this happen. The Green Freeport model could also put our fantastic region on the map as a world leader in creating carbon-free energy and the emerging technology needed to achieve Net Zero, as well as bring large-scale, advanced manufacturing to Aberdeen and it will maximise economic benefit for the region from Scotland's rapidly-growing offshore wind and hydrogen sectors.

A couple of weeks ago, I raised this bid with the First Minister who joined me in recognising the huge environmental and social benefits of Green Freeport status.

Now that we are on Parliamentary recess, I have been getting out and about, doing constituency surgeries and engaging with local community groups. I remind everyone that I'm here to help, to listen and to act. Constituents can contact me at any time on: Jackie.dunbar.msp@parliament.scot, by calling 01224 011936 or dropping me a line at my constituency office. 12a Mastrick Shopping Centre, Greenfern Place, Aberdeen, AB16 6JR

Jackie Dunbar

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

DENTIST

Emergency - G-Dens - 111

DOCTORS

NHS 24 Emergency - 111

POLICE

Non-Emergency - 101

ELECTRICITY

If you have a power-cut - 105

GAS

Gas Emergency - 0800 111 999

WATER

Scottish Water Emergency - 0800 0778 778

HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

Aberdeen City Carers Service- 01224 914036

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at **CFINE** 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

St Machar Credit Union 01224 276994

Northfield Medical Practice 0345 013 0740

Woodside Medical Group 01224 492828

Penumbra First Response 01224 276994

OUR LOCAL ELECTED OFFICIALS ARE:

Councillor Donna Clark

donaclark@aberdeencity.gov.uk, 07977399622

Councillor Ciaran McRae

cimcrae@aberdeencity.gov.uk 07500 999617

Councillor Gordon Graham

ggraham@aberdeencity.gov.uk 07736 329751

Area MSP

Jackie Dunbar

– MSP for Aberdeen Donside

Aberdeen office: 0131 34 85067

Jackie.Dunbar.msp@parliament.scot

Area MP

Kirsty Blackman

– MP for Aberdeen North

Aberdeen office: 01224 633285

kirsty.blackman.mp@parliament.

DOMESTIC ABUSE SUPPORT

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

Your husband or wife. Your boyfriend or girlfriend

Your current or ex-partner

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

Help and support

There are services available to support you, and they are still open. You do not have to wait for an emergency to get help. Tell someone you trust or contact:

Police Scotland

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

For non-emergencies call 101

National Domestic Abuse Helpline Free and confidential advice. Open to all. 24 hours a day.

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

Grampian Women's Aid

Telephone: 01224 593381. Website:

grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932.

Website: rapecrisisgrampian.co.uk