

Middlefield Mirror

Summer 2025

In this issue:

POSTCARDS FROM AYR
NURSERY NEWS
ARTS & CRAFT GROUP
KMC

www.shmu.org.uk/press

Photo Credit Ashleigh Mitchell

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Editorial

Welcome to the Summer edition of the Middlefield Mirror.

Middlefield has been busy this summer. In this edition, we have a Postcard from Ayr, nursery news and an official welcome for Euan, Middlefield's newest Community Worker.

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.

LIFE MAY NOT BE THE PARTY WE HOPED FOR

BUT WHILE WE'RE HERE WE MIGHT AS WELL DANCE



Supported by



An official introduction

Most Middlefield residents will be familiar with Middlefield Community Projects newest Community Worker, Euan. For those who haven't met him, allow us to introduce you.

Euan's job is multifaceted, with a focus on youth work, adult wellbeing and learning too. Describing his work, Euan said "My role is to have an overview of the youth work provision we've got; we work with about 110 young people each week. It's closer to 300 young people over a year.

"I make sure youth workers have got training and availability to support our young people. I've also got a bit of an overview as well as some of our adult learning or adult wellbeing programs. We've got a bike hub that runs with two staff members who repair bikes completely free for the community. And I also run a men's group on a Friday morning where they come in and get some breakfast and have a general chat."

Euan is no stranger to the area, having worked with Northfield

Academy and was keen to continue working in the area.

"I was at Northfield Academy for four and a half years, and I'd built a lot of relationships with young people, families, and professionals in the area. I feel like Northfield and Middlefield have really taken me in as a worker in the area. I've always felt really welcomed by the community."

"I think the people are just the best and I've got such a soft spot for them in my heart that as soon as a job came up in Northfield, I knew I wanted to stay in the area."

Euan is as welcoming to the community as are with him, with a genuine desire to help, whenever he can.

"We pride ourselves in having an open-door policy. We want the community to be able to come in and ask for support. I know if somebody comes in the door and needs my support, then I'll be with them."

"I really enjoy that part of the job, just being with the young people

and seeing what's going on in the community and using my knowledge and contacts to bring support in for them."

The new school year is approaching and staff at the Hub are gearing up to deliver a fresh new timetable. There will be some new groups and sessions but there will still be plenty of opportunity for young people to drop in for support.

"A lot of our young people really rely on the support of having an open session they can come into and just catch a Youth Worker. I think a lot of the valuable work is done in those drop-in sessions."

But the team are looking at how they can also build more skill building into the timetable too, so keep an eye out on the project's channels for more information on what's to come.

For the youth hub, young people in the Manor Park School, Bramble Brae School and Heathryburn catchment areas are all eligible to join, why not check it out!



Middlefield Nursery News

Invitation to the Kings Royal Garden party at Palace of Holyrood House

On Tuesday the 1st of July, Middlefield Community Project was invited to the Royal Garden Party at the Palace of Holyrood house. The invite was for the recognition of our charity work for the community over the last 40 years.

Pamela from the nursery team, who is our longest serving member of staff went to represent the Project on the day. She had a fantastic day where she spoke to Queen Camilla and briefly told her about our amazing Project in Middlefield. Queen Camilla thanked her for all the incredible work that we do.

On the lead up to the day the nursery children made a card for Pamela to give to the King and then on the day, the nursery children celebrated back at the project too. Children dressed in red, white or blue colours or dressed up as a king or queen for the day. We had a royal high tea, where we made crowns and had scones and cakes.

We are so proud of the work we do here at the Project for the Community. It is so lovely for the Project to be acknowledged for our services and achievements. A big thank you to whoever nominated us for this celebration and recognition.

End of term activities and trips

What a great year we have had in our nurseries, and we all have so much we can be proud of. The staff and children enjoyed celebrating the children's achievements and their time here with a variety of happy last week/day activities. These included lots of garden fun, end of term parties, trips to the beach, joined up play sessions in the hall for children from both nurseries going to school, visits to see their friends in each other's nursery rooms, graduation, parents picnic and walk to the nearby Auchmill Woods.

These help to support the children in their transition and 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. 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.

We would like to take this opportunity to say thank you to all our children in our setting for always doing your best. You have all grown and developed in your own individual ways in the past year and it has been lovely to see you progress and celebrate so many positive achievements.

To all our parents and carers, thank you so much for your continued support over the last year and working in partnership with us to ensure that we are getting it right for you and your child and providing them with the best learning opportunities that we can.

Also, to our staff team for always going above and beyond in creating a warm, welcoming, nurturing and caring learning environment for all of our children and families who attend our setting.



Supporting transitions to school

Supporting positive transitions is really important for children's understanding, development and emotional wellbeing. We supported transitions with 10 schools this year. Staff supported children to become familiar with their new school settings by going out on the minibus to drive around and see the children's schools that they would be attending, better. Staff also made room displays showing which schools' children would be going to. Furthermore, 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 helpful for them to see our nursery and meet the children before they start school.

Ongoing activities and Therapets dog visits

The nursery children are continuing to enjoy going out on regular outings on the minibus. Trips have included to Seaton Park, Hazlehead park pets' corner and Fittie.

The nursery children continue to enjoy going out on walks to the nearby local woods, attend dance and gymnastics classes in our hall on a Tuesday and have visits from our Therapets dog Dottie and her owner Alison.

Nursery places for August

We are adding any further applications that we receive from parents for nursery places for August to our waiting list as we currently only have very limited sessions available. We provide a range of different Early learning and childcare opportunities for children aged 2-5 years. This includes the funded 1140 hours for eligible children for ME2 and children aged 3-5 years. Also, fee paying childcare places for parents who may be working or in further education. Nursery session times can be flexible in order to meet parents needs and preferences.

We would like to welcome all our new families that will be starting with us in the new term. We look forward to getting to know you and sharing many fun learning experiences with you all.



NORTHFIELD ACADEMY

CREW COMMUNITY COLLECTION

PUPILS AT NORTHFIELD ACADEMY SUPPORT COMMUNITY WITH FOOD

Reported by Leah Whyte

Over the past few months, Northfield Academy S1's set up a food bank with C-fine to provide food parcels for the community.

Northfield Academy S1 pupils were working with C-fine, a local food bank, throughout January to March 2025. This was part of their Project Based Learning (PBL) "How can we as S1 pupils support C-fine to feed our community?" They created Crew Community Collection to create food parcels for those living in poverty. S1 pupils learnt how to: budget, what to donate to a food bank and how to effectively help the community and those in need.

In Scotland, 17% of adults have faced food insecurity, a situation where people lack access to nutritious food. The Cost-of-Living Crisis is making it even more difficult for families living in poverty. Cfine have been assisting those that need it, by creating food parcels. Miss McLenan, Crew Teacher at Northfield Academy said, "We did this project to give back to our community and help those in need."

Northfield Academy recognised the community needed help, and worked alongside Cfine to create Crew Community Collection. Donations of food pantry items were being dropped off to Northfield Academy and local primary schools, such as Bramble Brae, Heathryburn, Holy Family RC, Manor Park, Muirfield, Quarryhill and Westpark. This project was a giant success and over 365kg of food was donated. Amy Ether, BSCO at Northfield Academy said, "The local community profits from this support because the food goes to the local food bank."

This project was a brilliant example of project-based learning, with pupils engaging with their learning whilst supporting the community.

S1 PUPILS SUPPORTING THOSE IN NEED

PUPILS AT NORTHFIELD ACADEMY WORKING WITH CFINE

By Naomi Warner

S1 pupils at Northfield Academy set up a food bank at their school to help those in need.

Northfield Academy's S1 pupils worked with Cfine, a local food bank, during the months of January-March 2025. This was a part of their Project Based Learning (PBL), "How can we as S1 pupils support Cfine to feed our community?" Crew teachers planned this project, and the pupils learnt how to budget, about food choices, the impact of poverty and how to create a radio advert to promote their project.

In Scotland, 1.2 million people have experienced food insecurity. The Cost-of-Living Crisis is putting pressure on people who are living in poverty. Cfine, are a food bank in Aberdeen, who provide food parcels for those in need as well as emergency foods, hot foods, financial and advice services, mental health and wellbeing, housing and homelessness, and support for families. Martin, Sustainable Food Co-Ordinator at Cfine said, "With the Cost-of-Living Crisis, there is a demand for food support, so we have been extremely busy."

Northfield Academy created Crew Community Collection to address these needs. Food donations were collected throughout January and February 2025. The drop off points were Northfield Academy and all ASG primary schools such as Bramble Brae, Heathryburn, Holy Family RC, Manor Park, Quarryhill, and West Park. The items that were collected were Pasta, Rice, Sauces, Spices, Tins, Jars, Cereals, Biscuits, etc. The project was an enormous success. Amy Ether, BCSO said, "We collected 365kg of food so that is enough to feed one person for a year."

Crew Community Collection was an amazing success.



ADULT LEARNING ARTS AND CRAFTS GROUP

Over the past year, the adult learning Arts and Crafts group have been trying their hand at a variety of creative activities at The Hub. From printmaking, to weaving, to paper quilling, everyone has found a new talent and made some brilliant creations.

As well as developing new skills, the sessions aim to support mental and emotional wellbeing. The group meets weekly for a relaxed session fuelled by tea and coffee, a good blether, and of course a fancy piece. It's a great place to meet people, make friends, and try something new.

We also have arty days out! In June, the group visited Gray's School of Art for the first time to see the Degree Show. We were really impressed by the students' work, picked up some inspiration for our own crafts, and had an interesting discussion about our evolving idea of what "art" is.

On Saturday 30th August the Hub are having an open day! Come along 12-3 to try some tasters of activities, sign up to join a group (new groups start in September), and see the unveiling of our Summer Project collaborative artwork!

Alyth Krzyzanowska
Arts and Crafts Tutor



We visited the Gray's Degree Show where Emily McLatchie held a workshop about earth pigments, and we tried using the paints she makes from stones

We took a trip to the beach and made pebble art



Claire, Kerry, Alice, and Gwen at Gray's School of Art





Where are the defibrillators on the local area?

There are several defibrillators across the area that are accessible to the public, in case of emergency.

A defibrillator is a device used when a person is in cardiac arrest and their heart has stopped. It is used to give a jolt of energy to the heart to get it beating.

There are a few different names for it such as public access defibrillator (pad) and AED which means automated external defibrillator.

While we hope that you never have to use one of these devices, it is handy to know where they are should an emergency ever take place.

There are 12 defibs located across the North area.

The local defibrillators are located:

COMMUNITY CENTRES

Northfield Community Centre
Cairncry Community Centre

SCHOOLS

Middlefield Community Project

West Park School

Heathryburn School

Orchardbrae School

Quarryhill School

Manor Park School

Northfield Academy

OTHER LOCATIONS

Ogilvie Construction

Cala Homes North

17 Hutcheon Low Drive

What to do if you need a defibrillator

Call 999, ask for an ambulance and start CPR if someone is in cardiac arrest. The 999 operator will talk you through CPR and locating a defib.

If you're alone don't stop CPR to track down a defib – try and get someone else to go and find one.

The British Heart Foundation's defib finder can help you find your nearest defibrillator. It uses data from the national defibrillator network.

<https://www.defibfinder.uk/>

When looking for your nearest defib – look for signs that say AED or have a green heart image.

Once you find a defib, it may be in a locked box – the emergency services operator will be able to provide the code for you.

Defibs are designed to be used by anyone, without training and clear instructions will be given by the device. It will talk you through the whole process.



ABERDEEN WINS GOLD!

Granite City Good Food have done the city proud by securing the prestigious recognition.

Aberdeen has become the first city in Scotland and the sixth in the UK to achieve the Gold Status Sustainable Food Places Award.

Aberdeen became the first City in Scotland to achieve a bronze-level Sustainable Food Places Award in 2018 after the groups establishment in 2017. Moving on to achieve a silver award alongside Edinburgh in 2022. Now they have proved the power of partnership with their latest success.

Sustainable Food Places is a UK wide partnership, aiming to transform food culture through collaborative working, building public awareness, tackling food poverty, transforming local supply chains and more.

Granite City Good Food Chair, Lesley Dunbar of Middlefield Community Project said, "Our SFP Gold Award is a great achievement for Aberdeen – the city and its communities. It demonstrates the strength of our partnership. Hundreds of people have helped to achieve this award, among them our 60 community growing spaces and 93 Community Food Members."

Granite City Good Food is hosted by CFINE who support the coordination of the project. CFINE Chief Executive, Fiona Rae commented: "Achieving the Sustainable Food Places Gold award is fantastic for Aberdeen and demonstrates the true commitment to achieving sustainable outcomes for our city. CFINE is delighted to play an integral part in coordinating Granite City Good Food, the local Sustainable Food Places Partnership, and I would like to extend my sincere thanks to the range of cross sector partners across Aberdeen who have contributed to achieving Gold. Building a strong, engaged, and active good food movement is crucial to the future sustainability of Aberdeen, and being the first partnership in Scotland to achieve the gold standard is a key part in driving this work forward into the future. I am delighted this partnership has been recognised both locally and nationally, and I would like to thank Sustainable Food Places for their ongoing support."

CFINE's Sustainable Food Coordinator, Martin Carle, who coordinates Granite City Good Food, celebrated: "Achieving the first Sustainable Food Places Gold Award in Scotland is an amazing piece of recognition for partners, stakeholders, and communities across Aberdeen. It reflects a huge amount of effort which has gone into embedding a whole-systems approach to sustainable food, and shows the city has a lot to be proud of and there is so much to be excited about, looking to the future."

Granite City Good Food Promises to continue their excellent work by developing its plans, expanding its partnership and working with the council in the Locality Improvement Plan.



Book a bulky Uplift

Fly tipping and the leaving of items on the street are issues that keep on arising in the city. Did you know that **Council Tenants are entitled to have 4 standard household items collected for free each year as part of their Tenancy agreement?**

Booking an uplift is easier than you may think. Go to **www.aberdeencity.gov.uk/services/bins-waste-and-recycling/book-bulky-uplift** - to book an uplift or find out more.

To report fly tipping go to www.aberdeencity.gov.uk/services/environment/report-flytipping

Items that can be uplifted - Beds, Mattresses, Furniture, Cookers, Fridges, Freezers, Electrical items, Internal doors

Please note any items that need to be connected to any power or water supply must be disconnected before the collection can be done. Any item that requires liquid fuel to power it must have fuel removed prior to collection. Also note that large items should be dismantled where possible.

If you are not a council tenant, you can still book a collection but the following charges apply and you must make payment before a collection can be scheduled.

£45 for four standard household items (certain items have an additional charge)

£22.50 for four standard household items if you receive Housing benefit or Council Tax benefits (you must provide your benefit reference number when booking).

Items with additional charges

£90 per item includes –

American style fridge freezer, Piano, Kitchen Units, Bathroom suite (toilet, bath, sink), Sheds and greenhouses (must be dismantled), Built in Cupboards, Window frames (without the glass), Fencing, Garden toys (e.g. slides, sandpits).

£45 per item –

Industrial BBQ/grills, Sun bed without tubes – tubes must be taken to the recycling centres at Tullos or Hazlehead (addresses below).

Items which can't be collected

Restrictions due to health and safety legislation means we can't collect any of the following items:

Asbestos, Builder's rubble and materials, Car engines, Central heating boiler, Glass and shards of glass, Chemicals, Liquids of any type, e.g. paints, varnishes, oils (fuels required to power any items must be removed before collection), Motorcycles, Tyres, Tree stumps, Gas cylinders

Recycling Centres

Tullos Recycling Centre,
Greenbank Crescent,
AB12 3BC

Hazehead Recycling Centre,
Hazlehead Avenue,
AB15 8BJ



POSTCARD FROM AYR



A group of 5 residents from Granitehill House, a sheltered housing, multistorey in Marchburn Drive, went on a residential visit for 6 nights (15 to 21 June) to Ayr, in the west of Scotland. They were supported by a staff member and a volunteer driver from Middlefield Community Project.

Here are the photos we took of where we visited and some thoughts on our visit:

Robert Burns and his father's connection to Aberdeenshire.

William Burness, father of Burns, came from Aberdeenshire and lived just outside Stonehaven. His employer, the rich and powerful Catholic Earl Marischal lost all his lands and wealth after Culloden in 1746, and Burns' father lost his job as his Head Gardener. Lord Fairlie who had three estates in Ayrshire, heard about how good a gardener William was and offered him a job and seven acres of land in Alloway.

William built a small cottage or but'n'ben for himself and his wife Agnes Broun and their first child of seven, Robert or Rabbie was born on 25th January 1759. Robert's parents insisted he was educated and paid for a tutor to come to their home in the evenings to teach their boys, Robert and his brother Gilbert how to read, write and count at the table in their best room, the Spencer.

Robert or Rabbie would change his family name to Burns when he was eleven as locals struggled to say Burness. He published his first book of poems when he was 27, that made him a superstar. His masterpiece, the epic poem Tam O'Shanter, took him a year to write and was completed in 1790. It had several controversial lines he was advised to take out before it was published. Burns died at the age of 37 from a rheumatic heart condition in 1796.

Today Burns' legacy lives on across Scotland and the world.

I liked the visit to...

Ayr Beach on a sunny night last night. I enjoyed having time away from home. Kathleen.

Rozelle House and Gardens and the Robert Burns Birthplace Museum. The people we met in Ayr were very friendly. ABBIE

The Ayr Food Pantry, (right in the Centre of Ayr and hearing about their work with 600 members.) Dunure, the 'prettiest village in Ayrshire'. I liked having time to relax in the garden. EVELYN

I liked our cottage accommodation. I'd go back and visit anywhere we went in Ayr. LILIAN

I'd like to tell people about the lovely Ayr Beach. (It was the first place and last place we visited on our week away.) Robert Burns Cottage in Alloway. JOHN





Operation Armour

Operation Armour is an intelligence led operation relating to the criminal and anti-social use of Electric Bikes and Electric off-road motorcycles across Aberdeen City.

For the past few years Police Scotland has been inundated with calls from the public in relation to the use of Electric pushbikes, scooters and Electric off-road motorcycles that are being used on pavements, roads and in public places illegally. This anti-social behaviour is intimidating communities and posing serious dangers to both pedestrians and road users.

Electric pushbikes, or E-bikes in common language, must meet a particular criterion to have the same legal standing as regular non-assisted bicycles. These are required for E-bikes to be permitted on the roads, cycle paths and other places where bicycles are allowed under UK law. Electric assistance can only be provided to a maximum of 25kph (15.5mph). The motor

used must be of no more than 250 Watts (maximum continuous rated power). The E-bike's pedals must be in motion for motor assistance to be provided. The rider must be 14 years of age or over.

Trial areas have been set up for e-scooter rental companies throughout the UK however not in Scotland. Due to this E-Scooters here are illegal to use. To ride one you must have the category Q entitlement on your licence. A full or provisional licence for categories AM, A or B includes the entitlement for category Q. Provisional licence holders do not need to show L plates, and you do not need to wear a cycle helmet by law, however it is recommended. You must have insurance for an e-scooter. However, unless it's within a trial area, it's very unlikely the rider will have any in place. The most common charges you will come across in relation to E-scooters are no licence or no insurance.

Electric-off-road motorcycles are capable of high speeds and are illegal to use on roads. The

rider must have insurance, a driving licence and must wear a helmet. Most of these electric off-road motorcycles are not registered for road use and therefore cannot be insured. The riders routinely conceal their identity and do not have registration plates on the bikes, making them difficult to trace. The riders will also 'goad' Police to take chase, however Police Scotland tend not to pursue them given the risk of serious injury or worse.

Throughout the month of May, the Community Action Team have been making efforts to identify those that own these E-motorcycles and identify where they are being stored. Various people and addresses have been identified throughout the city with help from the public.

To date several E-motorcycles and E-Scooters have been seized by the Community Action Team, and various people have been reported to the Procurator Fiscal and Children's reporter for various Road Traffic and Misuse of Drugs Offences.

Councillor Donna Clark

It has been a busy time in the Middlefield area as well as the wider Northfield/ Mastrick North Ward since my last update.

The most common issues I have been receiving at surgeries as well as day to day enquiries include various housing issues such as downsizing, void properties and their turnover so they can be re-let out to tenants and a lack of four- and five-bedroom properties, despite there being a large demand for this type of property.

Recently I attended the tall ships events in the city centre on 19th and 20th July. It was fantastic to see the city centre buzzing with people from across not only Aberdeen but from across Scotland as well as other parts of the world, enjoying the packed weekend of events. I understand that Aberdeen City Council are looking at the possibility of bidding to host the tall ships again in future.

Over the summer holidays, the Hub, Northfield Community Centre, Cummings Park Community Centre and Mastrick Community Centre have held regular activities for children of all ages to ensure they are kept busy and active whilst the schools are off. I would like to thank all staff and volunteers at each community centre for their hard work and efforts to ensure that there was something for children of all ages to do throughout the holidays.

As the schools go back on 19th August, I would like to wish all children the very best for the new school year ahead, particularly those starting nursery, primary and secondary school, all the best. I would also like to wish all teachers the best for the new school year ahead and I can't wait to hear about the work which each school gets up to for the year ahead.

Prior to the school holidays, I joined Northfield Academy at their plaque unveiling for Allan Douglas, a former pupil of the school and a local Northfield lad, who was killed in action whilst serving in Iraq. I had the opportunity to work with crew 2.5, who had undertaken large amount of work to learn more about Allan Douglas. As part of my work with crew 2.5, I have been working to get a permanent memorial for Allan and after having discussions with various parties including the school, the council and Allan's family, it has been agreed that a cairn will be erected at Allan Douglas park, with a storyboard put on top to ensure that Allan's legacy is never forgotten within the local community and that his memory lives on.

If I can ever be of any assistance, please do not hesitate to contact me on **07977 399622** or email me at **donclark@aberdeencity.gov.uk**



A big thank you to Sharon Ross

Sharon Ross is a well-known face at Middlefield Community Project as Sharon's been a youth worker here for the last 21 years. She first came to our project offering Indian Head Massage for young people. Sharon cares passionately about young people's mental health and wellbeing.

She's made a huge contribution to all the lives of the young people she's worked with over the years.

Sharon is moving on to a new job at Orchard Brae school. We're sad to see her go but wish her all the best in her new job.

We'll all miss Sharon but she's not going far so we're sure she'll pop in and keep in touch.



ARRRRR me Hearty's!

shmu's Multimedia Mob have been on a fantastic voyage, covering the Tall Ships Festival in Aberdeen.

The team were awarded media accreditation at the festival, and took full advantage of the opportunity, filming, interviewing and more across the weekend!

The volunteers had a brilliant time seeing behind the scenes of the festival, including the morning media briefings, getting an early look at the ships before the harbour was open to the public and a particular highlight, enjoying a trip on the media boat round Blaikies Quay. The team were professionals at work, interviewing

sailing crew, festival goers and even delivering pieces to camera on the media boat.

This was a perfect opportunity to get real life, practical industry experience, use their skills and boost their confidence in their ability. Staff at shmu were impressed with the group and would like to thank the Multimedia Mob for their hard work throughout the festival.

Multimedia volunteer Maggie shared her experience. "It was a fantastic atmosphere, with the opportunity to see so many different beautiful boats close up, the BAP Union had a very interesting display of Peruvian culture/cuisine/customs. It was such

an uplifting feeling of seeing so many enthusiastic young people from so many different countries/cultures united in their passion for sailing and adventure, seeing Aberdeen buzzing and full of life.

"I would love to cover more of these kinds of events as Multimedia Team if they were to happen in The 'Deen. I thought it was a very moving Parade of Sail with Aberdonians waving and pipers piping boats away..."

You can find our reels and videos on shmu's social media and our YouTube channel, shmuTV or listen out on shmuFM to catch our audio package! Make sure to check them out!



Keeping Middlefield Clean in Summer



Summer has arrived! This means more barbeques and outings and sometimes with these outings, not everything has been cleared away, so the littering increases.

KMC tries to help clear these dangers to kids and animals around the area, as recently, the community garden was targeted by people who stole and smashed some plant pots all over the area. Most of the remnants of these pots were found down by the broken grate next to Heathryfold Park. It's been very worrying seeing the children go past that grate and into the pipe under the park. We hope that this can be fixed soon before it's too late.

Since our last article for the Spring edition, we've had 2 monthly picks, and we also got involved with the city-wide 24 hour clean up on the 19th of June in preparation for the Tall Ships Festival.

Just recently we have made up some laminated posters and put them up around the project that shows the report of what was collected and when the next pick is. We hope that it shows the people who frequent the cafe and other services that they can get involved with this positive impact for our local wildlife.

In the May monthly pick, we had Moira, the counter staff from the cafe helping. It really makes a difference when there's more than one person picking. When there's music, it's almost like a party and it's a good laugh.

"I enjoyed it. It might have been my first time, but it definitely won't be my last. It's a shame it has to be done (because people are messy) but it's good fun" - Moira.

The June pick was a solo pick, but it was the most land covered by just myself. I still got 2 and a half bags with a foam floormat in this haul. The mat was then upcycled for the community garden's greenhouse.

For the 24-hour pick, we had Lorna from the environmental department, who had been to other areas prior to our 12 o'clock slot for the hour (see image of table). Lorna helps provide us with the equipment, so it's nice to speak more than just at the times of picking up the equipment and drop it off! We also had Clive, who volunteers at the bike hut on a Thursday at the project.

Even though the area can get messy quickly after each pick, we still try to keep our hopes high that one day there will be environmental progress. This progress can be quicker when we work together as a community and be more mindful of how we dispose of our rubbish. We can still have fun and go for barbeques or have outings with refreshments and snacks. If we respect our surroundings and tidy up what we bring, this will make a big difference, and wildlife won't suffer from our aftermath of being present in their homes.

One last thing we want to mention, is there is a new Facebook page that is replacing CleanUp Aberdeen. It's called Go Green Aberdeen. It will show info about litter picks near you and waste management. We also have our own Facebook page if you want to keep updated on our future picks.

Take care everyone, and let's make Middlefield clean!

Ashleigh Mitchell

Unlocking Opportunities:

The Benefits of Working with a Pathways Employment Keyworker

Searching for a job can be overwhelming, especially when facing barriers such as lack of experience, low confidence, or gaps in employment. That's where a Pathways Employment Keyworker can make a significant difference. Acting as a dedicated guide and support system, a Keyworker helps individuals navigate the job market with confidence and clarity.

Personalised Support

One of the greatest advantages of working with a Pathways Keyworker is the tailored support they offer. Rather than a one-size-fits-all approach, Keyworkers take time to understand each individual's background, skills, aspirations, and challenges. They work closely to develop a personalised action plan that outlines clear, achievable steps towards employment.

Building Confidence and Motivation

Job searching can be disheartening, especially after rejections or a long break from work. Keyworkers provide consistent encouragement and emotional support, helping individuals build their self-esteem and stay motivated. Through regular check-ins and progress tracking, they ensure their clients remain focused and positive throughout the journey.

Access to Training and Skills Development

Pathways Employment

Keyworkers can identify areas where additional training might boost employability. They often have links to courses, workshops, and resources that can help individuals gain new skills, update qualifications, or even pursue a completely new career path. This ongoing development can open doors to better and more sustainable job opportunities.

Expert Job-Matching and Applications Support

With a strong understanding of local job markets and employer needs, Keyworkers can help match individuals to roles that suit their strengths and goals. They assist with crafting effective CVs, writing compelling cover letters, and preparing for interviews — ensuring candidates present themselves in the best possible light.

Continued Support After Employment

The relationship with a Keyworker doesn't end once a job is secured. Many offer in-work support to help individuals settle into their new roles, handle any early challenges, and ensure long-term success. This follow-up support is crucial in maintaining employment and progressing within the workplace.

Pathways Counselling Service

Everyday life can pose problems that can be hard to cope with. Counselling offers an opportunity to come and talk these through and resolve them where possible, with one of our team of professionally trained counsellors. The service is completely

confidential, and we accept self referrals as well as referrals from other organisations and professionals.

Bridging to Other Support Services

Often, barriers to employment go beyond the job search — such as housing issues, health concerns, or financial difficulties. Keyworkers can refer individuals to relevant support services and community resources, offering an integrated approach that addresses the full picture.

Conclusion

Working with a Pathways Employment Keyworker is more than just getting help with a job search — it's about having a dedicated ally who believes in your potential, helps you overcome obstacles, and supports you every step of the way. Whether you're just starting out, returning to work, or looking to change careers, a Keyworker can be the key to unlocking a brighter, more secure future.

Email info@pathways-online.org / Call 01224 682 939

