

Middlefield Mirror

Winter 2024

Photo Credit Ashleigh Mitchell



In this issue:

.....
YOUTH FLAT

NURSERY NEWS

FORGET ME NOT

NURSING OUTREACH

www.shmu.org.uk/press

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Editorial

Welcome to the Winter edition of the Middlefield Mirror.

Join us in celebrating Helen Graham's fantastic dedication to Middlefield over the year and wish her well in her retirement. Find out about lots of exciting things going on in the area such as the nurse practitioners returning to the hub!

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





Forget me not Cont.

In the previous magazine I wrote a piece 'Forget Me Not' about the loss of my husband of nearly 47 years, Brian.

It's nine months since I lost Brian. It's been a long, hard, lonely time without him here with me.

I have tried as hard as I can to manage life without him but nothings the same. I don't know what the future holds and most times I don't care, because my future should have been shared with Brian.

I now volunteer at Barnardo's, in Berryden for three hours on a Monday, I really enjoy it, being out amongst other people. I don't get paid money and I spend every time I'm there in the shop!

I started the Forget Me Not group in august with the support of the Rosemount Community Centre.

The aim of the group is to give support to those, like me, who have lost their partner. It's been a hard slog as I have been left to facilitate the group, what I really wanted was for me to be just a member of the group. However, the group had its first meeting on 28th of August this year.

"I now volunteer at Barnardo's, in Berryden for three hours on a Monday, I really enjoy it, being out amongst other people."

Although we are few in numbers, it's so far so good with regular people attending. I have tried to advertise the group in many ways as I still believe we are not

reaching the people, who like me, need support.

My heart is breaking thinking about losing Brian. He was my life and my only love. How am I meant to look to the future when he is not here.

A NEW BEREAVEMENT SUPPORT GROUP WILL BE STARTING IN JANUARY 2025 at Middlefield Community Project. The day and time are to be confirmed. If you would like further information about this group, please call the Middlefield Community Hub and give your name and telephone number and I will get back in touch with you as soon as I can.

Call 01224 697000.

Gail Groves



Community Nursing Outreach Team in Middlefield

Following the closure of the Healthy Hoose in Middlefield, residents have been anxiously awaiting the healthcare service's return to the community.

A new service is launching in the area, the Community Nursing Outreach Team (CNOT), will be based at the Middlefield Hub, twice a week.

The service is a Nurse Practitioner Service (CNOT), open on Tuesday's and Friday's from 9am to 4pm. This service takes a different form to the Healthy Hoose. The team will be available on a drop in and/or an appointment basis, however they will only be available for adults.

The team is small, so residents can expect to be met with the same friendly faces whenever they need to access the service.

Wendy, one of the teams Advanced Nurse Practitioners explained a bit more about the service.

"We are a new service. And we are providing appointments, either drop in or contact us by telephone for people to come and see us for their health needs.

"Anyone within the local area is welcome to access the service. We are adults only, so it is 18 and over to access the service. But if you are registered with one of the GP

practices and reside in the local area, you can access Community Nurses Outreach Team at the Hub."

Explaining why having a service like this is important to the area, she said "So we are aware that for whatever reason, people find it difficult to access GP services. And what we would like to do is make fair and equitable access to health care available for all."

Several Community members attending an information event shared their thoughts on the service. Heathyfold Resident Gail Groves shared "I was part of the Healthy Hoose when it initially opened. I did all the admin work, and I know how

successful it can be for a community. So, I am positive that the community will rally around the new service and support it but we need to get out to the community.

“I’ve got some elderly neighbours; they would benefit from coming here rather than going to their GP practice. That’s if they can get an appointment for their GP practice. But if they came here and they were assessed and the nurses felt they needed a GP appointment then they would support that for them.”

However, Gail does feel that the service could be much broader. “I think it’s really important, but I think it’s lacking because when the Healthy Hoose started it was Monday to Friday, 9 to 5. It built up from a 7 to 10 patients to 500 patients a month. So, for me it’s very important that we’ve got this service on our doorstep.

“I would advise anybody in the catchment area if you have got something that you need to speak to a medical person about, come and speak to the nurse practitioner, the advanced nurse practitioners. They can do nearly everything a doctor can do. They can prescribe and they’re on your doorstep.”

David Smith, Middlefield Project Coordinator added “The service here has changed a lot over the last four or five years. But it’s a really vital service here and it’s a service that people don’t always know what it is because it’s changed so much. It’s important to have the nurses here, to provide that access for people. There’s been a lot of changes in the wider community as well with health

services and it’s getting harder and harder and harder for local people to access support or even information. So, if we walk in here and speak to someone and at least have a conversation, I think it’s a huge asset. It’s vital and we need to keep working together to try and get the services as good as services can for the people in the field.

“It’s taken about two or three years like to get them back in at all since the pandemic. But we’re delighted to have them here, let’s say the Tuesday and Friday is a start and I hope that it’s a starting point for more services going forward.”

David encourages the community the share their thoughts and feedback with those at the centre to help develop provisions and evaluate how it’s working. “It is a brand-new approach and we’re learning as we go. I would really welcome anyone to come in and have a conversation with us and find out what the services are because it’s a really good service. Does it work for them and if not, come and let us know why.

“That’s what I’m looking for for the local community is to come along and just get involved and find out a little bit more about it in person.”

Hearing a number of the community members express that it was hard for them to get access to their GP, the Middlefield Mirror editorial team want to hear your stories.

Share your experiences on accessing healthcare by contacting us at rose.ross@shmu.org.uk or by calling 01224 515013.



Gail



David



Wendy



A thank you, long overdue.....

Celebrating Helen Graham

Middlefield Community Project said farewell to its biggest supporter earlier this year.

Helen Graham, Middlefield's Project Coordinator for over 20 years, retired in April of this year and it's about time she got a proper Middlefield Mirror send off.

Those that knew Helen know just how much of a powerhouse she is, a real asset to the community, who would go above and beyond time and time again. But perhaps not everyone will be familiar with everything she has done for the project and the community.

Helen was destined for a career in community work, working on the ground pushing for change and advocating for others. Starting out her career in education, before becoming a mother, Helen knew she wanted to help people. She had been struggling while working in schools and two teachers had helped her find her footing and from there she knew if she could help someone, the way they helped her, she would be doing what she loved.

Going on to do adult learning and from there she went to college and did a course with the Grampian

Training Trust where she got qualified to be a community worker. Beginning her career as a community worker, she worked in Torry and Kincorth before the Project Coordinator role at Middlefield came up, which she originally didn't go for as she felt she would need to work her way up to it. However, when she saw it readvertised later, she went for it. An interview and presentation to 13 people later, and the rest is history.

Helen appreciated the chance to do a presentation. "I got the chance to say 'this is me and this is who I am.

I'm passionate about things, I'll fight to the last, if need be, but I'll also tell folk when I think something is right.' I was very surprised when I got the job." Helen did all those things throughout her time at the project.

From fighting to open the Middlefield Youth Flat, battling for residents' rights when the demolition of Logie to make room for a new road saw community members moved out of their homes, to fighting to keep services alive and running over the years. Helen was in the community's corner, the whole time.

As new Coordinator, Helen's first order of business was to sort out the project's finances and increase the staffs pay, before long she saw an opportunity to increase the part time nursery service to full time. "There was funding to support that, and the management committee were quite keen because they had struggled accessing childcare themselves."

At this point, the centre was running a play scheme as well as some evening kids' activities at the Henry Rae Centre but Helen new there was something missing. "I wanted somewhere, where young people could go and for it to be open for whatever they wanted to do." Helen gathered a few people from social work, community work and education to investigate this idea together. So, the hunt for a space and another fight for funding began. After a big push for funding to Great Northern Partnership, the Project secured the Youth Flat.

The young people were involved right from the outset, helping to

decorate the flat and choose the furniture, it was a space of their own to use and feel at home in. Along came Charlie to work in the youth flat, who Helen thought "had the right nature, he can learn everything else". He did, and although running the youth flat has not been plain sailing over the years, it was just what was needed! The Youth Flat of course celebrated its 20th anniversary this year, which would not have been possible without Helen and Charlie.

"There's lots of funny memories, lots of laughs, sometimes I wanted to cry, sometimes I was frustrated, pulling my hair out, and other times it was just like, this is good, you know, this is good."

One of the earliest youth flat attendees, Alex Calder said to Helen, "We didn't realise at the time how much you had to fight for the youth flat, but we really appreciated it, having a space of our own, it was well worth it."

The building of the Aberdeen Western Peripheral Route which slashed right through the area brought on another set of challenges for the community. Residents were being asked to leave their homes, when many didn't want to. Helen began campaigning, advocating for those who had to leave and helping them negotiate the deals they were getting.

Opening the Hub on Manor Avenue was no mean feat either. Helen had a vision for the new space, she wanted a café where people could come together and for the young people to still have a space of their own. It took time and plenty of back and forth to bring the space to life, but she did it.

On her favourite memories over the years, Helen said "I think one of the favourite bits was when we got the youth part up and running because I think that's quite an important bit for people to see kids becoming who they are, developing, getting that extra support to be able to develop and move forward.

"I suppose moving to the hub as well, getting a feeling that it was a newer community with the cafe because I think sometimes, we were locked away in the big place.

"There's lots of funny memories, lots of laughs, sometimes I wanted to cry, sometimes I was frustrated, pulling my hair out, and other times it was just like, this is good, you know, this is good."

It's impossible to detail everything Helen has done and fought for, for the project and community. There is far too much to cover, but in recognising a few, we hope it highlights how amazing Helen is and how influential her work has been over the years.

Thank you, Helen, for all you've done, you're beyond appreciated, enjoy your retirement!



KMC at Beautiful Scotland 2024

On Wednesday the 10th of July, an e-mail was received asking if Keep Middlefield Clean would like to join other groups to contribute by presenting the environmental and horticultural action Aberdeen and Shire have been doing over the year since the last Beautiful Scotland, which then progresses to Britain in Bloom. With Aberdeen having a forefront position in past Britain in Blooms during the 60's and 70's and many other years, rules had to change to make way for other cities to have a chance.

With KMC only being 6 months old, it was a great honour to be part of a legacy that the city has. We were asked to make a presentation about our group. A timeline was then hand drawn of the 8 picks that were done by then, some information about starting up through HIIC (Health Improvement in the Community) and other events in between, like the nursery visits in The Hub mentioned in the Spring edition. There were some anxieties and a little imposter syndrome, thinking, "Why does such a prestigious event want little old us

to be part of this big picture?" but the bullet was bit, the presentation was put together with some before and after photos, pictures of the different groups at each pick and pictures of the hauls we got together. Many thanks to Middlefield Community Project for helping with printing and the materials to show what has been achieved visually. The presentation was finished, the next step, the bus journey to Duthie Park.

The judging day happened on the 2nd of August at the bowling pavilion where the rangers base is now. Everyone was there for 8.30am. Seeing the large presentation boards was quite intimidating, it made me think that the A3 presentation folder I had wouldn't have enough information and to make sure I would mention key elements on our biggest achievements so far. Thankfully, the other people representing other groups were very supportive and reassuring. A breakfast roll and tea really helped get back on the focus on what to say to the judges when it came to my turn. By 10:30am the judging was finished, and they were

taken on a tour of the rest of the park while we packed up.

By the next month, another monthly pick just happened, then another e-mail was received, inviting KMC to the awards ceremony also happening in Duthie Park for the 9th of September. It's a very uplifting feeling to see the gratitude from the environmental sector of ACC! We get to be part of representing Aberdeen and to support our fellow groups who have the same objective.

The day of the awards ceremony was very different to the presentation. Seeing more booths next to the ceremony gazebo made me think I had to bring my folder again! I was reassured that the booths were for public activities, like face painting, crafts and information on different services and charities to help sustainability. I also got to catch up with familiar faces from CFINE and see our It's Your Neighbourhood reps, Wendy and Jim for breakfast in the Winter Gardens, where we were greeted by cute sparrows, and I couldn't help but give them a

few crumbs of my croissant. A wee wonder round the Gardens after was bringing back lots of memories of growing up in my beloved late grandparents' house on Polmuir Road. It was great seeing families just having their usual walk around the park getting involved and seeing children of all ages take an interest in wanting to protect our many Scottish ecologies of all different elements and how to still put some natural colour into our urban areas.

As the ceremony began, all attendees were greeted by a magnificent piper. Juliette Camburn of Keep Scotland Beautiful and the CEO, Barry Fisher, were also at the gazebo entrance thanking us for our time. There was an in-depth intro done by environmental manager Steven Shaw going over the history Aberdeen has with the event. A montage of photos really helped to show what each group in the city, shire and many other places have done. It also gave some inspiration for The Hub's newly recognised community garden.

A break with a high-tea for lunch was something that hasn't been experienced before, but it was a great chance getting to know different people from different groups, like One Seed Forward in Tillydrone, NESCAN and NESBiP – North East Scotland Biodiversity Partnership.

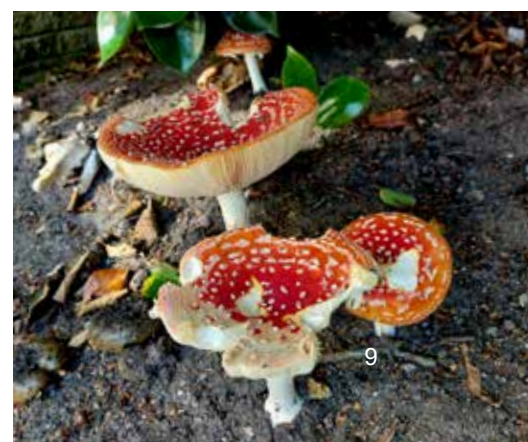
After the lunch, the awards went underway. It was so vast with all the different categories, like the residential community award, which was given to Powis Residents' Group. Maybe we at KMC and the community garden can get some tips with how to help get just a small portion of our locals interested in the

wildlife that is so close to our homes, like the deer and bats we can see in Auchmill woods with a bounty of bramble, raspberry and gooseberry shrubs down at the Auchmill walk and the paths behind the Sunnybank Football Club.

The biggest success was seeing ACC's Aberdeen Communities Together, ACT, win multiple awards, including the Visit Scotland award for tourism and the ultimate Rosebowl. Groups that represented Scotland through the Beautiful Scotland ceremony went forward to the Britain in Bloom event. This included Lauder in Bloom for the Large Village category, North Berwick in Bloom for Coastal, Forres in Bloom for Town and Bonnie Dundee for City. North Berwick got a gold in their finalist category, Bonnie Dundee received Silver Gilt while Wrexham in Bloom got the gold. Forres also managed to get their gold. The overall winner for this year was Bath in Bloom, who are also celebrating 60 years of being part of the wide picture of looking after our wildlife with Aberdeen.

After this experience, it's given lots of new wisdom of what to do to contribute as a project for future years. Now that Middlefield Community Project has had an active community garden for over a year alongside KMC since February, we as a community can widen what our area needs more of, is care. If we took more care of our area, we wouldn't need to use an already struggling budget for wastage and environmental factors and put it back on much needed resources like reopening libraries and sports facilities that can withstand many generations to come.

Ashleigh Mitchell





Middlefield Community Project

Since September, Middlefield Community Project has had two Social Work students on placement from RGU. Below is their summary of their experience at MCP.

Our placement at Middlefield Community Hub has been an invaluable experience, shaping our understanding of social work and igniting a passion for community engagement. The diverse range of roles we have undertaken, from working with toddlers in the nursery to engaging with young people in the youth hub and bike shed, has provided a comprehensive insight into the multifaceted nature of social work.

One of the most rewarding aspects of our placement has

been the opportunity to connect with individuals from all walks of life. The nursery, with its vibrant atmosphere and curious little minds, has taught us the importance of patience, empathy, and creative play. Witnessing the joy and excitement of the children as they explore and learn has been truly inspiring.

Transitioning to the under 11s club and youth hub allowed us to engage with older children and adolescents. We have learned the significance of building rapport, active listening, and providing a safe space for young people to express themselves. The challenges and triumphs of working with this age group have deepened our understanding of the complexities of youth development.

Throughout our placement, we have been consistently impressed by the dedication and passion of the staff at Middlefield Community Hub. Their commitment to supporting the local community is truly inspiring, and we have learned so much from their guidance and expertise.

As our placement draws to a close, we are both filled with gratitude for the opportunities we have been afforded. Our time at Middlefield Community Hub has not only solidified our desire to pursue a career in social work but has also equipped us with the skills and knowledge necessary to make a positive impact on the lives of others.



- Northfield Academy -

From honours from Oxford University to the Scottish Samurai Awards, there has been plenty for staff and students at Northfield Academy to be celebrating recently.

Talented youngster, Robyn Rodgers, hit the headlines for her incredible achievement winning the Anthea Bell Young Translators Competition.

One of Northfield Academy's Languages teacher Miss Messenger found out about the translation competition organised by Oxford and offered her pupils the chance to take part.

Robyn, a brave young pupil decided to take on the Level 2 Challenge, translating a document from French to English, with only the help of a bilingual dictionary.

Miss Messenger said "It is a great challenge to translate something directly from French to English and make it make sense. You must make it work without straying too far from the dictionary translation."

A couple of months later the school were notified that Robyn had been

selected as the winner of the Level 2 challenge for Scotland.

"We were all so proud of Robyn. The fact that she won a prize without even studying French that year is so rewarding."

Robyn said "I didn't go into this thinking I would win; I just thought it would be a fun challenge. I think learning language is so important, it gets you in touch with other cultures and it can help to keep languages alive by speaking to them."

Robyn is hoping to go on to study Linguistics and Psychology when she leaves school, so she's all set for something to share on her personal statement!

Another fabulous group from the school have been given a prestigious honour too. History teacher Miss Lockwood and pupils attended the Order of the Scottish Samurai Awards in Elgin in May. Miss Lockwood was given the Scottish Samurai Shogun Award and pupils Chloe Deans; Amy Richardson and Katie Law were named Cadet Samurai's.

The awards were set up by Ronnie Watt, a Master of Shotokan Karate and Chief instructor of the National Karate Institute of Scotland. He set up the awards in 1994 to recognise excellence in character and sustained commitment and leadership, inspired by Thomas Blake Glover.

Miss Lockwood said "I became a shogun for services to education because I created a series of work here linking Scotland and Japan, about Thomas Blake Glover, the Scottish Samurai, who brought industrialisation to Japan. We also looked at how Scotland is similar to Japan today. The kids have really been enjoying it."

"The girls won their awards for the project they created about the anniversary of the Blitz in Aberdeen. They created a fantastic presentation which went out to different schools in Aberdeen to mark the anniversary. So, their award was for services to history."

The group celebrated with around 20 other people also receiving awards at the intimate ceremony.

Middlefield Nursery News

Children settling

The new term started in August with all our children and families settling in well. We had a few new children and families start attending our nurseries. We would like to thank all our parents and carers for working in partnership with us in order to help get their children settled into nursery. Settling your child in a new setting can often take time, as each child is an individual and responds differently. It can sometimes be a difficult time for parents if they see their child getting upset so we appreciate your support in the different settling strategies that we use. It takes time, but all the hard work and persistence always pays off in the end. We are in the process of getting parents feedback on the whole settling process. Feedback from parents/carers is always important as it lets us know their views and any ideas they may have as to how we can develop things or make improvements to the service we provide.

Family outing day to Den in the Glen

Due to last year's success. This year we held a family outing day with our nursery families again. We were really lucky with the weather both days this time. The aim of the trip was to support staff and families to get to know each other better and to have a fun day out in the process. The nursery staff, children and their parents all went to Den in the Glen. Both nursery trips were well attended and received lots of positive feedback.

Some comments included, "Really enjoyed the trip". It was great to see staff taking time to speak with all parents throughout the day to make sure they weren't left out" "It was great to see the staff interactions with the children and trying to help the families get to know each other better".

Continuing with weekly outings on minibus and walks to local nearby woods

We have restarted our weekly minibus outings where we take small groups of the nursery children out on the minibus on focussed visits to a variety of different places. The aim of these visits is to enable children to experience different natural outdoor environments e.g. Beach, forest and gardens. Trips so far have included Seaton Park and Pets at home to get a new snail house for our snails in the Wee Heilan Coos nursery room. 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 have also been continuing with our small group weekly walks to the nearby woods behind the Hub building. We go out throughout the different seasons as we have our fleece lined waterproof all in one suits for the children to wear. 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 curiosity and a connection with nature.

Continuing with our dance and acrobatic arts opportunities

The nursery children are continuing to enjoy having the fantastic opportunity to still take part in some dance and acrobatics arts lessons on a Tuesday morning. The nursery staff enjoy working in partnership with Flashdance School instructors Laura and Molly. They help support the children to learn a variety of different skills such as forward rolls, handstands, cartwheels, increasing confidence, strength, fitness and flexibility and most importantly having fun.

Photographer

We were lucky to have our usual photographer Linda from Tempest

photography come back to take photos of the nursery children. The whole process was again made easier for us and parents with last year's successful creation of our online booking system where parents could book the slot that they preferred rather than us planning all the slots for parents. As always, the photos of all the children were amazing.

Therapets dog visit

We are very fortunate to continue to have regular visits again this term from the most beautiful miniature dachshund (sausage dog) called Dottie and her owner Alison. Dottie is a fully trained Therapets dog and very much used to going into a variety of different settings such as schools and nurseries to visit children. The children always really enjoy her visits. Dotty is funny and loves eating any leftovers she finds on the nursery floor. She enjoys going everywhere in the nursery with the children and Alison helps the children to learn about how to be safe around dogs. It is great to see the positive and very calming impact she can have on the children. Animals are well known to have a positive impact on wellbeing. These visits are hugely beneficial for all of the children, but particularly for those who may not have had any experience of being around dogs.

Festive Plans

We are in the process of planning our festive activities as Christmas will be here before we know it. Last year we invested in some new larger decorations to create our own Christmas grottos in the hall. This was successful so we will be using them again this year for our parties when Santa comes to visit.

In December the children are looking forward to participating in lots of fun festive activities for Christmas which will include a variety of different arts and crafts, songs and music activities, a nursery Christmas lunch for the children and a party with Santa coming. We have also planned two dates for parents/carers festive stay and play sessions.

We have also been involving our parents to find out what cultural/religious celebrations they would like us to support the children to learn more about. These provide so many positive potential learning opportunities for the children. It helps the children value, learn about and respect others' diversity and explore others' beliefs and values. Furthermore, it also helps to support children to develop their own beliefs and values. It also helps us to get to know our families and work in partnership with them. Several parents have got back to us with ideas.



shmu Turns 21 in Style!



Around 700 people gathered in Deer Road Park and shmuHQ to celebrate shmu's 21st birthday on the 22nd of September.

The community media charity couldn't have asked for a better birthday party than shmuFEST!

Guests showed up from across shmu's communities to enjoy the fun filled day. There was truly something for everyone, from live performances of poetry, music and dance throughout the day, to a silent disco, a BBQ, street art, craft, circus tents and more!

The day was an absolute hit with those who came along, across the day volunteers new and old attended, community members and partner organisations paid a visit. Here's what some of them had to say about the event, and shmu itself!



"The good thing about shmu is, it's open to everybody, you can see that looking round here, there's people from all walks of life and they're all enjoying themselves, there's not a frown in sight. Radio has been a closed shop for years; I started in the 70s and if you didn't know someone you didn't get in. But shmu opens the doors for so many different people for media, magazines, editing, they can do everything here."

PAUL HAZEL

"I thought it was a fantastic, fun day with lots of activities and really nice people! It was just great fun, I really enjoyed it, I liked the music, creating the artwork and listening to the stories."

MARK



"A big thank you to everyone who organised shmuFEST. It's been a good time spreading joy here in Woodside and a fantastic day getting everybody together!"

MIKE MELVIN

"I loved doing the dancing for Afristyle, representing and performing in front of everyone."

PERFORMER



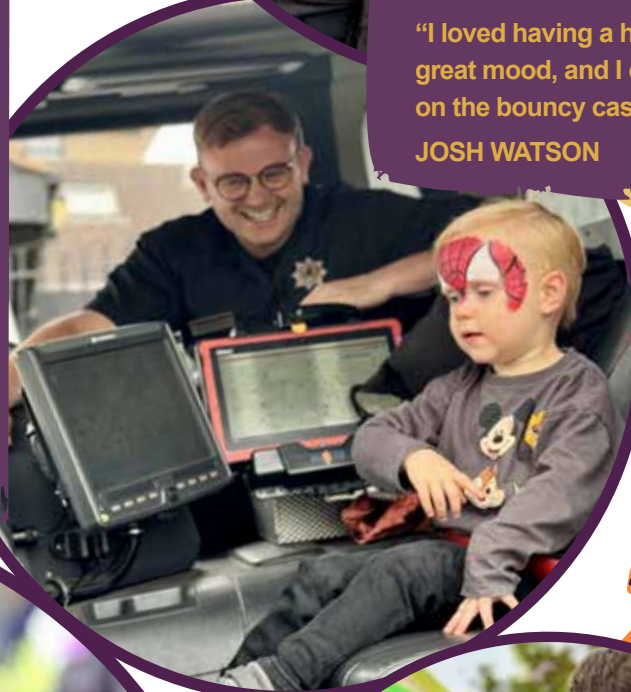
"It was amazing, there were lots of familiar faces around, the weather behaved nicely, you've got a birthday every year, so I hope to see something next year too! It was a great experience."

COMMUNITY MEMBER



"It is such a cool day today; I really love it. I hope it happens on a regular basis, wandering about I have seen so many people that I know from all different places. Earlier on I was trying to explain to my family what shmu does and I was like 'well it does this, and it does tv and it does radio and it does youth employment and all sorts of stuff. But I couldn't explain it, I couldn't put it in a box, but coming along to shmuFEST, that explains it, that gives you an idea of how all-encompassing shmu is and how many different people come and what an amazing opportunity it is for so many folk."

KIRSTY BLACKMAN MSP



"I loved having a hotdog! I am in a great mood, and I can't wait to go on the bouncy castle next!"

JOSH WATSON



"To have a shmuFEST and have us as guests is just brilliant! I have never been involved in anything like this before!"

MURDOCH

Happy New Year from Adult Learning@the Hub with our Learning for Life programme

Head along to our New Year session at our Adult Learning Wellbeing Cafe on Tuesday January 14th, from 9.15 am - 1pm at the Middlefield Community Hub on Manor Avenue.

This is your invitation to come to our morning session, starting off with a free breakfast bap and hot drink.

It's your chance to find out about our weekly classes and groups on offer at the Hub that'll start on Wednesday, January 15th. You can meet our friendly tutors, try out a short session with them and sign up for classes and/or groups. Our classes and groups are open to all adults over 16 who live in our area - Middlefield, Heathryfold, Cummings Park and Northfield to Byron Square.

Our programme is varied with Arts and Crafts, Baby Massage, Coping Skills for Anxiety and Depression, Sewing. Our new 'Learning for Life' programme is funded by the National Lottery's Awards for All programme.

All our classes run during the daytime, but we'd like to start offering an evening programme soon too.

Everyone who comes along and takes part is entered into our free raffle for a £50 Primark gift card.

Please phone 01224 697000 to let us know if you can make it. Please phone us too and let us know if you can't make it along but are still interested in our daytime or evening classes.

Our Adult Learning for Life Classes and groups are your chance to relax, learn a new skill, and make new friends—it's never too late to learn! So give it a go and we'll look forward to welcoming you to the Hub on Tuesday 14th January.

Lesley Dunbar

Airfryer scones (makes 6)

Ingredients

225g self-raising flour, plus extra for dusting

1 tablespoon baking powder

50g unsalted butter (cold)

120ml milk, plus extra for brushing

handful raisins if using

Method

- 1 Sift the flour and baking powder into a bowl.
- 2 Cube the butter, then use your thumbs and forefingers to rub it into the flour mix until it resembles fine breadcrumbs. Add raisins if using.
- 3 Make a well in the middle, pour in the milk, and bring together into a soft, dry dough (use your hands to bring it together, if needed, but don't over mix), adding a tiny extra splash of milk, if needed.
- 4 Turn out onto a lightly flour-dusted surface and quickly work the dough into a 3cm-thick round. Either then cut into 6 triangular wedges or cut out with a round cutter or a drinking glass.
- 5 Brush the tops of the scones with a little milk.
- 6 Line the air-fryer drawer with some baking paper, add in the scones, leaving room for them to expand and cook for 8-10 minutes at 180°C until golden and well risen— you may need to work in batches, depending on your airfryer.
- 7 Allow to cool for 5-10 minutes then serve with butter and jam or cream and jam.