

Middlefield *Mirror*

Spring Edition 2014



Featured in
this issue

**Councillor
Comments**

**Middlefield
Youth Flat**

**Northfield Academy
Latest News**

**Middlefield
Community Project**

Middlefield *Mirror*

Spring Edition 2014

Contents

- 3 Councillors Comments
- 4&5 Community Project
- 6 Northfield Academy
- 7 Standard Grades Update
- 8&9 Middlefield Youth Flat
- 10 SHMU
- 11 Family Learning
- 12&13 Community News
- 14 Manor Park Community Building
- 15 Henry Rae Community Building
- 16 Easter Fun Page



Editorial

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

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

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

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

If you would like to get involved and live in Middlefield, please contact **Laura: laura.young@shmu.org.uk** or **01224515013**



MIX
Paper from
responsible sources
FSC® C013417

FUNDED BY



Councillors Comments

Cnclr Jackie Dunbar

I have been approached by a number of residents at the top of Middlefield and Cummings Park asking if it would be possible to have a bus shelter at the bus stop at the bottom of Granitehill Road. It is like standing in a wind tunnel sometimes when the weather is bad. I have put in a request to have one erected as we have many elderly folk who use this bus stop to get up to Byron Square. Hopefully we will know soon if I have been successful.

Dog fouling is still an issue in the area and whilst I am aware that most dog owners are responsible in cleaning up after their dogs, we still have a few culprits who are not so willing to do so. This is not only showing total disregard to the rest of us who live in

Middlefield but it is also a health hazard. There is nothing worse than having to clean it off shoes or buggy wheels. If you witness any issues with dog fouling then please contact the city wardens on 01224 814562. The city wardens have informed me that they will increase their patrols in the area and will issue fixed penalty notices of £40 to anyone caught not picking up after their animals. Let's take some pride in our area and look after it the best we can, after all we are the ones that live here and we should not be allowing the minority of dog owners to spoil it for us.

If you think I can be of any help to you then please do not hesitate to pop along to one of my surgeries

2nd Monday of the Month – Cummings Park Community Flat @6.30pm

2nd Tuesday of the Month – Northfield Community Centre @7pm

3rd Monday of the Month – Middlefield Community Project @ 6.30pm

3rd Wednesday of the Month – Mastrick Community Centre @ 7pm

I hold surgeries during school term only.

Or phone me on 01224 522522 or 07733 300570. Email jdunbar@aberdeencity.gov.uk

Regards
Jackie Dunbar

Parents' Learning

Members of the Parents' Learning Arts and Crafts group at Middlefield Community Project taking a break from their toy making activity. The group meets on Tuesday mornings and are tutored by Lorraine, a member of the Aberdeen City Council Creative Arts Team, funded through the Big Lottery Communities and Families Fund. If you would like to join the group please contact Lillias at Middlefield Community Project on 01224 697000. Other groups for parents and adults

currently include confidence and assertiveness building, keep fit, women's group and stay and play sessions. We are hoping to start a mother and baby group on Thursday mornings in the near future and a healthy living group on Wednesday mornings so please let us know if you would be interested in coming along.

If you would like to know more about Middlefield Community Project please visit our new web-site on www.middlefieldcommunityproject.com



Middlefield Community Project

Under 11s

We would just like to say a big thank you to the giving tree and Accenture for helping Santa out this year as everyone who received something from this said it was a great help. The children had a great time at their Christmas party and we would like to say a big thank you to staff and volunteers for all their help.

Moving on to the clubs...

The Primary 1-3's club on Monday at Henry Rae Centre from 3.15pm to 4.45pm is going really well with 15 children attending on a regular basis. They have the opportunity to do arts and crafts, paintings, puppets, Xmas activities, and more recently valentine cards. They love playing with the computer games, the Wii and the PS2. It can be difficult to get the boys away from this at times. They play with the cars and the castle, the dolls and house things. We were very fortunate that we were given £900 worth of toys from Barr Construction. They were doing work at Tesco Danestone and have a policy to give to a charity in the area. The children were overjoyed with the new puzzles, games, Wii board and especially arts and crafts for Christmas time and a multi-use game table. We have been having a great time playing the football, the hockey, the snooker and the table tennis. The children enjoy cooking and playing in the hall and we even had a trip out to the Cocket Hat soft play area.

The primary 4-6's has 22 children attending on a regular basis

and really enjoy playing all the games, and especially like to challenge Helen and Bibs to play the football game, as well as doing arts and crafts and playing in the hall. We have had Music4U coming along once every two weeks to do some singing with some of the children and they are very quick to pick up the tune and all the words.

I would like to thank Lynn Wilson and Elisabeth Barry for giving up there time to help each week at the club as this means the children get more attention . I would like to thank Siobhan for always getting up to the club early to lay out all the activities and I would also like to thank Fairer Aberdeen Fund for continuing to fund our clubs and the Henry Rae Centre for the use of the centre.

Family swimming session

We have space for one more family to join our family swim on a Friday afternoon. Helen picks you up from Manor Park School and we normally go to the beach leisure centre pool.

Playschemes

Helen is applying for funding from Northsound but will not know until April if we have got this. Middlefield Community Project Management Committee is going to part fund this once again in the short term. The volunteers have met up and we have our programme agreed but unfortunately we cannot get Northfield pool for swimming in the Easter holidays. This is



really disappointing and we need to be making sure the local communities get to access this pool.

At the moment we are looking to see if there is any other pool available but the cost of the pool plus the cost of transport is an issue for us.

The volunteers will be doing food hygiene training and first aid training over the next two months. If you would like to become a volunteer please contact Helen at the project and we will then get a PVG Disclosure done and take you through the policies and procedure then introduce you to the other volunteers and the children. All the volunteers say they really enjoy working at the playscheme and like the fact that they get to know everybody and the children. Many volunteers have moved on from this to college or work.

Middlefield Area Residents Action Group (MARAG)

My name is Russell Mcgonigle and I have recently taken the Chair of MARAG.

Members of the local community, Council officials, housing officers, City Wardens and Police Scotland meet every 3 months to discuss any issues affecting the local area. This may be vandalism, anti-social behaviour, necessary repairs, dog fouling or any other issues that require attention.

I became involved due to the ongoing issues surrounding the Haudigain Link Road and felt the need to voice the issues from the local community in light of the continued media and political

games that are causing distress in a community that faces destruction (oh sorry that should be regeneration)!

While Aberdeen City Council have set up a dedicated housing officer and drop in sessions to pass along information to the community, the fact remains there isn't really any information available as no decision has been made as to which option is to be used. This decision should be made some time in April. Until such time we carry on with the uncertainty of what will become of our local area and try to make the best of things until the decisions is made.

We welcome any local residents along to our meetings where you can ask the relevant member of the local authority advice on issues affecting you.

The next meeting will be 3rd of March in Middlefield Community Project at 6:30pm

We also have a meeting with the Transport Minister for Scotland Keith Brown where we hope to raise issues regarding the link road before the final decision is made.

Anyone who would like more information on MARAG or would like to raise an issue regarding the link road can contact me by email: russell@middlefield.org.uk.

Nursery News

Care Plans

Nursery staff and the manager received guidelines which were advised by the Care Inspectorate regarding the storage and distribution of medicine. These updated guidelines meant we had to make changes to our existing practise.

The nursery was no longer permitted to store communal medicines such as Calpol and paracetamol for "just in case" purposes. If a child requires medication parents must provide it on a day to day basis and sign the appropriate form. Staff provided care plans for children on long term medication such as asthma inhalers, Eppi pens for an allergy and Calpol for fever convulsions etc. The Care plan consists of the signs and symptoms to look out for, what to do in case of emergency and who to contact. Care plans for the class are all stored together in a folder which is easy to access by staff, but also ensures confidentiality. These care plans are to be reviewed with the parents/carers every 28 days.

We Asked, You Said, We Did Board

All senior staff attended Self Evaluation training where we received information on how to develop an Evaluation Board to show parents/carers and children that we value their opinions and take them on board.

Staff felt that the board should be located in the hallway so that all nursery parents/carers can see the improvements we are making to our setting. It is a bright and welcoming board which catches your attention and makes you want to read more.

At present we have a section on parents stay and play sessions, parent's views on the extra Pre School nursery hours which we are rolling out in August, children's choices of hand soap dispensers and children's opinions on new equipment needed in the back garden.

The format we use is clearly displayed with the sections WE ASKED - "What staff want to find out more about", YOU SAID - "The parents/carers and children's opinions on this" and WE DID - "What we are going to put in place so you know you are being listened to and valued."



Northfield Academy

Patrons of Reading

We are delighted to announce a three-year "Patrons of Reading" partnership with Metaphrog. It is the first pairing of its kind in the UK. The scheme promotes reading for pleasure by giving young people the chance to interact with a real life author who can share their experiences and talk about what inspires them.

Metaphrog, which was created by graphic novel writers and illustrators John Chalmers and Sandra Marrs, have been creating comics, graphic novels and illustrations since 1996 and have built up a loyal following and continue to receive critical acclaim worldwide.

During their three-year-term as reading patrons at Northfield Academy, Metaphrog will host a series of talks and workshops and will also keep in touch interactively to encourage reading for pleasure across the school.

Aberdeen City Council's Convener of Education, Culture & Sport Committee Councillor Jenny Laing said: "This is a fabulous partnership initiative which aims to engage with

young people and by doing so encourage them to develop an interest in reading which will be of benefit to them not only during their time at school but into adulthood."

Christmas Concert

We were delighted to host the inaugural Northfield Associate Schools Christmas Concert. It was excellent to see so many talented pupils from across our community performing. Thank you to both the staff and pupils of Bramble Brae, Manor Park, Heathryburn, Quarryhill, West Park and Muirfield for supporting this event. A huge thank you must also go to Mrs Jacqui Yule and her organising committee for their work to make the concert such a success. We hope this becomes a regular event in the community calendar.

Eco Group and XL Group

Our groups were joined by pupils from Bramble Brae Primary and volunteers from the Cummings Park Flat to clean up the flat and its surrounding area in a litter pick. We were supported by members of Aberdeen City Council's Environmental Services.

Community Learning Development Update

We are delighted to have Mr Colin Lemmon, a Development Officer from the City's Youth Development Team, based in Northfield Academy all day on a Tuesday.

Working in partnership with a range of other people allows Northfield Academy to extend the learning opportunities available to our students. Projects currently under development include working with Ms McCune and S5/6 students to develop and deliver monthly Culture Cafes in school where the talents of young people can be shown through food, music, art and performance. The work of the students will be accredited with nationally recognised awards such as Youth Achievement Awards and the Saltire Award for volunteering.

Northfield Academy strives to make the transition from primary school to secondary school as smooth and stress free as possible. Colin will be working, in partnership with teaching staff, with groups of S1 students to support them in developing the self esteem, confidence and resilience needed for life in a modern school.

Youth and Philanthropy Initiative



Our S5 pupils have been working with the Wood Family Trust, taking part in the Youth and Philanthropy Initiatives. Groups of pupils have been working with local charities to raise awareness of each charity. The YPI final took place on Tuesday 3 December with Mr Hendry, Mr Ian Dow from St Nicholas Rotary Club and Mrs Elaine Manley from the Wood Family Trust on the judging panel.

The standard was exceptional with the seven finalists representing Bosies, Choose Life, Choice Aberdeen, Fairy Box, Make a Wish, Ness and Grampian Hospital Radio. The winning group of Kaycee Riddell, Kayleigh Geddes and Rebecca Legge representing Choices Aberdeen won a cheque for £3000 for their chosen charity. Thanks must also go to the Guidance Team for their support with this work.

Standard Grades Come to an End

If, like me, you have teenage children you may have heard of the new examinations that schools are using to replace the existing system.

Now, I am really showing my age now but I remember when it was just GCSE's and Standard Grades and the whole process seemed much easier to understand. I like the adage 'If it's not broken why fix it?' The main factor for the change is that the Nationals are a lot more flexible compared to the former Standard Grades. The Nationals will allow students to focus on their skills whilst allowing scope for personalisation during the course, which will be beneficial for students that struggle academically.

Another factor is the timescale, the National 4 and 5, (equivalent of Standard Grade and GCSE)

only takes one school year instead of the two school years that is needed for a Standard Grade course. Eventually the new qualification system will be a lot simpler for parents and employers to understand.

At present there is a mixture of Standard Grades and the Access and Intermediate courses, so the whole system can be quite confusing. However, it will eventually be replaced with qualifications from the new National system.

Unlike Standard Grades instead of end of year exams that all students sit, there will be units throughout the year which pupils have to pass. They will also participate in an Added Value Unit which can boost grades. If a student wishes to participate in the National 5 course they will have had to pass all the units

and a course assessment. As the course is graded in units and requires continuous attendance the pupil's attendance is paramount. If a student has poor attendance they may well be unable to complete the coursework and therefore fail the internal assessment.

However, not all people have reacted so positively to the new qualification system, one pupil states "instead of having an end of year exam to get stressed out I now feel under pressure all year round. The new system is so stressful as all our work counts. To make matters worse a pupil could do really well in their added value unit but depending on their attainment throughout the year this could be deemed of little value if coursework is not up scratch."

Standard Grade Chart

SCQF Level	Current National Qualifications:	Replaced by New National Qualifications:
1 and 2	Access 1 and Access 2	National 1 and National 2
3	Access 3 Standard grade Foundation level	National 3
4	Standard Grade general level Intermediate 1	National 4
5	Standard Grade Credit level Intermediate 2	National 5
6	Higher	Higher (New)
7	Advanced Higher	Advanced Higher

MIDDLEFIELD YOUTH FLAT



WORD OF THE WEEK

Word of the week has been going on for several months now. Each week one young person or staff will choose a word from the dictionary, paper or news and write it down on paper. The young people have to then find out the meaning of the word.

Below are some of the words been used - do you know what they mean?

Ubiquitous
Karma
JUGGERNAUT Ghetto
Resilience Chateau

COOKING

Cooking continues on a regular basis in the flat. The young people are encouraged to think of recipes and participate in budgeting and going shopping for the ingredients. The young people are enjoying their cooking sessions and are often introduced to new foods on a regular basis. Over the past months some have tried seaweed crisps, avocado, olives, and jalapenos.

SWIMMING

The swimming group continues each week. The youth flat use the Northfield pool where the staff are all friendly and accommodating.





“QUOTES”

It feels like home
connor age 11

It's fun and something to do

chloe age 11



YOU KNOW YOU GET LISTENED TO
Aleesha age 12

It saved my life
I like to chat and play pool

JAKE AGE 11

Easy to speak to staff and
keeps me out of trouble

sammy age 22



THANK YOU

A big thank you to all the young people that helped choose the materials and wallpaper to help decorate their youth flat. You all did a great job.



New team - Middlefield Matters show

shmuFM's Middlefield community show, Middlefield Matters, made a welcome return to a regular Thursday slot on the 13th March. The show, hosted by Middlefield residents - Gail, Kayleigh and Kelly, will now broadcast from 1-2pm every Thursday afternoon.

The show's new presenting team initially came on a visit to SHMU with their art group which is based at the Middlefield Community Project. The visit was then followed up with a SHMU 'intro session', when members of SHMU's staff team visited Middlefield Community Project and recorded a jingle for the Parent & Toddler group with the girls.

The SHMU 30 minute 'intro session' is an interactive information session on everything that we can offer here at Station House. This

is a brilliant opportunity for groups who would otherwise struggle to be heard or gain any coverage locally. We are happy to deliver our intro session to staff teams, active groups of all ages, service users and anyone else who wants to find out more about your local media organisation. All of the sessions so far have been a great success with each group recording their own jingles, which are played out on shmuFM.

Join our new presenters every Thursday afternoon for an hour focusing on news, views and events of concern to the Middlefield community. If you would like to appear as a guest on the show or have any news or information you would like the show to cover then we would love to hear from you. Give us a phone on 01224 515013 or email lesley@shmu.org.uk.

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



FAMILY LEARNING AT MANOR PARK

We didn't know what to expect when we started our courses with Gillian from Family Learning, we felt nervous, unsure, 'is it for me?' 'Would I manage it?' 'Would I look stupid?' 'Would I get with other people?'

Within the 1st half hour of the 1st session we felt relaxed, comfortable, welcomed and ready to learn. The time passes very quickly even taking into account our break, biscuits, tea and yapping!!!

The groups are fun and informal and not hard going, a lot of giggles and become addictive, once you do one you can't resist doing the rest. They are open to everyone even Grandparents, 'I am an older mum but I don't feel excluded it out of place' (Quote from Angie)

If you fancy any of the courses but are unsure, our advice would be to come along and give it a go, you won't regret it. Angie Morgan, Steph Wilson, Tesha Girling, Gillian Stuart (FAMILY Learning workers)

I AM A PARENT GET ME OUT OF HERE

This course has helped us realise there is no such thing as a perfect parent and that we are not alone when things get tough, we have realised that our behaviour can upset our children's behaviour as much as my child's behaviour can upset me.

Even from session 1, we can learn new parenting skills and techniques. The group is not judgemental but is a great support, it has helped prevent explosive situations that were unnecessary which in turn has made a happier household. We would highly recommend you give it a try.

(Angie Morgan and Steph Wilson)

CONFIDENCE AND ASSERTIVENESS

Firstly I felt nervous and scare, I didn't really know what I had let myself in for, but once I got to know folk and the wonderful Gillian I felt comfortable, safe and trusting. From the 1st session it can be emotional but I felt very supported, it is a course that helps you build your confidence, basically does what it says on the tin. If it hadn't been for the course I wouldn't have had the confidence to put my child into a crèche and I have now signed up to all the other courses. Come along and boost your self-esteem.

(Tesha Girling)

MATHS AND LANGUAGE FOR PARENTS

This is an informal, fun and educational course, which has given us an insight to how our children are being taught at school and we can then bring this into the family home, which is providing your child with consistency.

It is not as scary as you might think, it doesn't feel like school work, and it will make you realise how much you actually teach your child without knowing you are. 123 give it a go!!

(Angie Morgan and Steph Wilson)

The sound of Family Learning might scare you but the service is friendly, fun, and welcoming. At the 1st session of each course we the group make up our own rules with confidentiality being 1st on the list and the 2nd most important...Break Time!

At the end of all this fun and learning we are rewarded with a celebration and certificates. Where else would you get a certificate for having fun!!!

*Angie Morgan, Steph Wilson
Tesha Girling, Gillian Stuart
(Family Learning Worker)*



Pathways



The Welfare Reform benefit changes are beginning to take effect on the communities, with many people now being assessed as fit for work. If you are one of the people currently affected by the changes and are concerned about how you will manage to find work, then support is available through Pathways.

If you are looking for help then you can contact Pathways on 682939. A Keyworker will then help you with whatever support you need, from giving advice on suitable employment,

through making a CV, to help with jobsearch and preparing for interviews. The Keyworker will also help with anything else that might stop you from being able to work, including identifying more specialist support you might need.

Anyone can receive support to get back to work – or even to change jobs if you don't like the job you have.

One lone parent with a young son recently came to Pathways for help after being out of work for 8 years. After developing a CV which she was happy with Pathways also helped her set up

an email account and to register for online applications. After Jobcentre Plus introduced the new Universal Jobmatch system for applying for jobs Pathways also helped set her up on that system.

After making a number of job applications and handing out her CV, she was successful in securing a number of interviews and is now working 16 hours per week, which suits her childcare needs perfectly.

If you would like help or advice on finding work, why not call Pathways on 682939.

Cash In Your Pocket



CIYP visits Woodside on 29 November 2013 Free Information event held at Community Centre

Woodside residents were able to receive free advice on accessing benefits, getting back to work and applying for community care grants when dropping at their local community centre on 29 November last year. The Cash In Your Pocket (CIYP) partnership, including representatives of the Scottish Welfare Fund, SCARF, JobParents and JobCentre spent the day at the centre providing free advice, including how to deal with the underoccupancy charge, loss of employment or high energy bills.

Free fruit and vegetables bags from partner food cooperative Cfine were available to those in need and a free raffle with prizes including two £25.- high street shopping vouchers and the chance to win an iPad provided three Woodside residents with an early Christmas present.

The Cash In Your Pocket project is funded by the Fairer Scotland Fund and works with over 90 organisations and government departments to provide Aberdeen residents facing financial or

other difficulties free advice and support. If you work with or are in need of help making ends meet, please fill in a referral form on-line at www.ciyp.co.uk, complete a paper form available from your community centre, surgery or health worker or call 01224 200221. The team will then put you in touch with an organisation that can help you, saving you the time and trouble of working out who to turn to for support.

The Healthy Hoose is open to residents of Middlefield and Cummings Park. We at the Healthy Hoose offer a wide range of healthcare services e.g. contraception (including implants), smears and health checks. We are here to help with many of your health queries and concerns, saving an unnecessary journey to your surgery. Your GP knows we are here and is happy for us to help you if we can.

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

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

Grace Hanvey joined the Healthy Hoose team within the past year and has commenced food skills and cooking on a budget sessions. She also does health walks on a Monday afternoon at 2pm from the Healthy Hoose.

If you are a Northfield Surgery patient aged 35-64 years old you may be entitled to a Keep Well check. If you have had a letter and live in Middlefield or Cummings Park we can do the check here.

If you live within the Middlefield or Cummings Park areas we are here to help you. Please feel free to call 01224 661500 for advice or pop in on your way past to collect a leaflet. 2B LOGIE PLACE, MIDDLEFIELD

Smoking Advice Service

The Smoking Advice Service is Grampian's local stop smoking service and offers free support to anyone who wishes to quit. Young or old you can get access to a tailored level of support that means you are four times more likely to stop than someone who decides to try and stop on their own. Sessions are held across Grampian and run by one of our trained advisors who can see you in a group, or on your own and even over the telephone. Sessions generally run once a week for six weeks with an additional six weeks of support offered at the end of that for those who feel they need it. You can expect a friendly face, a professional service and the chance to meet other people like yourself and see that you don't have to go through this alone. The advisor will find the right way for you to stop smoking and give you advice on the many stop smoking medications available as well as a voucher for you to take to your GP so that you can be prescribed your chosen option. There are a number of these medications currently available on prescription such as

Nicotine Replacement Therapy - patches, gum, inhalator, mouth spray, nasal spray, mouth strips, lozenge, micro tabs as well as Champix and Zyban.


If you feel that groups or that level of support is not for you then why not visit your local community pharmacy where you will receive stop smoking support as well as access to stop smoking medications on prescription. The pharmacy scheme is a drop in service so no appointment is required.

You can contact the Smoking Advice Service on free phone 0500 600 332, email grampiansas@nhs.net or text ADVICE to 82727 or visit your local community pharmacy.

Why should you stop smoking:

As well as the obvious health benefits think of the money you will save. Currently a packet of 20 cigarettes costs around £8, so quitting will give a 20-a-day smoker an extra £56 a week.

You'll also save money in other ways. Life, home and car insurance can all be cheaper when you're a non-smoker.



Manor Park Community Building

Attached to the school, the building is used, but it is not as busy as it should be!

Jeni Malcolm is the receptionist and worked Tuesday to Fridays 9 – 2pm, she will be the first person you see when you come in and will be happy to help you or give you a cheery hello.

Madelene MacSween is based in the back office and she works in Northfield as a capacity building officer. That means she supports local groups, centres and committees! Sharing that office at the moment is Jade Hepburn who does the same job in the St Machar area.

Some other members of the Communities Team are due to move into the office soon, and we will keep you posted...

So what happens at Manor Park?

On Monday afternoons we have A Parent and Toddlers group running from 1 – 3pm. Come along with your wee ones for some company and fun!

Tuesday morning – Gillian from The Family learning Project is

here. Tuesday is I'm a parent - Get me out of here. You can join this course to get some support and ideas which will help you with your children. There is a crèche running with this group.

In the afternoon on Tuesday, St Machar Credit union has a session from 3- 3:30pm.

On Wednesday morning Gillian is here again with Family Learning, running the maths and language course. This will help you understand how things are taught at school nowadays which may be different to how you were taught. There is a crèche running with this group.

Thursday morning Gillian (again!) runs the confidence and assertiveness course which the girls attending tell me really helps boost their self-esteem and makes them feel better about themselves.

Middlefield Mirror editorial group also meet on a Thursday every couple of weeks to make sure your magazine arrives at your door on time and full of interesting information.

On a Friday the Citizens Advice Bureau are here from 10am – 3pm. Thymes can provide free, independent, confidential and impartial advice to everyone.

Friday morning has another parent and toddler group running and you are welcome to pop along from 9:30m – 11:30am.

For any information about any of the classes if you have any ideas about what you would like to see happening the building, please give us a ring on 01224 812073 or pop in and pick up a programme!



Henry Rae Community Building

The centre is run entirely by volunteers if you have any time to spare or would like to start up a new group do not hesitate to call us Food co-op is open for everyone to use.

Please see below a list of our current activities:

Monday

3pm -4pm P1 to P3 Group
6:30pm Bingo Doors open
6:30pm - 7pm
Food Co-op and Credit Union
Tuesday 12:30pm -2:45pm
Over 50s Lunch Club
12:30pm – 1:30pm
Food Co-op

Wednesday

9:30am – 3pm Over 50s
Walking Group
5.15pm – 6:45pm
Scottish Slimmer's
7:30pm – 10am P.H.A.B

Thursday

10am –3pm
Citizens Advice Bureau
12:30pm -2:45pm
Over 50s Lunch Club
12:30pm – 1:30pm
Food Co-op
3:30pm – 5:30pm
P4 to P6 Group
6pm – 8:30pm
Youth Group
6:30pm – 8pm
Heatheryfold Tenants Ass
and Councillors Surgery (3rd
Thurs of month)
Friday 6pm – 7:30pm
Junior Disco (5- 12yrs)

Saturday

You can book the centre for parties (10am – 12pm)

1:30pm Bingo Doors open
1:40pm – 2.10pm Food Co-op

Sunday

9:30am – 11:30pm
Lovebridge Community Church
12:30pm – 2:30pm or
3:30pm - 5:30pm
You can book the centre for parties. Call the centre on 662792
6pm – 7:30pm
Lovebridge Community Church

We also need voluntary mini bus drivers for various groups. All you need is a normal clean license (Photocopy will be needed) PVG helpful but HRC will provide.

Please see the information below for the times that you would be required. If you feel you are available and interested please call on 01224 662792 or 07990808322

Monday Evenings

Pick up 6:15pm – 6:45pm
Drop off 9pm – 9:30pm

Tuesday Afternoons

Pick up 11:45am – 12:15pm
Drop off 2:30pm - 3pm

Wednesday Evening

10pm – 11pm P.H.A.B Club

Saturday Afternoons

Every 2nd week 1-1:30pm
and 4pm – 4:30pm

**Henry E Rae
Community Centre
Manor Avenue,
Aberdeen
AB167UR**

**01224 662792 or
07990808322**

Simple and Easy Spring Onions Soup - vegan recipe

The editorial team were keen to promote healthy eating but in a cost effective way.

Total time - 25 mins

Serves: 2-3

INGREDIENTS

1 bunch spring onions, rinsed and chopped, approx 4 or 4.5 cups chopped spring onions with both whites and greens (reserve a few greens for garnish)
1 medium or large potato, peeled and chopped in smaller pieces
1 or 2 garlic, chopped
½ or 1 tsp soy sauce
¼ tsp dry oregano
3 cups water
2 tbsp olive oil
Salt and black pepper as required
Few parsley leaves for garnish (optional)

INGREDIENTS

Heat olive oil in a pot. Fry the garlic for 10-12 seconds.

Add the spring onions and sauté for 4-5 minutes on a low flame. Now add the chopped potatoes. Season with salt and pepper. Stir well.

Pour water and stir again. Cover the pot and simmer till the potatoes are cooked completely on a low to medium flame.

Let the soup cool down a bit. With a hand blender, blend the soup till smooth. The soup will appear thick now.

Add soy sauce, oregano and keep the soup to simmer for 4-5 minutes.

If the soup appears too thick, then you can add about ¼ or ½ cup water or veg stock, while simmering the soup.

Serve spring onion soup hot, plain or with some bread garnished with some spring onion greens or parsley.

Notes

The soup serves 3 servings, but you can easily double the recipe.



KIDS PASTER FUN PAGE



COLOUR ME IN..

HAPPY
PASTER



RECIPE

Chocolate Easter Egg Nest cakes

Brilliant to make with little children over the holidays, these easy chocolate crispy cakes are a perennial favourite.

Ingredients

225g/8oz plain chocolate,
broken into pieces

2 tbsp golden syrup

50g/2oz butter

75g/3oz cornflakes

36 mini chocolate eggs

Preparation method

Line a 12-hole fairy cake tin with paper cases.

Melt the chocolate, golden syrup and butter in a bowl set over a pan of gently simmering water, (do not let the base of the bowl touch the water). Stir the mixture until smooth.

Remove the bowl from the heat and gently stir in the cornflakes until all of the cereal is coated in the chocolate.

Divide the mixture between the paper cases and press 3 chocolate eggs into the centre of each nest. Chill in the fridge for 1 hour, or until completely set.