

cumming north

Winter Edition 2015

Community News
from your area



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Aberdeen Boxing Club
Punching above its weight

Silver City Surfers
Intergeneration Group

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Celebration of success

Hamewith
Summer update

Winter Edition 2015

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Cover Photo by Karl Sfictos



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Editorial

Welcome to another exciting edition of the Cumming North magazine. Thanks again to all the contributors - we are very grateful to everyone who submits articles and photos for the magazine. Our editorial team is always on the lookout for local people to help gather articles and information that may be used in future editions, or indeed, help in other ways as part of the editorial team. This would involve a couple of short meetings prior to publication of the magazine.

Do you have a story to tell about Cummings Park or Northfield? We'd love to hear it! We're always looking for more people to get involved in the magazine. Please get in touch with Laura at shmu on 01224 515013 or email laura.young@shmu.org.uk.

You can also get in touch with us via our new Facebook page - look up 'Cumming North' and hit that like button!

The teams at the Northfield Outdoor Sports Centre would like to let you know that they are now closed for the winter but will be reopening in April and look forward to seeing lots of new and old faces alike.

All meetings are held at 12:30pm on a Tuesday. We alternate between Cummings Park Community Flat and Northfield Community Centre.

First meeting - 9th of February

Second meeting - 23rd of February

Content deadline - 8th of March

Page plan - 15th of March

Supported by





Become A Dementia Friend!

Alzheimer Scotland is delivering 'Dementia Friend' information sessions, aimed at helping our communities to become more dementia-friendly. Anybody can become a Dementia Friend, it's not a befriending scheme. It just involves learning a bit more about dementia and the small things you can do to help people with the condition.

A Dementia Friends session lasts around an hour and a half and is interactive and informative. The five key messages you should know about dementia will be brought to life through a number of activities. At the end of the session you are asked to sign up as a Dementia Friend and will receive a badge and a certificate. You will then be asked at the end to think about something small that you could do to make your community

more dementia-friendly. This could be something as simple as helping a person who appears to be lost or being patient in the supermarket queue when a person is having difficulty. As a Dementia Friend we ask that you continue to talk about dementia with family, friends and colleagues, which will continue to raise awareness in the community, thus reducing stigma and creating a dementia friendly community

Public sessions are being arranged for October. Please visit the website for more information or to book a place at www.dementiafriendsscotland.org.

Or to arrange your own session for your business or community group please contact **Sarah Geoghegan on 01224 644627; sgeoghegan@alzscot.org**

Northfield Community Cafe

Northfield Congregational Church are running a community café from Monday to Friday between 10am and 2pm.

You can find Northfield Congregational Church in the huts just off Moir Drive.

After the summer they will be looking for more volunteers to

join their team as the clubs will be starting up again. Some of the clubs include a ladies group, a mens group, a craft club for school age children.

If you would like to get involved in any of these groups or becoming a volunteer you can call **Margaret on 01224 703248.**

WESTLARK CHRISTMAS FAIR

Friday 4th

December

from 3-6pm

VARIETY OF STALLS

Hot Food

Teas/Coffees & Refreshments

BOUNCY CASTLE

Competition Stalls

GRAND RAFFLE

News from your Community Flat



Community Walk About

Volunteers recently took part in a community walk about within the Cummings Park area. This allowed local people, members of the environmental team, the local council housing officer and interested partners the opportunity to find out directly the kind of things that may require attention.

If you would like to be involved with our future walk abouts please let us know.

Adopt-a-garden

Volunteers had been featured recently in the Evening Express expressing their desire to help vulnerable and/or elderly people with their gardens.

The teams intend to take on small tasks to help the person's garden become more

manageable. The team are looking for people who would benefit from this. This project is in partnership with Britain in Bloom and Aberdeen City Council's environmental team. Please get in touch if you can recommend someone who may benefit from this.



Community Foods

Alison sells fresh fruit and vegetables every Thursday between 12 and 3:30pm within the Community Flat. The fruit and vegetables are provided by Community Food Initiatives North East. Alison also takes orders for fresh fish packs which are delivered to the Flat at 12pm on Fridays.

Some example orders are a fruit pack, consisting of 7 pieces of fresh fruit, costs £1.20 or a fish pack for £2.



Northfield Academy



Celebration Of Success

Our 10th Celebration of Success Awards ceremony took place in the Music Hall on Wednesday 17th June 2015. Led by Mr Hendry, our successful pupils participated in a glittering ceremony in the presence of parents, carers, school staff and partners. Over 280 pupils received an award at the ceremony which was an inspirational evening showcasing everything that is excellent about Northfield Academy.

Our guest speaker on the evening was Prof Iain Gordon, Chief Executive of the James Hutton Institute. Prof Gordon entertained the 1000 guests in a packed Music Hall and concluded his speech by encouraging all pupils to aspire to be outstanding and take advantage of the many opportunities that Northfield Academy offers all pupils.

Awards were presented to pupils for demonstrating excellence in their effort, behaviour and attendance. Trophies

were presented to senior pupils who had progressed well in national courses, as well as pupils who had excelled in a variety of areas including voluntary work, sport, music and art. As usual, the ceremony gave successful students the public recognition that they deserve and everybody inside the Music Hall that evening was full of pride in the success of our pupils. This culture of success in school is crucial for enabling all our pupils to be confident with the language of success and ensure better outcomes for all our learners.

Mr Hendry concluded another excellent evening by challenging the organisers of the event to include something special in the 2016 ceremony to celebrate the 60th anniversary of Northfield Academy. With that challenge, planning for the 2016 ceremony has started and we look forward to yet another celebratory evening in 12 months.

Interact Club Awards

This session in partnership with St Nicholas Rotary Club, our charities committee became an Interact Club. The group has worked hard this year, participating in many events. However the high point of their year was the India Cultural Day. On the India Culture Day we had a Tutor group quiz which was won by Stewart house, a teacher lunch with fundraising activities and India events in the main hall for pupils ranging from information stands about the fight against polio to Indian games and an opportunity to dress up

and have a photo taken. The day was a great success.

The group has also participated beside 6 other schools in the Jasmine Challenge once again and this year our Pupil of Excellence was Elena Kit, in recognition of her dedication and drive both in fundraising activities and as the secretary of the Interact group. Well done Elena.



Councillor Scott Carle

I've previously written about Cummings Park Community Centre and the work to reopen the centre. Progress continues to be made at the community centre where there is now a permanent member of staff. Groups who previously used the community centre such as the boxing club are beginning to return and a wider programme will begin to be drawn

up. We will continue to support the community centre going forward and would encourage anyone who wants to get involved to get in touch.

Work also continues on the Northfield 3G football pitch at Northfield Academy and plans will be put in place for its operation as we move towards completion. This is a great facility for Northfield and I look forward to seeing it in action

once it's up and running. My regular surgeries have restarted after the summer break details of which can be found on the councils' website.

Scott Carle
**Councillor for the Northfield/
Mastrick North Ward.**
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Councillor Gordon Graham

Hi folks, this report will concentrate on play issues and sport, both of which are essential for our children to lead healthy lives.

Scott Carle and I met with Duncan Sinclair of Sport Aberdeen. The issues we discussed included increased public sessions at Northfield Pool, support for Northfield Sports Centre, improvements to Northfield Sports Centre (bowling green, tennis and putting). These were taken on board and given favourable comments, however I will advise as things progress

A planning application has been made for the extension to Henry Rae Community Centre which includes a multi-use games area outside and should be a further boost to the area.

The new 3g all-weather pitch planned for Northfield Academy, received planning permission and work on this is underway and due for completion by the end of summer. This will be a massive benefit to our local teams. Currently we are working through the Northfield Sports Hub to ensure they get priority booking.

Staff have been employed at the Cummings Park Community Centre and if anyone is interested in helping out or running an activity please contact the centre. As well as helping to ensure the centre opens I have been working with Aberdeen Amateur Boxing Club to secure a more favourable booking rate.

The two new holes at Auchmill Golf Course are just about ready for play. It is planned to open

them for one weekend to let both members and prospective members get an opportunity to play them prior to the winter. The weekend when they will officially open which is still to be decided but most probably end September, beginning of October.

On Saturday 22 August I attended the Celebrate Aberdeen walk down Union Street as a member of Absafe. If you would like to find out further information then you can access their website on www.absafe.org.uk.

**Councillor for for the
Northfield/Mastrick
North Ward.**
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Councillor Jackie Dunbar

As you know I have been working closely with the council and Police Scotland in regards to the nuisance bikes that have been driven across the playing fields and into Allan Douglas Park. In the last edition I mentioned that the council informed me that there was not enough in the budget to replace all the fencing. I am delighted to let you know that the council have managed to replace the fencing round the Allan Douglas Park and that discussions are still ongoing on how to deal with the rest of the park to ensure that the residents can get easy access to the park and playing fields but at the same

time preventing them from being a scrambling course for the rogue bikes.

I have been busy during the summer months out and about in the ward, meeting the different groups in the area who do an amazing amount of good work. If you are part of a group and think I could be of any help at all then please contact me so that we can arrange to meet up. So much good work goes on in the ward that others rarely hear about and it is one of the more pleasurable parts of my job to be able to meet with you and find out if I can be of any help to your group or organisation.

One of the meetings that I regularly attend is the Northfield Community Council. It not only covers Northfield but also Cummings Park, Heathryfold and Middlefield. It is a statutory body that the council has to consult regarding things that are being planned for the area.

Northfield Community Council holds their meetings on the second Tuesday of the month at 7pm in Northfield Community Centre.

Jackie Dunbar
**Councillor for the Northfield/
Mastrick North Ward.**
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What Katy Did Next

My name is Katy Wood and I was brought up in Northfield. You may have read about my fundraising efforts in the last edition of Cumming North. I was raising money for Aberdeen Riding for the Disabled Association (RDA). They played a huge role in helping me gain physical strength as I suffer from Cerebral Palsy which was caused when I was a baby. RDA helped me for 7 years and I wanted to say thanks by doing a sponsored 12 week channel swim. I already went swimming once a week so thought it would be easy enough. Boy was I wrong!

I had to swim 22 miles which equals 35,406 metres or 1416 lengths in a 25 metre pool. The first few weeks went fine. I was going 4 days a week and my pain was manageable but as the weeks went on the pain started to get really bad and was forced to only go a few days a week. It started to look like there was no way I was going to finish the challenge on time.

I had amazing support from family and friend and even got donations from people that I had never even met. This really touched me and gave me the strength I needed to carry on. Toward the end of the challenge I was determined to get this challenge done and dusted. No matter what pain I was in I started going swimming every day and I started to catch up. In the last week I was so ready to be finished with the challenge that I went twice a day, once before work and then once after work. I was sore, I was stiff but in the end I finished 2 days early!

Most importantly of all I raised over £1100 for Aberdeen RDA.

Thanks everyone for their support!

Katy

North-east mum proves she's a Tough Mudder to raise funds for charity

A North-east mum took on an extreme test of physical endurance to help raise funds for a charity that is making her son's life better.

Kerry Mackenzie, 32, from Northfield, took part in the Tough Mudder course in June completing the 12-mile challenge in four and a half hours.

Mum of three Kerry took on the challenge to raise funds for Aberdeen-based charity, North East Sensory Services (NESS), which provides help and support to people who are deaf, blind, hard of hearing or have a visual impairment – including Kerry's three-year-old son, Matthew, who has hearing difficulties.

Through her JustGiving page, Kerry managed to raised almost three times her initial target of £200, with her final total reaching almost £600.

Kerry said: "Those who know me know about Matthew and his struggles with his hearing over the last three years. He is three going on four and it's been a long road, but the people at NESS have been great with support and encouragement for Matthew and others with sensory problems.

"Matthew has always struggled with his confidence because of his hearing problems, but attending the children's groups at NESS has really helped, because he gets to

meet and play with other children with similar issues which makes him feel like he is not alone.

NESS supports 4500 people across the North-east with both social work services and life-enhancing services.

Neil Skene, fundraising manager at NESS, said: "We are extremely grateful to Kerry for taking on the grueling challenge to raise money for NESS to allow us to carry on providing help and support to people with sight or hearing loss.

"For children Matthew's age, the world can seem like a big, scary place at the best of times, but if you have difficulty seeing or hearing the world around you things can be even more daunting, so our groups help them to feel at ease.

While the grueling Tough Mudder challenge was the first activity Kerry undertook to raise funds for NESS, she said it will not be her last.

She said: "I had a great time doing Tough Mudder, even if I was exhausted by the end, and it felt great to raise so much money for NESS, so I will be doing more fundraising and I am looking for different challenges to take on next."

For more information on North East Sensory Services visit www.nesensoryservices.org or call **0845 271 2345**.



The last few months have been very busy with lots of fun activities taking place. Some of the boys and girls from Bramble Brae Primary School Choir came along and entertained the residents with some beautiful singing. The residents thoroughly enjoyed this.

The children were given some blank canvases to paint their pictures on, that they won in the drawing competition back at the beginning of the year. They are now hanging up in the dining rooms for the residents to admire. Hopefully after the summer break, the children who still have pictures to paint will be able to come along and do theirs in the garden at the back of home where the residents enjoy sitting. Fingers crossed we will get a few good days of weather for this to be done.

We had Elvis come along and entertain for one of the resident's birthdays. It was a fantastic afternoon enjoyed by everyone.

Unfortunately due to ill health of staff and residents we were unable to attend the Golden Games event. We will try and incorporate this event in the home

and play the games which would have taken place.

We had a 'Carers Rock Week' which involves showing recognition to the work that all carers do within the home. Everyone had a great week with lots of fun things to do. We had a rock n roll karaoke event, staff dressed up, mock tails were on offer or there was a wee tittle from the bar. Carers did a rock show for the residents, the residents thoroughly enjoyed this. All carers were given a t shirt to decorate, a certificate and sweets. A prize was given to best fancy dress or decorated t-shirt. We ended the week with a BBQ. Well done to you all!

We held a coffee morning which went well. We raised £264 for the resident's fund. Our annual Summer Fayre was a huge success where we raised £594 for the resident's fund. All money raised will help with taking the residents on outings and buying new resources for them.

We had our Open Day in June, where one of our local councillors, Jackie Dunbar, came along to see what we do within the home. She enjoyed a fine cuppa and a cake

from our new coffee shop. In the afternoon the residents enjoyed entertainment from Snowy and the Gold Rush. Lots of singing and dancing took place.

Finally we enjoyed entertainment from a new entertainer Mike Hammett. He will bring back memories for a lot of you, I know he did for me. Mike was the children's TV presenter for Playschool.

I would like to share with you about a special event that happened within our home in July. The daughter of one of our residents got married at the home so her mother would be in attendance of the wedding, it was absolutely beautiful and an honour to be able to accommodate this special occasion.

Finally we hope all of you have had a lovely summer, it's now time to start saving for Christmas now .

If you have any ideas which you think I may be able to implement within the home, please do not hesitate to contact me on **01224 692600**.

**Nadine Taylor and
Debbie Rowles
Activities Co-Ordinators**



SILVER CITY SURFERS

Intergeneration group

A group was formed by Chris from the Silver City Surfers to encourage play between generations. The group sessions took place in Bramble Brae Primary School. Older people showed how games were played in their youth and young people highlighted how technology is used in this day and age. The group completed their programme in the school but wanted it to continue because such strong bonds had been created. It was thought a short programme after school would be beneficial. The Cummings Park Community Flat were delighted to host and support the extension of the group's activities.

The group began with 8 of the young people from school, 4 adults from Granitehill House and a gentleman who had been volunteering for the Silver City Surfers in lots of projects including the school activity. The Community Flat Development Worker supported the sessions and the NHS Community Health Worker attended most of the sessions to promote health and well-being.

The group bonded well together, so much so that two of the young people, and one who couldn't manage during term time, attended

in the first three weeks of the summer break thus turning their 12 week programme into 15 weeks.

A local lady became involved when she observed the group playing bowls in the garden. She engaged in conversation and was invited to join in turning up every week to participate saying it is "nice to be able to mix with people my own age as well as some of the youngsters" she had only seen "in passing". This lady now has a connection with the people in Granitehill House and has already attended their open day with plans to visit more often. Another lady from Granitehill House joined the group and the young people were very encouraging of this.

The project enabled generations to support and encourage each other by actively being together to play games. The games changed depending on what everyone wanted such as pool, darts, board games, bowls and even a wee game of prize (sweets) bingo. The group had a party towards the end and had fun playing old fashioned party games.

The group spent the final sessions at Granitehill house so that the young people could get a better understanding of the older people's environment. I cannot

express enough how much everyone benefited from this project. Qualities such as sharing ideas, stories and experiences allowed a greater understanding of each other's interests and highlighted that people of different generations are really not so different. Members gained a further respect for one another, realising that patience and active listening goes a long way to breaking down barriers and misunderstandings.

The group included Aimee Kerr, Alison Taylor, Betty Lieper, Blanch Flaxman, Bob Rose, Brooke McDonald, Caitlin Anderson, Cathy Rose, Deja Stewart, Donna Sim, Grace Meicle, Kathryn Machray, Kenny Bonner, Liam Paterson, Mathew Dalgamo, Natasha Robinson, Owen Hutcheson and Sheila Rollo.



Up Close and Conversational



Dave White, one of the longest standing members of the Cumming North Editorial Team, has a chat with other members about his time as part of the group.

How did you get involved with the Cumming North magazine?

Northfield Parish Church originally delivered a four page newsletter through the Northfield area. However, it became too much work for the elders to keep doing it so they approached Northfield Community Forum and asked if they would take it over. Murray Dawson, Chief Executive at SHMU was at the meeting and that's how SHMU got involved. It was decided at this time that to join with Cummings Park and hence the name Cumming North.

I was at the first meeting for the Cumming North magazine which took place about 7 years ago.

Why did you get involved with the magazine?

I got involved because it gave me another outlook. You sometimes end up getting involved with things you never thought you would do and you either like it or you don't like it – in this case I liked it. Maybe I'm just nosy cos when you ask people for articles you have to have a shifty through them before

they go in the magazine just to make sure everything's okay.

Originally there must have been about 15/16 people at the magazine meetings which included local Councillors. There was a group of us involved as part of the Northfield Community Forum but it dwindled and dwindled over the years until, at one point, it was just me. A few years ago, a group of people from Cummings Park got involved so our numbers have increased again but it would be great to get more and more people involved.

What is your role as an editorial member?

I gather content. I have a lot of contacts in the local community so I ask people for stories. I like to have lots of features which cover common interests, for example local history. I like having a lot of human interest stories as well and stories from or about people in the area, for example the Northfield Neep and Mike Middleton's history pieces. We need information from services but I think local people who read the magazines are more

interested in the local interest stories.

What is your favourite part of being an editorial member?

Being part of the magazine team gave me an interest and means you have less of a dull life when you reach a certain age, and I'm nearly 41 (and a liar)! I'm not able to work now so rather than sit and feel sorry for myself I can work on the magazine. If you're not happy with the community then get involved and do something about it. You do get some comments from people but I think most people think the magazines are a good thing for the area.

Do you do anything else at SHMU?

I am also a radio presenter. I present the Early Morning Wake-Up Call on a Sunday morning between 9 and 11am. It's a mix of music, from country to rock to Northern soul, it just depends on my mood that day. I ended up doing that as my daughter was part of the very first Youth Radio Project (YRP)



group. Lynsey and her friends, Emma, Natalie, Krista, Kimberly and Amy used to do the Northfield Community Discos and Murray suggested they get involved with YRP. Neil, who was the radio trainer at SHMU at the time, said instead of just hanging about waiting for Lynsey you should come in the studio and have a go in the studio. I used to come in and practice for a show until he said right, we're putting you online. When we eventually got a license to broadcast through FM I got a slot and the people have been suffering ever since!

Have you got any funny memories from being involved in the magazine?

We had a good bit of fun when we were doing the journalism training at SHMU but you still learnt a lot. I met my good friend Suzy Seagull as well. I like the history and the gardening pieces which go in the magazine. We have had some sad stories as well like the Northfield Neep passing away but you have fun times at the meetings.

Would you recommend getting involved at SHMU?

I think more people should be involved. There is no point moaning about issues, go and do something. There's a sense of achievement when you think I did that, or I was a part of that and SHMU helps with that. It also

helps spread the word to other areas because we put them in the doctors and other places which means people from all over the city can access them.

It's not painful to get involved and you just have to give up a wee bit of your time and it depends from week to week how much time you give. Sometimes there's nothing to do and sometimes there's a wee bit more, it just depends. It's good banter but I would like to see more people getting involved. When the magazine teams are all together, especially at the JET meetings, it can be a really good laugh.

Pathways in Cummings Park

Pathways have been actively working in Cummings Park helping people to find work for a number of years now and our Employability Keyworker, Theresa Mackay, meets with people looking for help at Cummings Park Community Flat, 122 Cummings Park Drive, Aberdeen on Thursdays from 10am till 4pm.

Theresa has helped many people to find work across a number of industries and types of jobs. One of Theresa's clients came to see her for assistance after leaving college with no real job goals or an idea of how to proceed. Theresa re-worked his CV, helped with online job applications and coached him through interview techniques and questions. Theresa also help provided confidence building exercises to help build his confidence and motivation. He applied for a job at a local supermarket and did so well at the interview he was offered a position in retail which he continues to enjoy today.

Pathways help people from the age of 16 upwards and from all backgrounds and help to identify the job or training that is right for you. We also you to develop a plan to reach your job goal, help with CV's, assist in completing application forms and we also help have access to funds to remove barriers to work e.g. clothing or equipment needs. Last year the team of five Employability Keyworkers covering the city of Aberdeen helped 328 people into work.

If you would like help to find work you can contact Theresa MacKay by phone on 01224 682 939 or by email at t.mackay@pathways-online.org or via his Facebook page at www.facebook.com/TheresaMackaypathways



Another little History taster

I recently visited the old drove road called the Elsick Mounth, this is one of many Mounth Passes that were used to take you through the Grampian Mountains, too and from Strathmore, Angus, the Mearns, Strathdee and Kincardineshire.

Such names as the Cowie Mounth, the Fir mounth, and the Cairn O' Mounth to name just a few, were well travelled over the Millennia, from early man through to the Picts and Romans, as well as invading English armies.

Much early domestic travel went via these passes, cattle drives taking beasts south to market, and whisky smugglers avoiding the "Gaugers", (the excise men) in later centuries.

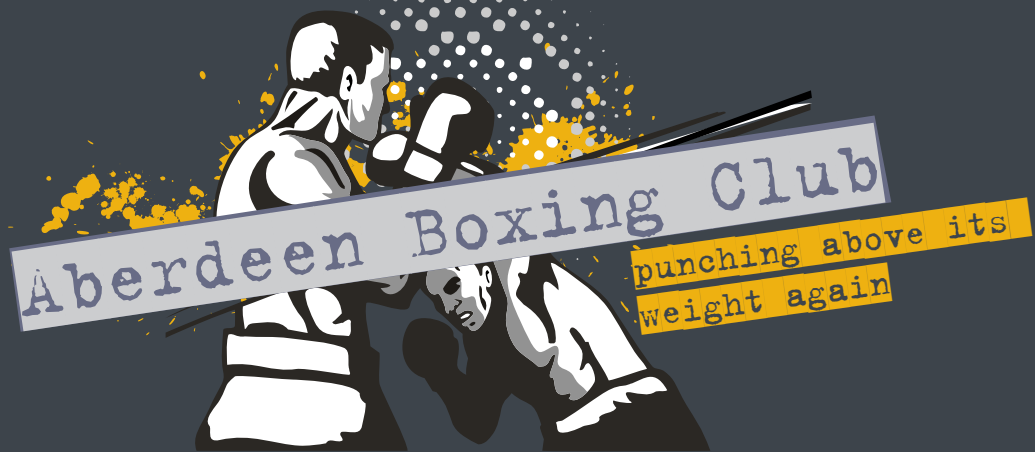
In some instances there was shelter provided by hospices or hospitals as places of comfort for weary travellers. The term Spital is used in names like Spital of Glen Shee, (glen of the spirit, as in Banshee) and Spital of Glen Muick, (glen of the Pig or wild boar) but beware weary traveller, there are footpads about (thieves) and catterans (bands of outlaws). There could be rich pickings

for such when they encounter the undefended, lone traveller. Travelling alone could be a very risky business.

In Winter travelling would be near impossible with ice and snow remaining well into Spring, the corries on the high peaks were still showing snow in July of this year. This July flooding was also a problem with the Feugh river bursting its banks as it raged through Finzean, even wee burns were impassable during this summer.

No bridges were available way back then and where boggy ground was encountered brushwood and boulders were put in place to create a dry crossing. A trackway called the Causey Mounth was a causeway built up of stones to create a raised path above the surrounding bog or myre, as it was called.

These passes or ancient trackways are numerous and are now used mostly for recreation, but some including the Cairnwell to Glen Shee is a major road, as is the Cairn o'Mounth to Fettercairn.



Two years after being forced into closure due to a lack of available facilities, The Aberdeen Boxing Club (ABC) has re-opened and is proving to be a hit with boxers and fitness-fanatics once again.

Formerly known as Aberdeen Amateur Boxing Club, ABC is one of Scotland's oldest boxing clubs, having run since 1920, and has a rich and fascinating history of producing great boxers and ensuring the facilities are welcoming to all.

Thanks to a new deal with Aberdeen City Council, the club has been able to re-open in its former home at Cummings Park Community Centre with local boxers and fitness enthusiasts all back training three nights a week at the centre.

Run by a committee made up entirely of volunteers, the re-opening marks the culmination of considerable efforts during the two-year spell when ABC was effectively left without a home. New appointments have been made to the committee to support the club's long-term development

plan, which also includes a tie-in with the Northfield Community Sports Hub and links with Sport Aberdeen.

The club re-launched earlier this summer, helped along by an open day at the centre where club members put on a demonstration and interested locals were able to come along and try out the sport. Attendances have been encouraging since the re-opening and there has been a good mix of those who were involved with the club previously and also plenty of fresh faces at each training night.

Led by Head Coach Leroy Smith, ABC is planning to continue its development over the coming year to restore the club to past glories – a history which includes some of Aberdeen and Scotland's best boxers. It was during this time the club was run by Leroy's father, Adam Smith.

In light of his outstanding 70 years of service to the club and to boxing across the country, Adam was recently given two prestigious Long Service Awards from Boxing Scotland and the Northern District

committee of Boxing Scotland in recognition of his outstanding contribution over such a long period of time.

Leroy, who has learned from many trainers over the years, including a trip to Ghana to pick up tips from their top coaches, has recently had successes of his own. After completing his course at North East Scotland College, he has now been accepted to study Sports Coaching BSc Hons at Abertay University in Dundee and has taken on a coaching role with Sport Aberdeen – both of which will be of great benefit to the club as it continues to develop for the future.

New members are always welcome, with sessions arranged for juniors and seniors of all ability levels. Discounted membership is also currently available and details can be found by contacting leroy@boxingclubaberdeen.com or aberdeenamateurboxingclub@gmail.com. Boxing is a great way to develop skills, discipline and fitness, so now is a great time to get involved with The Aberdeen Boxing Club.



Celebrate Aberdeen Parade 2015

On Saturday the 22nd of August the shmuCREW headed down to Union Street to take part in the Celebrate Aberdeen Parade. Staff and volunteers were invited to take part in this event, along with their families to promote SHMU and all the fantastic work our happy band of volunteers do. We all met up at 10:30am outside Harlaw Academy, donned our new SHMU t-shirts before the parade started at 11.

Over 90 organisations took part in the parade this year. As well as the parade there was entertainment on offer throughout the weekend in the city centre.

Dave said: *"Nice day for a stroll down Union Street with the shmu Crew, great to see how many volunteers there are in Aberdeen."*

Emily said: *"It was great to see people of Aberdeen come together for the parade"*

Stacey said: *"it was a good experience being part of something that charities are involved in all over the city. I didn't want the day to end! The weather was fabulous and it was a good laugh coming together with everyone!"*



Scott Guy

Northfield Parish Church

Dear friends,

By the time you read this you will be thinking of the big annual event which will soon be upon us - CHRISTMAS!

It's good to celebrate and it's good to remember why we celebrate on 25 December each year. We celebrate a birthday!

Earlier on this year I had a big birthday of my own and it was wonderful to join with family and friends to celebrate with them.

At Christmas we remember the birth of a very special baby - a baby who was born far away in Bethlehem. A baby who was laid in a manger - an animals' feeding trough, because there was no room for him in the inn. A baby who's birth was announced by an angel - announced to the lowliest people of the time - to some

shepherds who were taking care of their sheep. This was the angel's announcement:

"Don't be afraid. I'm here to announce a great and joyful event that is meant for everyone! A Saviour has been born in Bethlehem, a Rescuer who is the One you have all been waiting for, God's Son! This is what you are to look for: a baby wrapped in a blanket and lying in a manger."

And those lowly and ordinary shepherds went down into Bethlehem and found the baby, just as the angel had said. After they saw Him they left and told everyone what the angel had said to them about this special child and about why He had been born.

Many years later these powerful words were written and are still sung at carol services today:

"Good Christians all, rejoice with heart and soul and voice. Now you need nor fear the grave; Jesus Christ was born to save. Come at His most gracious call, to find salvation one and all. Christ was born to save! Christ was born to save!

Jesus came to rescue us, to save us from ourselves; to bring us back to God and to enable us to be the kind of people God always wanted us to be - loving, caring, unselfish.

That's why we celebrate Christmas! We celebrate because something wonderful happened all those years ago! A special baby was born; a baby who was to grow into a man who was to change the whole world and who can change all our lives for the better!

Have a Wonderful Christmas,

Scott

Northfield Community Centre

Northfield Community Centre have got lots of activities planned over the next few months.

Not all the dates have been confirmed so far but keep a look out for the Ladies Nights and Sunday Fundays which will be happening in October.

There will also be a Halloween party so start planning your costumes!

For more information on any of these events or the other classes that **Northfield Community Centre** run then give them a phone on **01224 695416**.

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COMMUNITY CONTACTS

Alcohol

Alcoholics Anonymous **0845 769 7555**
Drinkline **0800 917 8282**

Benefits

Benefits Agency Advice Line **0800 587 9135**

Crime

Crimestoppers **0800 555 111**

Drugs

Drugs Action Helpline **01224 594700**

Dentist

Emergency - G-Dens **01224 558 140**

Doctors

NHS 24 Emergency **111**

Electricity

If you have a Power-Cut **0800 300 999**

Family Planning

Aberdeen Community
Health Care Village **0845 337 9900**

Gas

Gas Emergency **0800 111 999**
Gas Emergency with a Meter **0845 606 6766**

Housing

Emergency Repairs **01224 480 281**
Call Centre Emergency **0845 608 0929**

Police

Non-Emergency **101**

Samaritans

Need to talk **01224 574 488**

Social Work

Social Work Duty Team **01224 765 220**
Emergency Out-Of-Hours **01224 693 936**

Young Carers

Support & Information Service **01224 625 009**

Water

Scottish Water Emergency **0845 600 8855**

Northfield Community Centre **01224 695416**

Cummings Park Community Flat **01224 681357**

Manor Park Community Centre **01224 812073**

CFINE **01224 596156**

Healthy Hoose **01224 661500**

Pathways **01224 682939**

Cash in Your Pocket **01224 200221**

Citizens Advice **01224 200221**

Include 01224 Dialling Code When Calling from a Landline.

Since 1 October 2014, people in Aberdeen have needed to include the area code whenever they dial a local number from a landline – in the same way people do when calling from mobile phones.