

# cumming north

Autumn 2019



## In this issue:

NEW MEDICAL CENTRE  
JOHN MUIR AWARDS  
MRS MEADOWS

[www.shmu.org.uk/press](http://www.shmu.org.uk/press)

Autumn Edition 2019

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## 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? Whether it's a historical piece about the area, a story about your time in the community, a group you're involved in 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](mailto: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!



Supported by





## NORTHFIELD LIBRARY AT BYRON SQUARE

After a busy summer with the Oor Wullie Big Bucket Trail and our Aberdeen Reads reading challenge we're looking forward to Autumn and being part of some national promotions. National Libraries week takes place from 7-12 October and Bookweek Scotland from 18-24 November, and for the youngsters The Bookbug Picture Book Prize where they can vote for their favourite book from a shortlist. Look out for the voting box in the Library!

Our Bookbug sessions will continue every 4th Monday (28/10/19, 25/11/19 and 23/12/19). All sessions start at 2.15pm and last for around 30 minutes. Bookbug sessions are free, friendly and fun sessions of stories, songs and rhymes for babies, toddlers, pre-schoolers and their families and carers to enjoy together.

We're also looking forward to hosting a few drop-in sessions run by the SAFE (Support Advice Finance Education) Team at CFINE. These sessions will offer help with PCs and the Internet with a focus on benefits. Dates to be advertised soon, contact the library for more information.

The library building has had a wee spruce up and some new signage so hopefully we'll be easier to find. Look for us next to the Community Centre in Byron Square.

**Northfield Library is open at the following times:**

**Monday: 1-7pm**

**Tuesday – Friday: 10am-1pm, 2-5pm**

**Saturday: 10am – 1pm**

**Sunday: closed**

## The Robbers' Cave, Old Newhills Parish

Hidden deep in the trees on the lower slopes of Elrick Hill off the walking trails and barely seen today, the infamous Robbers' Cave lies amongst fern and bramble. Once the haunt of criminals and vermin and thought by the vulgar (that is the common people) to penetrate for miles underground where a notorious robber and his gang hid out to emerge on to the Kings Highway to rob and steal from the innocent traveller.

Notes of these horrid works were recorded in the statistical account of 1793, however all is not as it seems. The said cave was in fact an old iron mine where deposits of the ore were hewn. So great was the concern over the hysteria caused by rumour and speculation and the fact that it was really a fox den which was a danger to livestock of the feathered kind that would hit the locals in the purse, with less "quack", "squawk", and "honk" to live on, the Council decided to apply a bit of authority, ordered up some barrels of powder and blew it up, and so the legend was destroyed, but not forgotten.

Are those shadows of a late evening up on Elrick Hill just the fading light, or are the dark horsemen still riding out into the night, to rob, steal, and plunder? Travellers beware!

**Mike Middleton**



# Northfield Community Policing Team Update

## Inspector Karen Main

That's the school holidays over already! Over the summer, our locality officers continued to patrol areas affected by anti-social behaviour and engaged with any groups of young people found "hanging around." In particular, they concentrated on the schools in the local area and ensured costly vandalism were prevented. I'm pleased to say that there was a reduction in these types of calls during the school holidays. This interaction offers the chance to build good relations between local police Officers and young people across the area.

Policing in Scotland has changed greatly since I joined in 1995. No more so than now. I've just received my training on the new Digital Mobile Device (electronic notebook) which are being rolled out to officers in the North East over the coming

months. I no longer write in my paper notebook. Mobile working means that police officers will be operating mobile devices as part of their operational duties.

You may notice something different about your local police officers' uniform. They will now be in possession of mobile devices which may be secured to their body armour / jackets adjacent to their radio.

This means that officers will be able to use their mobile devices to remotely access police systems which will increase officers' time working with the public and on incidents - or conducting patrols and preventing crime.

Mobile working is positively changing the operational policing approach in Scotland through the improved use of mobile technology and a change in

culture which allows officers to work more effectively within communities. This will mean being able to speak to us when we are out and about, or drop in past the police office. We are located right in the heart of Northfield as part of the Manor Park Primary School - look for our blue and white checked sign. Officers will be pleased to see you, can give advice and deal with all policing matters.

We are reliant on information from the public to help tackle all the issues that are important to the community. If you don't want to speak to us face to face you can call us on 101 for non-emergencies and general enquiries and in an emergency call 999. If you have any information regarding crime you can contact Crimestoppers on **0800 555 111**.



# Health and care centre on track for 2021 opening

Plans are well under way to create improved health and care facilities for the Denburn, Northfield and Mastrick communities by spring 2021.

Aberdeen City Health & Social Care Partnership (ACHSCP) and NHS Grampian (NHSG) are working to deliver a new, purpose-built integrated health and care facility, which will replace ageing facilities at Denburn Practice, Northfield Clinic and Mastrick Surgery.

It will be located near the Orchard Brae and Heathryburn

schools next to Northfield and Mastrick. City-centre patients who don't wish to travel to the new facilities will be able to access services provided by the practice from the Health & Care Village on Frederick Street.

Patients at the new facility will be able to access services which will include GPs; nursing and a range of other health and care professionals.

After a public vote, it was decided that this facility will be called "The Greenferns Health and Care Centre".

Construction is on track to begin in spring 2020 and the project team are working on delivering a smooth transition for patients.

Patients do not need to do anything at this time and will receive a letter nearer the opening time to give them further information on what to do next. In the meantime, patients can get in touch with the project team at [ACHSCP.Capital@nhs.net](mailto:ACHSCP.Capital@nhs.net) to answer any questions.

# John Muir Award



Family Learning Development Workers Helen, Louise and Megan and Middlefield Community Ranger Adaica Rodriguez have been working with families from Bramble Brae, Manor Park, West Park and Quarryhill schools to complete the Family John Muir Award over the last few months.

The John Muir Award is an environment award scheme where each participant must meet four challenges: discover, explore, conserve and share with increasing responsibility and ownership over the four days.

The first activity that we did with the families introduced them to the John Muir Award. We enjoyed a scavenger hunt at Auchmill woods, then putting at the golf club and a picnic in the park.

Our second activity took place at the Hilton Woods and we made moth traps, completed a walk round the woods looking for moths, bats and other nocturnal animals then finished with roasting marshmallows round the fire and enjoying hot chocolate.

Our third activity was at Howes Road where we did some bird spotting with binoculars, went pond dipping, did some litter picking and made doggy poo bag holders. Families also enjoyed making seed bombs and leaf printing.

Our final activity was at Manor Park Community Centre. Families enjoyed a hunt around the area looking for minibeasts, painting pebbles and the children then loved seeing the inside of the police car with the local police officer. We finished our session with a celebration lunch

and 12 families received their John Muir Award certificates.

Families all enjoyed learning new skills and finding new parts of their community that they can enjoy in the future as well as building relationships with families from different schools. One family said, “the whole experience has been great” while another commented “favourite was pond dipping. I enjoyed being outdoors with the John Muir challenge award and have enjoyed every activity and would like to do more”. Another families favourite was “sharpening the sticks for smores and sitting together around the fire”.

We all had a great time completing the challenges along with the families and look forward to working with more families in the future to complete their award.



# WHAT'S ON AT CUMMINGS PARK COMMUNITY FLAT?

Monday gives the Quiet Knitters a nice start to the week. The knitters take in their own items and spend a couple of hours sharing their ideas and skills. Some of the knitters might stay for the befriending drop-in session. Anyone who might feel a bit lonely, isolated, lost or just wants a cup of tea and a chat may come along from 1pm – 3pm.

Monday offers an opportunity to be part of the local magazine. Shmu has their Cumming North magazine group meeting within the flat. You may wish to add to the next edition or share your ideas with the editorial group. Please email Laura for further information [laurayoung@shmu.org.uk](mailto:laurayoung@shmu.org.uk)

Tuesday from 10am gives space to the sewing group. Participants attend and learn how to be creative, fix garments of their own or simply be taught how to use a sewing machine. Laura has many ideas and her patient, caring attitude helps people to learn effectively. One learner had not sewn anything previously and had been paying a seamstress to mend things that she was perfectly capable of mending herself. She now knows how, thus saving her money as well as raising her sense of achievement.

John's Conversation Group takes place from 1pm. The group talk about anything and often play a board game where people guess scenarios. It can raise some interesting debate. It is all in good spirit and many laughs can be shared.

Wednesday is our intergenerational group session. We work with

Alec from ACEvoices to support young people from Heathryburn School to engage with older people through outdoor games, indoor games, crafts, storytelling and a bit of gardening. We aim to raise self-esteem, support communication, build confidences and understanding between generations and share ideas. The alternate week has us joining the young people with the residents of Kingswood and have a great time singing and moving to music. The relationships and bonding between the generations is remarkable to witness as each share their experiences and opinions.

Thursday offers a CFINE outlet of fruit and vegetables from 10am. The community may purchase fresh fruit and vegetables and/or order fish and/or butcher meat to be collected on Friday.

From 11am – 1pm, volunteers from the Silver City Surfers team support people over the age of 55 years to become more computer savvy. Anthony and George have the knowledge and patience to show learners the basics of accessing the world of computing. You may take along your own device or borrow the use of one of ours. Tea and coffee are on offer for free and sometimes, even a wee bit of cake!

The Ladies Group is a friendship group where ladies come together and share their stories, troubles and news. There is often a craft activity during this session with no onus on anyone to take part. Nikki supported the

group in making some beautiful diamond art items and greetings cards this month. It is a relaxed atmosphere where ladies may share a cuppa and a chat and learn new skills.

Alan Johnstone comes along every so often to facilitate a reminiscence session during the group. He brings photos of yesteryear which encourages the sharing of memories. People who were not brought up in Aberdeen have also enjoyed his sessions as they learn of the history of our great city.

We invite speakers to offer information on subjects relevant to our community members. If you know of someone who would be happy to talk about their organisation, please let us know.

At 1pm we offer a quilting and craft group. Anyone may come along and join in and learn some great new crafts such as weaving and craft making. The group is making a community quilt which will be donated to Heathryburn School very soon.

Friday sees the collection of the butcher and fish monger orders. The knitting group begins at 1pm. These ladies have made many beautiful blankets, shawls, baby hats, lap blankets and fish n chip dresses for charitable organisations. We ask that you might donate some wool to us so that the ladies may continue with this wonderful, selfless and generous task.

## **ALSO –**

A VSA Carers representative is at the flat to give advice and support to carers. This is a drop



in service. Please keep an eye on our face book page for dates.

The Mindfulness classes were successful. We have already had 3 blocks of 6 weeks. More to come when the waiting list reaches capacity.

We sometimes receive food items from Fair Share. These items are given away to community members free of charge. Call us or pop in to find out what we have on offer.

The Happy Bus takes people outside of the city to enjoy a couple of hours away. Our community bus trip this year visited Blair Drummond Safari Park. All feedback was positive. A great day had by all.

Glitter pick: we joined Aberdeen City Council again this year to help clean up our city. Volunteers and staff from ACC spent time clearing up the Cummings Park area of litter. We will be hosting our own litter pick sometime in October. If you wish to be part of

this, please keep an eye on our boards and face book page or give us a call and we will inform you of the date we will proceed. The activity usually takes about an hour depending on how many people are involved.

Community Walk About: we invited Councillors to join us in taking a closer look at the issues in our environment. Councillors Gordon Graham and Jacky Dunbar came along on the day. We split into two teams and shared our findings afterwards. Some findings included sink holes on our pavements, lighting being on during the day and not at night, furniture and other items in gardens not being disposed of, unkept gardens, cars parked on pavements blocking the walk way of pedestrians, rusty railings and old signage, overgrown garden trees and bushes obstructing pavements and wheelie bins not being taking back into gardens once emptied.

We provide friendship and a place to go where people feel safe and welcomed. We try to address and lower the feeling of isolation and loneliness. Our volunteers facilitate most of the activities which provides a service to the community as well as many positive mindful rewards to the volunteer.

Our volunteer celebration took place in June where our volunteers were presented with a certificate and huge thank you from the community and from Mike of ACVO.

Community members may access our phone or computer in the afternoons to call about benefits, housing, repairs, councillors etc

**Contact Donna at [dosim@aberdeencity.gov.uk](mailto:dosim@aberdeencity.gov.uk) or call the flat on 01224 681357 for further details. Please have a look at our Facebook page for up to date information.**



## Charity Fundraising in Cummings Park

The team at Cummings Park Community Flat and the Cumming North editorial team would like to give a special mention should go to our generous flat and community members. They raised money for Macmillan during last year's Tea event, Cash for Kids with their wear a Christmas Jumper day (during their volunteer Christmas lunch and most recently they raised almost £100 for the breast cancer campaign. Cummings Park Community Flat volunteer and community member who works for CFINE, Nicky McKay Braved the Shave raising over £1,000 for breast cancer research. What an amazing community we do have!

## Grampian Credit Union

Are you a member of Grampian Credit Union?

Do you live in Cummings Park or Northfield and need quick access to cash?

Why don't you contact us today and see how we can help.

We are also happy to hear from you if you are not yet a member – it's easy to join the Credit Union.

Grampian Credit Union is a savings and loans co-operative for everyone living or working in the Grampian area.

Joining now will give you a start on saving for Christmas, which is always a great idea!

Website: [www.grampiancreditunion.co.uk](http://www.grampiancreditunion.co.uk)

Email: [admin@grampiancreditunion.co.uk](mailto:admin@grampiancreditunion.co.uk)

Telephone: 01224 561506

Office: 250 Union Street,  
Aberdeen AB10 1TN

Contact us or come in to our office – we are always happy to help!



# Mrs Meadows

Hello Mrs Meadows here, it's been a very mixed summer this year, the fruit trees had masses of flowers so it seemed there would be lots of apples and pears. Sadly, that is not the case!

Very few of the trees have produced fruit although the berries, raspberries and blackcurrants have been plentiful. The brambles are also covered in fruit so there should be a very good crop.

The garden in the space over the fence outside the community flat is starting to look pretty good.

There will be lots of other trees and shrubs, mixed flowers and bulbs to be added before autumn. In time a fence will be added, also a path and a bench.

We are still looking for volunteers to help out with gardening. Any time, even an hour here and there would be most appreciated.

**If you can help pop into the community flat, give us a call on 01224 681357 or email [cummingsparkcommunityflat@gmail.com](mailto:cummingsparkcommunityflat@gmail.com)**

# World War II

## Daft Wee Jimmy

**In September, it will be 80 years since the outbreak of World War II. There are few people left alive who remember this event, and it has to be said that many of those who lived through it would prefer to forget it, so why do I raise the subject?**

By chance, one of our bookshelves collapsed, precipitating a long overdue tidying up of the contents. In the process, I came across a handbook for those in the Home Guard which belonged to my father. Because he was in a reserved occupation (he was a railway signaller) he felt he ought to do something to show, not so much support for the war effort, but curiosity about what he would do when and if things went a bit pear shaped.

No doubt most of us have seen some episodes of that famous television series, "Dad's Army." I cannot say with any integrity how close the series came to reality, but I remember how much my father used to chuckle in recognition of the characters. It's not my intention to regale readers with the stories he told, many of which were a touch blue around the edges. But something that always came across was the way this much abused and denigrated group faced up to difficulties which were sometimes the result of enemy action, but just as often created by officialdom who were allegedly on the same side.

Of course, I cannot vouch for many of the stories I fell heir to. If even 10% of what by father told me was true, one can only marvel at the tenacity of ordinary people facing not only a war not of their own making, but an administration which makes today's equivalent seem almost competent. There is some evidence to suggest that the Home Guard was originally issued with wooden rifles, uniforms made from sack cloth, boots with cardboard soles, and waterproofs apparently made from blotting paper. But the Home Guard had one secret weapon; humour of the most dark and satirical variety. Maybe this isn't all that surprising.

I started out to tell you that I had come across a book, issued to members of the Home Guard, allegedly designed to cover every possible contingency of war. I'm not going to replicate it here; those interested can find copies of it in museums, online, and antiquarian bookshops. It's what was used as a bookmark that interested me. It was just a little cut out piece from a newspaper, judging by its quality and yellowed appearance, probably from the early days of the war. It has a little poem printed on it which I quote in full.

**Some Home Guard blokes  
perhaps won't like,  
if they are issued with a pike;  
but don't forget it  
served its turn,  
to win the day at  
Bannockburn.  
Breathes there a Scot  
who could refuse,  
against his country's  
foe, to use  
this weapon with the  
jaggy end,  
which Bruce and  
Wallace recommend?  
When all our country's  
foes advance,  
my kingdom for a horse  
and lance,  
a glittering breastplate  
and this shield,  
a sword which only I  
can wield!  
I know, despite the  
critics' frown,  
the government won't  
let us down –  
when foes come dropping  
thick as sparrows,  
they'll issue us with bows  
and arrows.**

This little gem is attributed to someone using the pseudonym "MacNib." If it is typical of the humour of the day, perhaps we can still learn something from a previous generation.

# Pathways

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 help you to develop a plan to reach your job goal, help with CV's, assist in completing application forms and we also have access to funds to remove barriers to work e.g. clothing or equipment.

Claudia had a client referred to her from staff at Northfield Community Centre, who had been unemployed since 2017 and was finding it difficult to find work. The client had applied for a lot of jobs without reply and was beginning to lose all hope. Claudia examined his CV and discovered that he had not highlighted his qualifications and work experience properly, and so rewrote the CV in a more appealing manner. Together they applied for a number of jobs and the client also went out and hand delivered his CV's to various companies, as instructed by Claudia. This strategy proved to be fruitful and he gained an interview for that week. The client was successful and started work soon after. He said, "I am really happy and will tell all my mates about Pathways and how great the help I got was".

Theresa McKay sees people at the Cummings Park Community Flat on Tuesday afternoons between 1 and 4pm. As she is always busy it is advisable to call Theresa on 01224 682 939 to make an appointment to see her. Claudia Karl also sees people at Northfield Community Centre on Wednesdays from 10am till 4pm and on Thursdays from 10am till 4pm. Call Claudia on 01224 682 939.

# councillor comments

## Gordon Graham

Hi Folks

I have been busy working with the community to help improve the area, and we are beginning to see the fruits of our labour.

I attended a consultation process on the Haudagain Triangle at the Community Hub. There were lots of local residents there putting forward their views. They said that they would like to see retail premises there. Later I attended a pre-application forum at the council and the developers were proposing a drive through café, a retail development and 183 houses. The final proposals will go before the Council's Planning Committee.

The area is beginning to blossom with the new housing and the new overcladding and other works including the flats at Byron Square. We are also looking to see what can be done to further improve Byron Square.

I have also been working with the Heathryfold Greenspace Group and work is progressing, it is good to see that flowers are blooming and that trees have now been planted. The dog play area and the new playpark has recently opened, and the feedback is that everyone is delighted with them.

I went for a scavenger hunt with children and their parents during the Easter holidays along with the Ranger and other Community Learning Workers, following which we took them to the junior practice area at Auchmill Golf Club and I gave them some golf lessons.

It is also great to see that the food and fun project was again successful this year and we will look to build on that success.

I had a tour of the area with members of Cummings Park Community Flat. The area in most instances was neat and tidy there are issues which I will take up with the council, however I would urge the few who are letting the area down by not maintaining their gardens to do so. If people are having difficulty, then let me know.

**Gordon Graham**

**Councillor for Northfield and Mastrick North.**

**Vice Convenor Operational Delivery Committee.**

**Regeneration Spokesperson.**

**Tel: 07736329751**

**Email: [ggraham@aberdeencity.gov.uk](mailto:ggraham@aberdeencity.gov.uk)**

# DAVE'S PAGE

## Who Am I?

- 1 I come from Auchenshoogle well that's been told  
I'm like a little schoolboy though  
I'm 82 years old
- 2 Famous for my catapult, cartie and climbing trees  
you'll never find me in a suit I love my dungarees
- 3 My pals Wee Eck ,Soapy Souter and Bob are in my gang. We get on great and really are on song  
my girlfriend Primrose Paterson is lovely but never ever wrong
- 4 PC Murdock he's OK and a well known face but blame for everything that happens in this place
- 5 Just now I'm up in Aberdeen the nicest city I've ever seen  
They've got me all dressed up and I can be found over the place  
sitting on my bucket with a happy laughing face

## MISSING LINK (FOOD FOR THOUGHT)

- 1--Roast - Olives
- 2--Strawberry - Tart
- 3--Curry - Boat
- 4--Soda - Pudding
- 5--Boiled - Sandwich
- 6--Rhubarb - Cake
- 7--Steak - Crust
- 8--Streaky - Fat
- 9--Sliced - Scratchings
- 10--Ice - Sponge

*Silly Facts*

- The Sun is located in the Milky Way between the third and fourth arms of a cloud of stars known as the Local Fluff.
- Hercule Poirot was described by Agatha Christie as a detestable, bombastic, tiresome, egocentric little creep.



DO THE MATHS >>  $17 \times 2 + 6 - 2 - 5 \times 6 - 2/3 + 10 =$

ANSWERS  
Missing Link - 1-Beef 2-Jam 3-sauce 4-bread 5-ham 6-rock 7-pie 8-bacon 9-pork 10-cream  
Who am I - oor wullie · Do The Maths - 40

## Success at shmu

Sarah\* lived with her family in Canada for several years as a result of her stepfather's role in the Oil and Gas industry. Once she found out that the family was returning to the UK, Sarah was heartbroken and didn't want to leave behind her life and her friends in Canada.

On her return to Scotland, Sarah enrolled at a local secondary school for the remaining 18 months of school life.

Unfortunately, Sarah did not have a good experience during this time and was badly bullied. After leaving school, Sarah was unable to obtain a positive destination and went to see her Careers Advisor and as a result was advised to apply for the Positive Transitions (PT) course at shmu.

Sarah was extremely worried about participating in the PT course after her bad experiences at school.

"I felt a bit anxious about attending the course at first as I wasn't very confident when it came to meeting new people".

Sarah began the course with some trepidation, but found that radio training was hugely beneficial, as she had to work in a team. Radio also allowed her to develop better planning strategies and Sarah learned to prioritise tasks much more effectively.

Sarah also found filming was an effective way of addressing her anxiety;

"I really enjoyed being part of the creative process from beginning to end, as it allowed me to express myself and be more confident in my abilities"

The teamwork required to create the film also supported Sarah to grow in confidence and work on her interpersonal skills.

Since taking part in the course, Sarah has stated that she now feels a lot more confident in all aspects of her life.

"The course gave me the opportunity to be more creative, meet some amazing people, have a lot of fun"

In order to continue to develop her confidence and motivation, Sarah was offered a work placement at shmu's new HQ in the role of Receptionist.

The new reception at shmu HQ is a busy environment and the first point of contact for guests, visitors and building users, so the ideal place for Sarah to demonstrate her new-found confidence and people-skills. Greeting building users and answering phone calls has significantly supported the development of Sarah's communication skills, and on completion of the work placement, she offered to continue to volunteer as

Receptionist over the summer holiday period.

Sarah has taken on any additional tasks she is offered, is always keen to learn and now has the confidence to ask questions if she is struggling, something she would have been very reluctant to do before her time on the PT course. Sarah's favourite part of the role has been meeting new people and interacting with different generations.

Sarah feels a lot more positive about her future as a result of her engagement with shmu, and notes that it has enabled her to become more independent and pro-active about her choices in life. Sarah has always expressed an interest in make-up and beauty, and it was her goal in life to become a qualified Beauty Therapist; during her time on Positive Transitions she was encouraged and supported to apply for the Beauty course at NEScol, securing a place on the course beginning in August 2019. Until the start of her course, Sarah is going to continue to volunteer as Receptionist at shmu.

"I would definitely recommend the course at shmu to anyone that is struggling to get a job, as it is a really good opportunity and it has boosted my confidence no end!"

*\*not real name*

For more information about Positive Transitions, email [michelle.trail@shmu.org.uk](mailto:michelle.trail@shmu.org.uk) or call 01224 515013 and ask for Michelle, Kirsty or Yvette.

# The Healthy Hoose

The Healthy Hoose have introduced an on the day bookable appointments system. This is due to increased demands on the service.

These will be 15-minute-long appointments and for 1 medical issue only.

Appointments can be booked by contacting reception on the day by calling **01224 558928**.

Walk in sessions will still be available on most days but please check with reception or on Facebook for daily updates.

The Healthy Hoose is open to residents of Cummings Park, Middlefield, Heathryfold and Northfield as long as they are registered with a GP.



## Hamewith Lodge

We had our summer Fair on the 27th August which helped us raise £506 for their residents' comfort fund. Visitors enjoyed the burgers, bouncy castles and the lovely sunshine. The slush machine and candy floss was very popular along with the choir who added musical entertainment to the afternoon.

On the day it was nice to see the gathering of friends and family of the residents and staff. But it was excellent to see members of our local community coming along to enjoy and support this event.

We are very grateful to businesses out with our community who gave us donations for our raffle. Special thanks must go to Aberdeen Football Club, Slater Menswear, Morrison's, The Ashvale and Co-op Funeralcare for their generous donations.

Our events don't stop there; our next event is a Halloween Disco for our residents and family. Our next event which is open to the community is our fireworks display on the 5th November. We will be displaying posters around the community about this event soon.

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# Boogie in the Bar

Boogie in the Bar are dementia friendly discos which take place on the first Friday of the month from 12:30 to 3:30pm at the Sunnybank Club.

It's free of charge and open to anyone over the age of 50.

Why not drop in and enjoy a dance, a drink, a light lunch and a blether in a safe and friendly environment?

If you want more information or can offer a few hours once a month to help out, please get in touch with Wilma at Cummings Park Centre on 01224 694060 or Darren on 01224 522270.

### Dates of Upcoming Boogie Events

**NOV 1ST**

**DEC 6TH**

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# Moaning Mildrew

Having been a driver for many years I have apparently missed a change in the Highway Code regarding indicators. In Aberdeen it now seems that the use of indicators is optional and there is no need to use them at roundabouts or when turning

left or right. The car sales people must be making even more profit offering the option of yes or no to indicators. The Aberdeen motorist are snapping up the no option cars as use of indicators

is becoming less and less. Perhaps other drivers are now able to predict where the car in front is going turn or change lanes or the car coming round the roundabout is going to turn off. Aberdeen is the worst city I have driven in as regards lack of indication otherwise the standard of driving here is pretty good. So come on lets get back to simple basics and take up the option of indicators and use the properly.

**USE YOUR INDICATORS**

# Community Contacts

## Alcohol

Alcoholics Anonymous **0800 9177 650**  
Drinkline **0300 123 1110**

## Crime

Crimestoppers **0800 555 111**

## Drugs

Alcohol and Drugs Action Helpline **01224 594700**  
Aberdeen in Recovery **07936 008808**  
Narcotics Anonymous **0300 999 1212**

## Dentist

Emergency - G-Dens **111**

## Doctors

NHS 24 Emergency **111**

## Police

Non-Emergency **101**

## Electricity

If you have a power-cut **105**

## Gas

Gas Emergency **0800 111 999**

## Water

Scottish Water Emergency **0800 0778 778**

## Housing

Emergency Repairs **03000 200 292**

## Family Planning

Aberdeen Community Health  
and Care Village **0345 337 9900**  
Family Information Service **01224 346034**

## Samaritans

Need to talk **01224 574 488 or 116 123**

## Social Work

Social Work Duty Team **0800 7315520**  
and Emergency Out of Hours

## Young Carers

VSA **01224 212021**

CFINE **01224 596156**

Pathways **01224 682 939**

Financial Advice at CFINE **0800 953 4330**

Citizens Advice **0808 800 9060**

Northfield Academy **01224 699715**

Bramble Brae School **01224 692618**

Heathryburn School **01224 788180**

Westpark School **01224 692323**

## Community Information for Cumming North

### Cummings Park Centre

08:30am - 10pm

Contact: 01224 694060 or [cummingsparkcentre@aberdeencity.gov.uk](mailto:cummingsparkcentre@aberdeencity.gov.uk)

### Cummings Park Community Flat

Contact: 01224 681357 or [dosim@aberdeencity.gov.uk](mailto:dosim@aberdeencity.gov.uk)

### Northfield Community Centre

Contact: 01224 695416 or [jacqui@northfieldcommunitycentremc.org](mailto:jacqui@northfieldcommunitycentremc.org)

### Northfield Outdoor Sports Centre

Contact: 01224 685920

### Northfield Library

Mon: 1 – 7pm

Tues – Fri: 10am - 1pm, 2pm – 5pm

Sat: 10am – 1pm

Contact: 01224 695104

### Northfield Medical Practice

8am – 5pm

01224 662911