

cumming north

SpringEdition2014



Looking back - Boys Brigade
Northfield 63rd Company

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By Mike Middleton

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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.

If you live in the Northfield/Cummings Park area, or are a teacher or representative based in one of the 5 schools within these areas and would like to get involved, please contact **Laura** at shmu on **01224 515013** (laura.young@shmu.org.uk) or **Dave White** on **01224 696185**.

Supported by



SHMU FM takes a look into Project Fit in Northfield Academy

Youth Radio project from shmu FM wanted to find out what other young people do in Northfield in their spare time. Project Fit is located at Northfield Academy, it is every Tuesday and Thursday 6pm-8pm. It is completely free, you just turn up with a consent form saying you are allowed to go. So we decided we would go visit project fit and see what it was like.

Project fit is run for young people living in or around Northfield from Primary 7 to 4th year. Project fit is run to provide young people with an opportunity to get involved in sports; it gives the kids something to do and also keeps them out of trouble and off the streets. Project fit was formed by ALL of the emergency services and is also funded by them. The project is also funded on private donations.

The young people involved get to pick what sports they Participate in. Project fit is run by a small majority of staff but it is mostly "run by the kids, for the kids." The members of staff involved are employed by active schools. Young People involved in sports Ambassadors are involved in the running and organization of the project. Project fit has been described as being like a big social club, you can make new friends, have a laugh and it gets you active. Project fit also helps to give its participant's a wider interest in sport.

Whilst we were there we were given the opportunity to take part in the various activities going on and to talk to the people involved. We spoke to Hayley McMillian who is one of the young leaders in the project. She described the project as being fun and enjoyable as well as being a great opportunity to meet young people with the same interests in sport as she has.

We also spoke to Thomas. Thomas is 11 years old and goes along to project fit. When asked to sum up the project in three words he simply said "Keeps

You Fit." Thomas also told us about how he found out about the project and what is favorite part was. His answer to this was he found out through friends at his school and his favorite part was getting the opportunity to participate in football and basketball activities.

During are visit we spoke to a third person name Kai McDonald aged 11 years old. Kai described the project as being fun and active and something to do. Kai also said that he enjoyed project fit as it provided him with something to do.

Projects like project fit are providing young people with a fun and enjoyable way to stay active and healthy. It is also providing a safe and competitive environment for them to make new friends and discover a love of sport.

If you wish to get involved in Project fit you can. Permission letters are available at Northfield Academy office. All you need to do is pick up one of these forms and get it filled out. Bring it along on the night and give it to one of the staff member's there. After that then you can simply let the fun begin.

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.



Northfield/ Cummings Park BB Members Northfield 63rd Company

This company was formed in 1951 by the late Rev. Duncan Bruce along with 4 other Boys Brigade officers, as there was no church hall in the area at that time we were successful in securing Cummins Park School for our meetings. Being a very small company of only 13 members this gave us plenty of room for exercises and drill routines; we were in those days very much army orientated where drill included using wooden rifles. However in the following years our company grew quite dramatically so much so we had to look for bigger premises, the solution

came in the building of the new Westerton School who very kindly allowed our company to use their hall and stage which allowed us to then to put on gymnastic and marching displays during our open nights, where members of the public could come along see the kind of thing the BB'S could offer the local youths.

Over the years a lot of local lads came and went a number of whom still line in the Northfield and Cummings Park area, these boys along with others learned many a handy skill in the art of camping, we camped in many

places throughout the years such as Kenya Dess and Strachan also Finnzean. Only on one occasion did we have to abandon camp because of extreme weather this was on the 19th of July 1957 at 1am in the morning when the river Feugh burst its banks at Strachan and flooded our field. I have had many good year with this company and was sorry when old father time caught up with me and I had to retire but my memories of this time in my life will be with me forever they were great.

Captain James Duncan (retired)

School News

Wanted

Anyone over the age of 65 who is interested in finding out how ipads and computers work.

Primary 5 at Bramble Brae are learning about transport and we're going to build a kitcar. We were hoping that you could share your memories of Aberdeen's trams and transport and help us with our project. In return we will help you become more confident using ipads

If you are interested in joining this exciting project please contact us at;

Bramble brae school - **01224 692618**

Or Silver city surfers

Silvercitysurfers@gmail.Com

The project will start in may

Bramble Brae Primary

Date for the diary

**Bramble Brae Fun Night
will be held on Friday, 6th
June from 6pm to 8.30pm.**

Breakfast Club

Westpark School Breakfast Club has had more great news and freebies!!! The Club, which is run by Kitchen and Teaching Staff, has been operating for many years, 2 and latterly, 3 mornings a week.

Going back a while, early last year we applied for and won funding from Kellogg's which comprised a £400 grant and £50 of Kellogg's vouchers - this allowed us to provide a free breakfast to members once a term, increase breakfast options, buy games for pupils to play and get some more crockery.

Kellogg's invited applications for additional funding last September and we are so happy to have been successful again - this time receiving £200 grant and £200 of vouchers!!!

Furthermore, 108 boxes of Kellogg's cornflakes were donated only a few weeks ago from Tesco in partnership with Kellogg's for the Breakfast club - we offered a free box to all our members to take home too!!

Westpark School

Date for the diary

**Summer fair Friday
13th June 3:30pm -
6:30pm at Westpark**



Cummings Park Community Flat News

Community Garden

Almost a year to the day of receipt of funding from the Big Lotto the Community garden at the rear of the flat has been transformed. The garden grows vegetables, herbs and even a few apples. There are also beautiful flowers to look at. Lots of very hard work and a great amount of time and dedication went into creating the garden. Neighbours helped by donating items and sharing their time to help create the space. The person taking the lead for the garden, Pat Lawrence was delighted to learn that the garden had been nominated for Aberdeen's EcoCity award.

The flat Committee were even more delighted to learn that the garden had won the award under the 'Community' section for their 'Community and Garden' nomination.

A presentation of a Certificate and a cheque was received by some of the volunteers at

Marishal College on March 10th 2014

New Sign for the Flat

Thanks to the Northfield Learning Partnership we have secured funding for a notice board. This will be erected within the flat front garden. Anyone wishing to announce community events may use this space.

Litter Pick

A positive outcome and a great atmosphere was shared by the staff and Volunteers of the Community flat, Aberdeen City Environmental staff, Absafe and the staff of Bramble Brae and Northfield Academy. A very special thank you must go to the pupils of both schools who were so interested, involved, curious and hands on throughout the experience of clearing up litter from the Cummings Park Area. The young people couldn't believe how much rubbish could be collected in such a short length of time and hopefully the exercise has made all of us a bit more environmentally aware

when disposing of our rubbish. Another litter pick will be planned very soon. Anyone wishing to support us in this please gets in touch using the details below.

Open Day

The Management Committee for the flat intends to host another OPEN DAY following the success of our last one. This will happen during the summer months. Please look out for flyers and posters. Advice and support agencies will be invited to attend the event in order that you may learn what they have to offer. If you would like us to invite a specific agency please let us know. This is an opportunity for you to have your say on how improvements in your community can be made, find out what is happening and perhaps sign up to classes or activities within the flat or other local establishments. You may send your enquiry or managmentcommittee@gmail.com or contact Donna directly at dosim@aberdeencity.gov.uk 01224 681357

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.



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.

Healthy Hoose

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

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 online 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.

Councillors Comments

Cnclr Gordon Graham

I am very happy to report on the work both myself and your council has undertaken to make improvements in Northfield. Firstly we secured funding to provide play equipment in Alan Douglas Park. This meant that the area was out of action for a month or so, however I am sure it will be worth it. This is part of a 10 year funding package to improve parks in Aberdeen; others in the area will also be improved, hopefully sooner than later.

The Education department have earmarked £3m of funding for a museums collection Centre at Granitehill. It will have space for public access and facilities for learning and research.

A lot of work has been done and commitments made to improve educational attainment at Northfield Academy. Neil Hendry the new Headmaster is working hard with his staff and pupils and I have been impressed with the progress to

date. I am on the panel to select a company for the "Enterprising Academies" which will be based in the school. It is anticipated this will help create opportunities for pupils to have direct contact with a working enterprise that enhances their experience at school and inspires them.

Along with Committee members of Auchmill golf Club I secured a grant of £5000 from the City Council that assisted the purchase of 4 Golf Buggies. One of the principal benefits of this is that it has allowed disabled and less able people in our community to participate and enjoy the game of golf. At a budget meeting of Aberdeen City Council on 6th Feb. 2014 it was agreed to provide further funding up to £239k to provide two new holes, I have been working with all parties to ensure these are developed asap.

I am sure most peoples attention will have been on the proposals

from council officers on a merger between Bramble Brae and Quarryhill like other people I am glad that the consultation process proved to the council that a merger was not in the best interest of the children and your council subsequently dropped the plan. This shows that this council is prepared to listen to people prior to coming to a decision.

There is concern that the council is considering proposals for a temporary halting site for Gypsies in Howes Road and I have attended meetings at Heathryburn School. On the plus side there will be no halting site in Granitehill Road or Springhill Road and I promise to both listen and work with people to hopefully get the same result at Howes Road. However we need to identify suitable sites and obtain a bylaw that would prevent them camping on areas such Auchmill Golf Course and Alan Douglas Park.

Gordon Graham
07736329751

Cnclr Scott Carle

In Aberdeen we are undoubtedly fortunate to have some of the most committed health staff and able medical experts in the country, but the past few weeks residents from across the city including a number from Northfield have raised concerns with me over issues relating to their care, specifically with delayed or cancelled operations and appointments. It was reported that in January over 20 operations were cancelled over just two days at Aberdeen Royal Infirmary due to pressures within the service and lack of resources. The experience of going to

hospital for surgery can be a worrying enough time for patients and families without having to go through the experience of treatment being delayed.

Unfortunately this is happening too often and it's because of the simple fact our local health board does not receive the funding it needs and has had to reduce staff and cut bed numbers. Cancelled operations are only one of the problems in local health services which have been raised with me. There have been concerns over waiting times for cancer treatment, an increase in the number of complaints from patients and criticism of the cleanliness of the maternity

hospital by the Healthcare Environment Inspectorate.

Many of these issues are down to the simple fact that our health board is underfunded in Grampian and many of these problems could be avoided if there were adequate resources allocated to our local area. Instead NHS Grampian received around thirty million pound less than it should compared to other health boards. I have raised these concerns directly with the Cabinet Secretary for Health and Wellbeing Alex Neil and will continue to make the case for better resourcing of our health service.

Scott Carle

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

Northfield Outdoor Sports Centre



The Northfield Outdoor Sports Centre was opened in 1953 by Aberdeen council and managed by them until 2008; volunteers then took over the day to day running of the centre. A committee was formed with Ally Reid being appointed chairman a position he still holds to this day, Ally works very hard all year round decorating and upgrading the building he also provides flower tub along with hanging baskets in the surrounding areas. His hard work was recognised by

a colleague who had the pleasure in nominating him for the Sports Aberdeen's Volunteer of the year award, the team of which he is part of the Project Fit, which is held at the centre on a Tuesday and Friday night for all the local children also picked up a worthy award. Other people have since realised the importance of his work at the centre which has led to him picking up yet another award from Sports Scotland. The bowling seems a lot more popular than the tennis at present with teams from Northfield Men, Northfield Ladies, Stockethill ladies, Marks and Spencer's, 612 Club, P.O. and BT Vets, Printers, Royal Mail all playing competitive bowls. All the clubs would appreciate and welcome new members so if you fancy taken up a new sport pop up to the centre and enjoy a chat and a cuppa

with Ally (he might even find a biscuit) and remember bowling is not just an elderly sport.

The season begins on Sat. 19th April until Mon. 22nd September Opening times are: 10am till 9pm Monday to Thursday and 10am till 4pm Fridays, closed Sat and Sun.

Finally, a statement from a regular visitor to the centre, at last Ally's hard work has acknowledged even though he is not a person who likes the limelight and not in great health these awards show how much he is appreciated. Congratulations ALLY on behalf all of the users at the Northfield Outdoor Centre and surrounding area, KEEP UP THE GOOD WORK we salute you sir, we at the Cumming North Magazine and Station House Media Unit (shmu) agree with these statements.



Northfield Parish Church

At EASTER we remember that God's Son Jesus died on the cross for each one of us and was raised to life, so that by believing in Him we might have eternal life.

EASTER SUNDAY is on APRIL 20th, with the school holidays beginning on Friday 4th April.

Northfield Parish Church will be involved in the following:

Good Fri 18 April - Good Friday Teas & Reflection in Church Lounge 10am

EASTER SUN 20 April - EASTER BREAKFAST & CELEBRATION in Church Hall 10.30am. Teas, coffees, hot filled rolls, hot-cross buns, chocolate eggs etc.

You will be made very welcome at any of our Easter events and I wish you all a VERY HAPPY EASTER!

Scott Guy (Minister)

Silver City Surfers @ Cummings Park every Thursday!

Silver City Surfers run free sessions to help older people learn basic computer skills in a social setting on Thursdays from 11am till 1pm at Northfield Community Centre.

We are looking for volunteers who are patient, friendly and willing to share their skills in emailing, searching the internet and using technology to help people over 55 stay in touch. We do not need experts - if you can use your computer for the basics please get in touch!

Phone Chris, 07799 371 329 or email silvercitysurfers@gmail.com if you're interested in volunteering or coming along to a session.

Silver City Surfers are helping those who are over 55 to learn basic computer skills 1-to-1 in a social setting.



IT IS 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.

HISTORIC NORTHFIELD



SHMU INTRO SESSIONS

The shmu 'intro sessions' are 30 minute interactive information sessions 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. The group can record their own jingle, which will be aired on shmuFM.

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.

The important work we do at station house media unit (shmu) through digital media and community media development is open to everyone and we would like to hear from local services, projects and organisations within the seven regenerations of Aberdeen.

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.

shmu is supported by Aberdeen City Council as one of the core cultural organisations in the city, and is at the forefront of Community Media development in Scotland. We support residents in the seven regeneration areas of Aberdeen in radio and video production, traditional and on-line publications, music production and digital inclusion. The organisation also supports other disadvantaged communities, both geographic and communities of interest, with our employability and training arm. We have also developed ADJUST, a programme for offenders, both pre and post release.

If you would like to book an intro session for your group or project, please contact Denise, either by email denise@shmu.org.uk or phone: **(01224) 515013**.

Many winters ago I was but a lad, yes I was little once, and like many big boys I still remember some of the things around me as a child in Northfield.

Sounds were very memorable. I remember the Torry Coo, of an evening lying in my bed I could hear the doleful sound of the Aiberdeen Fog Horn, a very protective sound as the yellow Smog (smoke and fog from coal fires) swirled round our top floor window and often it hung heavy in the night air, and in the morning I could hear the whistles and hooters from the mills on the Don and occasionally a passing train on the Inverness line. Most days the whine of Viscount and Vanguard aircraft filled the air with their turbo prop engines of the British European Airline flying out of Dyce. And of course there was always the faithful Corporation double decker busses running or chugging along the bus routes in their green and cream livery, the number 9 to Byron Square and the 22 to Northfield, dark green leather upholstery and a little brass match striker on the back of the seats, despite the command, "no smoking inside" and "room upstairs only" "move along now" running for a bus was an art form and many a person who had not perfected it came to an embarrassing cropper if they did not synchronise the leap from road to pole and on to the back step in one clean sweep, and leaving a moving bus was just as deadly with the various daft moves by young and old alike.

At the weekends I could hear the chatter of gun fire coming from the range at the Black Dog where the hobby sodgers (territorials) would be at play, and overhead the light drone of a chipmunk trainer in the red and

white livery of the RAF training squadrons, from time to time you could pick up the bellowing of cattle transported to the fields round Sheddocksley, off the boats from Orkney, and a long way from home, and far in the distance the rumble of the quarrying at Kemnay could be heard just as it was round our own door in Northfield and Cairnry at one time, and of course the clip clop of the Tattie man's horse and cart.

When it was spring time you could hear the migrating birds and on the odd occasion the hooting of owls up in the woodies at Springhill and doon the Howes, and you could still tak a troot oot o' the burn back then, it was not unusual to see Roe Deer early in the morning around Springhill and on Provost Fraser Drive.

Of the smells there were many, the Don had a pong that took your breath away and on the bus there was always the familiar whiff o' gutted fish, roadside tar was always strong on the nostrils and the smell of the steam roller with boiler and fire box is well remembered, and the "chipper bus" gid oot great guffs o' steam filled with the delicious aroma o' fried haddock and chips, all cooked in beef dripping that went "roon yer hairt like a hairy worm", and in the hoose, yalla' fish and kippers would linger for ivver on yer clyse, ranns,(cod roe) and smoked ham shank, (pig shins)played their role in household pongs, coal smoke, soot, and tobacco added to the scent of life, but all were banished by Jamieson's lavender floor polish; well rubbed into linoleum, the whole house would be perfumed to high heaven, and in the scullery collars and cuffs would get a good scrub on the wash board before the boiler and the ringer did their

work ably assisted by long bars of yellow and green soap, and purple carbolic for all the cleaning jobs required, including bairns necks and fule stairs, and the red Cardinal polished step at the front door, waiting to take the Paraffin delivered by the Paraffin loons, pink and blue, the milk by the Co-copy and the Ale from the Bonaccord lorry, and cairted a' the wye up the stairs, the coal in a coal bug on some ones back.

The rag and bone man, or the "rigger" was quite a sight and sound combination, with bugle blowing and orange and yellow balloons bobbing on strings, you had to find a jam jar to get a tooter with a wee green feather on the end, but they didnae last, but nothing to beat the sight and sound o' a bleezin lum, the sparks and flames and billowing smoke and the clang clang of the red fire engine that gathered mair crowds than the circus.

Life could be noisy, sometimes smelly, but memorable all the same, all that with cod liver oil, orange juice, and Ena Sharples on the telly and the sounds of the BBC light programme from the Home Service and the Shipping forecast were the norm, many families had men at Sea and it was a very important service not just for fishermen but those on shore too.

The BAOR, British Army on the Rhine, BBC British Forces Overseas Radio, was a Sunday favourite, many young men and women were serving in Germany and Check Point Charlie was a household name, and up and coming DJ's like Tony Blackburn could be heard above the static on pirate radio stations.

Ah well those were the days.

Still a loon,

Mikey Middleton

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

FRANK – National Helpline **0800 776 600**

Dentist

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

Doctors

NHS 24 Emergency **08454 242 424**

Electricity

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

Family Planning

Square 13, Support & Advice **01224 642 711**

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 522055**
 Emergency Out-Of-Hours **01224 693 936**

Young Carers

Support & Information Service **01224 625 009**

Water

Scottish Water Emergency **0845 600 8855**

NORTHFIELD SWIMMING POOL

Northfield Swimming Pool is used by Northfield academy and primary schools during school hours and is available to the general public out with. Northfield pool is also the training base for the City of Aberdeen Swim Team (COAST). Call: 01224 680307

View the Timetable below for classes and public sessions:

DAY	TIME	SESSION
MONDAY	12.15 – 13.15	Lane Session
MONDAY	13.45- 14.45	Active Ageing Swimming Session
MONDAY	1445- 1545	Public Session
MONDAY	1815-1915	Public Session
MONDAY	19.30 – 21.00	Ladies Only Swimming Session
MONDAY	19.30 – 20.00	Aqua Aerobics
MONDAY	20.00 -20.30	Aqua Aerobics
TUESDAY	12.15- 13.15	lane session
WEDNESDAY	09.30 – 10.15	Aqua Aerobics
WEDNESDAY	18.45- 20.00	Public Session
WEDNESDAY	20.00 -21.00	Adult Session
FRIDAY	08.00- 09.00	Public Session

There will be no Aquatic classes between 7th April- 24th April inclusive and 5th May - 12th May