

# cumming north

Spring Edition 2015

**Community News**  
from your area



**In this  
issue...**

Cover photo by Graeme Youngson

**Hamewith Lodge**  
Recent Activities

**Primary School News**  
Heathryburn & Bramble Brae

**Northfield Academy**  
Spectra Light

**Cummings Park**  
Community Flat



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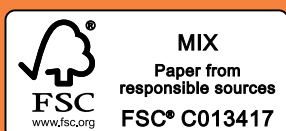
## Editorial

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 515012** ([laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk)) or calling **Dave White** on **01224 515013**. You can also get in touch with us via our new Facebook page - look up 'Cumming North' and hit that like button.

Supported by





## Cummings Park Community Flat

122 Cummings Park Drive • 01224 681357

The Community Flat continues to serve the community. We offer classes, workshops and activities. We support people by referring to agencies such as Cash In Your Pocket for help and support around debts, North East Scotland Credit Union for savings and money matters, Pathways for support in finding work and Life Long Learning for help with adult learning classes such as literacy, cooking, health and well-being and first step computing.

Family Learning offers classes and activities for parents with young children and The Silver City Surfers support people over the age of 55 to become familiar with computers and other devices. SHMU also has lots of opportunities including programmes around employability and the chance to get involved with your community magazine.

The Healthy Hoose supports people in the Middlefield and Cummings Park areas and our NHS Community Worker offers low-impact walking groups, support around smoking cessation and maintaining healthier choices.

Come and see our new kitchen and make yourself a cup of tea/coffee while we chat about other activities or opportunities which may interest you within the Community Flat. Keep an eye on our notice board for new activities, short courses, workshops or events.

The editorial team for the Cumming North meets within the Community Flat. The meetings last for only an hour every couple of weeks until the magazine is complete.

We are looking for more community members to add to the content of the magazine or help with its design. You don't need experience or qualifications. Your ideas, good news stories and/or your opinion of what should be included in your magazine, is all that is required of you.

Please contact the ***managementcommittee at managementcommitte@gmail.com***

or

***Donna at dosim@aberdeencity.gov.uk for further information.***

## North East Sensory Services (NESS)

Employment support is available to people living in Aberdeen City who are blind, partially sighted, hearing impaired or deaf and who are willing to work towards an employment related positive outcome.

You may need additional skills, qualifications, confidence and experience to get back into the job market. For many, volunteering and further training can be a first step.

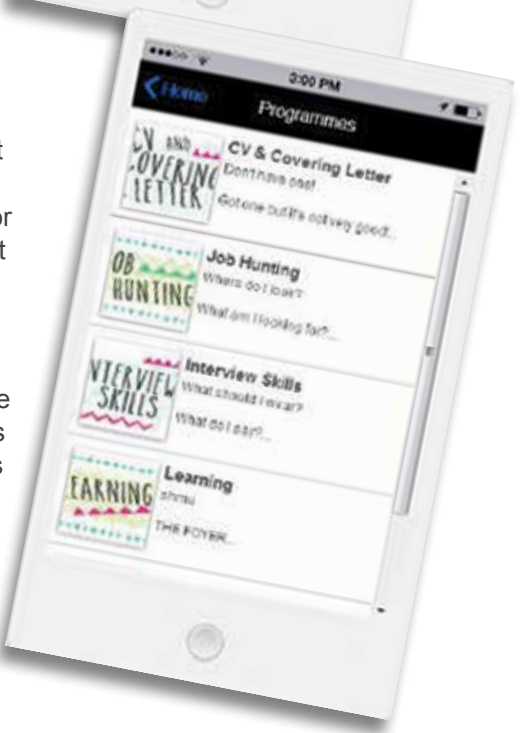
We offer help with:

- **Completing application forms and making a CV**
- **Interview skills & techniques**
- **Support to look for work using IT and assistive technology**
- **Referral and signposting to other relevant agencies**

We provide continued support and advice while liaising with employer/ education/training providers. We also support people to apply for any required funding. If necessary we provide employers with support to address any issues that may arise when employing someone with sensory loss

The service is available for anyone with a sensory impairment aged 16+.

**For more information contact Janice Gray on 0845 2712345 or email [janice.gray@nesensoryservices.org](mailto:janice.gray@nesensoryservices.org)**



BY CONNOR, FERN AND YASMIN FROM THE SHMU YOUTH MEDIA TEAM

A new app has been launched in the Northfield area. Northfield Guarantees is about helping communication between youth workers and young people.

The app focuses on helping young people find a job, look for relevant qualifications and get advice on writing a CV.

The Northfield Learning Partnership, which is made up of organisations who work in the area, commissioned the project. The free app was designed in partnership between SHMU and the Northfield Learning Partnership.

Brian Woodcock, Project Manager, said: "It would be useful to bring all the work in the community together through a single communication device so there was a central point for lots of different information."

The app is free, and is quite simple to use, as it only uses four buttons. One of them calls Brian Woodcock, so that you can ask him for help.

The creators of Northfield Guarantees will be reviewing the app to see if it is helping young

people get jobs and advice. They will also be looking to see if they can make any changes to make it easier to use and more helpful.

Brian came up with the idea while the group were giving assistance to something called an "employability project". He was the Project Manager, and it was his job to make sure that the project worked. He also promotes it and helps people use it. He receives information and helps solve problems.

Brian says he has learnt that having a 24-hour turnaround time as part of the concept was a good idea. By this, he means that he responds within 24 hours, as many people don't want to wait for too long. He has also learned that he and the rest of his team need to work together in order to make it sure that it works.

He helped develop this app, as he found it very interesting, and he is also keen to help people find jobs and qualifications that they really want and this tool can help with that.

**You can download the (free) app "Northfield Guarantees" on the app store now.**

# NORTHFIELD CONGREGATIONAL CHURCH

Our Church was honoured to be instrumental in joint working with Morrison's Construction, who were offering employment opportunities. They visited Northfield and St. Machar Academies and Kittybrewster and Northfield Congregational Churches.

As a result, some 46 young people have applied for apprenticeships and traineeships and some 20 adults have applied for employment. We wish them all every success in their future.

If you are still looking for employment, contact me at the Church/Café. There is also a gala at the church on the 28th of August.

## Our programme to which everyone is invited, is:

<b>Sundays</b>	2pm-3pm	<b>Church Services</b>
<b>Sundays</b>	2pm-4pm	<b>Bowling Club</b>
<b>Monday</b>	10am-2pm	<b>Café</b>
<b>Monday</b>	11am-12noon	<b>Discussion Group meets</b>
<b>Monday</b>	7.30pm-9pm	<b>Yoga</b>
<b>Tuesday</b>	10am-2pm	<b>Café</b>
<b>Tuesdays</b>	1pm-3pm	<b>Office Open</b>
<b>Tuesdays</b>	3.30pm-4.30pm	<b>Children's Football Training</b>
<b>Wednesdays</b>	10am-2pm	<b>Café</b>
<b>Wednesdays</b>	10am-11am	<b>Parent and Toddlers. (£1.00)</b>
<b>Wednesdays</b>	11am-12noon	<b>Ladies Group - open to all</b>
<b>Wednesdays</b>	4.30pm-5.30pm	<b>Boys' Brigade - includes girls</b>
<b>Thursdays</b>	10am-2pm	<b>Café</b>
<b>Thursdays</b>	6pm-7pm	<b>Children's Craft Club</b>
<b>Thursdays</b>	7pm-9pm	<b>Bowling Club</b>
<b>Fridays</b>	10am-2pm	<b>Café</b>

For programme information, contact **Fiona – 07513596210**

Boys' Brigade at Byron Square and at our Church is looking for staff. If you can help, please contact me, **Rev. Andy Cowie 01224 703248.**

## Something to Smile About

*This poem was submitted  
by Helen from the  
Congregational Church*

When God gave out brains  
| thought he said trains  
And | missed mine

When God gave out looks  
| thought he said books  
And | said | didn't want any

When God gave our noses  
| thought he said roses  
And | asked for a big red one

When God gave out chins  
| thought he said gins  
So | asked for a double

When God gave out legs  
| thought he said kegs  
And | asked for two fat ones

When God gave out heads  
| thought he said beds  
So | asked for a soft one

|'m in a terrible mess!



# Northfield Outdoor Sports Centre

Spring time is here again, which means the Northfield Outdoor Sports Centre will be opening its gates once more. The ladies and gents are busy polishing their bowls and shoes with great gusto, looking forward to another exciting season.



There are quite a few bowling teams at the centre. All of them enjoy the fun and banter as well as the competitions for the trophies. It's a great way to spend some time each week in the fresh air, and good companionship and just to have fun. As usual, new members are always very welcome for all the teams. The membership is open to all young and old alike and if you feel you are not a good enough player then we are sure someone will show you the ropes.

Once bitten by the bug there will be no stopping you!

The centre opens in April, so get yourself along and take part in the activities, banter and lots of fun. There's a great big welcome for everyone.

Go on, give it a try; you know it makes sense.

You can call the centre on **01224 484501**.

**Jack Green**

# Mrs Meadows

*Last year Cumming North's very own Northfield Neep sadly passed away. Mr Duncan regularly submitted gardening articles to the magazine which the editorial team were always very grateful of. Another resident of the Northfield/Cummings Park area will carry on the feature but with a new twist.*

*Please welcome Mrs Meadows...*

Spring has officially started, or so I am told. Weather wise, it doesn't feel like it but saying that, the gardens are all full of bright colours with crocuses, daffodils and primulas. Time to start chitting potatoes in egg boxes ready for planting at the end of the month for an early crop.



I have turned over the earth and the large planters, manured and added top-soil so it's ready for marking out where everything is going to be planted and seeds sown. The fruit trees are beginning to bud up and there will soon be a new flash of flowers making us look forward for fruit to come.



If you grow your own summer bedding, now is the time to get sweet-peas and all other summer plants started off in seed trays. It is time to go get started myself so I will say goodbye for now.



Mrs Meadows



# Cummings Park Community Centre Reopening

Cummings Park Community Centre has been closed for nearly two years. Over the last few months, a group of people have been working to reopen the centre.

The group is made up of local people, Aberdeen City Council community staff, sports groups and other interested agencies. The overall aim is to have the centre open again for use by local folk.

It's been quite a long drawn out process; a paper had to go to committee to be approved, business cases written so that

(hopefully) staff can be based there. Most importantly though, we have been working with local folk to make sure that they are involved and that the activities offered in the centre are what local folk want to do.

Lots of information has been gathered in the Total Pace survey we completed earlier on in the year and we have a clearer idea of what folk want to see happening.

At the moment we are clearing out the centre room by room and making sure all the health and safety checks are in place so that

we can reopen the building as soon as possible.

The group is hoping to hold an open day on May 16th and invite the community in to see what we have done. We want people to speak to us and help us set a suitable programme for the building.

There will be more information to follow. In the meantime, Kate Anderson is leading and can be contacted at Rosemount Learning Centre.

You can contact Kate by calling **01224 647594**.



Move More Aberdeen, a new physical activity programme for people affected by cancer, took its first steps with walking groups in the second week of January 2015.

Five walkers, plus one buggy, were accompanied by the trained volunteer walk leaders in three venues across Aberdeen. The Aberdeen community libraries at Torry, Northfield and Tillydrone gave us a warm welcome, and the weather was kind too! The sun shone and the ice stayed away allowing all the groups to go ahead as planned.

People from various walks of life, pardon the pun, enjoyed the activity, the chat and a cuppa. There were people with

breast cancer, testicular cancer, prostate cancer and lymphoma represented, some of whom had completed treatment and some still undergoing treatment. All found the walks fun and beneficial.

There are health walks running in Northfield on a Wednesday evening between 6 and 8pm. The walks are around 1-2 miles long and last no more than an hour, with a cup of tea available at the end.



These walks are designed to suit the needs of people affected by cancer, to provide suitable physical activity in a supportive and social environment.

There are also gentle movement classes which run in Sheddocksley Community Centre on a

Wednesday evening.

These are open to all participants in the Move More project.



In addition to those in attendance at the walking groups, 5 other people have benefitted from the provision of the 'Get Active Feel Good' home exercise diary and DVD and hope to join one of the Move More Aberdeen groups in the future.

In the coming weeks and months the programme aims to help more people affected by cancer get active and feel good. The range of activities on offer will also expand into gentle movement classes, circuits based exercise classes and gardening.

For more information you can contact Mark by emailing **MarkBrown@sportaberdeen.co.uk** or calling **01224 577729**.

# Northfield Academy

## Spectra Light



Following on from its huge success in the past, The Spectra Light festival returned to Aberdeen, and this time, it came to Northfield. The festival draws on the history that ties Aberdeen to its neighbours, the Northern Lights.

Inspired by the Aurora Borealis itself, the festival is designed to get creative minds going and lighting up the city.

On the 19th of February, Spectra came to Northfield and lit up our P.E block. Pupils, parents, staff and guests from the community came along to watch as pupils from the school took a shot at lighting up the walls. The event was a huge success and everyone had a fun night watching the lights.

### Exams #aspiretobeoutstanding

It's getting closer and closer to the time when what we have been working towards looms in the not so distant future: it must be exam time. So, at Northfield, we've come up with a few strategies to make exam time a bit less stressful – and make sure you pass; of course. To begin with, don't leave everything until the last minute. If you do, all the stress you've avoided will catch up with you the day before your exam and your mind won't have the power to process all the information you need correctly. Try and do a little every day, even something is better than nothing. To add to that, don't set crazy goals such as going at it for ten hours straight through the night.

Studies have shown that our brain's attention span is only around 20 minutes. You should study for around that time and then take a short break. Ditch any distractions such as Facebook and the TV though. Make sure you have quiet space to study with no noise pollution. Also, reward yourself after every session; it will give you something to look forward to. To finish, make sure you get the balance right between not stressing yourself too much, and still studying enough to pass your exams at the best of your abilities. Follow these tips and study hard. This is one of the most important milestones of your life so be ready for it and aspire to be outstanding. All the hard work will be worth it.



# Heathryburn Primary School

## PTA

The PTA stands for Parent Teacher Association. It consists of parents and teachers and is a voluntary organisation which meets within the school on a regular basis. Its main role is to help provide various events and fundraising to allow opportunities for all of the children within the school to be involved. This promotes and encourages a better understanding between the home and school which advances the interests of school and children.

The PTA is made up of Chairperson, Vice Chairperson, Treasurer, Secretary, Assistant Head Teacher and other members. All the members are either teachers or parents/guardians of the school pupils.

Every parent/guardian and teacher is welcome to join in the meetings and it is not compulsory to attend every meeting. You can get information through groupcall and use the PTA suggestion box which is located at the front office.

If we didn't have a PTA within Heathryburn School then the cost of school trips could rise significantly. There would be no fundraising activities apart from the individual class ones which would impact on how much parents/guardians would have to pay for trips.

Some of the events the PTA has organised in the future include:

**Bag packing at Tesco at the Lang Stracht on the 16th of May between 12 and 4pm.**

**Summer Fayre – 6th of June**

**Summer Disco – 25th of June**



# Bramble Brae Primary School

## Duthie Park

On the 25th February we had a trip to the Duthie Park. The bus driver was a lady and her name was Jackie. I sat beside Lewis and it took 20 minutes to arrive at the park. P1 and P3 went there and wore yellow jackets for safety. We needed cosy socks and warm jackets.

First we got in to a circle. We met the White Rabbit and he called me Green Panda. Then we went on an adventure. The White Rabbit took us to different spots and we were no longer children. We were now animals going through Wonderland.

I had two favourite parts. First it was getting treasure which was a pack of sweets. The second was pulling the rope in a tug of war. We also met the Mad Hatter. He was funny. He almost got his head chopped off. I hated doing the exercises beside the giant mole hill in Wonderland. At the end we got on the bus again and went back to school.

**Lukas - Primary 3**

# Westpark Primary School

Westpark Primary School is holding its Summer Fayre on Friday 29 May 2015 from 3-6pm at the school. This is open to all the community so head along and get involved.

# PLAY PARK

You may be aware of the Heathryfold Play Park Group who are working to secure funding to upgrade the park. They held a play session with 30 local school children which was great fun and helped them think about what is needed in that area. £20,000 has been secured to begin this work and this will be ongoing during the coming months.

Over the next few weeks you will also begin to see site investigation works being carried out on the Manor Walk site, where there are plans for new houses. Further information on the proposals for this site will be available shortly.

Projects of this size could not happen without significant input from the local community and as the plans progress you will be given the opportunity to be involved and comment. This will be done by holding open days, displaying plans, articles in your community magazines and, of course, by discussion with your local management committees. All of these opportunities will be widely advertised and all contributions will be welcome. I am sure that you will be delighted to hear of the interest and investment in the area.

Shmu's Youth Media Team is involved in documenting the development of Heathryfold Play Park. Within the team there are people from the area so it's great for folk to be involved in a project in the heart of their own community.



It will bring opportunities for intergenerational work as people will be interviewing folk from all ages from primary school age to retirement. The group will be capturing memories as well as the future developments happening in the park to document a piece of film history which can be seen by future generations for years to come.

Denise Reid, shmu's Youth Media Manager, said: "This is a great piece of work in one of our target areas for the team to be involved in. I think it will be a wonderful experience for them to be involved in a project showing such great development in their own area."

If you would like to be involved in any way, please do get in touch with **Madelene MacSween**, your local capacity building officer.

Email - [mmacsween@aberdeencity.gov.uk](mailto:mmacsween@aberdeencity.gov.uk) Tel – 01224812074 / 07917284489  
[www.facebook.com/MadeleneCapacitybuildingofficer](http://www.facebook.com/MadeleneCapacitybuildingofficer)

## Hamewith Lodge

Activities over the last few months have been very busy and successful. With it being the festive period, we have had various entertainment and activities happening throughout the home. This ranged from entertainers coming in to perform music events, a clothing sale, Christmas parties, our Christmas Fair, a Christmas Show and boys and girls from local school choirs singing. The residents enjoyed every event, but they especially enjoyed seeing the boys and girls come along and sing for them. All the children were presented with a selection box as a thank-you.

We have a therapy dog named Bingo that comes along every Friday morning between 11-12noon with its owner, Fiona. The residents love to see Bingo visit and to see them smile is an absolute delight.

We held our annual Christmas Fair on 29th November and this was a huge success. We had various stalls, ranging from Christmas crafts, home bakes, bric-a-brac and many more. Everyone had a wonderful day and we raised a grand total of £715.95!

The residents enjoyed Christmas parties over a couple of days. They played games, sang songs and had some party food and refreshments. Santa paid them a special visit and presented everyone with a small gift, as he would be returning again on Christmas Day. Everyone had their photo taken with Santa.

Over the next coming months we have a few things happening. We planned a social gathering at the end of January to welcome new relatives and residents and to say a sad farewell to our manager, Moira Taylor. I hope along with the team of staff at Hamewith Lodge, you will all wish Moira good luck and all the best in her new adventure. She will be missed greatly by everyone. We would like to welcome on board our new manager, Jacqui Venturini. We wish her the best of luck in her new role.

Since the beginning of the year we have had a busy time. We celebrated quite a few different events including Robert Burns's Day where we had Highland dancers come in, Valentine's Day which was a party for the

residents and Mother's Day where they all received flowers.

We have the Owl and Pussycat Centre visiting and this is always successful as the residents love to see the owls. We held our annual Easter Fair on the 4th April at 2pm. Everything raised goes towards the residents' comfort to give them a chance to go on various outings and allow us to book entertainment for them.

Over the next few months there will be plenty for the residents to enjoy, as hopefully the weather will get better and they can get outside into the garden to enjoy some fresh air. We will be having our Open Day on Friday the 19th June and hopefully this be an enjoyable day for all.

Once again I would like to take this opportunity to thank all residents' family and friends for all your kind support and donations you give for all the different events that are organised. It is always very much appreciated.

**Nadine Taylor,**  
**Activities Co-ordinator**



# Councillors' Comments

**Scott Carle** I have been working with others to ensure that Cummings Park Community Centre is re-opened as a learning centre which I hope you see as great news for the area, after over a year where it was largely unused.

Several meetings have been held with members of the local community, clubs or organisations who previously used the centre and other partner organisations who operate in the area in order to discuss the way

forward and how the facility can work best for the community.

Another community facility which is in progress is the work which will be done to improve the Henry Rae Centre. This project will include Middlefield Community Project moving into a refurbished building which will see significant investment in the area. Services which operate there at the moment will continue to run and opportunities for others to come along too. This is an exciting project and more

details will be revealed as the project progresses.

These two projects are good news for Cummings Park and the wider Northfield area and show a commitment to improving community facilities for people to use and I look forward to seeing both centres once they are fully up and running.

**Tel 01224 346622**  
**Mobile 07876763654**  
**[sccarle@aberdeencity.gov.uk](mailto:sccarle@aberdeencity.gov.uk)**

**Jackie Dunbar** With the lighter nights coming in again, the nuisance motorbike problem is beginning to increase once more. One of the areas that I have received numerous emails about is Allan Douglas Park and the Northfield field. This area, as you know, is surrounded by Cummings Park, Northfield and the top end of Mastrick and all of these areas tend to be affected by the same nuisance at the same time. I continue to work jointly with the Police and the council in trying to find a solution to this on-going problem. I have contacted the council asking them to firstly repair the fencing around the area and to also look at the entrances of the area to see if there is anything that can be done to try and prevent the bikes getting in, whilst at the same time still giving the wheelchair and buggy access needed.

As many of you know, Police Scotland ran Operation Trinity again last year to tackle this problem which was successful in reducing the number of nuisance motorcycles in the area. Our local police team were able to call on

extra resources mainly due to the volume of calls made to them (you may recall seeing the helicopter in the area last year).

It is vital that we continue to contact the Police by calling 101. I am aware that folk quickly get to the stage that they "don't want to bother" the police by continually calling them but if this is the stage you are at, can I ask that you to email them on [AberdeenServiceCentre@scotland.pnn.police.uk](mailto:AberdeenServiceCentre@scotland.pnn.police.uk) to report when nuisance motorbikes are in the area. Emails to the police are responded to just as quickly as if you had called. I do realise that this is a problem that frustrates us all and I would ask that we all try and help the police by reporting these incidents. Any information that you can provide is helpful, especially if you can supply detailed descriptions of those involved or advise where the bikes are being stored.

Did you know that the elections for all Community Councils across Aberdeen are due to be held this year with the process starting around August?

It may be a bit early to be speaking to you about joining your local Community Council, however if it is something that may interest you, you will be able to attend the meetings now to get a feel for what is discussed and to see where you can make a difference to your local community. Northfield Community Council (which covers this area) holds their meetings on the second Tuesday of the month at 7pm in Northfield Community Centre.

Community Councils need people like you to join and be the voice for the community to ensure it can be the best that it can be.

For more information contact **Karen** on **01224 522723** or email

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

and she will be able to guide you through the process and provide an insight into the role of a Community Councillor.

**Tel: Office 01224 522522**  
**Mobile 07733 300570**  
**[jdunbar@aberdeencity.gov.uk](mailto:jdunbar@aberdeencity.gov.uk)**

**Gordon Graham** As you may know by now the Council have secured funding to build a new facility for Middlefield Community Project incorporating the Henry Rae Centre. I have been working with everyone to ensure that the building is fit for purpose and that we have proper management arrangements. This is going to be one of the best things that has happened in the area for a long time and should ensure that you have facilities that are second to none. These services will become available to families living in Marchburn, Oldtown, Heathryfold and Cummings Park and also provide employment opportunities.

I have been working with residents of Cummings Park and organisations that used the centre to ensure that we reopen the Cummings Park Centre as a learning centre. Details of this are included in the magazine. It is taking longer than I anticipated or would have liked but I am sure that once opened it will be a success.

I have also been working with (in my role as secretary of Auchmill Golf Club) Northfield Academy, Northstar Football Club and Aberdeen Amateur Boxing Club to develop the Northfield Sporting Hub and ensure that we can improve on the sporting opportunities for young and old.

As well as this we are looking at ways of improving the Heathryfold Play Park and taking in some of the work undertaken on the allotments at Manor Walk. The Council have undertaken some minor improvements and we have already secured £20k for a new chute (remember the old ones?!) through an application to the Fairer Aberdeen Fund. We have also obtained wood which is being delivered to the community service volunteers who will then make some 'street furniture' to be installed in the park. We will also provide further kids play equipment in the allotments. We are also hopeful of securing funding for a multi sports park that will be next to the new facility.

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

Tel:01224 523594

Mobile:07736329751



## The Case of the Ghost Armies

- Mike Middleton -



Throughout the 17th and 18th centuries, eye witness accounts attest that here in the area between the Dee and the Don there have been sightings of ghost armies, at Brimmond, (head of the Bucksburn) Maiden Craig, (head of the Denburn) which are all close to Kingswells, and as far out as the Barmekin of Echt (an old hill fort).

These accounts are recorded in the statistical accounts of the local parishes and although they cannot be explained, they consist of sounds of battle and the mustering of troops by the beat of drums and the discharge of arms. In other cases there have been sightings of men and the discharge of weapons with clouds of smoke amidst the movement of troops but no sound. They have in each case been dressed in the uniforms of the era; in one account there was a red army engaging with a blue army, and spheres of light were seen above the engagement at Maiden Craig. This was described by witnesses as a true testament.

Although unusual, they were known in other parts of Europe and most were at times of strife and conflict. The last recorded one was shortly after Culloden around 1747 at the head of the Denburn and others were during the great struggles in Europe, such as the thirty year war from 1618 to 1648 when the Catholic League fought against the Protestant Union. Experienced soldiers and mercenaries state they could recognise the drum beats

of Continental regiments. In Scotland we had the Civil wars of the Three Kingdoms (1644-51), a time of mass fear.

It is a known part of some cultures; the Vikings had the Valkyries ghost warriors riding through the sky; American folk lore has the Ghost Riders in the sky; and The Angels of Mons were heard of in WW1 but in any case these local events were well attested and recorded.

The area in question sits on a glacial boulder field. A glacial boulder field is still minutely on the move and could generate kinetic energy when igneous (granite) rocks rub together. This could explain balls of light as a discharge from the latent energy building up. However, there are other phenomena in the district that could affect witnesses such as negative energies from running water known as Black Streams.

There were also Standing Stones in the area, now long gone, but there is a possibility that they were strategically placed to divert such negative energies. Also, it is possible that low frequency sound is generated by the movement of rocks and water as this has an effect on the brain and is known to create hallucinations.

Whatever the rationale for the phenomena of Ghost Armies is, it is worth your time to investigate. However, beware the area is also known for its hauntings, so if you go down to the woods tonight you could be in for a big surprise!

## POSITIVE TRANSITIONS

shmuTRAIN's Positive Transitions group has been using Northfield Community Centre as the backdrop of their film project.

As part of an employability course spanning 12 weeks, the group meets on a Thursday morning to plan ideas, write scripts and film scenes. Their film focuses on the topic of bullying and the negative effect it can have on the lives of young people.

The flick is completely written, filmed and acted by the group and will be shown at their graduation ceremony at the end of the course.

The Positive Transitions project is aimed at those between the ages of 16 and 19 and encourages them to progress on to either employment, further education or training.

In addition to the film sessions, the participants take part in CV writing and work on interview, presentation, and job searching skills. The ultimate goal is to make them 'job ready' after the end of the 12 weeks.

The course is SQA accredited and is delivered at both SCQF level 3 and 4. For more information about the programme, contact Brian Webb, the shmuTRAIN co-ordinator at [brian@shmu.org.uk](mailto:brian@shmu.org.uk).



## FACEBOOK

The Cumming North magazine is now on Facebook. To keep up to date with what the team is up to, meeting dates and content deadline then search "Cumming North" and hit that like button!



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.

## Community Foods Initiative North East

Community Foods Initiative North East or CFINE is looking to re-open their Community Food Outlet, within the Northfield Community Centre in Byron Square.

The outlet will be open on a Thursday morning for a couple of hours selling fresh fruit and vegetables and healthy snacks at affordable prices to those

people using the Centre. No previous experience is necessary as full training will be given.

If you are interested and would like to be involved in this worthwhile venture, then please call *Christine* or *Diane* on **01224 596156** or email **CMcLean@cfine.org** or **DDalgarno@cfine.org**

## Help to Improve health and financial well-being



Coping with an illness, disability, or providing care to another person can put additional strain on households who are already struggling under financial pressure.

The Cash In Your Pocket Partnership, have been working closely with NHS Grampian to provide easy access to information and services that can help maximise income.

A new drop-in service based at Aberdeen Community Health & Care Village, Frederick Street is available every Tuesday, Wednesday and Thursday from 9.30am-12.30pm which offers a first point of contact for anyone seeking advice, information or practical help with matters such as benefits, form filling, reducing energy costs, home repairs & adaptations, getting back to work, low cost foods, community care & crisis grants, health and caring.

Anyone seeking information, advice or help can drop in for an informal chat to discuss their needs and take the first step to getting the help they need.

Alternatively, the *Cash In Your Pocket* Phonenumber service is available for anyone to call Monday – Friday on **01224-686077**.

## It's never too late to learn

Do you struggle with reading or writing, or need help with using numbers? Would you like to learn to use a computer or improve your English? Aberdeen City Council provides Adult Learning classes, free of charge in your local area and throughout Aberdeen. Here's what some of the learners have to say:

"I can help my kids with their homework now"

"I really enjoy my computer class"

"It's great to meet other people who struggle too."

There are classes in *Northfield Community Centre* and *Cummings Park Community Flat* but the days and times are dependent on the number of people interested. To register interest or to discuss further, contact:

**Lifelong Learning, Telephone 01224 538088, Email: Lifelonglearning@aberdeencity.gov.uk**

Or contact your Local Area Coordinator, *Ann Campbell*

Telephone **0790151293** Email: **anncampbell@aberdeencity.gov.uk**

# cumming north

## 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.**

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