

cumming north

Spring 2016



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LOCAL HISTORY
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POLICING UPDATE

www.shmu.org.uk/press

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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**.

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

We are also running a photography competition for the next edition. Send in your photos of your community to **laura.young@shmu.org.uk** for your chance to feature on the Cumming North front cover.

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

The meetings for the summer edition will be held on:

First meeting – 19th April

Second meeting – 3rd May

Content deadline – 17th May

Page plan – 24th May

Supported by





Aberdeen EcoCity Awards 2015

Local projects to improve the environment were recognised at the Aberdeen EcoCity Awards. The 2015 winners were announced at ceremony at Aberdeen's Town House. There were winners from Cummings Park and Northfield:

Eco Learning Award – Recognising the quality of the environmental education provided to pupils, students and/or staff.

Runner Up: Northfield Academy Food Waste Transition Project
The transition project enables primary pupils to become more familiar with the academy. The project is designed to introduce pupils to the concept of food waste and the environmental problems it can cause, raising awareness of food waste and

how we can all attempt to reduce the amount of waste.

Community Champion Award - Recognising the work of an individual who drives and inspires change and improvement to their local space and community.

Winner: Pat Lawrence, Cummings Park Community Flat. Pat has been part of every litter pick and Community Walk About encouraging others to take part and become actively involved to make changes in their community. Pat is a great-grandparent and still finds time and energy to contribute significantly to the community. Pat is taking the lead for the Adopt-A-Garden campaign which is about to take place. This lady is an inspiration to us all.



Mrs Meadows

Now we are into February the leaves should all be raked up, all stalks and leaves pruned off to allow new growth to come through. The snowdrops and crocuses are in flower, even some early daffodils too. Then it won't be long until the fruit bushes and fruit trees will be in flower giving us something to look forward to in the summer with fresh fruit to pick and enjoy.

It is also time to start to get the garden prepared and composted ready for planting in March and April. We must remember to rotate our crops every year to prevent club root and other diseases. If we are going to be chitting potatoes then cardboard egg boxes are a convenient size to do this. Sweet pea seeds can be started in individual pots or in seed trays to give them a good start when planted out in spring. All we need is some good weather and then we can enjoy some happy gardening.

Bye for now.
Mrs Meadows.



Henry Rae Centre Closure

The Lord Provost Henry E Rae Community Centre closed its doors on the 11th January 2016. This marked the end of an era for many who were sad to leave. The building will be rebuilt over the course of the year and reopen in January 2017 as a state of the art Community Hub.

The Henry Rae Committee has worked really hard to clear the centre and relocate their groups for the year. The groups are spread over 3 locations and it has been a major operation co-ordinate!

Bowling, PHAB and lunches are all being held at Cummings Park Centre.

Bingo is at Northfield Community Centre

Their other groups are operating out of Manor Park Community Building.

Phone Sheila Rae for info on groups and transport:
07833316795

Royal Observer Corps Benevolent Fund

The Royal Observer Corps 29 Group covered from Auchenblae to Elgin and across to Aviemore. Orkney and Shetland were also in the area covered. The group headquarters was previously in Quarry Road, Northfield.

The Corps were stood down in 1991 at the end of Cold War. There still is a very active association and Heritage group.

The Association administers a Benevolent Fund to help ex observers and their families who may be in need of financial help.

The email address for the ROC Benevolent Fund is www.rocbf.org.uk or apply to The Secretary, Royal Observer Corps, 120 Perry Hall, Orpington, Kent, BR60EF

Councillor Gordon Graham

Northfield Sports Hub

Working through the Northfield Sports Hub to secure priority booking times for Byron Boys Club and Northstar also ensuring the Aberdeen Boxing Club have a booking rate that the club could afford.

The two new holes at Auchmill Golf Course will be open prior to the start of the season

Granitehill House over the last year has had challenges regarding letting, with 15 empty properties proving difficult to let at the beginning of the year. It was decided to actively promote the building and what it has to offer, we raised the profile of the block which successfully led to all of the flats being re-let.

Cummings Park Centre is up and running again. There are a range of activities of offer including a parent support

group, ICT training classes, boxing, youth work on a Friday night and on the first Tuesday of the month I am using the facilities for my surgeries.

Henry Rae CC Middlefield Community Project.

I have been working with all parties to ensure that this project progresses, This project will involve the development of new, purpose built extension onto the existing Henry Rae Community Centre including provision for: early years care; preschool nursery provision; out of school care; youth facility; adult learning work; health facilities and recreational community activities. The new Community Hub is a key step supporting regeneration of Middlefield and Northfield improving the economic, social and physical environment community.

Northfield Total Place Update

There have been some changes at Northfield Total Place (NTP) since the last magazines. Kay Diack is now our Service Manager for Central Aberdeen. Although we are sad that Kay has moved on, she is still based at Manor Park, as due to boundary changes, Northfield, Middlefield, Cummings Park, Heathryfold and Mastrick are now classed as Central!

I have taken over the NTP role, and have spent the weeks since taking up the post in a whirlwind of meetings, introductions and catching up. We currently have 25 projects under the NTP banner, with many more in the pipelines - regeneration, speeding,

volunteers, childcare, after school activities are all high on the agenda just now.

We are also planning some tea time talks where you can find out exactly what some of the projects are all about and the difference they are making. Keep an eye on your emails and Facebook for details.

We are really keen to start thinking of the glass half full as opposed to half empty. There are so many fantastic things happening in the area it's time to start publicising them. Find us on Facebook , phone or eemail – we'll be delighted to hear from you.

Madeline MacSween



The Middlefield Church Organ

A local person from the Northfield area got in touch with the Cumming North editorial team and asked if they could share his story of the Middlefield Church Organ and how it came to reside in his living room.

Middlefield Church began as a wooden hut similar in style to what you see in WWII films. The hut was used until the present church was built. The wooden hut is long gone, but the old church is still standing and is now used by a builder as a store and workshop.

It was 1952 in the wooden hut that I first came across the organ. The hut was used by the 63rd Northfield Boys Brigade before the company moved up to Northfield Church, back when Northfield acquired its own wooden hut. I was one of the original 63rd Boys Brigade companies and the captain, Reverend Duncan Bruce convinced me that my organ playing was good enough to accompany the bible choir in their hymn singing.

Fast forward 60 years and the hall was being emptied for the builder to use. Lying in the corner of the hall was the organ minus one or two or three or more parts. It was agreed by the church if I wanted the organ I could have it.

The Middlefield Church organ is an American organ similar in appearance to the British Harmonica. The sound is

produced by the vibration of brass reeds. The reeds vibrate from a current of air from bellows worked by pressure of the feet on peddles.

The organ was manufactured by the Miller Organ and Piano Co in the town of Lebanon which is about eighty miles south of New York.

It was imported by the firm of William Thomson of Glasgow in 1907. The Miller Organ company might be proud that the organ is back playing again after 108 years. It seems they were a bit pessimistic as the guarantee against defects in workmanship, materials or performance under fair use was five years.

Sandy Cormack.



Northfield Church

Easter is very different from Christmas because the date changes every year. This year Easter Sunday is very early, on 27 March, with the school holidays being the first two weeks in April.

Christmas is a great time for celebrating and giving gifts as we celebrate the birth of God's Son Jesus.

Easter, however is a combination of sadness and joy. We are sad because Jesus suffered and died on the cross, but we rejoice that He rose from the dead and is alive!

Good Friday, 25 March, is a national holiday and a day of quiet reflection as we remember all that Jesus went through for us on the cross.

This sadness turns to great joy on Easter Sunday - a wonderful day of celebration! The tomb was empty, Jesus had conquered death! He was alive and appeared to His friends so that they could see Him for themselves and celebrate with Him!

In our church here in Northfield we will have a time of quiet reflection on Good Friday morning. Then on Easter Sunday morning we will celebrate along with Christians the whole world over that Jesus is alive!

The message of Easter is that great sadness was turned into wonderful joy!

And still today, because Jesus is alive, He changes sadness into joy in our lives!

May each one of you experience the joy of Easter and the joy of Jesus in your lives.

Scott Guy



WE CAN DANCE IF WE WANT TO!

Northfield's local dance group, **DANCE UNITED**, trained by Becca Walker have had quite an exciting start to the year! Dancers have attended several competitions including a trip to London to compete in a world class event - where all the girls walked away placed in the top 5 in the UK!

DANCE UNITED's most recent event has been converting our very own gym hall into a beautiful looking studio room. The dance group received a sponsorship from Homebase, where all paint and painting equipment was

donated to them. The dancers have displayed action shot like images around the room and are waiting on their safety dance mirrors to be fitted.

Becca Walker is now in the process of training the dancers for The World Championships which is held in the Blackpool Winter Gardens in June this year. Dancers will compete all weekend to try and grab the world championship title. DANCE UNITED have children as young as 5 attending this event. The countdown is on....



News from Cummings Park...

Cummings Park Centre

Mondays

Parent and Toddlers 9-11:30am

PEEP 9:30 – 11:30am

Boxing (under 16s) 7-8pm,
(over 16s) 8-9:30pm

Tuesday

Parent and Toddlers 9-11:30am

Over 50s lunches 12-3pm

Boxing (under 16s) 7-8pm, (over 16s)
8-9:30pm

Youth group 7-9pm S1 and S2

Wednesday

Parent and Toddlers 9-11:30am

PHAB group 7:30-10pm

Thursday

Family Learning 9am – 12noon

Boxing (under 16s) 7-8pm, (over 16s)
8-9:30pm

Friday

Youth group 8-10pm – S1+ (with
Project Fit and Street Sport)

There is also public access PCs and laptops which members of the public can use at any time. Community wardens are based in the building.

Cash In Your Pocket

Drop in for a chat and a sandwich

Cash in Your Pocket will be at Cummings Park Community Flat on Thursday 21st April from 12-2pm.

Representatives from partner organisations SCARF, NESCU, Pathways and NHS will be on hand to offer information and advice around money, reducing household costs, employment and health.

Take the first step to getting the help you need – or yourself, or someone you are helping.

Contact the Cash in Your Pocket team

Phone: 01224- 676077

E-mail : info@cipp.co.uk

Website: www.ciyp.co.uk

Cummings Park Community Flat

Befriend a Garden

Get in touch with Donna if you want to volunteer for this project.

Cumming North magazines

Editorial Team

Do you like this magazine? Come along to one of our editorial meetings or contact Laura at SHMU for further details.

Community Foods and an opportunity to order Fresh Fish

You can buy reasonably priced fresh fruit and veg on a Thursday. You can also order fish on a Thursday which can be collected on a Friday.

Fare Share

Dependant on delivery

Free access to a mobile

Direct line to Cash In Your Pocket who provide advice on debt, benefit forms, appeals and other money matters.

Pathways

Drop-in and appointment service supporting people looking for work.

Ladies group

A group of older ladies come together to offer each other friendship and support.

Life Long Learning

Please contact Lifelonglearning @aberdeencity.gov.uk for details.

Men's group

Opportunity for men to come together and talk in 'many language'.

Knit and Natter

People sharing an interest in knitting while having a friendly cuppa and a chat.

Silver City Surfers

Support to people over the age of 55 years who wish to become familiar with computing devices and the internet.

North East Scotland Credit Union

Low cost loans and savings service. White goods may also be purchased through NESCU.

Smoking Cessation

Friendly support to help you quit or cut down cigarette smoking.

Other activities within the flat in 2015 included some short courses such as Creative writing, Building Confidence and Resilience, singing group, Karaoke singing group, sewing group, Confidence to Cook classes, advice and information workshops and low impact walking groups.

Please phone 01224 681357 for information.



Northfield Total Place Pupil Participatory Budgeting

Aberdeen youngsters have say in how council underspend is used

In what is a first for Aberdeen City Council, children and young people have been given a vote on how an underspend of £50,000 will be spent on activities in their local community.

Children and young people in the Northfield, Mastrick, Cummings Park and Middlefield areas of the city voted on how £30,000 should be spent on activities for the Over 12s and how £20,000 should be spent on activities for the Under 12s.

The initiative was delivered by Northfield Total Place, and took a “participatory budgeting” approach, where young people themselves “vote” on which activity they wish to see happening in the area.

Northfield Total Place sought applications widely from interested parties, and received a total of 20 bids, 10 in each category.

Over 1740 children and young people watched a film (approximately 30 minutes) consisting of a video clip from each applicant organisation, after which they each cast their vote for their favourite “pitch” electronically. Each P1 to S6 pupil was entitled to one vote.

Winners of the Over 12s vote were:

AFC Community Trust: School of Football

Police Scotland & Youth Volunteers: Litter Reduction

Byron Boxing Club: Fitness Classes

SHMU: Young People Call the Shots

Winners of the Under 12s vote were:

Byron Boxing Club: Fitness Classes

GRA Design: Awesome Tech

Bramble Brae School: Cummings Park Gardening Project

Police Scotland & Youth Volunteers: Litter Reduction

Middlefield Community Project: iPad/Tablet Provision

The Kids of Northfield Community Learning Association: Playground Project

For more information on Northfield Total Place visit:

www.totalnorthfield.org.uk/

Facebook: Northfield Total Place

Twitter: TotalNorthfield

The Cumming North editorial team caught up with all the organisations who were awarded money from the council underspend and asked them to tell us a bit about their projects.

Northfield Academy School of Football

We will provide 20 Northfield Academy pupils with daily football coaching sessions as part of their school curriculum for the whole of S1 and S2. Aberdeen Football Club Community Trust (AFCCT) Community Coaches will work alongside Northfield Academy teaching staff to develop better people and better players throughout the programme.

Timeline

February to April 2016: Meetings with feeder Primary Schools and parents to outline Initiative.
April 2016 to June 2016: Pupil Recruitment. August 2016 to June 2017: Year 1. August 2017 to June 2018: Year 2

Young People Call the Shots

As part of Aberdeen City Council's Participatory Funding, shmu applied for funding to extend their youth media program to within the Northfield community.

Shmu's role will be to bring media workshops to local community youth groups who are already in existence in Northfield. This project aims to further highlight the range of community groups going on in Northfield, as well as provide these groups with the tools and resources to create media about issues which directly affect them.

Bramble Brae Community Garden and Cookery Project

With the help of Mrs Ritchie children at Bramble Brae School now have their own gardening club. At the club they have been learning about plants, flower and weeds.

They are going to use some ground behind Cummings Park Centre for a vegetable patch. They will grow their own vegetables for school/nursery snacks or for cooking classes.

The pupils want to involve parents, the Pupil Council, teachers and PSAs, Parent Council, families and friends in the project.



Awesome tech stuff

Awesome Tech Stuff will be six 2 hour workshops for 10 - 14 year old kids interested in new technologies, focusing on simple electronics controlled by Raspberry Pi units.

The workshops will teach basic electronic & computer lessons in order to build several cool and practical things with affordable components given to attendees that come to all 6 workshops.

Participants will also learn about graphics/marketing to inspire the attendees to think about how their products could be marketed and possibly sold.



Kids of the Northfield Community Learning Association

We have big plans for the building. The children are doing up the inner grass area of the centre with planters, play frames, seating area. We are going to hold a competition to get a mural painted on the side of the wall by the local kids. This will be part funded by Total Place Funding so watch this space for the exciting new developments!



Policing Team Northfield

Wanted: Ideas for improving Manor Walk for the local community

As part of the overall regeneration of the area, the Northfield Community Policing Team have secured £4,000 to regenerate a section of Manor Walk.

Inspector Andy Barclay of the Northfield Community Policing Team said: "The area, which is communal ground, is unused however with some work it could become a positive focal point for the community."

The team will be looking to local residents for ideas about what could be done with the area and are looking for groups who would like to get involved.



Byron Boxing

We got funding in the two age sections (under and over 12s). The club is open on Friday evenings and the aim is to reduce crime and promote healthy living in the area. The sessions are fitness classes which use non-contact boxing techniques, including climbing ropes in the gym, punch pads and skipping.

They are free of charge and take place at Northfield Community Centre. The younger age group (8-12) can head along to the centre between 6 and 6:45pm. The session for the older age group (12-25) lasts between 6:30 and 7:30pm.

Middlefield Community Project

The Primary 1-3 club and Primary 4-6 's club run on a Monday and a Thursday. The club has a lot of equipment and games and we do a variety of different activities with the children. However, we were really looking for some iPads or computer to look up recipes and help with homework or just play games. The iPads will also come in useful when we go on trips away as the children could use them to watch films and play games.

Talking 'bout my generation...

Mastrick Library is holding a family history session on Monday the 21st of March.

This workshop is free to attend and will last approximately an hour but you must book to attend by contacting libraryevents@aberdeencity.gov.uk or calling 01224 65-25-00.

During the session you will learn how to use the library resources to trace your family tree.

The local studies team will also be on hand to provide an overview of some of the popular family history databases.

The event will run between 2 and 4pm and although it is in Mastrick, the event is open to everyone.

Northfield Community Centre News

Hi all! Here is a catch up on what is in and what is out at Northfield Community Centre.

We are now holding Friday night discos on a fortnightly basis for the 5-11s between 6 and 8pm. There are now competitions and theme nights. Entry is £1.


At the end of each month we are holding table top sales. These will run on Sundays between 9 and 11am and it will cost £10 to book a table. Bacon, egg and sausage buns will be available from the coffee shop.

We are also glad to welcome the Henry Rae Centre, while their Centre is being refurbished. They are here on a Monday and Saturday for bingo and the carpet bowling is held on a Thursday.

On the 7th May, we have the May Fair with rides, stalls etc. Anyone wishing a stall to sell goods should call 01224 695416.

We are still looking for volunteers for the 3.30pm Club for 5-11s, Monday – Friday. New volunteers will be PVG checked.

As always the Summer Playscheme will run from 13th July until 5th August.



History with Mike Middleton Crime and punishment in days of Old, a little taster

Over the many years of courts and justice, people were subject to the most barbarous cruelty ranging from death to deportation, fines to floggings and many horrors in between.

Whatever the crime there was a punishment meted out for it. You may have heard the expression "I am a bit pressed" - well this was literally being pressed with weights on a board where the compression crushes the rib cage, torture at its worst. Going into prison for a long stretch is really just that - where the rack is used to dislocate the joints.

Prosecution of witches was the most documented punishment on record. To 'walk a witch' was part of the official legal torture. Torture was only allowed only during the arrest, however once begun, it did not stop. The walking 'consisted' of sleep deprivation where the victim was kept awake for very long periods of time, walking round and round as well as throwing ice cold water on to the victim.

To swim a witch was to duck the victim in a pool bound by the foot to the wrist or thumb. If the victim floated they were guilty, if they drowned they were innocent. Aberdeen had the Pottie on the Denburn, a ducking pool where a stool was used to duck the witch into confession.

One of the grossest punishments was hanging, drawing and quartering! This meant that the victim was partly hung and then disembowelled, before their limbs were removed

Aberdeen had various sites of execution, there was the Heading Hill, where criminals of the nobility class were "heedit" (beheaded). Most witch burnings took place there too. There was the Gallows in the vicinity of Earl Place next to the Misers hilly at Pittodrie where bodies were hung in chains as well as the Port Hill on the Gallowgate originally the Gallows Gait, the road to the Gallows.

Then there was the most famous site where the convicts' last view of life was looking down Marischal Street, this was in the Castle Gate, now Castle Street outside the Tolbooth, an early prison which is now a museum.

As well as the above women were prosecuted and imprisoned for seeking to protest to get the vote. Our freedom is well earned in today's society and we can worship, protest, and express freedom of speech, and Russell Grant can read your horoscope without being burnt in a tar barrel.

#10ABERDEENSTORIES

Earlier on this year Aberdeen Council of Voluntary Organisations (ACVO) launched a campaign to highlight the challenges local Aberdonians go through.

Alex, 62, from Northfield, Aberdeen served in the British Army in Northern Ireland between 1970 and 1977. He thought he made it back unscathed but not all wounds are obvious. Now, as the nation remembers those who served, he tells his story within the #10Aberdeenstories from ACVO TSI.

Alex said: "In the years when I first came back from my service it seemed as if my life has almost gone back to normal. I went back to work, I was spending time with my family and friends, and it all seemed alright.

"It wasn't until my mother passed away in 2002 that the post-traumatic stress hit me. I broke down during the funeral and it all just came back. All the feelings I have been pushing to the back of my head.

"For five years I was lost. I put myself in a social isolation, I lacked purpose, I just did not care about anything. I could not sleep; I would wake up in the middle of the night drenched in sweat, remembering all the horrible things. I even had thoughts of suicide crossing my mind.

"During those years I had my family there for me and I also was getting help from my doctor, but nothing seemed to make a difference."

Alex was lucky that he met an old friend who was setting up a self-help group, North East Scotland Disabled Veterans Association (NESDVA).

Alex is now Secretary/Treasurer for the group is in a much better place emotionally. He says "Ever since I became involved I am in a better place! I am comfortable talking in front of people and crowds don't bother me anymore; family time is valuable again. I can plan for the future and I have a reason to get up in the morning! I feel appreciated and needed!"

Alex's story is the 6th in the series of #10aberdeenstories and can be accessed from 10aberdeenstories.org.uk.

NESDVA Group meet at Mastrick Community Centre on Friday afternoons. For more information give the community centre a call on **01224 788288**.

If you want to talk to someone about any issues you can contact Breathing Space on **0800 83 85 87**.

Bramble Brae Primary School

Scots language project

As part of their lessons this year the kids at Bramble Brae have been working on a Scots language project. Read on to find out what the kids have learnt.

Ma Dug

Ma dug is cawed Lilly. Her hair is white an her lugs hing oot. Lilly's een are sma an brown. She aye louns up on me. Lilly loves tae chase a baw an loves tae play wi string.

Whenever I tak Lilly for a wake she smells awthing new tae her. Whan Lilly takes aff she takes mi aff ma feet. She can rin fast whan she gets aff her lead. I aye ways hauf to chase Lilly tae get her back.

Ellie Stevens

Ma Dug

Ma dug is cawed Mela. She is three year auld. Ma dugs hair is broun an short. She haes sma lugs they stick up. She haes sma licht blae een. Mela luves tae bark an chase a ba.

A tak Mela for a daunder an luve tae rin wi her. She eats dug food. Whan Mela comes in ma house she is daft.

Scott Beattie

Ma Dug

Ma dug is 18 weeks auld an it is cawed Scruffy. Scruffy haes wee broun een. He haes a hairy body an haes lugs that hang down. Whenever we tell him tae sit doun he does it.

Whan I tak Scruffy oot for a wake he drags me oot of the hoose an makes me rin. I tak him tae the park tae lat him rin for a wee whilie. Then I tak him tae a big brae tae lat him af his leid. Whan I am daein my homework he lowps up on me. He lowps up on my hamsters cage tae annoy her.

Katie Davey

Heathryburn Primary School

Dates for your diary

Heathryburn School's PTA are planning on holding a sponsored litter pick up in and around the school over the next couple of months after being awarded funding from Greenspace.

Dates for your diary:

Summer fayre - 28th of May

Summer disco - 8th June

Halloween disco - 27th October

Christmas party - 15th of December

If you would like to be involved in the PTA you can contact Pam Farmery, who is the Chair of the group on 07969895115 or Danielle, the group Secretary on daniellebarclay1320@icloud.com.

The school is always looking for parent/carer volunteers to help in school and if interested call the office on **01227 788180**.

Northfield Academy



New 3G Pitch – Bill Bunn Astro turf

Many of you will already be aware that we now have a new full size 3G astro turf pitch on the school ground. The pitch was opened on Monday 7 December at a ceremony attended by elected members, Local Authority Officers, Parent Council members, invited guests, school staff, representatives from local football clubs and pupils. The pitch equals any in the North East and will be a fantastic addition to both the school and local community, with Bryon Football Club and Northstar Football Club using the pitch regularly - a local facility for local children.

The Children and Young People Service Awards

This event celebrates the outstanding achievements of Aberdeen's children and the people who work with them.

Northfield Academy was proud to highlight so much of its work at the awards ceremony this year at the Beach Ballroom. Congratulations to the group who came runners-up in the Integrated Working Award, Parent Carer Award, Raising Attainment Award and the Heathy Living Awards. Special mention and a huge well done must go to our Eco Group who won the Sandra Burnett Award for environmental awareness.

Book Fit

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

polio to Indian games and an opportunity to dress up and have a photo taken. The day was a great success.

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

shmuTRAIN in Northfield

shmuTRAIN's Early Intervention course runs from the beginning of the school year in Northfield Academy. This academic year we ran classroom based courses until Christmas and then arranged for pupils to do an extended work placement.

Shelley joined our group with an idea that she would like to be a marine biologist or a film critic, quite different disciplines! She progressed very well through the course and after spending time with her and getting to know her I discovered she had a real passion for animals and animal care. Together with Shelley we researched the job opportunities available in this sector and she discovered the role of Vets Assistant which can lead to becoming a Vet. It became apparent that Shelley's best path would be to move onto college on the Introduction to Animal Care course. I accompanied Shelley to the SRUC (Scotland's Rural College) open day where Shelley had the opportunity to find out about the

college and the courses she could take. Shelley was given a tour of the Animal Care department and fell in love with the place; she said 'this is paradise for me!' I supported Shelley to apply to the college where she recently attended interview and was accepted onto the course.

Before shmuTRAIN began work with Shelley she was not sure what she wanted to do or how to do it, she wasn't altogether happy at school but thought that she would need to stay another year to complete her Biology qualification to be able to work with animals, working with shmu Shelley was able to pinpoint exactly what she wanted to do and she found an alternative to remaining in school.



Under 25 and interested in a free music journalism & multimedia course?

Become a citizen journalist covering the North East's music scene.

Our Multimedia Music Journalism courses have been running since October. Participants have been learning about written, audio and video journalism and are creating music-focused content for 57north.org as well as their own blogs and channels. They have produced video reports, filmed interviews with bands and artists, reviewed gigs, covered other music-related

events and more. Check out the articles and videos on 57north.org or at our ShmuTVOnline YouTube channel.

If you're interested in getting involved and learning these skills please contact info@57north.org or call Simon Gall on 01224 515013 to book your free place.

Northfield Community Policing Team Update

Inspector Andy Barclay

Police Scotland in partnership with Young Scot is committed to delivering all components of the 'Choices for Life' programme on behalf of the Scottish Government. This is aimed at providing preventative messaging about the harms and risks of substance misuse and highlighting positive life choices to young people.

The selling to and use of tobacco by young people is an issue which is receiving increasing attention nationally. It is estimated that around 15,000 young people between the ages of 13 and 24 in Scotland start to smoke each year.

This tobacco misuse and the impact that it has on the health and wellbeing of the young people in the community has become a focus for the Northfield Police Scotland Youth Volunteers (PSYV).

The Northfield PSYV's, led by PC Russell Minty, the new School Based Officer at Northfield Academy, intend to take steps to address this concerning issue. The group have devised an assembly and lesson plan which is to be delivered to all S1 pupils at Northfield Academy early this year. Keep an eye out for #STUB IT OUT . . . FOREVER.

In my last column I said that I would be out and about within the community, to meet you and understand the issues that cause you concern, so together we can set about addressing them.

In response to some of your concerns, we carried out a high visibility Roads Policing Operation on Provost Rust Drive aimed at educating drivers on the risks of speeding and driving carelessly. During September we carried out patrols as part of Operation Fire-raising to combat the issue of wilful fires being set in the Cummings Park area and December saw us carrying out patrols in Byron Square in conjunction with the City Wardens and First Bus in order to tackle Anti-Social Behaviour.

All of this work has been in response to concerns you have raised and was based on information you gave us.

In November, the Northfield CPT were nominated and won the Making a Difference category at the Police Scotland, Aberdeen City Division, Local Recognition Awards 2015. This was awarded on the basis that the team has made a real difference to the community as a whole by developing strong partnerships to provide diversionary activities to reduce crime and anti-social behaviour.

Our work will continue and as a CPT we will remain visible and accessible within Northfield and will strive to address the issues that you raise. I look forward to building on the successes already achieved during the year ahead. #NorthfieldCPT



Do You Want to STOP Smoking?

Support to help you STOP smoking is available at Cummings Park Flat, 122 Cummings Park Drive, Northfield every Tuesday 2pm – 3pm or Mastrick Clinic Every Friday 12pm – 1pm

Your local STOP smoking advisor Stuart Robbie will be there to support you. Sessions are free and confidential. We offer group, one to one or telephone support.

You are 4 times more likely to quit with the right product and support.

For more information contact the Smoking Advice Service on freephone 0500 600 332

Or contact

STUART ROBBIE

NHS Grampian

Smoking Cessation Advisor

stuart.robby@nhs.net

Mob: 07826859022

We can help! However you won't know until you give it a try – Go on you can do it!

COMMUNITY CONTACTS

Alcohol		Call Centre Emergency	0845 608 0929
Alcoholics Anonymous	0800 9177 650	Police	
Drinkline	0800 917 8282	Non-Emergency	101
Crime		Samaritans	
Crimestoppers	0800 555 111	Need to talk	01224 574488 or 116 123
Drugs		Social Work	
Drugs Action	01224 594700	Social Work Duty Team	0800 7315520
Dentist		Emergency Out-Of-Hours	01224 693 936
Emergency - G-Dens	111	Young Carers	
Doctors		Support & Information Service	01224 625 009
NHS 24 Emergency	111	Water	
Electricity		Scottish Water Emergency	0800 0778 778
If you have a Power-Cut	0800 300 999	Northfield Community Centre	01224 695416
Family Planning		Cummings Park Centre	01224 694060
Community Health & Care Village	01224 655555	Cummings Park Community Flat	01224 681357
Gas		CFINE	01224 596156
Gas Emergency	0800 111 999	Pathways	01224 682939
Gas Emergency with a Meter	0845 606 6766	Cash in your Pocket	01224 686077
Housing		Citizens Advice	01224 569750
Emergency Repairs	01224 219 282		

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:

Monday

0745 0900 Public Session (2 Lanes)
1200 1315 Public Lane Session (6 Lanes)
1345 1445 Active Ageing Swimming Session
1445 1545 Public Session
1815 1915 Public Session
1930 2100 Ladies Only Swimming Session
1930 2000 Aqua Aerobics
2000 2030 Aqua Aerobics

Tuesday

0745 0900 Public Session (2 lanes)
1200 1315 Public Lane Session (6 Lanes)

Wednesday

0745 0900 Public Session (2 Lanes)
0930 1015 Aqua Aerobics

1030 1130 Public Session
1200 1315 Public Lane Session (6 Lanes)
1845 2000 Public Session
2015 2115 Adult Session

Thursday

0745 0900 Public Session (2 Lanes)
1200 1315 Public Lane Session (6 Lanes)

Friday

0745 0900 Public Session (2 Lanes)

Saturday

1215 1315 Public Session