

cumming north[↑]

Spring 2017



In this issue:

CUMMINGS PARK
COMMUNITY FLAT
NORTHFIELD OUTDOOR
SPORTS CENTRE
ABERDEEN TREASURE HUB

www.shmu.org.uk/press

Spring Edition 2017

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Front and inside cover Images:
Alastair Taylor

Waxwings have been spotted throughout Northfield recently. Alastair Taylor captured these wonderful images around the Northfield Outdoor Sports Centre.



P14

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!

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

Supported by



News from the Cummings Park Community Flat

Upgrade

We were fortunate to secure funding with the help of Gordon Graham and Aberdeen City Council to pay for flooring throughout the flat, making it brighter and easier to clean. We had support to get the work done from a local carpet fitter and painter and decorator as well as our volunteers

Community Garden

Cummings Park's first Community Garden continues to grow. This year the garden has been awarded the grade of THRIVING from Keep Scotland Beautiful. We offer a quiet space for people as well as access to our seasonal fruit and vegetables. The volunteers continue to learn about growing these under the watchful and very experienced eye of Pat.

Litter Pick

The flat volunteers were happy to take part in Aberdeen City's Glitter Clean. We continue to support local people to keep our area free from litter

Volunteers

Volunteers give their time freely, for the benefit of other people. The volunteers participate in a wide range of activities from leading and facilitating classes to helping to keep our premises clean. One hour a week can make a difference. If you are interested in volunteering, please come and have a chat.

"We are a friendly little flat and we hope to address feelings of isolation through encouraging participation and involvement."

DS

Learning

We engage with people who wish to access employment support, adult learning classes, financial

advice and smoking cessation sessions. Our aim is to lessen the feeling of isolation that some members of our community face.

Someone to talk to?

We now offer a drop-in session every week with a counsellor from Penumbra. We also have connections with Healthy Minds who aim to assist adults who use mental health services to access learning and leisure activities.

Community Empowerment

Following requests from community members, a petition raised by our last management committee, several meetings and sheer determination, we have finally been able to secure bus shelters on Granitehill Road. Well done to all involved!

Happy Birthday

We were delighted that so many people managed to attend our 10th birthday celebration in October. We offered a trip down memory lane with a display of photos. It has been a busy and worthwhile 10 years and we look forward to lots of positive things in the future.

Coffee Morning

Members of the community flat were grateful to be invited to a coffee morning last year within Granitehill House. There was a super atmosphere as we played a quiz and had some coffee and a biscuit. Thank you Granitehill house.

Special mention

Our thoughts remain with the family of Julie and Lucas Walker as we wish them well.

We would like to wish Mr Rose a very speedy recovery and hope to see him up and about very soon.

Sports Programme at Heathryburn takes off!

Heathryburn have a wide range of extra-curricular sporting activities for pupils to take part in which complements the PE curriculum offer available at the school and helps to form lifelong positive attitudes to physical activity. Pupils can engage with a wide variety of sports on a weekly basis. The P6/7 pupils have recently represented their school in competitions across the city. Basketball and netball clubs run weekly by teaching staff after school. The clubs have been running since September and provide a regular opportunity for pupils to improve their fitness levels, develop skills and represent the school in events. The basketballers are currently competing in the Granite City Flames League, while the netball players are taking part in as many games as possible. Follow the school PE twitter account on @HeathryburnPE to keep up to date with the sporting news at Heathryburn.

Heathryburn Parent Teacher Association and Parent Council Dates for your diary:

Friday 10th of March - Fairtrade Coffee Morning at 10am


Thursday 16th of March - Bingo night. Doors open at 6:30pm, eyes down at 7pm

Saturday 3rd of June - School summer fayre

Thursday 8th of June - School bingo. Doors open at 6:30pm, eyes down at 7pm

Thursday 15th of June - School disco





THE ANCIENT CEREMONIAL FESTIVALS OF FIRE

In ancient times fire rituals to cleanse and ward off evil forces were common place. Today we see glimpses of these ancient fire festivals reflected as little flickers of what once was.

In Pagan* times fire was used to celebrate, protect, and keep us safe from dark forces.

At various times and seasons of the year our ancestors would build and prepare ritual fires, beginning with the old Celtic years end, of Samhain* or Halloween. Great fires were lit to assist the sun as it dipped into the underworld, and the portal between this world and the next was opened. Although we do not now light fires on the 31st of October we carry on many of the traditions, as just a few days later we celebrate Bonfire night. Pagan practices were frowned upon by the Kirk in the 17th Century, however they were not wiped out. This meant the practice carried on into modern times, now with the added gusto and boom of squeebs.* Moving on to the 1st of May we have the great Beltane*fires. These were fires of rebirth* and cleansing, all hearths were to be extinguished and the embers of the Beltane fire were taken into the house. Cattle and other stock were taken and driven through flames to purify them for the coming summer.

Today in our modern New Year we see glimpses of some of the fire festivals, especially around our North East coast, the swinging of fire balls was practiced in fishing villages like Skateraw,* and now only Stonehaven carries on driving out the dark lingering forces and old spirits, cleansing the way for the New Year to come in. The swingers put great effort and skill into this ceremony and it is a great spectacle both partaken and watched with pride, and of course there is the skirl of the pipes to accompany this traditional event, before the burning remains of the fire balls are flung in to the sea at the harbour.

Further up the coast the Brochers of Burgheid* in Moray celebrates the burning of the Clavie, a tar barrel filled with burning staves, on the 11th of January. It is carried with honour through the streets out to the old Pictish fort on Doorie hill and where it is placed like a beacon of defiance against a' the toons enemies. On its way to the ramparts it cleanses oot the toon o' a' evil, before the fiery remains slip over the side. The remains of such are said to bring good luck and are distributed to local households.

In the far north in the Isles of Zetland* there is Up Helly Aa, the great Viking fire festival where the revived Norse

ceremonies are held at the end of January. There is much play acting and costumes and lots of fire and the burning of a wooden Viking ship.

Fire plays a very important role in our heritage and the history of our people. One event I would dearly like to see return had an element of Fire, The Torch, one of oo'r toons great favourites.

Lang may yer lum reek we ither folks coal.

Mike

Glossary *

Pagan, Pre Christian

Samhain, All Hallows Eve.

Squeebs, Squibs, Bangers, Rockets, Fireworks.

Beltane, the festival of Ba'l, a Pagan God.

Skateraw, an ancient fishing village, Newtonhill

Steeniehyve, Stonehaven

Brochers, people who live in villages with Burgh in the name, Burghead, Fraserburgh.

Zetland, Shetland as in Zetland and the Orcades, Orkney.

Northfield Academy

Head Teacher Goodbye

My last day at Northfield was Friday 17th February. I would like to thank parents and the wider community for all their support during my time at Northfield. The focus must continue to be "aspire to be outstanding" as the school increases opportunity and continue to work hard to improve exam results.

Young Enterprise

A group of senior pupils are taking part in the Young Enterprise Scheme and created their very own business called "BUNDL." Their idea is themed gift sets and the team have developed a range of 3 products, an "Christmas Eve Bundl" a "Movie Night In Bundl" and a "Pamper Bundl". They have competed in two Young Enterprise Trade Fayres and won awards for "Best Sales and Marketing", "Best Stall" The Mystery Shopper Award" and the "Overall Winner". The team are continuing to sell their products at events in the local community.

AFCCT Update

Brandon Alexander was chosen to be a member of a group of young people representing Aberdeen FC Community Trust at a European Football Community Convention in Holland. Brandon was chosen because of his involvement with the school football team, outstanding attitude in school and his volunteering. Groups of young people from a number of European clubs took part in the week and shared experiences and ideas that they could each take back to their own clubs and community! Well done Brandon.



St Nicholas Rotary Christmas Boxes

This year we worked in partnership with the St Nicholas Rotary to collect Christmas Boxes to be distributed to young people in Africa who will not have much at Christmas. Between Bramble Brae, Quarryhill, West Park, Holy Family and Northfield Academy we collected almost 200 boxes which are now on their way to their destination. It was a team effort with our senior prefects leading the charge in school and we hope to better the total next year.

Poetry Slam

On the 27th of October 2016, a group of S3 pupils from Northfield Academy attended the Scottish Youth Poetry Slam final in Aberdeen. Northfield Academy competed against four other schools, aiming to deliver strong messages through the art of spoken word. Steffy DeSouza came joint first place in the individual class.

Steffy, who had never been involved in a poetry slam competition before, expressed her thoughts and feelings about moving to a new school and how kind people had been to her, through her performance. Steffy said: "it took one day. To me it wasn't just a poem, it was my life".

Poetry is about expressing certain feelings and experiences, and Steffy definitely managed to do this. A huge congratulation is in order for Steffy.



SPORTS

NEWS



BYRON DONS LOOKING FOR NEW MEMBERS

A local football team is looking for new players to join their squad.

The Byron Dons 2004 team need new players. If you were born in 2004 and are looking to join a football team. They practice at the 3G pitches at Northfield Academy on Thursday evenings and are really keen to get new players involved in the team.

If you're interested then give Davie Milne a call on 07955346312.



GOLF TASTER SESSIONS FOR CHILDREN

Auchmill Golf Club have an ambitious plan to improve opportunities for children from the area to take up and participate in golf. They have recently signed a partnership agreement with Aberdeen City Council and Sport Aberdeen to go to local schools and provide golf taster session for children.

The main aim for all the organisations is to get children from the area interested in golf.

It is planned that this will be done in two ways. Staff will go to schools in the area and give children golf taster sessions and from this we will conduct training at the golf course for the juniors (ClubGolf Level 1). Kids who have participated this year will receive advanced lessons (ClubGolf Level 2).

Over the winter, we will be going along to Northfield Academy to provide six weeks of golf lessons. Hopefully this will attract new members who already have existing handicaps to the club and also allow Northfield to take part in inter school golf competition.

Mark Albiston, Junior Convenor, said: "Auchmill Golf Club welcomes children who want to participate in golf, we have clubs and equipment to assist in their development. This will allow children and their parents to determine if they like the game

prior to having to fork out money for clubs."

We also have developed a 6-hole miniature golf course and hope to develop this further in 2017.

Tree Planting at Auchmill Golf Course

Free trees from Woodland Trust Scotland have been planted at Auchmill Golf Course by Auchmill Golf Club with the support of Cummings Park Community Flat Eco Group and Northfield Academy Eco Group.

Gordon Graham, Secretary of Auchmill Golf Course, said: "Auchmill Golf Course is rapidly establishing itself as one of the best courses in the North East of Scotland. The planting of these trees will bring many benefits to the course and improve the area. We want people to take pride in their local area and surroundings that is why we are planting 420 trees at prime locations throughout the course.

We're planting trees to make Northfield an even more beautiful place to live and play. The trees and paths will also enable people to walk around the outside of the course and reduce the risk of being hit by stray golf balls. Thanks to Cummings Park Community Flat Eco Group and Northfield Academy Eco Group for their help in this project."



BYRON AND ME; WE NEED YOU IN OUR CORNER

By Frank Gilfeather

There are people – many of them connected to community centres like Northfield's – who are givers of their time and expertise to help others.

Tony and Kevin Kerr as well as Alec Cain, at the Byron Boxing Club, come into that category.

My dad and then my brother ran similar boxing clubs in my native town of Dundee and their efforts were greatly appreciated. We were all from working-class backgrounds and lived in council schemes and in need of something meaningful to occupy our time.

Today, I am heartened that they are still so many people prepared to offer their time to keep such organisations going. It allows youngsters and adults the opportunity to keep fit and healthy, and to be part of something which is important. If we can keep young people off the streets, away from potential trouble and doing something positive, it is a major plus for communities. While the Byron Boxing Club hopes to uncover future champions, they stress that no-one who attends needs to have ambitions to be a boxer. Boxing training is one of

the best ways of keeping fit: pure and simple.

The club currently opens on Monday and Wednesday evenings and Kevin hopes he can add a Friday night session to the schedule in the future. It would, however, depend on additional funding becoming available. The Northfield area has been awarded extra money from which organisations like the boxing club can benefit from. The community will get the chance to vote on projects and if the club receives your backing they will offer a Friday night keep fit session which will be free of charge.

The Byron club boasts a clutch of champions with two of them - John Docherty and Boris Crighton - now competing at the highest level. John has been promoted to the GB podium set-up which will allow him to train full-time as an athlete while Boris has recently become British champion. With 30-40 people from the Northfield community and beyond training at the Byron club twice weekly, it's clear the Kerrs are doing something right and that they deserve the support of the people of the area.

STREETSPORT TENNIS HITS NORTHFIELD

Tennis sessions available for young people in Northfield!

Streetsport Tennis sessions are free of charge for all young people and run by enthusiastic and like-minded volunteers. Sessions are aimed at children aged between 8 and 16 and volunteers provide a number of fun and challenging tennis based games. Thanks to Postcode Community Trust and Sport Aberdeen we are able to offer 4 sessions a week in various locations across the City.

Streetsport Tennis are indoors at Northfield Academy until March 2017 to ensure that participants can continue to play tennis in the winter months. As of April 2017 we will be back at Northfield Outdoor Tennis Courts ready for a fun filled summer of tennis!

Our session locations:

Tuesday evenings: Northfield Academy (indoors) 7-8pm

Wednesday evenings: Inchgarth Tennis Courts 7-8pm

Thursday evenings: St Fitticks Park, Torry 6:30-7:30pm

Thursday evenings: Catherine Street 7:30-9:00pm (Session start date TBC)

We look forward to seeing you on one of our courts soon!

Northfield Outdoor Sports Centre



A local sports centre has said goodbye to its chairperson of nearly a decade. Ally Reid, who has been running the centre since 2008, laid his tools down for the last time in January this year.

After a period of ill health upon Ally's retirement in 1991 he decided to get involved with the running of Northfield Outdoor Sports Centre to keep him active.

Ally said: "I was involved in the centre before I retired but after I recovered I decided not to mope around anymore and to just get up and keep myself active."

He has worked so hard over the last 30 years to help keep the centre running but has decided that now is the time to call it a day.

Throughout the last 30 years Ally has done a bit of everything to keep the centre going, from answering phones and supporting the groups who use the facility to painting the building, pulling the hedges, making flower tubs and planting flowers which make the grounds look as good as they do.

Northfield Outdoor Sports Centre has been open for 65 years and has facilities for people to come along and play tennis, golf and bowling.

Back in 2008 Aberdeen suffered £27m worth of cuts to council services including schools,

sporting facilities and services for the disabled and vulnerable. The sports centre in Northfield was one of the organisations affected by these cuts which meant that a volunteer led committee had to take over and run the building.

Ally remembers the group were told 'use it or lose it' after the centre was threatened by closure. There was a large group who were committed to running the building initially but as the years went on the numbers dwindled and he became the only person left on the committee to keep the centre going singlehandedly.

Although Ally is stopping his role at the sports centre he still has lots of work to keep himself busy. When chatting to members of the Cumming North editorial team he explained: "I need to be kept occupied or I start to feel low. You hear about pensioners who have worked all their lives and then drop dead six months after they retire, partly because they can't adjust, and I definitely didn't want to be that way.

"I have a family member who is unable to get out of the house because of an illness so I'm going to keep myself busy by doing up her house for her. My garden looks a bit wild at the moment, though I've not found Tarzan and Jane in it yet, but it definitely needs some work done. I'm also going to do

some work to my own house so there will be plenty of work for me to be getting on with.

"I'll miss the day to day running of the sports centre cos there's always something different happening and someone coming in to have a chat so it's a good opportunity to meet new people."

Ally plans to continue to be a handyman and the Cumming North editorial team are in the process of trying to persuade him to join our happy band of volunteer writers and photographers.

There are lots of activities on offer at the sports centre including several active bowling groups and tennis sessions which take place in the summer.

However, the future of the centre is one big question mark. It is up to the current volunteers and clubs who play out of the sports centre to come together and form a committee to make sure the building continues. There is currently a treasurer and a secretary but the building really needs someone to come in and help out with the day to day running. If anyone would be interested in lending a hand and keeping the centre going for the Northfield community, then get in touch with Sport Aberdeen on **0845 601 3611.**



Photo: Alistair Taylor

Nature in Northfield Outdoor Sports Centre

Ally told us that the Northfield Outdoor Sports Centre is a bit of a hive for local wildlife and he's seen some sights over the years. There's been foxes, baby hedgehogs and rare birds in the grounds of the centre seen regularly.

The start of 2017 brought a few new visitors to the sports centre, in the shape of a Sparrowhawk and Waxwing.

Ally said: "People don't realise the wildlife that they have on their own back doors and it's good to get out and explore it. You should come up and look around the grounds of the sports centre or explore the Howes – you can see everything there from deer to badgers."



Mrs Meadows

Mrs Meadows here again. This weather is confusing everyone – even the birds don't know what is going on! Some of them are collecting materials for nesting already. The bulbs are mostly all through – I have even seen crocuses in flowers. This reminds me there is a bag of bulb daffs and crocuses at the community flat waiting to be planted if anyone would like to help to do some planting. If you're interested, you can phone Donna at the flat on 01224 681357. Two rose bushes have been replanted in the community flat front garden in memory of Lucas and Julie – a pink one for Julie and a yellow one for Lucas.

With the greenhouse, up and running I'll be able to get the seed trays started earlier this year. Hopefully the weather will bring more sunshine this year. We'll be looking forward to seeing the trees that we helped to plant at the golf course last year when the leaves burst in to bloom in spring. I'll sign off for now but hope to hear from volunteers about bulb planting please!

***Bye for now,
Mrs Meadows***

NEW LANGUAGE CAFÉ

An exciting, free Language Café project has recently expanded in to Northfield

The idea of a Language Café is that it is a friendly, relaxed space open to anyone who speaks English as an additional language. It isn't teaching or a class but there will be activities organised each session to help you interact, practice and improve your English. It is also a great way to meet other people in your community, get out and about, make connections, increase your confidence and have fun!

The sessions are open to anyone whose first language is not English. It doesn't matter what your language level or ability is; our friendly and flexible team of volunteers will be on hand to help out.

The sessions, which began on Monday 16th January, will take place on the 1st and 3rd Monday of every month (for example 20th February and 6th March), from 11am until midday, at Cummings Park Centre. There is no need to book and no cost involved, just come along.

The Aberdeen Language Café project has been running since August 2016, with regular sessions also taking place in Torry (on the 2nd and 4th Monday of every month, 7-8pm at Torry Youth and Leisure Centre on Oscar Road) and in the City Centre (on the 2nd and 4th Thursday of every month, 10-11.30am at Sopranos on Guild Street). The project is coordinated by Grampian Regional Equality Council and funded by Aberdeen City Council.

For more information, including if you are interested in helping out with the project as a volunteer, please contact Louise Nind at lnind@grec.co.uk



Photo: Graeme Youngson

Cumming North Photography Competition

The Cumming North editorial team need your help to keep the magazine continue to look as good as it does. We're running a competition for the front cover of the next edition. The team are looking for lots of different types of pictures for this – is there something in the Cummings Park and Northfield areas that you think deserves to be recognised? What does the community mean to you? Take a picture of it and send it to us for your chance to be featured in the magazine.

If you would like to enter the competition, please contact

Laura Young at shmu on 01224 515013 or email laura.young@shmu.org.uk

Terms and conditions – no payment will be made for photograph but you will get a credit within the inner front cover. To be used for the front cover photos must be a minimum size of 300dpi and be portrait orientation. If you have a smartphone or digital camera then the photo should be good enough quality, just upload it straight from your gallery to your emails and send it across.

Happy snapping!



ABERDEEN TREASURE HUB OFFICIALLY OPENS

Council Leader Jenny Laing officially opened Aberdeen's multi-million pounds Treasure Hub at a family fun day launch on Saturday the 19th of November 2016. The family fun day included lots of activities including puppet making, games, face painting, meeting a Police Scotland dog and even handling some of the objects that form part of the Hub's collection.

shmu's Youth Media Team got a special tour of the gallery at the end of 2016 and interviewed Helen Fothergill, Head of Collections at Aberdeen Museums and Galleries.

Helen manages the staff who look after and interpret the collections stored in the building. This includes recording details about the objects, arranging their display and researching their history.

Why is it called Aberdeen Treasure Hub?

We ran a competition for schools in Northfield to name the new storage facility. We short-listed the ones we liked, and then asked the public to vote on their favourite. We hope that everyone will appreciate the "treasures" we look after for the city!

Why did you choose Northfield as the location of Aberdeen Treasure Hub?

We were looking for a site outside of the city centre. We chose Northfield Because it has great bus routes from town, shops nearby, lots of positive community activities already happening and the possibility to expand in the future. We have started to develop good relationships with local groups and schools, and we really want the chance to get involved with activities that are already happening there.

When is it open to the public?

We're planning to open in spring 2017. It will be a bit of a slow start whilst we fill the building with our collections but we'll be open for tours and activities as soon as we can.

What other things will be happening in the Treasure Hub?

We will take bookings from groups to have a look at the collections behind the big security doors, but we'll also be having regular fun days with family activities. We're hoping that people will start to use the space for research, volunteering or just as a place to be inspired by all the stuff we care for.

We also want to run small projects with local schools and groups. We've got some ideas, for example creating your own displays of peculiar objects; selecting clothes from our textile collection to recreate; up-cycling workshops; creative writing and much more.

Northfield Community Centre

What's going on?

It's good to be back after the festive break.

The centre is now on the verge of bringing in lots of new groups into the area.

Here is a taste of what we have planned for the community:

Mondays: walking football, reminiscence, light exercise for the over 50s, and a mums and tots group.

Wednesdays: job club and a book club.

Thursdays: this is a free day – come along and decide what you would like to see happening!

Friday: badminton sessions

You can pop in on Mondays and Wednesdays to Julie's Café for a cuppa and a chat. The evenings in the centre are very busy with the dancers, boxers and primary school groups.

We'd love to do lots more groups but we need volunteers to help us run them. If you would be interested, then give us a call on 01224 695416 or pop into the centre for a chat.

Opening of Middlefield Hub and Healthy Hoose News

The multi-million-pound extension and refurbishment of the former Lord Provost Henry E Rae Community Centre was completed in January this year.

The Hub will provide youth programmes, children's activities, family support and improve health and wellbeing services in the community.

Inside The Hub there is a multi-use games area, a community health care hub, a state of the art nursery and a community hall.

Partner organisations which will be housed in the building are Middlefield Community Project, Lord Provost Henry E Rae Community Centre Management Committee and NHS Healthy Hoose.

Within the new building there is a café which is run by volunteers. It is open until half past 3 every weekday and looks to provide a social space for the community as well as a reasonably priced cuppa!

Due to its relocation, the Healthy Hoose is looking to widen its catchment area to include all

residents of Northfield who are registered with their local GP.

Services currently on offer at the Healthy Hoose include minor injury/illness advice and treatment, contraception, immunisation (children and adults), smoking cessation and reviews of long term conditions, for example asthma, diabetes and heart disease.

The drop-in clinic will be open as follows:

Monday: 9am-5pm

Tuesday: 9am-4pm

Wednesday: 9am-5pm

Thursday: 9am-5pm

Friday: 9am-5pm

The receptionist will take details on arrival and advise of any projected waiting time to see the nurse practitioner. If the drop-in clinic is too busy, you may be advised to come back at another time or to contact your GP directly.

You can also keep up to date with the Healthy Hoose on Facebook.

For more information about the services on offer pop into The Hub and find out what it can do for you.

Do you like food? Live locally?

Then we hope you will get involved in the Bramble Brae Bakes project that our Primary School is starting: for pupils and our community to enjoy food together. Look out for posters about the Bramble Brae Bakes events from February onwards.

After pupils launch the project there'll be other chances to join our group to try some freshly prepared tasty treats - all for free.

If you're a keen cook and would like to take part, please get in touch with Christine by phoning 07871475666.



Cash in your Pocket - Get Help When You Need It

Changes in circumstances such as a sudden deterioration in health, family breakdown, redundancy, homelessness, unexpected costs, caring responsibilities etc. can be situations when help or advice is needed.

The Cash in your Pocket (CIYP) Referral Service offers easy access to a wide range of benefits and services. By getting in touch with us, we refer you to the most appropriate organisation to get the information, advice, and practical support you need around issues relating to money, health and care.

Anyone can make a referral, for themselves, or someone they are helping. The quickest and simplest way to do this is by phone, using our Freephone number 0800 953 4330.

Referral leaflets are also available from community locations, for example community centres, GP surgeries and libraries.

In some cases, the help needed can be complex. The case study below will help you understand the process of getting the help you need.

Tom

Tom was made redundant in December and signed on

as unemployed on the 3rd of January 2017. He lives alone in rented Council accommodation. On the 16th of January 2017, having received no benefit payment Tom contacted the Jobcentre. He was advised they could find no trace of his original claim and that a new claim would have to be made. Tom had no money and was struggling so the Jobcentre adviser gave him CIYP's Freephone number.

Tom contacted CIYP that day. He was advised of possible eligibility for a crisis grant. A referral was made to the Scottish Welfare Fund for consideration and information on foodbank opening times and locations also provided.

The Scottish Welfare Fund contacted Tom on the 17th of January and provided him with a payment of £130, to cover living expenses until benefit payment due on the 10th of February 2017, was awarded.

If you would like help or further information about Cash in your Pocket Network, please get in touch.

Freephone: 0800 953 4330
e-mail: info@ciypp.co.uk
www.ciypp.co.uk

Regeneration Matters

Real lives, real needs, real people – working together for change

The Regeneration Matters Group celebrated their 10th anniversary last year and have been reflecting on the work they have covered during that time. The focus of the group is to:

- 1) **Enable cross community working and integration on issues of common interest**
- 2) **Have a strong and unified voice focusing on community regeneration**
- 3) **Share information, good practice and plans for developments**
- 4) **Improve communication across communities**
- 5) **Improve communication and consultation with service providers/agencies**
- 6) **Increase their capacity to influence and develop services within their communities**
- 7) **Have a focus on change, improvement and action**

The group includes representatives from each of the regeneration areas which include: City Centre, Cummings Park, Mastrick, Northfield, Middlefield, Seaton, Tillydrone, Torry and Woodside.

Seven members of the group are also on the Fairer Aberdeen Board which allocates £1.6m of funding to over 50 projects/organisations in the regeneration areas.

For more information about Regeneration Matters please contact Anne Knight on 01224 523532 or email aknight@aberdeencity.gov.uk



Prison based magazine

The first edition of a magazine written by prisoners for prisoners, at HMP&YOI Grampian has now been created published and distributed within the prison. It is based on the same principle as other community focused magazines supported and distributed by shmu in that it targets a particular community, is written and edited by members of the host community and then distributed to every door in the community on completion. In this case, it was delivered to every cell!

The editorial team decided to call the publication Way Out as in 'this is the way out'. They felt this perspective was important as "we see many situations where people are stuck and feel that they can't find a way out".

The magazine has interviews with services, feedback from learners taking part in various courses, showcases poetry and artwork from prisoners and shares the perspective of ex-prisoners integrating back into the community. It is hoped that the magazine will be published and distributed on a quarterly basis.

MAP Update

The Media Access Project (MAP) supports prisoners in HMP & YOI Grampian to return positively into the community, having used media as a unique development platform to address and overcome a range of issues prior to release.

National Prison Radio

National Prison Radio (NPR) is now being broadcast to prisoners inside HMP&YOI Grampian. This is the first prison in Scotland to join the 114 prisons in England and Wales. MAP, the Scottish Prison Service and shmu have been working hard over the past 18 months to get this up and running here. Initially this will be a one year study to measure the impact that this service will bring but everyone is confident that it is here to stay.

NPR has won many awards for its innovative prison focused broadcasts. Programmes are targeted towards sharing information about issues which prisoners face both in the community and whilst incarcerated too. Prisoners taking part in the radio SQA group with MAP in Grampian have already been the focus of national programming and will be working towards sharing more music, interviews, stories and experiences from our local perspective as the pilot progresses.

National Prison Radio

Councillors' Comments

Councillor Jackie Dunbar

Back in spring 2014 I was contacted by folk from the community regarding the possibility of getting a bus shelter erected at the stop beside Cummings Park Community Flat. I was told that a survey would be carried out and there was agreement that the location needed a shelter. Due to budget constraints the location was added to the current waiting list. I am sure that you will have noticed that the bus shelter has now been erected. It may have taken a wee while but I hope you are as delighted as I am to see it being used by the community.

I am sure that you have all seen the fabulous new building at the old LP Henry Rae Community Centre site. It was jointly funded by the Scottish Government and

Aberdeen City Council. The area that the services can now cover extends past just Middlefield. Why don't you pop in and find out what services are available to you?

Finally, since this is the last edition of Cumming North before the election, I wanted to take the opportunity to say that it has been a privilege, an honour and a pleasure to serve the area over the last 10 years. Hopefully you will see me again after the election but you can never be sure when it comes to politics!

I am still here to try and help you with any issue you may have so please do not hesitate to contact me.

01224 522522/07733 300570
jdunbar@aberdeencity.gov.uk

Councillor Gordon Graham

At the time of writing the time to apply for the £85k of funding provided by the council for community improvements is ending. It is great to see a range of good ideas coming forward. It is also important that the community decided which projects are the best for the area.

I have been working to ensure that work went on to improve the area, including physical change such as the new Community Hub, new bus shelters in the area and new equipment at the playpark in Bonnyview Road. There have been changes to the leasing agreements of our community centres ensuring that the council are responsible for all repairs and maintenance for the buildings. This has lifted a huge burden from the management committees who are doing a great job.

As you walk about the scheme you cannot help but see the investment that the council has made in the area over the last four years. Developments such as The Hub, the all-weather pitch, the new school, the Treasure Hub and improved play parks are all highlights.

These improvements have been made with the active involvement and support of the community and I thank you for your hard work. If you have any suggestions for further improvements, please let me know and we may be able to implement them in the next four years.

Northfield/Mastrick North Ward.
ggraham@aberdeencity.gov.uk
01224 523594, 07736 329751

Councillor Scott Carle

In January I attended the official ribbon cutting ceremony for the new community hub on the site of the LP Henry E. Rae Centre. A £2.66m investment means the building will now be home to the Middlefield Community Project, the Henry Rae community groups and the Healthy Hoose. The building looks fantastic and will be a great asset for the community. It includes a new multi-use games area and a new cafe which offers light breakfasts and lunches at great prices. This facility was delivered in less than a year's construction and is just part of the investment we are making in the wider area including new council housing on the former Smithfield School and Manor Walk sites and the Aberdeen Treasure Hub which opened in November. I'd like to take this opportunity to congratulate and thank all the community groups involved, I know a lot of hard work has gone into planning for the move to new facilities and I'm sure that the new hub will be a great success.

At the beginning of February, voting opened for the Udecide participatory budgeting scheme which was launched towards the end of 2016. There's a total of £82,500 up for grabs and there's a wide range of projects bidding for up to £10,000 each. The ideas which have been submitted have all been brought forward by local projects and it's great that the final decision on which of these will be taken forward will be made by local folk. Voting is open until the 4th of March. You can visit <https://aberdeen.participare.io> for more information and for the latest news.

Cllr Scott Carle
01224 346622/07876 763654
sccarle@aberdeencity.gov.uk

Community Contacts

Alcohol

Alcoholics Anonymous **0800 9177 650**

Drinkline **0300 123 1110**

Crime

Crimestoppers **0800 555 111**

Drugs

Drugs Action Helpline **01224 594700**

Dentist

Emergency - G-Dens **111**

Doctors

NHS 24 Emergency **111**

Electricity

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

Family Planning

Aberdeen Community Health and Care Village **0345 337 9900**

Gas

Gas Emergency **0800 111 999**

Gas emergency with a meter **0845 606 6766**

Housing

Emergency Repairs **01224 219 282**

Call Centre Emergency **0845 608 0929 or 116 123**

Police

Non-emergency **101**

Samaritans

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

Social Work

Social Work Duty Team **0800 7315520**

Emergency Out-Of-Hours **01224 693936**

Young Carers

VSA **01224 212021**

Water

Scottish Water Emergency **0800 0778 778**

CFINE **01224 596156**

Pathways **01224 682 939**

Cash in your Pocket **0800 953 4330**

Citizens Advice **01224 569750**

Northfield Academy **01224 699715**

Bramble Brae School **01224 692618**

Heathryburn School **01224 788180**

Westpark School **01224 692323**

Community Information for Cumming North

Northfield Community Council

Meetings are held the second Tuesday of every month at Northfield Community Centre at 7pm.

Contact: communitycouncils@aberdeencity.gov.uk

Cummings Park Centre

08:30am - 10pm, 01224 694060 or cummingsparkcentre@aberdeencity.gov.uk

Cummings Park Community Flat

9am – 5pm
Contact: 01224 681357 or dosim@aberdeencity.gov.uk

Northfield Community Centre

Contact: 01224 695416 or jacqui@northfieldcommunitycentremc.org

Northfield Outdoor Sports Centre

Contact: 01224 696246

Northfield Library

10am - 1pm 2pm – 5pm 01224 695104

Northfield Medical Practice

8am – 6:30pm 01224 662911

Northfield Swimming Pool

Contact: 01224 680307

Monday

0745 0900 Public Session (2 Lanes)

1215 1315 Public Lane Session

1330 1530 Active Ageing Swimming Session

1915 1945 Aqua Aerobics

1945 2015 Aqua Aerobics

2015 2045 Aqua Aerobics

Tuesday

0730 0900 Public Session (3 lanes)

1215 1315 Public Lane Session

2030 2130 Public Session

Wednesday

0700 0900 Public Session (2 Lanes)

0930 1015 Aqua Aerobics

1030 1100 Floatfit

1215 1315 Public Lane Session

1345 1600 Active Ageing Swimming Session

1845 2000 Public Session

2015 2115 Adult Session

Thursday

0745 0900 Public Session (3 Lanes)

1215 1315 Public Lane Session (6 Lanes)

2000 2030 Floatfit

2030 2100 Floatfit

Friday

0715 0900 Public Session (3 Lanes)

1130 1300 Active Ageing Swimming Session

13:15 1445 Public Session

1500 1615 Public Session

1845 1945 Project Fit

2000 2100 Adult Public Session

Saturday

1430 1630 Public Session

Sunday

0900 1030 Public Session

1045 1215 Public Session