

cumming north

Spring 2019



In this issue:

SCHOOL UPDATES
HEALTHY HELPING
BOOKBUG SESSIONS
FESTIVE FOOD AND FUN

www.shmu.org.uk/press

Spring Edition 2019

contents

- 3 Mrs Meadows
- 4 2019 Resolutions
- 5 Healthy Helping
- 6 Walking Group
- 7 Pool Update
- 8 School News
- 10 Community News
- 11 Bookbug in Northfield
- 12 Councilor Comments
- 13 History Page
- 14 shmu
- 15 Byron Square Refurb
- 16 Festive Food and Fun

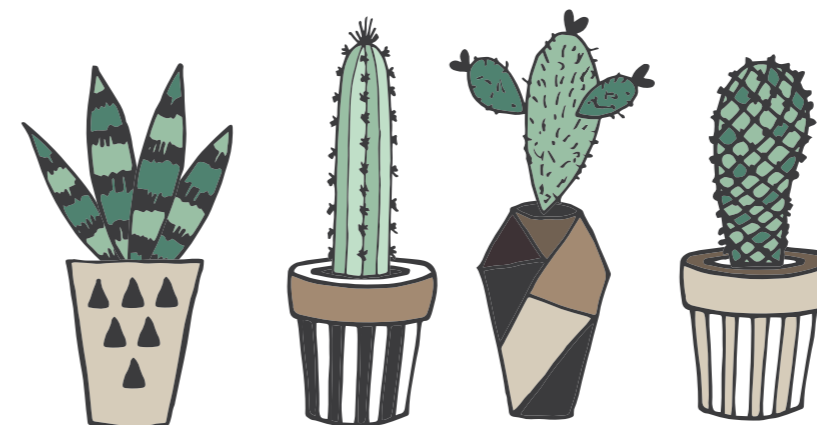


Welcome to another exciting edition of the Cumming North magazine. Thanks again to all the contributors - we are very grateful to everyone who submits articles and photos for the magazine. Our editorial team is always on the lookout for local people to help gather articles and information that may be 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!

Supported by



Mrs Meadows

Not a lot to say about the garden at this time of year: it's wet and cold. We have started a new garden over the fence, outside the Cummings Park Community Flat. Anyone wishing to help can come along and join in. Tea and coffee will be provided to those who have been helping.

The garden will be open to anyone who wants to visit and enjoy sitting

there in the summer. Any donations of plants will be most appreciated. A mock up of how the garden will hopefully look can be seen in the magazine.

The bulbs are popping through and snowdrops are in flower. No matter what the weather is they are always the first to flower.

From Mrs Meadows

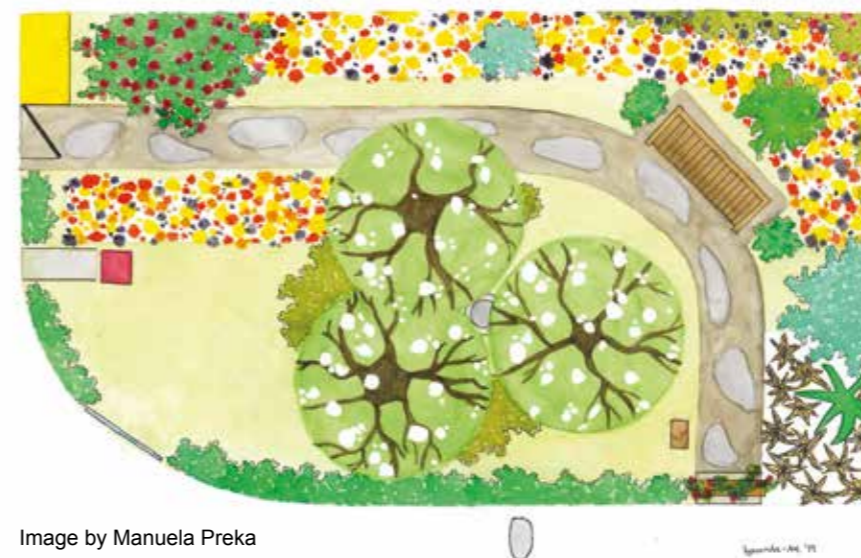


Image by Manuela Preka

Help for people from ethnic minorities living with dementia in Aberdeen

Help for people from ethnic minorities living with dementia in Aberdeen.

Aberdeen Council of Voluntary Organisations is working on a new project for people living in Aberdeen with dementia from European ethnic minority backgrounds. 'Widening Access for People from European Ethnic Minority Backgrounds' project seeks to identify barriers to engagement in dementia support in Aberdeen and ensure that those with dementia, their family and carers from European ethnic minority backgrounds are able to make the best use of dementia support available across the city.

By working with people with dementia on identifying the barriers to participation and coming up together with solutions to these issues we seek to ensure that this is not only a right but also reality to get appropriate support for people from European ethnic minority backgrounds living with dementia in Aberdeen.

If you are a person from a European ethnic minority background living with dementia, know someone from a European ethnic minority background living in Aberdeen with dementia or simply would like to find out more about the project please contact Anna, Anna.Dzianach@acvo.org.uk or 07508437826.



I thought I would kick off the New Year by asking how many people make New Year resolutions. As a matter of fact, that was my New Year's resolution. (You can see I didn't think too far into the New Year, but at least I showed willing!)

So where do you start with that kind of research? The obvious place is friends and family, but that doesn't give you a very wide spread. If you're reading this, you might remember me staggering up to you and asking about New Year's resolutions; I asked between fifty and sixty residents of the Cummings Park area. The results were interesting, but I'll come back to them. One of the things I asked people was if they knew why resolutions were made at this time of year, and what was so special about this time of year. I was quite surprised at some of the answers.

At least half a dozen people told me that making New Year's resolutions was a mixture of review and rejuvenation of hope. They didn't put it in those exact words but that's what they meant. I was interested to hear that January is named after Janus, the Roman god who looks backwards and forwards. The lady who told me this pointed out

the symbolism; at the beginning of the year you look back over the old year and forward to the new one. It's obvious when you think about it.

Quite a few older people mentioned things, like first footing, i.e. presenting friends and neighbours with lumps of coal (and receiving a dram in return!) Some reminded me that the New Year has been celebrated in this part of the country far longer than Christmas, which is only to be expected.

To go back to resolutions, what did people resolve to do this coming twelve months? Those who had made resolutions (between 35% and 40%) were going to get fit/lose weight/change jobs/take up a new hobby. Others included giving councillors/MPs/MSP's a hard time and demanding action on a range of issues from reopening the swimming pool, cracking on with another independence referendum, leaving/staying in the EU and other associated issues. Interestingly enough, almost all the younger people I asked said they wanted to work at being better neighbours both locally and nationally. So how durable are New Year resolutions?

Some depressing research indicates that the optimum time for breaking resolutions is 17 January. People buy gym memberships, join Weight Watchers, decide to go running, start writing letters (but are put off by the price of postage!) find they have lost phone numbers, addresses, email addresses and other contact details of old friends. What's that song we sing one Hogmanay? Should old acquaintance be forgot and never brought to mind. That's the one, do we know the answer to that question?

That's the depressing part. The encouraging thing is that there is nothing to stop us aspiring to resolutions throughout the year. So, what if you haven't been to the gym, written to your old friend, sought clarity from local and national government agencies? The word resolution does not symbolise a vague notion, or a good intention. It's something you should do and are determined to do. If you fail once, try again. To quote the old Glasgow proverb, "If at first you don't succeed, in wi' the welly then the heid." May I wish you all a belated and resolute New Year.

HEALTHY HELPINGS

New Year, New You

Make 2019 the year to make some changes to benefit you for the rest of your life

Would you like to learn more about Healthy Eating and a Healthy Lifestyle in a relaxed setting? Do you need to lose some weight? If your answer to the above two questions is YES, Healthy Helpings could be the answer for you. Healthy Helpings is a FREE NHS programme which runs for 1 hour each week, for 6 weeks.

Topics Covered Include:

- **HOW BEST TO PLAN AND MAKE CHANGES**
- **SENSIBLE WEIGHT LOSS TARGETS** • **PHYSICAL ACTIVITY**
- **HEALTHIER FOOD** • **MEAL PLANNING** • **LABEL READING**
- **FLUID AND ALCOHOL INTAKE** • **APPROPRIATE PORTION SIZES**

Healthy Helpings is delivered:

Monday

10.15 - 11.15am and
11.45 - 12.45pm
Aberdeen Health & Care Village
Frederick Street – off King St.

Tuesday and Wednesday

1:30-2:30pm
Woodend Hospital, Eday Road

Wednesday

2-3pm
Garthdee Health Centre
Bridge of Dee

Healthy Helpings aims to explain how best to lose weight, and to keep it off.

Classes are presented to groups of 10 or less and are available to adults over the age of 16 who are overweight and who want to lose weight.

To find out more or to book a place, please call - 01224 556 556





Boogie in the Bar

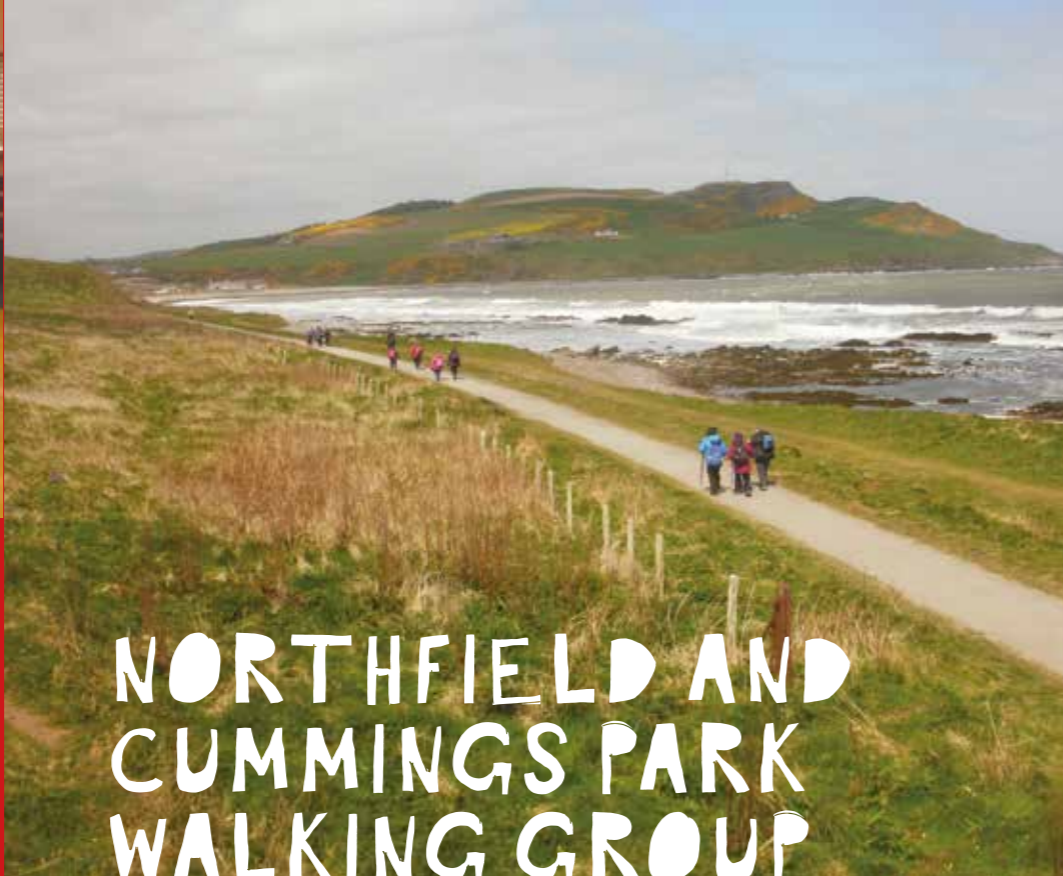
Boogie in the Bar winter festive party took place on Friday 7th December in Sunnybank FC social club. Around 40 people came along and had a great time dancing to music from 50's through to present day.

A traditional Christmas lunch of turkey and all the trimmings was provided by CFINE followed by ice cream kindly donated by Rizza's of Huntly and served by ACC staff and local volunteers. DJ for the party was Kenny who played requests and music to suit all ages and tastes. Santa also popped in for a visit and a boogie.

Boogie in the Bar relies on the wonderful volunteers and donations from Aberdeen City Council, AFC Community Trust and supported by Sunnybank FC management committee.

Boogie in the Bar takes place on the first Friday of every month from 12.30 to 3.30pm. It's free of charge and open to anyone over 50 and is dementia friendly. Why not drop in and enjoy a dance, a drink, a light lunch and a blether in a safe and friendly environment?

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



NORTHFIELD AND CUMMINGS PARK WALKING GROUP

We went to Ballater to walk to the Farquharson Monument near Cambus O' May on the Deeside Way. This is the old railway line. It was lovely sitting at the monument in the sun having our lunch looking over to the mountains and the River Dee glittering in the sun below us.

Another fine sunny day saw us at Whiteford at Pitcaple. This walk took us through Logie Wood then along a track with a beech hedge either side, then up a farm road with lovely views of Bennachie in the distance. We passed the site of an old Roman Fort now long gone, we had our lunch in the village playfield again in the sun.

It was lovely walking back by the side of the Urie Water and passing Logie Country House, now used for weddings.

We had a joint pre Christmas-Lunch with the Mastrick Strollers at the Station Hotel Stonehaven, a short walk along the board walk to the harbour first then up for a lovely meal which everyone enjoyed.

The first walk of the year saw us go down to Johnshaven which is a lovely little fishing village, we walked on the old railway line to Gourdon where we had our lunch.

Lovely views all around and also the sea with the sun shining on it.

Back at Johnshaven at the harbour we had wine and cake to celebrate two of our members sixtieth and eighty fifth birthdays, then into the fish house for cod roes and fish.

We walk every second Friday we leave at 9.15am and are back about 3.30pm.

The walks are easy to moderate with no hills, we walk for about an hour and a half have our lunch then an hour and a half after lunch.

We have a few seats on the bus still available so don't wait for the fine weather as you may miss out.

If you are interested phone 01224 783627 or Email helenandraymond@hotmail.co.uk before they are gone.

BRIEF UPDATE ON NORTHFIELD SWIMMING POOL

It would be nice to report that there is good news about the upgrading of the Northfield swimming pool, but unfortunately the project seems to have ground to a halt. Sport Aberdeen (the corporate part) have been unforthcoming, merely saying that there will be progress reports from time to time without being more specific than that. Repeated phone calls from various members of the public have met with this standard reply. Perhaps this would be more believable if the information on their website was a bit more up-to-date.

To quote from their website, "Northfield Swimming Pool is a bright and modern 25 metre pool which offers swimming lessons, rookie life guarding, public sessions and adult only swim sessions. In addition, we also have Active Ageing sessions, aqua aerobics and the hugely popular Floatfit HIIT classes.

It is home to the Aberdeen Dolphins Swim Club." I leave readers to decide how true that is. It also says that they are delighted to announce the current refurbishment, dated 14/03/2018. Anyone who lives in the area will be aware that no activity is obvious; I walk past the pool at least three times a week, and there is no sign of activity of the refurbishing kind. This reporter has so far been unable to trace anyone from Aberdeen Dolphins Swim Club for an update on where the club is presently enjoying its activities, it certainly isn't at Northfield swimming pool!

We understand from Councillor Gordon Graham, who is on the board of Sport Aberdeen, that the meeting held on 1 February made frustratingly slow progress, and little or nothing was decided. Meanwhile this site is deteriorating, and the trust between local residents and those responsible for the

upgrade is conspicuous by its absence. I have been told that "the economic climate" cannot be discounted as a very important factor. No one has ever satisfactorily defined what "the economic climate" means, although plenty of people in Cummings Park have their own version. The nearest approximation I can lawfully give... No, even that one wouldn't get past the censor!

Northfield Swimming Pool owes its existence to public subscription from local residents back in the late 60s or early 70s. It continued to exist under the auspices of the city council, at least partially financed by domestic rates and council tax until Sport Aberdeen, a corporate business as well as a charity, were given control. As I said at the beginning, it would be nice to report that there is good news, and I sincerely hope there is before this magazine appears again.

Westpark Primary School

School news

To mark the centenary of the WWI Armistice, Westpark pupils took part in "Westpark Remembers", a project culminating in a concert celebrating the music and stories of the Great War.

On December 23rd, 23 volunteers and 36 runners from Westpark AC took part in Duthie junior parkrun, a weekly free 2km run. It is always well attended by Westpark runners, and hopefully more will join soon to keep those New Year resolutions. More details can be found here: www.parkrun.org.uk/duthie-juniors/

This term, as part of our Westpark Community Champions project. We at Westpark will be awarding The Cowie Cup to one of our P6 Community Champions. The Cowie Cup was donated to the school by the family of Fraser Cowie, our much loved and missed Head Teacher.

- A Westpark Community Champion should be a responsible citizen who is committed to improving their community and is proactive in doing so.
- The Pupil Council voted that the winner of the Cowie Cup should also demonstrate excellent behaviour in school.

The open afternoon this term will be on the 28th of February. Parents will get the opportunity to hear about our plan to improve writing with the help of our new Support for Learning teacher Mrs Jones, to hear children reading some of their written work and talk about their learning and to see the children in action in their classrooms.

Family Learning drop in sessions will continue on Tuesday afternoons with Megan Ayliffe in the school library, all parents are welcome to attend. Megan has done some work on sleep routines and digital safety and will start the new year with a refresher on these.

Adult literacy classes will be starting at Westpark this term, run by the Family Learning team. We are delighted to have received funds for this from the Northfield Partnership Forum. Information will be sent from the school about how to get involved. If someone you know has children at Westpark School and you think this would benefit them, please encourage them to contact the school office on **01224 692323**.



Bramble Brae Primary School

From nurses to retailers, bankers to engineers, on Wednesday 16th January 2019 Bramble Brae School in Aberdeen welcomed more than 25 volunteers into their classrooms. The event was organised as part of on-going initiative from Primary Futures, a programme run by the charity Education and Employers, which aims to broaden the horizons and raise aspirations of children from the ages of five.

Bramble Brae hosted this event to showcase the importance of starting early when introducing young people to the world of work. After five years of working with Scottish primary schools, the focus for Primary Futures Scotland during 2019 is to encourage more schools to get careers related learning (CRL) embedded more deeply in the curriculum. Bramble Brae is an exemplar in this field.

Particularly, the school used the volunteers to demonstrate how they use literacy and numeracy in their day-to-day life, getting children to think more broadly about what they could do in the



future and make the link between what they learn at school and future jobs.

Research conducted by the charity Education and Employers in 2018, 'Drawing the Future' shows that children as young as six have already started to form opinions about what they can or cannot be in the future. This research highlights that they are influenced by what they see around them, and that gender and socio-economic stereotyping can play a big part in this. For example, 20 times as many boys aim to have a role in the armed forces or firefighting services compared with girls, similarly, over 20 times the number of girls aspired to be involved in the fashion industry compared to boys. 36% of children base their career aspirations on people they know, if they didn't know anyone who does their ideal job 45% stated that TV, film and radio were the biggest factors influencing their choice. Worryingly less than 1% of children know about a job from someone visiting their school, illustrating how much work there is still to do.

Bramble Brae Infants Show

The stars of Bramble Brae took to the stage on the 17th of December with their adorable rendition of We Three Kings. The nursery to primary one show captured the audience hearts, putting everyone in the mood for Christmas. The festive story followed the journey of the three kings and the favourite camel as they journeyed to meet baby Jesus for the first time.

The all singing, and dancing show was accompanied by some beautiful and upbeat tracks. Featuring stand out performances from the entire cast, it is clear how much work and preparation has gone into the final show.

The hard work and dedication of both the teachers and parents at the schools has resulted

in a feel-good Christmas performance. With the entire audience walking out of the hall with ear to ear grins, Bramble Brae did not disappoint. Teachers Mrs Napier Mrs Mitchell, Mrs Ritchie and Miss Chalmers were all involved in making the show possible.

One of the stars of the show Alex Franklin, who played Casper's Camel said: "It was really fun, I loved the costume and the songs."

However, the hidden stars of the show had to be the parents and grandparents sat in the audience. Singing and dancing along with their children and grandchildren, the show was one for everyone to enjoy.

Life Long Learning at Cummings Park Community Flat

Janet Calder

I attend a maths group on a Wednesday morning within the community flat. As part of this group I have learned numeracy, times table, how to budget and basic maths skills. The group is small which suits my learning as I get a bit anxious in large group settings. I feel I learn more when I am part of a small group. We are all doing the same. The tutor is very patient with us. If we have a specific question or do not understand something he will explain in various ways until we understand. The flat is informal so the atmosphere there is perfect for me. I have attended other activities, such as the sewing group, the quilting group, the discussion group and the knitting groups. I can drop into the flat anytime just to catch up with people and enjoy a cuppa.

I also attend a literacy group in Mastrick Community Centre. in this group I have learned new skills in reading, writing and spelling.

Attending these groups has given me confidence and has made me feel better about myself and my self-esteem has risen. I have made new friends. The tutors and helpers are absolutely great, and I totally appreciate their hard work.

Life Long Learning offers free learning in IT – computing basics, email, internet, word processes, job searches, phone and tablet drop in sessions. Also on offer are basic English for speakers of other languages, life skills, reading, writing and numbers, healthy eating and cooking and budgeting skills.

Information can be gained by emailing lifelonglearning@aberdeencity.gov.uk or calling 01224 495683.

Cummings Park Community Flat

01224 681357
122 Cummings Park Drive

We are a small establishment within Cummings Park. We offer small group sessions to people from Cummings Park and across the city. We work with agencies to provide people with help and support.

Theresa from Pathways will help you in all aspects of a job search following you making an appointment to see her. For more information on how to book an appointment or to find out about the work of Pathways call 01224 682939 or visit their Facebook page.

Donna from VSA Carers Support offers a drop-in service for people who care for others seeking advice and support. You can get information on the Carers Support Service by calling VSA on 01224 212021.

The Silver City Surfers offer a service within the community flat on a Thursday morning. They help people over the age of 55 become

familiar with computers. Just come along on a Thursday from 11am and chat to Anthony and George.

The Cumming North magazine team meets within Northfield Community Centre and at Cummings Park Community Flat. If you wish to join the team, add an article to the magazine or simply just want to find out more about it you should call Laura on 01224 515013 or by visiting their website.

Our programme at the moment consists of mindfulness classes, weigh in, quiet knitters, discussion group, sewing group, quilting group, ladies’ group, knit and natter, gardening opportunities, intergeneration group, crafts group and our man’s group.

We offer time where people may come and chat. Perhaps you are feeling a bit bored, lonely or just feeling the walls coming in. come and join us for a cuppa and a chat. You are welcome to just pop in and say hello. We will look forward to seeing you soon.

.....

St Machar Credit Union

Will you be our 5,000th St Machar Credit Union member?

We are fast approaching our 5,000th customer who will open a credit union personal account. Start the new year with a new personal savings account

You can use your credit union account for savings or use your account for savings and a low-cost affordable loan.

To be eligible we need you to provide ID of who you are, where you live or work and your income

- we cover Tillydrone, Woodside, Middlefield, Northfield, Cummings Park, Seaton.

For more information phone (01224) 276994, email f-credit@fersands.org or Facebook St Machar Credit Union.

**ST MACHAR CREDIT UNION
433 Great Northern Road
Woodside Aberdeen AB24 2EU**

Or staff are at the Hub every Monday 6.30-7.15 or every 12.30-1.15pm

BOOKBUG IN NORTHFIELD

Storybook adventures are coming to life with the Bookbug sessions in Aberdeen. The free sessions use songs, stories and rhymes to provide some social fun for both the children and parents involved. Bookbug sessions currently take place in every library throughout Aberdeen. Each session will run for half an hour from 2.15pm every fourth Monday in Northfield Library.

Bookbug sessions are aimed at young children between the ages of 0-5 years. Sessions that fall during the school holiday period however are open to older siblings as well.

Linda, Northfield’s Bookbug Session Leader said: “I’m very excited to be part of the team delivering these new Bookbug sessions to the communities of Mastrick and Northfield and look forward to welcoming new and old friends to our libraries!

The Bookbug programme provides an environment that both the children and their families can enjoy.

Margaret, Early Years Librarian said: “At the end of the day it’s a lovely way for a parents, carers, and grandparent, to spend half an hour, relax, meet new people and make friends. Being a parent at home with a new baby can be isolating at times. “

The work that Bookbug does helps to create a fun learning environment from an early age. With songs are rhymes designed to make the sessions more accessible whilst teaching the children early development.

Margaret said: “Songs like head and shoulders is great for teaching kids where the different body parts are as well as teaching them hand eye coordination. We use baby touch rhymes to try and make sure that the sessions are as accessible as possible.”

The Bookbug project also contains a project called the Bookbug bags. Theses bags aim to get children reading from a young age.

Ruth Taggart the Bookbug Programme Coordinator said: “The research about language development programme is aimed at the earlier years. This is the age when, all that important brain development is happening.”

Jackie, Senior Library Assistant at Northfield said: “As the new Senior Library Assistant at Northfield I was very pleased to see so many children, parents, carers and grandparents enjoying the stories and joining in with the rhymes at our first Bookbug session. We hope that these sessions will grow in popularity and the children will be introduced to books and the other services Northfield Library offers at a young age.”

More information is on the Bookbug sessions is available on the Aberdeen City Council website and in libraries across the city.



councillor comments

Gordon Graham

I am currently visiting all the primary schools in the ward, I am very impressed with those I have visited so far and can report that teachers and pupils are working hard at school. I was also interested to find out that the children have the same concerns for our neighbourhood as we do. When speaking to the kids they stated that litter, the environment, nature, protection of wildlife and domestic pets were important to them and that we should all try to improve these. I promised them I would do my best.

To add to that, I recently went on tour of the new improved Heathryfold Park and Auchmill Community Woodland with pupils from both Heathryburn and Manor Park Primaries, along with the Country Ranger and the Community Development Officer. The main aim of the tour was for the kids to design a logo for Heathryfold Park and give the children food for thought when making the design. It was also an opportunity to let the children

know what is happening locally. For my part I gave them a brief history of the area telling them about Dancing Cairns Quarries, the Scatterburn, March Stones, the wildlife and the chutes at Heathryfold.

I am also trying to identify funding for Westpark to install a memorial for the former Headmaster Fraser Cowie. If anyone can help or can think of ways of helping please contact the school.

I have changed my surgery times to 11am on a Wednesday at an alternative community centre each week and The Hub. Details are posted on the walls of the Community Centres

Gordon Graham
Councillor for Northfield and Mastrick North.
Vice Convenor of City Growth and Resources.
Tel 07736329751

Northfield Community Policing Team Update

Constable Martin Taylor

The Northfield Community welcomes in a New Year and unfortunately, the members of the Northfield Community Policing Team anticipate that the advent of better weather and longer days will bring with it, the unwelcome and all too familiar drone of off road motorcycles.

Police Scotland continues to pro-actively tackle issues of Road Safety and Road Traffic related crime by targeting those who ride motorcycles in a dangerous or criminal manner.

Operation Armour will be launched in April 2019, with the hope that the positive results of 2018 will be replicated. April 2018 saw twenty-three motorcycle related calls reported by members of the public in Northfield, by August 2018, this had fallen to two, with eight vehicles being seized in the Northfield area. Across the city of Aberdeen over the period of Operation Armour,

motorcycle related incidents fell by 65% and sixty individuals were charged with a variety of offences.

That said, the Officers of the Northfield Community Policing Team urgently require the help and support of residents. I know from personal experience that the residents of Northfield are deeply concerned regarding the criminal and dangerous use of motorcycles on their streets and so they should be. I would urge residents to come forward with any information relating to the use of such motorcycles, whether it relates to where they are stored or who is riding them or simply sightings of them. Together we can make the streets of Northfield a safer and quieter place for all.

Members of the public can call 101 for non-emergencies and general enquiries and in an emergency call 999. If you have any information regarding crime you can contact Crimestoppers on 0800 555 111.

LIFE, DEATH, AND RESURRECTION

Mike Middleton

Standing sentinel on the brow of the hill at Newhills Auld Kirk is the Watch House for Newhills Cemetery.

This little square bothy like building with grate and chimney is testament to a grisly period in history. This was the time of the burkers and resurrectionists, the body snatchers of the early 19th century.

During this period anatomy doctors in our universities had to procure bodies for dissection. This meant people would go and rob the graves of the dead and a watch had to be kept until purification had set in and the bodies were of no use for dissection. Sometimes mort safes were used to house bodies until rot set in.

One famous “anatomy man” was Dr Andrew Moir of King’s College in Aberdeen. He was known as “Dirty Dr Moir” because he procured bodies at a good price. There was a trade in human

flesh, but he also went on forays himself. Reviled by the citizens for his vile desecrations of the dead he became a central figure in a riot where his laboratory was destroyed, and he had to flee for his life.

The destitute were many and the mortality rate of the poor and their children in the inner-city slums was very high. The corpses became cadavers in anatomy rooms in secret locations around the city, the criminal classes were also sentenced to be dissected if hanged.

Far off in the distance facing south from the watch house is the farm of Gillahill where it is alleged the cadavers were buried in a communal grave. Legend has it that the area is haunted by the spectres of the dead. Old maps do mark it as the site of a graveyard, but there are no head stones to mark their passing.

It is private property
MM



Cycling Memories

Bob Smith

I was a keen cyclist when I was younger and was forever on my bike as a kid, but due to deterioration of my eyesight in the past fifteen years I am no longer able to cycle on my own. As part of my recovery, I mentioned to the support staff that I would like to cycle again to stay fit and healthy. My co-key worker and I worked together to source where tandem bikes could be tried and tested as then this way staff would be able to ‘be my eyes’ on a bike ride. After a few internet searches and phone calls, we found out that the Garioch Sports Centre in Inverurie did such an activity.

I went along with staff to the Garioch Sports Centre and tested out a tandem and I loved it. I purchased one which was specifically made to my requirements and was delivered from Holland. It took a while to arrive, however it was well worth the wait! Being back on a bike after all these years was very exciting, but I was a little apprehensive. I have good trusting relationships with the staff, so I feel safe when on my tandem with them steering. It’s been great fun cycling around the local area and sharing the pedalling with staff makes the hills a bit easier! During the winter months, I have also taken up swimming with the support of staff, so come spring time, I’ll be fit for longer bike rides along the old railway line for example.

IntoFilm Club at shmu

We recently launched our new shmu Youth TV Into Film Club which is running every Thursday from 6-8pm for 11 to 19 year-olds, this opportunity is free to those who are living or attending the local schools in the regeneration areas across the city. The programme consists of watching a movie one week and on the following week the group review the film and learn about the different aspects of film making. To enhance the experience for the young people involved, shmu secured the use of a full cinema kit through a partnership with Cinema for All which has enabled the group to view the movies at a high standard, giving that real-life cinema experience. This has proved to be a great asset to the sessions and will hopefully help towards increasing the number of young people taking part in the sessions.

We're keen to get out into the communities and local schools to speak to as much people as possible about this new opportunity in the hope of attracting new people to the sessions.

We will be returning to our redeveloped shmu building just off Great Northern Road around the end of February, so we feel this is the best time to get out there and promote our youth opportunities to the young people who can benefit from taking part and access our new facilities.

For more information please get in touch with denise.reid@shmu.org.uk



shmu youthTV

Into Film Club

Live TV broadcasting

Aberdeen BFI Film Academy

Film making courses

Every Thursday evening from the 15th November, 6-8pm at shmu, 202 Ashgrove Road West

For more information contact lori.wilson@shmu.org.uk

These opportunities are for young people aged 11-19 years and living in the following areas - Northfield, Cummings Park, Middlefield, Woodside, Tillydrone, Seaton and Torry

ABERDEEN CITY COUNCIL

fairer aBERDEEN fund

CASH FOR CAR

shmu



Byron Square Refurb

Having seen and heard about the many good things happening around different areas of Aberdeen such as Tillydrone, Seaton, Torry and Middlefield it has made me wonder what has happened to the refurb that was discussed for Byron Square? A good few years ago, perhaps 8 or 10 a meeting was held in Northfield Community Centre to see what could be done about the state of the square, the amount of people who turned up was a lot more than was expected.

We all listened to various groups and officials giving their ideas and thoughts on the subject. Some things that were mentioned included an overhaul of the car park which was to be cleaned and the parking layout changed with the bays to be marked again. Also, the road in front of the shops was to have extra wide sleeping bobbies across it which would be raised level with the paved areas for easy access for wheelchair users coming from the car park.

They would also be marked with a zebra crossing. There were to be a loading bay only at the end where the buses used to pull in and more disabled bays along the road with double yellow lines in place. The plans also mentioned the pavements to be checked and made good as well as the shops and their canopies to be looked at to make sure they were safe and tidy. That was the plan that most agreed to out of the three plans submitted to the meeting so it was decided that was the way ahead but that was the last thing that was heard of the plan after the officials had agreed to go ahead.

Someone must know why it never came to fruition and why Northfield lost out without a word being spoken. As I said nice things are going on in the city but not in the Northfield areas so come on folks, have a word with the people you voted for. Irrespective of their political party, they should get together to make things happen for the community.

Quiz

Missing Word

- 1) Plus – Language
- 2) Star – Sour
- 3) Home – Out
- 4) Trench – Hanger
- 5) Grand – Curtain
- 6) Open – Marker
- 7) Steam – Mat
- 8) Press – Poker
- 9) Hard – On Toast
- 10) Crab – Sauce

Mental Maths

$$26 \times 2 - 12 / 4 \times 15 - 1/3rd \times 2 + 45 = ??$$

Who am I?

(Five points if you get it with one clue. The more clues you need, the less points you get)

- 1) Born Thomas John Woodward 1940, Kingsland Terrace, Treforest, Pontypridd
- 2) In 1963 became frontman of the Welsh pop group Tommy Scott and the Senators
- 3) Gordon Mills became my manager in 1964 and changed my name to that of a character of a well-known film of the time
- 4) My first single, Chills and Fever, failed to chart but my second became an international hit
- 5) After a few more hits I changed to singing more crooner songs. Nowadays it's not unusual to see me on The Voice as a judge



FESTIVE FOOD & FUN

A number of different events took place either directly through or associated with the Food & Fun project over the festive period.

A party was held at Cummings Park Centre on 14th December 2018 supported by funding from the Festive Grant fund. Sean McVeigh from CFINE ably supported by parent volunteers and staff, cooked a full turkey dinner with sticky toffee pudding and ice cream which was dished up to approximately 30 children. The turkey dinner was 'better than the schools cos we got a whole sausage!' The children were entertained with games and a disco, Santa made a visit and each child received a selection box. Thanks to CFINE, Tesco, Rizzas Ice-Cream and the Bridging the Gap project for their support with the food and selection boxes and to parents and staff including City Wardens for supporting and hosting the event.

Children from Northfield joined others from Tillydrone and Torry at the Beach Leisure Centre and Lynx Ice Arena on Christmas eve. The event was sponsored by Sport Aberdeen and children enjoyed time on the ice – many for the first time. Localities staff were joined by Director Andy McDonald and volunteers from Aberdeen Football Club Community Trust (AFCCT) to assist. A soup and sandwich lunch was again provided through CFINE and all the children left with a selection box.

Another smaller event was held at Pittodrie on 27th December sponsored by AFCCT. This time lunch was macaroni cheese and there was a disco and games with a quiet room for crafts. Donnie the Sheep and Angus the Bull joined in and even though he must have been absolutely exhausted, Santa managed another visit - supported by one of the first team players, Niall McGinn who gave everyone a small AFC stationery set.

Big thanks need to go to all the partners in Food & Fun – CFINE, Sport Aberdeen, AFCCT and ACC for their support at these events at a busy time for everyone. Thanks too to Central coaches who put on busses from each area to the venues and back.

In addition, families were offered the chance to register for food parcels provided by CFINE to help over the festive period. These were distributed in the few days running up to Christmas. Please note this is a service that can be provided throughout the year when access to Food Banks is closed or very difficult. All the community venues in the area receive food from CFINE for sale and receive FareShare goods which are free for distribution to anyone – it saves excess food going to landfill. Please check the Northfield Total Place Facebook page – we tend to post when we get a lot of goods in as does Cummings Park Centre.