

# cumming north

Spring 2020



## In this issue:

CLIMATE WEEK 2020  
WESTPARK PRIMARY  
HAUDAGAIN  
IMPROVEMENT

[www.shmu.org.uk/press](http://www.shmu.org.uk/press)



Spring Edition 2020

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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](mailto: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



# the Rowan Tree

It has been a bumper year for the Rowan tree, Europe's highest altitude fruiting tree, a great source of food for birds and mammals.

With various names, we know it as the Rowan or Rodden, in other parts it is the Mountain Ash. This is due to the altitude it grows at. It is a member of

the Sorbus family with lovely bunches of white or cream flowers.

In the past in the dark recesses of the medieval mind it was believed to ward off witches and evil spirits due to its bright red berries. It's branches were placed beneath byre doors and

over door lintels. Even today Rodden trees grow in the gardens of old cottages and farms, a remnant of the past.

*O' Rowen tree so red and bright, your  
berries bursting with delight.*

*Down in the the Den and up the Glen,  
each year we love to see again.*

*The Thrush and Blackbird,  
Starling too, enjoy their summer  
thanks to you.*

*And once they feed they pass her on,  
another generation wildly sown.*

*Did you know if we all plant a  
tree, we could help against  
global warming.*

*Mike*



# Cummings Park Flat Community Garden

Mrs Meadows and the rest of the team at Cummings Park Flat Community are delighted with the progress they've been making on their garden. The compost has been delivered so they will be getting to work on that very soon. They are really looking forward to how lovely it will look in the summer and are just waiting for Aberdeen City Council to put the fence up around the garden to stop people walking across it.

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## The Cubby at Cummings Park Centre

The Cubby is a small food distribution centre in Cummings Park Centre and will open soon. Working in partnership with CFINE, The Cubby will be staffed by a small group of local volunteers and will be open two mornings each week.

The Cubby will help those currently struggling to make ends meet by offering additional basic food supplies. There will also occasionally be the opportunity to taste food on offer and pick up recipes for basic budget meals.

If you or a friend or neighbour would benefit from becoming a member please get in touch with Sara, Wilma or Angi at Cummings Park Centre to register. You can pop into the office to speak to them or call 01224 694060.



# ABERDEEN PLAY FORUM: COME AND PLAY!

Aberdeen Play Forum is a local charity that delivers free and accessible play sessions within the community. It is our mission to promote the important role that play has in children's wellbeing and development. In particular, we focus on outdoor and loose parts play. Loose parts are open ended materials such as, tyres, planks of wood, pipes, crates, sticks, ropes. These can be used in a variety of ways and are only limited by the child's imagination. Children will often spend more time absorbed in this type of play than with more prescriptive plastic toys.

2019 saw us become more ambitious in our delivery of such sessions, including providing pop

up term time sessions and covering seventeen local parks in the October holidays. In addition, we delivered a pilot Play in the Dark session at Hanover School on the 29th of November 2019. We aim to continue this work in 2020 with more pop-up sessions planned, introducing weekend and all-weather sessions. Look out for us on Facebook to see where we are popping up next!

**For more information about Aberdeen Play Forum , look them up on Facebook or get in touch by phone 01224 518 578 or email: Karen.Shepherd@aberlour.org.uk or melanie.jaffrey@aberlour.org.uk**



# A92/A96 Haudagain Improvement Project

Farrans are delighted to be working on the A92/A96 Haudagain Improvement Project on behalf of Transport Scotland. Works are progressing well and are due for completion in Spring 2021.

The project includes the construction of approximately 500 metres of new dual carriageway connecting the A92 North Anderson Drive and the A96 Auchmill Road and will assist with reducing traffic congestion and improving journey time reliability, as well as contributing to the regeneration of the local area.

Our site office has been in place since the middle of last year, and during this time, we have been busy working on completing numerous utility diversions and are making good progress with earthworks and drainage operations.

Since the start of the new year, we have permanently closed Logie Terrace and Manor Terrace to traffic, so that we can start constructing the new alignment of Manor Avenue.

Construction works will be continuing at a rapid pace throughout 2020, and we appreciate your patience while we construct this section of road. Due to the nature of the work we undertake, we often have people working very close to live traffic and would like to ask that you continue to be mindful of this while you are driving adjacent to the works.

In order to construct the improvements we will need to implement various traffic management schemes on local roads throughout the remainder of the project. This will include the likes of road closures, lane closures and temporary traffic light systems. We will endeavour to keep everyone informed through the information notice boards, project website, targeted letter drops, press releases and early warning road signs. As the works progress,

the need to keep the community and members of the public informed is of the upmost importance. In addition to meeting the community, we also have three information notice boards around the area. These are situated in the following locations:

**The Hub, Manor Avenue, Aberdeen AB16 7UR**

**Outside Manor Park School, 2 Danestone Circle, Aberdeen AB16 7YB**

**Mastrick Access Point, Spey Road, Aberdeen AB16 6SH**

We believe that it's really important to contribute to the communities in which we work and have made donations to the local food bank as well as visiting local schools with our presentation about safety around building sites. Any future job opportunities will be advertised at the local job centre, and we are currently liaising with the local universities in the run up to advertising Farrans summer placements.

The project also benefits from a dedicated community liaison officer, Angela Newlands.

We have recently released the second edition of the project newsletter which can be found, along with further information on the project by visiting:

**[www.transport.gov.scot/projects/a92a96-haudagain-improvement](http://www.transport.gov.scot/projects/a92a96-haudagain-improvement)**

We would like to take this opportunity to thank the local community and road users, for their patience and cooperation during construction and to let you know that our aim is to minimise any disruption as much as possible.

**If you have any matters you wish to raise concerning the project, please contact Angela at [haudagain@farrans.com](mailto:haudagain@farrans.com) or telephone 0800 783 0024.**





## BOOKBUG AT NORTHFIELD

Bring your wee one to a Bookbug Session at Northfield Library!

Did you know that Northfield Library holds monthly Bookbug sessions for 0 - 5 year olds and their parents/carers? Bookbug sessions are free, fun and friendly sessions of songs, rhymes and stories. Each relaxed session lasts around 30 minutes and is a great opportunity to meet other families, learn new things and have fun.

After a fun Bookbug session, one parent has said 'bringing my little one is a great experience. I strongly believe that it helps in her learning and making new friends.' So, why not see for yourself? Whether you have never tried a Bookbug session before, haven't been for a while, or you are a regular attendee, if you have or care for a child aged 0-5 years we would love to see you there!

Sessions are held at Northfield Library every fourth Monday afternoon. The next sessions is:

**Monday 16 March 2020:  
2.15 – 2.45 pm**

# Northfield Swimming Pool

**Daft Wee Jimmy**

**There is a theory that no news is good news. If you subscribe to this theory, prepare to be overjoyed. The latest entry on the Northfield Swimming Pool website dated 4 October 2019, gives the bare information that a business case has been made and approved for the refurbishment of this facility. As has been noted previously, it seems a little strange to announce that the business plan has been set out after the pool had been shut for more than 18 months.**

On my perambulations around Northfield, I have met a large number of people who are distinctly underwhelmed with Sport Aberdeen's seemingly unambitious target in this particular sphere. The fact that Sport Aberdeen proposes to build additional facilities within the complex is welcomed, but with the caveat that it is easy to make promises, delivery is the thing. It is understood that completion of the facility will be some time in the summer of 2021. In other words, another 18 months at least before this valuable facility is functioning again.

When interviewed on shmuFM, Sport Aberdeen's CEO made the anticipated explanation

that planning and bringing the team together for building the extension is a complex business, and if everything is to be done correctly in accordance with building and other regulations, it all takes time. It may be a little unfair to compare the glacial pace of progress with similar projects in other parts of Scotland, but in the last five years, similar and larger projects of this kind have been delivered well within shorter time frames. I had occasion to visit South West Scotland recently, where reliable sources informed me that various councils within had upgraded and renovated similar facilities much more quickly. The main difference, so far as I could see, was that the business plan had been produced well in advance of closing the facilities. There was the added advantage that the companies and councils involved had agreed maintenance and renovation plans, and had staggered the closures and renovations to minimise inconvenience.

Recently it was announced in the Evening Express that work on the building will begin this summer after the business case for the project was approved at council last September.





# DAVE'S PAGE

## WHAT DO WE HAVE IN COMMON?

I am a HERMIT, but I am not a crab and I don't live in a cave

Known as an ADMIRAL although I have no rank or fleet to command

The call me a PEACOCK even though I am not proud and have no feathers

Not king nor Queen but still a MONARCH but have never been a ruler

I am an EMPEROR who does not wear clothes old or new

## MISSING LINK

1- Clothes --- ? --- Out

2 - Feeling --- ? --- Gillespie

3 - Freezing --- ? --- Comfort

4 - Tower --- ? --- Ballroom

5 - Edinburgh --- ? --- Keeper

6 - Cheese And --- ? --- Rings

7 - Grand --- ? --- Keys

8 - After --- ? --- Treatment

9 - Ground --- ? --- Cup

10 - Ninja --- ? --- Soup

## DO THE MATHS >>

$$25 \times 4 - 2 + 75 \times 4 - 450 - 5 + 29 = ?$$

ANSWERS  
1 - Peg - 2 - Dizzy - 3 - Cold - 4 - Ballroom - 5 - Zoo - 6 - Onion - 7 - Piano - 8 - Shock - 9 - Coffee - 10 - Turtle  
Do the Maths = 39  
What we have in common is we are all Butterflies

# CLIMATE WEEK NO

We know about Climate Change. We have watched Blue Planet, heard all about the never-ending Australian bush fires, the tsunamis, droughts, mass extinction of species, flooding, melting of the icecaps. We know the terrible impact that climate change is having and want to stop it getting worse but it is difficult to know what each of us can do about it. Climate Week North East (CWNE) is 10 days of events in Aberdeen City and Aberdeenshire, running between 20-29th March 2020, designed to show what we can all do to make

a difference to reduce our carbon footprint and live sustainably. The events are fun and stimulating, providing knowledge and inspiration for everyone to take small (and big) steps in the fight against climate change.

Be stimulated and spurred on by the showcase of the community initiatives, have fun at green family fun days, get active on guided walks and bike rides, learn to craft and upcycle, tour recycling and community projects, attend activism workshops, watch films, learn and discuss at talks

and conferences, make wild meadows or plant trees. No matter what your age or pursuits are – there is something for you to enjoy in the Climate Week programme in the City and Shire. The full programme of events can be seen on [www.climateweekaberdeen.org](http://www.climateweekaberdeen.org) or the CWNE facebook page.

As Alison Stuart, Aberdeen Climate Action, says

‘There are so many great initiatives taking place in the North East that concentrate on really living sustainably. It





# NORTH EAST 2020

is inspiring and heartening to see how everyone is coming together to create community 'eco' projects, grow our own food, repair and upcycle, walk and bike more, consume less and really promote a sustainable lifestyle. Climate Week is a great way of highlighting this and the actions we all can take. It shows that taking action can be fun and demonstrate the real benefits of reducing our carbon emissions and living more sustainably.'

'With so many events on, I don't know how to choose which to go to. I am really looking forward to going to as many events as possible at the Barn, Banchory, watching some amazing films, learning more at the talks and workshops and finally finding out how to compost properly! I know my kids are going to have a great time at the Green Family Fun days, getting crafting and seeing more in nature.'

Why not come along to a few events and make a pledge for Climate Week North East to make a positive change in your life and to the lives of others at [www.wearedonation.com/businesses/aberdeen-climate-action/campaigns/climate-week-north-east](http://www.wearedonation.com/businesses/aberdeen-climate-action/campaigns/climate-week-north-east).





# Westpark Primary School



On the 6th of December Westpark Primary 7 pupils took part in a Wee Sleepout. We were not able to do it outside because it wasn't safe, so we did it in our school hall on the stage. We did this to raise money for the homeless as we were inspired by Social Bite and other schools that took part. It wasn't just the P7s, many teachers took part. The teachers that attended were Miss Murray, Mrs Atkinson, Miss Troup, Mrs Scott, Mr Watson and Mrs Zebedee along with hundreds of others in different locations.

Social Bite are a charity who support homeless people in a variety of ways.

The first thing we did was we all came into the hall and went over the safety rules. After that we got ourselves into teams and built our shelters. They were built using cardboard boxes to get the full experience. Next our teacher Miss Murray called us down to do some activities.

The first activity was to trace our hand on a banner and write how you would feel if you were homeless. The second activity was making Christmas cards for the homeless which I thought was very thoughtful. The third activity was eating cold beans and meatballs with a slice of bread.

The fourth activity was playing board games. After that we settled down and watched Aladdin.

After the movie we had to quiet down and get some rest it wasn't easy getting to sleep as it would be for the homeless. Some people couldn't fall asleep and were up until 3:30am

In the morning our teachers woke us up and we got ready. We drank hot chocolate that was cold but still tasted delicious, we also had a croissant. After that our parents came to pick us up. When we got home most of us fell asleep.

The sleepout was very fun and lasted seven till seven. The total amount of money we raised was £377 for Social Bite and I hope they managed to help a lot of people. We really enjoyed it and would definitely do it again. I think it was a great idea and a good experience. I also think a lot of children would benefit and learn a valuable lesson from participating in the wee sleepout. It helped us realise how hard it is for the homeless.

## The Fraser Cowie Community Cup

This term the pupils of Westpark School will be identifying ways that they can make a difference in their communities. This may include helping a neighbour or a member of their family to do something or looking after the local environment. The Primary 6 children will have the opportunity to present their work to a panel of local representatives, who will decide the winner of this year's Cowie Cup; a memorial cup presented by the Cowie family in honour of our former head teacher Mr Fraser Cowie.

## Dog Problems

Westpark School playgrounds are out of bounds to dogs for several reasons; children may be scared of or allergic to dogs, and dog waste poses a real health risk. However, we are continually finding dog's dirt in the playground in the mornings. If you see dogs in the playground or know someone who is exercising their dog in the playground, please contact the community dog warden: [www.aberdeencity.gov.uk/services/environment/dog-wardens/dog-fouling](http://www.aberdeencity.gov.uk/services/environment/dog-wardens/dog-fouling)



# Pathways in Cummings Park and Northfield

Pathways have been active in the Cummings Park and Northfield area for many years, successfully helping people to find work.

Theresa, one of Pathways, Employability Keyworkers, was asked by a previous client who had been in continuous employment for the previous eight years for help again as she had recently been made redundant. Theresa updated the client's CV and set to work helping with online applications and also set up an account on Indeed so the client could also apply for jobs from her phone. After making applications for

work over a couple of weeks the client gained an interview and was offered employment. The client thanked Theresa for her support and was amazed to be in work so quickly.

Theresa McKay sees people at the Cummings Park Community Flat on Tuesday afternoons between 1 and 4pm. As she is always busy it is advisable to call Theresa on 01224 682 939 to make an appointment to see her. Claudia Karl also sees people at Northfield Community Centre on Wednesdays from 10am till 4pm and on Thursdays from 10am till 4pm. Call Claudia on 01224 682 939.

## Able Deen in Northfield

Able Deen are now based in Northfield every second Thursday.

This is a service which takes out wheelchairs, scooters and volunteers to different parts of Aberdeen to enable people to access their local services, facilities and shops.

They are now in Northfield every second Thursday between 10am and 4pm and will be

parked up outside Northfield Community Centre at Byron Square.

Look out for the Able Deen van or look them up on Facebook to see when they're in your area.

**For more information look up [www.abledeen.org.uk](http://www.abledeen.org.uk), call or text 07436102939 or email [abledeen2019@gmail.com](mailto:abledeen2019@gmail.com)**

## St Machar Credit Union

St Machar Credit Union received recognition from the North East Scotland College for completion of student work placements. Students were placed by the college to gain credits for their NC administration course working in an office environment and learning about the credit union.

There are two collection points in the wider Northfield area. There is a collection point at Northfield Community Centre on Thursdays between 10:30 and 11:30am.


There is also a collection point at the Middlefield Hub and we are there twice a week.

Mondays 6.30 to 7.15 pm and Tuesdays 11.30am to 12.30 lunchtime (not on bank holidays) Open an account, pay into your account, complete all paperwork for your savings and low-cost loans at our weekly collection point. You can also contact the main office directly:

St Machar Credit Union, 433 Great Northern Road, Woodside, Aberdeen. Phone us on 01224 276994 or look up St Machar Credit Union on Facebook.



**North East Scotland College  
Placement Certificate of  
Excellence AWARD**



## Why Doesn't She Just Leave? It's NEVER that simple.

When we talk about the brave women who found the courage to escape domestic abuse, we're often asked the same question: why didn't she leave sooner?

For many people, it seems like the obvious solution, but for women experiencing domestic abuse, it's never that simple. There are a number of reasons why they stay.

### FEAR

Most of the women we talk to have stayed with their partners because they're terrified of the thought of attempting to leave, for fear that they will be in further danger. Simply leaving the family home doesn't immediately mean safety and perpetrators will often do everything in their power to retain control and persistently intimidate from afar.

### CHILDREN

Often, the women we support also have children to think about. Taboos surrounding refuge accommodation can be a barrier between women moving themselves and their children to safety, especially if it means removing children

from a comfortable and familiar family home.

### SHAME AND GUILT

After months, and sometimes years, of abuse, perpetrators know exactly how to make women feel ashamed and worthless. It can be difficult for women to believe that they haven't done anything wrong and don't deserve the abuse. Often, women stay simply because they don't want anyone to know what's going on behind closed doors and worry that they won't be believed.

### FINANCIAL DEPENDENCY

Domestic abuse isn't just physical. Coercive control is a pattern of controlling behaviour that intimidates, humiliates and isolates victims, and financial control is a key part of this. By limiting access to money, perpetrators can easily isolate women from their friends and family and ensure they are financially dependent on them for food, clothing and essentials for their children.

### HOPE

Many women believe he can

change or that things will get better eventually. Often, perpetrators will switch between two personalities which can be confusing if the perpetrator is upset and remorseful after abusive incidents.

### LOVE

Despite everything, she may still love him. This can be the most challenging barrier to overcome.

There are many more reasons a woman will not leave. Or, leaves after many years. These are just some. What's certain is, it's never as simple as it may seem.

If you, or someone you know, is experiencing domestic abuse, or you are unsure and just want to talk, contact Grampian Women's Aid for free, confidential and non-judgmental specialist advice.

Telephone: 01224 593381.

Email: [info@grampian-womens-aid.com](mailto:info@grampian-womens-aid.com). Or, you can contact us via our website here: <http://grampian-womens-aid.com/contact-us/>



# Northfield Community Centre

Hi everyone,

When I was newly appointed manager of Northfield Community Centre the Cumming North editorial team asked if I was planning on putting a “wee introduction” into the community magazine. To be honest I’ve been avoiding it – but I did promise so here goes!

I’m a mature woman (access to age denied, friends have been involuntarily gagged) who has a long employment history working in both the public sector and the voluntary sector. Instead of printing my curriculum vitae I thought I would do a quick snapshot of my life. It’s not that quick and it does read like my course of life:

- I was brought up in Woodside and attended Powis Academy.
- I then left school in sixth year. My first was a sales representative in Wales (I lasted about a week), came home, went to the Arches and asked for a job in the fish. Before long I decided that I was more suited to an academic life – you weren’t allowed to wear rubber gloves to pick up the fish in those days. I did try and the fish merchants were brilliant – they would give me a job after I finished college for the day. Thanks for your patience and

for feeding me. I qualified as a graphic designer.

- I was a youth worker in Middlefield and briefly at Seaton before being offered a job with Aberdeen City Council. I was employed by ACC, firstly dealing with advanced data capture for changes in the housing benefit regulations, then in the housing benefit team, onto the arrears team and then as a housing officer (5 years) in the Bedford/Powis area. I loved working there but then there comes a time when you have to move on.
- I worked with a Management Committee in Fersands for three years as the Senior Housing Development Officer trying to affect a stock transfer. What I learned there has stood me in good stead throughout my working life.
- After that I worked for Shelter Scotland for nine years and managed the Scottish Homelessness Advisory Service. I represented clients in the Sheriff Court – prevention of eviction. Ask me sometime about all my embarrassing moments in various courts throughout the north/east and west of Scotland.
- I also worked for Ark Housing Association and then Aberdeen Cyrenians whilst putting myself through my Postgraduate Diploma in Housing Studies at Stirling University.
- My last job before coming to Northfield Community Centre was working for Aberdeen Citizens Advice Bureau representing clients at Aberdeen Sheriff Court (preventing eviction) and at First-tier Tribunal (benefit appeals) before coming to Northfield Community Centre.
- In my spare time I volunteered with Adult Education for nine years and just before coming to Northfield I was a member of the Moderation Committee (Scottish Legal Aid Board) who managed the audit process of accreditation for the Scottish National Standards for Information and Advice Providers.

There you have it – a potted history of my working life. What’s it like working as the “New” manager at Northfield Community Centre you ask? Come and visit and I’ll tell you over a cup of tea.

**Northfield Community Centre can be found on Byron Square and you can also give the team a bell on 01224 695416**

## In Conversation With

shmu are launching a new project called In Conversation With. We are looking to recruit volunteers to go into nursing homes and sheltered accommodation, facilitating conversations with people which will be recorded. These recordings will be edited to go out on the relevant community shows on shmuFM. They can also be transcribed and put together as articles in the community magazine. We know that quite often older people are unable to make it along to shmuFM or to community magazine meetings to participate which is unfair

so we wanted to take away that barrier and have people go to them to ensure they can be included properly. The residents can decide the themes of the conversations so it could be general reminiscence or it could be about a local issue to get their perspectives on it and that would be up to them.

Sessions will start off on a monthly basis but there is obviously room for this to grow as much as the volunteers and participants would like it too. Initially we will be focusing on nursing homes and sheltered accommodation in our target

communities of Woodside, Seaton, Tillydrone, Northfield, Middlefield, Cummings Park, Torry and Mastrick but we are looking for volunteers from all over to get involved and help. There is also room for this to expand depending on the interest we get from people!

If you can spare some time to be involved with sessions, edit or transcribe audio then please get in touch with Laura. We would love to hear from you!

Email:  
laura.young@shmu.org.uk

Phone: 01224 515013

## Speak Out in Northfield

Speak Out is a programme of work that shmu have been doing in partnership with Bramble Brae Primary School in Cummings Park. The project consists of six sessions working towards presenting a live radio show. This consists of working on interviews, scripting and preparing to present their live radio show.

You can tune in to shmu 99.8FM on a regular radio or listen online at [www.shmu.org.uk/fm/listen](http://www.shmu.org.uk/fm/listen). Tune in to hear your local school!





# councillor comments

Gordon Graham

Hi Folks

I have been busy working with the community to help improve the area, and we are beginning to see the fruits of our labour.

The main point of my attention at the beginning of the year was the Headteacher at Northfield Academy had left to take up a position at Marischal College by mutual agreement. I attended a meeting with the Director of Education at Marischal College and then a meeting with senior council staff and the parent council at Northfield Academy.

Although saddened by the loss I was heartened by the Parent Councils' support for the Depute Headteachers and hopefully by the time you read this we will have appointed another Headteacher. Whilst on the subject I would encourage people to join the Parent Council. Let me know if you are interested and I will pass it on to the Parent Council.

As a member of the Fairer Aberdeen Board I was delighted to award £10,000 to Priority Budgeting event. This follows

on from previous awards that have been welcomed by the community. Look out for official notification in the area and get your bids in.

**Gordon Graham**

**Councillor for Northfield and Mastrick North.**

**Vice Convenor Operational Delivery Committee.**

**Regeneration Spokesperson.**

**Tel: 07736329751**

**Email: ggraham@aberdeencity.gov.uk**

## Westerton Crescent

17 Westerton Crescent was opened in February 1995. It is purpose built to provide accommodation for nine adults with a history of severe and enduring mental health problems. They may also have a physical difficulty and require support from the staff team to motivate, empower and promote their self-esteem, while maintaining as much of their independence as possible. A large amount of work on meaningful activities and outings is undertaken by the staff team. This is often following comments and suggestions from all the tenants who are encouraged to take an active role in the decision making regarding the activities and outings they would like to take part in.

We have included some photos from events we have been involved in over the past few months.

One photo was from Bonfire Night. Valerie enjoyed spending Bonfire Night with other tenants who went into the back garden with sparklers and could see local fireworks going off.

The tenants also enjoyed their Christmas day at Westerton. They had a 3-course meal and each tenant received a Christmas hamper which they said they were really pleased with. Shaun said: "it was a brilliant festive day and season."

As part of the activities over Christmas tenants went to see Christmas lights, took part in a Christmas quiz and went out for Christmas lunches. Here they are when they went out with staff to the Brig O Don pub for a Christmas lunch which they enjoyed.



# Community Contacts

## Alcohol

Alcoholics Anonymous 0800 9177 650  
Drinkline 0300 123 1110

## Crime

Crimestoppers 0800 555 111

## Drugs

Alcohol and Drugs Action Helpline 01224 594700  
Aberdeen in Recovery 07936 008808  
Narcotics Anonymous 0300 999 1212

## Dentist

Emergency - G-Dens 111

## Doctors

NHS 24 Emergency 111

## Police

Non-Emergency 101

## Electricity

If you have a power-cut 105

## Gas

Gas Emergency 0800 111 999

## Water

Scottish Water Emergency 0800 0778 778

## Housing

Emergency Repairs 03000 200 292

## Family Planning

Aberdeen Community Health and Care Village 0345 337 9900  
Family Information Service 01224 346034

## Samaritans

Need to talk 01224 574 488 or 116 123

## Social Work

Social Work Duty Team and Emergency Out of Hours 0800 7315520

## Young Carers

VSA 01224 212021  
CFINE 01224 596156  
Pathways 01224 682 939  
Financial Advice at CFINE 0800 953 4330  
Citizens Advice 0808 800 9060  
Northfield Academy 01224 699715  
Bramble Brae School 01224 692618  
Heathryburn School 01224 788180  
Westpark School 01224 692323

## Community Information for Cumming North

### Cummings Park Centre

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

### Cummings Park Community Flat

Contact: 01224 681357 or dosim@aberdeencity.gov.uk

### Northfield Community Centre

Contact: 01224 695416 or jacqui@northfieldcommunitycentremc.org

### Northfield Outdoor Sports Centre

Contact: 01224 685920

### Northfield Library

Mon: 1 – 7pm  
Tues – Fri: 10am – 1pm, 2pm – 5pm  
Sat: 10am – 1pm  
Contact: 01224 695104

### Northfield Medical Practice

8am – 5pm  
01224 662911

### Woodside Medical Group

8am – 6pm  
01224 492828

## Your local elected officials are:

### Local Councillors

#### Councillor Ciaran McRae

01224 346630  
cimcrae@aberdeencity.gov.uk

#### Councillor Gordon Graham

01224 523594  
ggraham@aberdeencity.gov.uk

#### Councillor Jackie Dunbar

01224 522522  
jdunbar@aberdeencity.gov.uk

### Area MSP

#### Mark McDonald – MSP for Aberdeen Donside

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