

# cumming north

Spring 2022



## In this issue:

NORTHFIELD POOL

STREET SPORT

REAL LIVING WAGE

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

Spring Edition 2022

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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. In this edition we have news about Northfield Swimming Pool, a local young person and her volunteering achievements with Streetsport and local history features.

We also have some really interesting local history pieces.

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 **07752586312** 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!

You can be reassured that our distribution company is taking every measure to ensure they are delivering your magazine safely and within government guidelines.

Cumming North is a community publication and the views expressed are not necessarily those of the editorial team or of shmu.



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## MAKING A DIFFERENCE THROUGH THE REAL LIVING WAGE

We know employment should free people from the grip of poverty, however, the reality is that for many workers, being employed does not guarantee financial security. In-work poverty is increasing, with many in the city unable to meet their everyday needs despite having a job.

It's estimated that one in five children in Aberdeen are living in poverty, with a large proportion of those in families where at least one parent is working, highlighting the impact of low pay.

But what can be done?

Increasing hourly wage rates for workers is an effective means of delivering extra cash directly into the pockets of low paid workers. The real Living Wage cannot solve in-work poverty on its own – but it is an effective tool – and the movement to increase the number of employers paying the real Living Wage is taking off in Aberdeen.

Through the Aberdeen Prospers Group of Community Planning Aberdeen, partners have announced their intention make Aberdeen a Living Wage Place - delivering a plan to increase the number of real Living Wage employers, subsequently winning pay rises for workers to help tackle issues around poverty that headlines about Aberdeen's economy can hide. But on a day-to-day level – what difference can the real Living Wage make?

If workers on the current UK government minimum wage were lifted onto the real Living Wage of £9.90 an

hour, on average, they would benefit from a pay rise of hundreds of pounds a year.

It can mean people have extra wages to meet everyday needs like weekly shopping, and requirements like clothing for children – whilst relieving some of the stress and pressures caused by low income. It's good for businesses too. Employers who pay the real Living Wage can become accredited, gaining recognition for tackling low pay. Accredited employers have also reported a boost in company reputation, enhanced productivity, and a motivated and loyal workforce – reducing staff turnover and saving on long term training costs. It can help economic recovery– the Smith Institute highlighted if just 25% of Scotland's low earners had their pay raised to the real Living Wage, the subsequent increase in wages and spending could deliver a £89m boost to Scotland's economy, including £3m to Aberdeen.

As we rebuild following Covid, we must ensure those on low pay are not left behind.

In future editions we'll update on progress and the difference the real Living Wage is making to workers and families in Aberdeen.

**If you are an employer and want to learn more about how the real Living Wage can boost your business, please contact Living Wage Scotland at [accreditation@povertyalliance.org](mailto:accreditation@povertyalliance.org)**

# A Christmas Cheer to End the Year

Hamewith Lodge Care Home celebrated Christmas with a lively atmosphere. Residents and staff came together to sing and dance to celebrate Christmas during what has been a challenging year.

The karaoke was out and the tunes came on to the sound of the famous and colourful carols. Wellbeing Coordinator Colin commented, "It was so nice for the residents to have a good time and to be able to have fun with other members of staff. The opportunity for the residents and staff to have social time with each other is key to their wellbeing."

Residents said: "that was a great party! I thought the downstairs party was amazing, with the carers singing and joining in, it really made a difference."

## St Machar Credit Union

St Machar Credit Union have reopened their collection point at Northfield Community Centre.

They are back again on Thursday mornings between 9:30 and 10am.

St Machar Credit Union offer savings accounts and low-cost loans to anyone living or working within certain communities of Aberdeen, including Northfield and Cummings Park.

For more information call **01224 276994** or email [f-credit@fersands.org](mailto:f-credit@fersands.org).

# Post Office Update

In the last edition of Cumming North we covered the upcoming closure of the local Post Office counter within Spar at Byron Square.

The Post Office will be closed by the end of February though the Post Office hopes that this will only be a temporary closure.

Spar ended their contract with the Post Office so alternative premises and someone to run a Post Office within the community would need to be found in order to retain a local presence.

In the meantime, there are alternative branches available for Northfield and Cummings Park residents to use.

**Cummings Park Post Office is located at 29-31 Moir Crescent and is open Monday – Saturday: 7am-7:30pm and Sunday: 8am – 5pm.**

**Mastrick Post Office is located at 10 Clunie Place and is open Monday – Friday: 6:30am to 5pm, Saturday: 7am to 12:30pm and Sunday: 9am to 12pm.**

# News from Northfield United Free Church

Northfield United Free Church on Kettlehills Road continues to meet at 11am on a Sunday morning. We are always delighted to see new faces, and everyone is welcome.

For our Christmas 2021 appeal we wanted to help families in the area by providing a Christmas meal for them to cook. We worked with Northfield foodbank and local butcher Dennis Paterson, and thirty meat parcels along with vegetables and selection boxes were distributed to families through the foodbank.

On most Fridays, the church is open for tea, coffee and a chat between 10am and 12 noon.

There is no charge. Come along with friends or just yourself. You will always be made welcome.

On Thursdays from 24th February we will start the Easter Experience looking at the Easter story. These are informal sessions where we watch a video and discuss some questions about it. Come along at either 2 pm or 7.30 pm.

The best way to keep up with what is happening at the church each week is to follow us on **Facebook @NorthfieldUF**. The church can also be contacted by telephoning **01224704005** or emailing [northfieldufchurch@outlook.com](mailto:northfieldufchurch@outlook.com).

## Gordon Graham

I am glad to report that despite Covid restrictions two major developments in our area are progressing well.

### Northfield Swimming Pool

Work is progressing well with the building of the health centre and by the time of reading this it should be completely enclosed, allowing for the internal works to commence. I have been up to monitor progress recently and will continue to do so.

We are still looking at a completion date in the summer of 2022. Thanks to everyone for their support in this matter.

### Heathryfold Park and Community Paths within Auchmill Community Woodland

After securing £120,000 worth of funding for the new pathways, it is heartening to see that they have been installed. I am now working with local people and Middlefield Community Project (MCP) to provide further improvements. Recently we put up wooden mushrooms and intend to provide

others such as statues of plants, birds, butterflies etc.

It is expected that the pathways will form part of a Wellness and Wellbeing Woodland Walk which will start from the flower beside The Hub as well as an adventure area for the kids of Bramble Brae, Heathryburn, Manor Park and MCP nurseries who are going to design an outside classroom for nature walks etc.

### Proposed New Health Centre/ Doctors Surgery at Greenferns.

I am getting increasingly concerned that the new surgery planned for land beside school may never take place. Despite many letters I have not had a straight answer. It is more disappointing since Mastrick surgery has already been closed. I have written to the Scottish Government asking for their assistance in this matter.

#### Stay safe

**Gordon Graham**  
**ggraham@aberdeencity.gov.uk**  
**07736329751**

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## Free Period Products

Since 2016 there have been campaigns to end period poverty in Scotland and in 2020 Scotland became the first country in the world to make period products free for anyone who needs them.

At the moment free period products are available in various community centres across the city, including Cummings Park Centre and Middlefield Hub. Due to current restrictions, if you require access to a community centre you should phone first to ensure they are open.

Aberdeen City Council are currently consulting city residents on access to free sanitary products.

They want to know people's suggestions of where free period products should be located in the city.

For more information email **Cabews@aberdeencity.gov.uk**

To access the consultation visit **consultation.aberdeencity.gov.uk/communities-housing-and-infrastructure/access-to-free-disposable-and-re-useable-sanitary.**

# Westpark Primary School

School life continues at pace for Westpark Primary School, and we are delighted to welcome the return of the running club to its usual after-school slot, with over 30 children attending the first training session. As restrictions ease over the next few months, we hope to see other clubs starting up again, including the breakfast club. If you are a parent and interested in supporting one of our extra-curricular activities, please contact the school office.

Computer coding is the name of the game across the school this term, as all children and teachers engage in a popular interdisciplinary theme, to develop skills that are becoming increasingly valuable in the world of work. All children from Primary 1 to Primary 7 will enjoy an outing to Aberdeen Science Centre to experience their coding activities.

Twelve children in Primary 6 are participating in a pilot of The Scholars Programme, where they will attend five tutorial sessions with a PhD tutor before submitting an extended essay for grading. The purpose is to support children in making decisions about studying after leaving school. We are looking forward to attending their graduations at the university in spring if possible.

The Youth Work Team based at Northfield Academy have started working with a large group of Primary 6 and 7 pupils to develop leadership skills as they start preparing for the move to the academy. We are looking forward to seeing the outcome of this work in a few months.



# NEWS FROM ABERDEEN CITY LIBRARIES

Northfield Library is closed at present. The nearest libraries for the Cummings Park and Northfield areas are Mastrick and Woodside. Current opening hours and contact numbers are:

**Mastrick: Monday to Friday 10am-1pm and 2pm-5pm, Saturday 10am-1pm (01224 788558)**

**Woodside: Monday and Thursday 10am-1pm and 2pm-5pm, Wednesday 2pm-5pm (01224 484534)**

We are always delighted to meet new faces. For more information on how to become a member, please visit [www.aberdeencity.gov.uk/library](http://www.aberdeencity.gov.uk/library), or contact an open library.

If you are unable to visit the library due to disability, illness, shielding or caring responsibilities, the Home Library Service is available for monthly deliveries to your home. Please contact an open library for more information.

In addition to books (including large print and audio books) and Junior

DVDs, we have now reinstated our Adult DVD collection (a hire charge applies to Adult DVDs only). Borrowers can also request items subject to availability. For those who prefer our Click and Collect service, we continue to operate this from the open libraries. Borrowers can order a selection of books and collect them from their preferred library. These appointments can be made online at [aberdeencity.zipporah.co.uk/Generic.AberdeenCity/](http://aberdeencity.zipporah.co.uk/Generic.AberdeenCity/), or by contacting any of the open libraries.

Health Information Plus is a brand-new service which launched in January 2022. The service offers customers the opportunity to access health information with support and guidance, allowing people to play a more active role in their own health and wellbeing. **Enquiries can be made by email and telephone through [healthinfo@aberdeencity.gov.uk](mailto:healthinfo@aberdeencity.gov.uk) and 01224 652500.**

Our Bookbug team are reintroducing our popular in-person sessions. To

make sure that these are run as safely as possible, we are hosting small tester sessions across the city. Spaces are extremely limited, and booking is essential. Look out for details on our Facebook page or check with our open libraries to see if a session is coming there soon.

We are also offering one-hour appointments for PC access. These slots can be booked online via Netloan or by calling one of the open libraries. We offer printing services and have photocopying and scanning facilities.

We also offer a large range of online services which can be accessed via your computer or mobile device. For more information, please visit our website: [www.aberdeencity.gov.uk/library](http://www.aberdeencity.gov.uk/library).

The Council will continue to monitor and review the reinstatement of services, taking account of the evolving government guidance. Please visit [www.aberdeencity.gov.uk/services/libraries](http://www.aberdeencity.gov.uk/services/libraries) for any updates.



# Climate Week North East

## 18th - 27th March 2022

### **Come and be inspired by the incredible actions your own community is taking to live sustainably!**

A packed 10 days of events throughout the North East showcasing how people are pulling together and taking real steps to combat climate change within our area. If you would like to make a change but don't know where to start come along! The events are fun, there is something for everyone, providing knowledge and inspiration to take small (and big) steps in the fight against climate change.

Right on your doorstep and online are green family fun days, tips to make your home warmer and bills cheaper, how to grow your own veg, wild meadows and orchards, upcycling, movie nights and even a Tesla that likes to wag to hard rock! Best of all everything is absolutely free!

The full list of events will be available here [www.climateweeknortheast.org/events](http://www.climateweeknortheast.org/events).

Climate Week North East is supported and promoted by the newly formed NESCAN, North East of Scotland

Climate Action Network Hub. NESCAN Hub aims to be an information, education and collaboration hub for organisations within Aberdeen City and Aberdeenshire that are working on projects that reduce carbon or increase biodiversity to build the capacity and skills of those organisations and support members and the local community to deal with climate change, biodiversity loss and help develop sustainable thriving communities.



## Progress of Northfield Swimming Pool

Progress is well underway for the revamp of former Northfield Swimming Pool, based at Kettlehills Crescent. Part of a £4.8 million development project funded by Aberdeen City Council with considerable support from Sport Aberdeen as well as sportscotland, the improvement works are being carried out by CHAP Group.

The newly upgraded venue – Get active @ Northfield – will include the following:

- **25-metre swimming pool**
- **40-station fitness suite**
- **Multi-purpose studio**
- **Large, fully accessible changing village**
- **Group and family changing facilities**
- **New tiling, flooring and suspended ceilings**
- **Clinical suites for use by NHS Grampian**
- **Additional car and cycle parking**

Get active @ Northfield is expected to open and welcome guests from summer 2022. Have a sneak peak of the venue from an artist outlook by watching this 3D fly-through animation on Sport Aberdeen's YouTube channel.

**Keep up to date with progress at Get active @ Northfield by visiting: [sportaberdeen.co.uk/venues/get-active-northfield](https://sportaberdeen.co.uk/venues/get-active-northfield)**





# STREETSPORT VOLUNTEER NOMINATED FOR ANNUAL AWARD

**A Streetsport volunteer has been nominated for an annual award with the results to be announced during a glitzy ceremony at P&J Live.**

Jenna Greig, from Northfield, is up for Young Volunteer of the Year at Aberdeen's Sports Awards having excelled in many years of volunteering for Streetsport, Denis Law Legacy Trust's flagship programme in partnership with Robert Gordon University.

The pathway of participant to volunteer is an increasingly common one for young people at Streetsport and a route which Jenna has proven to be a great ambassador for.

The 20-year-old has clocked up a huge number of hours volunteering, regularly attending sessions in Northfield, Mastrick, and the two Cruyff Courts in the city.

She also helped out at the recent Denis Law Legacy Trust Annual Fundraising Dinner as well as being involved in the coaching masterclass sessions with Judy Murray and the Battle of the Brits Community team.

Hannah Clews, Streetsport Development Officer who has worked extensively with Jenna over the years, praised her growth and part in making Streetsport what it is.

She said: *"Jenna is an excellent example of what can be achieved by taking up an opportunity. As a participant she was always a lot of fun to coach while also being a little bit... challenging!"*

*"However, she showed flashes of leadership and a genuine kindness for others which is why I encouraged*



*her to start volunteering when she turned 16 – a limit we've now lowered to 14 thanks to young volunteers like herself.*

*"Her enthusiasm and dedication to the role has never faltered since joining us almost four years ago and she's now a full-time care worker while still managing to maintain her volunteering hours".*

During her time with Streetsport, Jenna has grasped opportunities to enhance her skills and attended numerous workshops and training courses as well as becoming one of the go-to volunteer media representatives.

One of Jenna's most significant moments as a volunteer was representing Streetsport and the Bon Accord Rotary at RYLA in 2019. She overcame fears, made new connections, and developed her leadership skills which became a catalyst for gaining full-time employment.

*"I don't think our team would be quite the same without Jenna. She is always on hand to provide entertainment thanks to her never-ending list of sayings and questionable TikTok dances, but rest assured we can always count on her when called upon",* Hannah added.

Streetsport is Denis Law Legacy Trust's flagship programme. It launched in 2006 and is run in partnership with Robert Gordon University.

Local firm Central Coaches have also been nominated thanks to the fantastic work they do around various events and programmes related to Denis Law Legacy Trust.

The Aberdeen Sports Award was due to take place on January 20 at P&J Live but has now been delayed with a new date yet to be announced.

# Aberdeen Health and Home Exhibition

ALAN JOHNSTONE

In this article we travel back to 1924, when the Aberdeen Health and Home Exhibition was held in the Music Hall. Here are some extracts from a large report in the Aberdeen Press and Journal of 17th March, including names which will bring back memories to many local people.

“Aberdeen’s Health and Home Exhibition, promoted by the Modern Exhibitors’ Association, and supported by firms belonging to the city and the south, was opened in the Music Hall by Sir James Taggart on Saturday afternoon. The exhibition holds a great number of attractions and is likely to fulfil its objects of promoting business and of affording pleasure to the general public and enlightenment regarding the most up-to-date methods of performing everyday duties pertaining to the home in a way which makes for efficiency, comfort, and the saving of time. The range of exhibits comprises the latest in building materials, furnishing, lighting, heating, sanitary, labour-saving and cleaning appliances, in prepared and preserved foodstuffs, house decoration, adjuncts to sport and recreation, and the most fashionable and novel articles of clothing and personal adornment.”

“The entire platform is devoted to one of the most arresting features of the exhibition – a display of Messrs Watt and Milne’s (silk mercers, 172 Union Street, Aberdeen) latest purchase of London and Paris spring fashions

in gowns, costumes, mantles, millinery, lingerie, sports wear, and knitted wear. There is a novelty line comprising French coloured cambric handkerchiefs, with the days of the week prettily printed upon them. There is a good choice of sports wear, including smart Scotch-knitted jersey suits from 45s 6d; real Fair Isle jumpers and cardigans in some of the newest combinations of colouring; tennis coats and golf cardigans; tennis frocks in striped crepe-de-chine; and new-style Chubby umbrellas from 12s 11d, to mention only a few of the special lines. There is a variety of smart millinery, priced from a guinea upwards; hosiery of all qualities, fabric and leather gloves, spring fur neck wear, novelties in bedroom floor rugs.”

“Stands 20 and 21, in the Ball Room, taken by Messrs Mitchell and Muil, Ltd., the famous Aberdeen bakers, caterers, and confectioners, are charmingly draped in tangerine and blue – a fit setting for the many dainties on view. Beautifully-iced cakes – wedding, christening, and birthday – are shown, with a large variety of smaller cakes, equally good to look upon and to taste. In all branches of the confectioner’s toothsome and artistic art, the firm have a high reputation in the city and throughout the north, and the display here, including a pretty table decoration piece, arrests the eye by its tastefulness. As caterers on a scale, large or small, Messrs Mitchell and Muil have also a name, and this department of their business

is represented by chicken in aspic and numerous dainty dessert dishes – trifles, meringues, jellies, creams, etc. Then there are the Enanem chocolates – the delight of all who enjoy a good, wholesome sweet.”

Stands 30 to 35, holding Messrs John Falconer and Co., of the Royal Arcade, 65 Union Street, Aberdeen, contribute a display which occupies the whole of the Round Room. On one side is a charming display of fashionable wear, including costumes, gowns, the still fashionable three-piece garments, blouses, millinery, etc. All these have just been brought back by the buyers from London and have not hitherto been shown in Aberdeen. One was struck by the life-like appearance of the wax figures – of French make – upon which the garments are displayed. The other side of the room also holds much attraction. Here is shown a comprehensive selection, set out in artistic fashion, of the famous old-bleach linens (tablecloths, serviettes, etc.), a range of general fancy napery, and the latest in cretonnes and other material suitable for furnishing hangings and furniture coverings.”

“Stands nos. 44 and 49 are, for the week, a sort of miniature warehouse showing exhibits from the Rubber Shops, Ltd. One stand is devoted to a show of leather goods and rainwear. Ladies took interest in two London novelties – one the “magic springback handbag” with a patent frame which ensures safety against accidental opening, and the other

the “magic mirror handbag” fitted with a mirror at the back covered by a sliding shutter. There are cabin trunks, suitcases, attaché cases, and schoolbags at cheap prices, rubber mats and non-slip bathmats, housewives’ gloves, a scientifically-constructed “non-kink” hot-water bottle which will not crack, and many rubber productions that are of daily service in the home, including rubino floor tiling, which gives almost everlasting wear and is hygienic and silent to tread. There is an ample selection of sporting goods, manufactured by leading makers and physical culture outfits. A special

display is made of the company’s famous “Wasp” football, whose enduring qualities have made it a favourite with the Aberdeen FC and other clubs.”

“A small corner site in the Ballroom is devoted to placards appealing for donations to the building fund of the Aberdeen Lads’ Club, which is proposed to be erected in the east end at a cost of £5000. A coloured sketch of the premises is shown, flanked by appeals to the public to become “donors of health and happiness in a congested district.”



## Chapel of Stoneywood

MIKE MIDDLETON

Lying at the foot of the Chapel Brae in the Old Parish of Newhills, formerly in Aberdeenshire, the old chapel of the “Blessed Virgin Mary” was erected around 1367. It was here that a weekly mass was heard for the soul of King Robert the Bruce as directed at its completion by David, second King of Scots.

A chaplain was perpetually appointed to officiate at the chapel and monies were appointed for his upkeep from the exchequer. However around 1560 the reformation was making services impossible and such chapels were abandoned. By 1649 it was decreed that “None shall burrie in the Chapel of Stiniwood under payne of church censure” clearly showing that the burial ground was

still being used. It wasn’t just by those of pre reformation faith but by those that had even earlier beliefs. There is said to be a sacred well in the grounds that had healing powers and people would drink of and bathe in the water on the first of May. The well was excavated, and interpretation boards were set up with illustrations, (I hope they have survived) an outline of the foundations can still be seen.

In 2003 there was an intergenerational archeological project at the chapel which involves children from the 5 to 11s club at Northfield Community Centre. They even went on to present their findings at the National Museum of Scotland.



# Pathways in Cummings Park

Pathways help people from the age of 16 upwards and from all backgrounds and help to identify the job or training that is right for you. We also help you to develop a plan to reach your job goal, help with CV's, assist in completing application forms and we also have access to funds to remove barriers to work e.g. clothing or equipment.

Theresa has helped many people to find work across a number of industries and types of jobs. One of Theresa's clients came to see her for help to find a job and get a CV done as he had never had one before. He also had very little work experience and had no idea what type of work he would like to do. Theresa helped him to create a CV and set up an account on Indeed so he would receive job vacancies directly into his email. She then met the client on a weekly basis and applied for jobs in the retail sector and as a Kitchen Porter. The client began to grow in confidence and in his ability to carry out his own job search and make applications. He also became more confident in interviews and this showed when he was successful in gaining employment as a Kitchen Porter in a local restaurant. The client stated to Theresa; *"Thank you so much for your support. I don't know what I would have done without Pathways"*.

As the Covid restrictions are fluid at present we are not always able to see people face to face and have to deliver our service through telephone appointments with email support. To check the current situation it is advisable to call **Theresa on 01224 682 939 to make an appointment.**



## Scotland's Census

This year is the census year for Scotland. It should have been 2021 but it was postponed because of Covid.

The census is the official count of person and household information in Scotland, and it is important to fill out the census as the government and councils use the information from it to plan public services and

how to spend their budget, so they need accurate information.

2022 is the first predominantly digital census but there is the option to fill out a paper census if you would prefer.

The census date is the 20th March 2022 and you can get more information about the process on [www.scotlandscensus.gov.uk](http://www.scotlandscensus.gov.uk).

## Empty Homes in Aberdeen: Furry boots?



**Latest figures show there are over 43,000 long term empty homes in Scotland. Approximately 6,000 of these homes are in Aberdeen. At the Scottish Empty Homes Partnership, we support owners to bring empty homes back into use.**

We often work with owners whose houses are lying empty, but the process of unlocking it seems too difficult. They may have inherited it and there is an emotional attachment; a renovations project has not worked out; or a relationship has broken down. Owning an empty home, whatever the circumstances, can be a financial drain and source of worry. Empty homes can also negatively affect neighbours and surrounding communities. Neighbours tell us that living near an empty home can become a living nightmare...

For example, in Aberdeen a neighbour shared concerns about the property next door. The house had been empty for years after the owner had suddenly moved out. It

was falling into a state of disrepair- and more recently, had attracted antisocial behaviour. The neighbour told us they had felt isolated and frightened, watching vandals break into the house, damaging it further. They were concerned about the deterioration, and how this could affect the insurance and value of their home. Living near to an empty property is not just a case of blight, but also a source of worry, discomfort and safety for those trying to enjoy their own home. Empty homes can have a detrimental effect on people's wellbeing and sense of place. They send out negative messages about a neighbourhood and can become the focus of anti-social behaviour. This can have a spiralling effect, with more people leaving, homes remaining unsold and remaining residents feeling trapped in a declining neighbourhood.

Making empty houses homes again can help to reverse this trend, making areas feel safer, healthier and livelier, and once more making people proud to call it home. It

can create a positive feel about communities, drawing new people towards them and helping to support wider regeneration. We know that an empty home is a wasted resource. Bringing them back into use can not only offer someone a home, but also help a community to thrive.

Since the beginning of the Partnership, over 6,000 empty properties have brought back into use. Through working with owners and community groups, our advice service can assist in all aspects of bringing an empty home back into use. Whether you are looking for help in formulating a plan, would like to know what discounts you might be entitled to, or simply you want to share the burden of your empty home, please don't hesitate to contact the Scottish Empty Homes Advice Service. We would love to hear from you.

**Email:**  
[emptyhomes@shelter.org.uk](mailto:emptyhomes@shelter.org.uk)

**Tel: 03445151941**

## Making Recovery Visible



Our first Making Recovery Visible music course was a great success which finished just before Christmas. The small group of four came together to share their experiences and stories of their recovery journey and the stigma that is attached. These discussions formed the basis of their song and working with Iona and Sarah they produced 'Fight the Stigma'. At the end of the course, they performed this song and 'Country Roads' to a small audience who were in the building that day. All participants had also taken part in learning some instruments with keyboard, guitar and tabletop drums all being played.

Feedback from the course has been great with everyone increasing their confidence and an improvement in their mental health/wellbeing. One participant commented 'It has really helped me to build my confidence, rediscover my musical interests and I want to stay involved with shmu to continue that'

Our courses restarted mid- January with Iona back to run another music course and Ayesha based at The Credo Centre with a Podcasting group. Both courses have been well attended and we are excited to see what they create!

## Youth Media

The Youth Media Team have been working with a researcher from University of Aberdeen called Beatriz and have previously completed two science-based podcasts. For the third and final podcast the team have produced a creative story which has underlying themes about clinical trials but scripted in an accessible way that makes it easier to understand without all the scientific jargon that is often used. The team have collaborated well and shared ideas effectively and have now scripted and recorded their podcast which will be shared online for the public.

Two more young people have now completed their National 3 media courses. Many of the Youth Media Team members are on track to receive certificates soon for their volunteering hours including one young person from our summer programme who has recently received their 50-hour volunteering certificate.

Youth Media member, Molly (who is from the Northfield area) has successfully been offered a volunteering role at Aberdeen Science Centre where she will be engaging with the public during clubs and workshops. For the last few years Molly has been presenting a weekly science themed radio show. Molly said: "I don't think I would like science if I hadn't done the science show"

# DAVE'S QUIZZES

## TWO PART QUIZ –

### BETTER KNOWN AS

- 1 – Dennis Pratt (birth name)
- 2 – Charles Lutwidge Dodgson (birth name)
- 3 – James Michael Aloysius Bradford (birth name)
- 4 – Thomas John Woodward (birth name)
- 5 – Paul David Hewson (birth name)

### GIVE THEIR STAGE OR PUBLISHING NAMES

- 1 – To date which actor has played Dr Who the longest?
- 2 – Which favourite Christmas song is not actually a Christmas song?
- 3 – Name the family who have their own tv series and a foot powered car?
- 4 – What does the dinosaur name Megalosaurus mean?
- 5 – What originated from a product sent to clients in small bags?
- 6 – Taylor Swift and Dire Straits both sang about which loving couple?
- 7 – Which room in Blenheim Palace was Winston Churchill born?
- 8 – A cow will deposit how many cow pats in one day?

## MISSING LINK

- 1- **Border** — ? — **Dance**
- 2- **Skipping** — ? — **Ladder**
- 3- **Call To** — ? — **Length**
- 4- **Ginger** — ? — **Today Gone Tomorrow (joke)**
- 5- **The Old** — ? — **Music**
- 6- **Mercat** — ? — **Stitch**
- 7- **St Machar** — ? — **Choir**
- 8- **Grand** — ? — **Stool**
- 9- **Coronation** — ? — **Party**
- 10- **Whisky** — ? — **Maker**

## MENTAL MATHS >>

$$12 - 5 \times 7 + 21 \times 3 \div - 5 + 8 \times 6 = ?$$

ANSWERS  
 Maths --- 300  
 Missing Link  
 1- Line - 2 - Rope - 3 - Arms - 4 - Hat - 5 - Country - 6 - Cross  
 - 7 - Cathedral  
 8 - Piano --- 9 - Street - 10 - Barrel  
 Two Part Quiz  
 A - 1 - Quentin Crisp - 2 - Lewis Carroll - 3 - Jimmy Nail - 4 - Tom  
 Jones - 5 - Bono  
 B - 1 - Tom Baker - 2 - Jingle Bells ( thanksgiving song 1857 ) - 3 - Flint-  
 stones - 4 - Great Lizard - 5 - Teabags - 6 - Romeo & Juliet - 7 - The  
 Ladies Toilet - 8 - 16 pats

# Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

## ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

## CRIME

Crimestoppers - 0800 555 111

## DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

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 - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

## SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

Aberdeen Carers Support Service - 01224 914036

Age Scotland - 0800 1244 222

**CFINE** 01224 596156

Financial Advice at **CFINE** 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

St Machar Credit Union 01224 276994

Northfield Medical Practice 01224 662911

Woodside Medical Group 01224 492828

Councillor Ciaran McRae 01224 346630

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

Councillor Gordon Graham 01224 523594

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

## Area MSP

Jackie Dunbar

– MSP for Aberdeen Donside

0131 34 85067

[Jackie.Dunbar.msp@parliament.scot](mailto:Jackie.Dunbar.msp@parliament.scot)

## Area MP

Kirsty Blackman

– MP for Aberdeen North

Aberdeen office: 01224 633285

[kirsty.blackman.mp@parliament.](mailto:kirsty.blackman.mp@parliament.)

## DOMESTIC ABUSE SUPPORT

Domestic Abuse is not acceptable. It is not your fault and you are not alone. Domestic Abuse is when you are hurt, bullied or frightened by:

Your husband or wife. Your boyfriend or girlfriend

Your current or ex-partner

Their behaviour can be; controlling, physical, sexual, financial or emotional.

### Help and support

There are services available to support you, and they are still open. You do not have to wait for an emergency to get help. Tell someone you trust or contact:

### Police Scotland

If you are in danger and it is an emergency, call 999.

For non-emergencies call 101

**National Domestic Abuse Helpline Free** and confidential advice. Open to all. 24 hours a day.

Telephone: 0800 027 1234. Website: [sdfmh.org.uk](http://sdfmh.org.uk)

### Grampian Women's Aid

Telephone: 01224 593381. Website:

[grampian-womens-aid.com](http://grampian-womens-aid.com)

**Rape Crisis Grampian** Telephone: 01224 590932.

Website: [rapecrisisgrampian.co.uk](http://rapecrisisgrampian.co.uk)