

cumming north

Summer 2016



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COUNCILLOR COMMENTS
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SCHOOL NEWS
REDEVELOPMENT OF SHMU

www.shmu.org.uk/press

Summer Edition 2016

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Welcome to another exciting edition of the Cumming North magazine. Thanks again to all the contributors - we are very grateful to everyone who submits articles and photos for the magazine. Our editorial team is always on the lookout for local people to help gather articles and information that may be used in future editions, or indeed, help in other ways as part of the editorial team. This would involve a couple of short meetings prior to publication of the magazine.

Do you have a story to tell about Cummings Park or Northfield? Whether it's a historical piece about the area, a story about your time in the community, a group you're involved in we'd love to hear it! We're always looking for more people to get involved in the magazine. Please get in touch with **Laura** at **shmu** on **01224 515013** or email **laura.young@shmu.org.uk**.

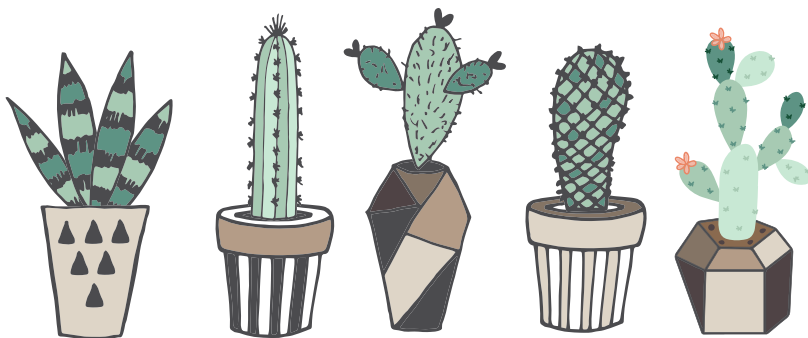
You can also get in touch with us via our new Facebook page - look up 'Cumming North' and hit that like button!

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

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

Supported by





Mrs Meadows

Now that we have some great sunny days, the fruit trees and and berry bushes are in full flower. If you have hanging baskets they should be filled and ready to hang out, making sure they are well fed with plenty of special feed for hanging baskets. The vegetable seeds are planted and the tatties are in the ground. It's a busy time for everyone with grass cutting,

hedge cutting and everything gardening entails, but all worthwhile when you see everything in full flower. The garden assessors will soon be on their rounds so if you have entered your gardens I wish you lots of luck in the chance of winning.

*Bye for now,
Mrs Meadows*

NORTHFIELD HEALTH WALK

Short, easy walk around the local community lead by a trained volunteer walk leader finishing with a cup of tea!

Walk Aberdeen, part of Sport Aberdeen, organises a range of 'Health Walks' across the city. Health Walks are short, sociable community based walks of up to one hour aimed at those who can't go far or fast. The walks finish with the opportunity for a cup of tea and a chat for which there is a

small charge.

We meet every Tuesday outside Northfield Community Centre at 13:30 and return to Northfield Library for a cup of tea. For further information please contact Brian Harrison- 07719 501361 bharrison@sportaberdeen.co.uk.

"I come along to Northfield Health Walk for the exercise but most importantly for the company. I really enjoy the cup of tea and chat at the end of the walk".



Northfield Outdoor Sports Centre

The season is now well underway at the centre and the bowlers are back in the swing of things, now that the weather has shown some improvement. Ally is still looking for new members of all ages to come along and take part and says you always need new blood to keep things going (no, he's not turned vampire, he's got the wrong teeth) so if you feel like a good day out get yourselves along to the centre and be most welcome.

A wishing well built by Ally from recycled timber, mostly pallets, is being used as a feature to raise funds for two worthy causes, Dementia and Clan. All people concerned with Northfield Outdoor Sports Centre are helping and should you feel this is the type of cause you would like to put some money towards then go along and make a donation and speak to Ally Reid as he would much appreciate the gesture. All donations are removed from the centre at the end of the day and put somewhere safe. Around the Sports Centre you can see a lot of Ally's handy work in the shape of plant tubs of various shapes and sizes with plants now beginning to show the colours, all made with recycled wood and very well made at that. The pictures show three lovely young ladies Cathy, Joyce and Rose with Ally's wishing well, so go on get along and help a couple of good causes.

Bramble Brae Primary School

Children's Parliament in Bramble Brae

Children's Parliament is working with children from Tullos, Bramble Brae, Riverbank and Manor Park primary schools, Imagining Aberdeen as a place where children are healthy, happy, safe and doing their best at school.

So far 300 children have taken part in workshops at school where we have been thinking and talking together about some big ideas like human dignity.

Children have the right to live in a community that is healthy, happy and safe. Children from Bramble Brae investigated their community by going for a walk and talking about things they like and what they would change.

"The best thing about our community is activities at the Pink Centre like boxing and funs days. They are fun. The Pink Centre is cool because it has the park outside though we don't like litter on the hill at the Pink Centre. We'd change busy roads like Granitehill Road because the cars are going too fast. We'd add more traffic lights."

Keeley, Ellie, Cameron and Connor P5

"The library is very cool. We go there with our school. You can get everything you want on Byron Square as it has loads of shops. Though if we could change something we'd have less shops selling alcohol and beer. In our community the neighbours are really nice. They're really friendly and helpful. It is easy to make friends. Everyone is generous."

Jamie, Tijiana, Simone and Yasin P6

In the next phase of the project 5 children from each of our 4 schools will work with artists and a film-maker to represent their vision for the city.

The Imagining Aberdeen blog will be updated everyday during Mural Week with pictures and ideas from the participating children. You can get involved by leaving your own comments underneath the blog posts. Visit here:

<https://blogs.glowscotland.org.uk/glowblogs/imaginingaberdeen>

It would be great to hear what you have to say!



Northfield Academy



Young Enterprise Field of Favours

This year, our Higher Business Management students took part in the Young Enterprise Scheme and created their very own business called 'Field of Favours'. Field of Favours had a successful evening selling all of their stationery jars at the S3 Parents' Evening and continued to sell items throughout the academic year. The business also sold hand-made gift jars and print boards. The business has now closed and we made a profit of £440. The pupils decided to give this profit to charity and this decision has been supported by many of our shareholders who have kindly offered their investments too. This means Field of Favours will be presenting a cheque for £760 to Millie's Journey. Millie is a 3-year-old girl who is battling cancer. The pupils have had an enjoyable yet challenging experience in their enterprise.

Free-Running

The school's free-running club continues to go from strength to strength and now has a regular group coming along every Tuesday lunchtime. Due to popular demand, another club will be running on a Wednesday after school. The purchase of new free-running specific equipment has aided the growth of the club and the development of the individuals who have been coming along. Many personal achievements have already been met with pupils achieving more than they believed they were ever capable of. Lots of new skills have been developed and existing skills improved in more challenging contexts. The group continue to enjoy their training and are constantly developing their skill level and physical fitness.



Northfield Academy Northern Lights

The Northern Lights Programme aims to encourage S1 and S2 pupils to think about the future and consider university as a possibility. Now in its second year, we have twenty three S2 pupils and twenty six S1 pupils participating in a number of workshops throughout the year discussing skills and qualities they have and having taster sessions in a number of faculties at Robert Gordon University (RGU). The S2 group have visited the engineering department; they worked with breadboards to create circuits and learned how to solder to complete their own circuit which they got to take home. The S1 group had an architecture taster session. They were shown round by student ambassadors and did some very fiddly model making.

TechFest Maths in the Pipeline

Neil Henderson, William Urquhart, Diana Pituc, Ryan Raitt and Elliott Watt were accompanied by Mr Gatehouse to BP Headquarters in Dyce to participate in this event. On arrival they were split up into teams to work with other pupils from Aberdeen City and Aberdeenshire schools. Throughout the day they took part in various challenges which would help them in the oil and gas industry challenge event. In the afternoon, the teams were set to task with the business challenge of how to extract oil and gas and also the costing involved. Each team then had to give a five minute presentation. Congratulations to William Urquhart who was in the winning team. Well done to everyone as they were all complimented by the business professionals on their excellent presentations.





Henry E Rae Centre

The Henry Rae Centre has now closed its doors. Some of the groups which previously took place there are now happening at other centres in the area.

If you need to use the credit union you can do so at Northfield Community Centre.

The Monday and Saturday bingo sessions are now running at Northfield Community Centre. On a Monday the session starts at 6:30pm and on a Saturday it starts at 1:30pm.

The walking groups are still running and people should just meet in the car park. Every second Tuesday there is a pensioners' walking group at 9:30 in the morning, weather permitting. Wednesday has a regular walking group at 9:30am.

The lunch group now meet on a Thursday at Northfield Community Centre.

Every Thursday there is a bowls group which now meets at Northfield Community Centre from 6:30 to 9pm.

northfield community centre

Dance United

Dance United are looking for new dancers to join our competitive and non-competitive classes. These classes are held on a Monday from 5:30 to 6:15pm at Northfield Community Centre and are available for children from 4 years and up. The

classes available are free style, slow dance, stretch/stamina, acro and many more. You don't need any experience to come along. Contact Becca Walker for more information on **07480326062** or email **beccawalker1996@hotmail.com**.

New classes at Northfield Community Centre

After the school holidays Northfield Community Centre are going to be running a wide variety of new fitness classes.

On a Monday there will be zumba gold from 9:30 until 11:30am.

Adult fitness will run on a Tuesday and a Thursday between 1 and 2pm.

Bums and tums will run on a Thursday morning.

There will be badminton classes on a Friday from 10am until 12 noon. If you would like to book a court out with that time all you have to do is phone the centre.

The 3:30 club will start after the holidays as well. The centre are looking for volunteers to help out with the club and for young people to sign up and join.

For more information contact Northfield Community Centre on 01224 69-54-16.



Long Lost, Long Acre, and the creation of Marischal College

by Mike Middleton

Long Acre existed for about a century as an old part of the town, it is now buried under the magnificent façade of Marischal College, 1906, and its car parks. Within the confines of the original college was the College Kirk, a stand-alone chapel dedicated to the Virgin Mary and was part of the old Friary of the Franciscan order of Grey Friars, founded in around 1469 until the reformation in the 1560s. It was known as Saint Mary's Observantine Friary and was presented to the Town Council to protect it from the ravages of the desecrators of Chapels, Cathedrals, and Churches who were pillaging and destroying all things Catholic - Saints statues, crosses, and stained glass windows.

Eventually the Keith's, the Earls Marischal gained the property and transformed it into

a Protestant College, in the Reformation period. It was the latter phase of construction in the last years of the 19th Century that saw the clearing of what was part of Long Acre and the creation of the front of Marischal. The name marischal means Horse Servant or Royal Keeper of Horse, it was a Military Title.

Long Acre had the first Children's Hospital in the City in 1877 until 1924 it transferred to Castle Terrace that in turn later became the site of Cocky Hunters' warehouse, and then on to Cornhill Road.

There were churches in Long Acre and a Methodist Mission for the poor on the now far side of Marischal, as well as the houses and shops with shoe makers and grocers, but the area deteriorated into slums in the Modern Era.

A new Grey Friars stands in the form of the John Knox Grey Friars Church, now vacant, and a portion of the Window of the Old College Kirk, was built in.

During the renovation of Marischal and the examination of the Old Kirk foundations, objects were found in the form of coins in a bag and some early pots, However, the remains of seven older males were exhumed from the base level of the old kirk in 2009, as well as this there has been roof and floor tiles, stained glass and wall foundations.

Finally did you know that Adolf Hitler chose Marischal College as an HQ if he was successful in his invasion of Britain.

Maybe the Old Friars would have given him a hard time in the middle of the night.



Roots of Empathy is an evidence-based classroom programme proven in reducing levels of aggression within school children while increasing social and emotional competence and developing empathy.

What is Roots of Empathy?

A classroom based programme involving a parent and baby, where baby is the teacher! Each family visits the school nine times over the school year. The children observe the loving parent-child relationship, and grow to understand the baby's intentions and emotions. All of these visits are preceded and followed by a session designed to prepare the children and reinforce learning. A trained Roots of Empathy instructor leads activities designed to help pupils to identify and understand their own feelings and the feelings of others, what makes them unique and how to care for the baby safely.

Roots of Empathy have been running now for 5 years in Aberdeen in the Northfield area. Aberdeen City Council and Action for Children staff work in partnership in delivering the programme.

The Primary Schools that have taken part are:
Manor Park, Heathryburn, Westpark, Holy Family, Bramble Brea, Quarryhill and Muirfield.

Shawn and his mum, Gail were the very first roots of empathy

mum and baby to get involved in the programme in Westpark School in 2012. On Thursday the 28th of April 2016 Shawn and his mum Gail came back to visit the school. It was very good to see Shawn. He was a little bit shy to begin with but he soon came round and answered some questions from the children. Shawn, will be going into P1 after the summer holidays, and the P7 class will be going into first year at Northfield Academy.

Gail, Shawn's mum said: "Shawn and I enjoyed taking part in Roots of Empathy it was very good to see the interaction between the children and Shawn. It was very good to return to Westpark to see the class grown up and ready for Academy."

Roots of Empathy will be starting back up in the new school year so we will be looking for mums and babies. The babies need to be 2 to 4 months old.

If you know or interested in taking part please contact Helen Polson by e mail hpolson@aberdeencity.gov.uk

Jake:

"I enjoyed playing with Shawn when he was little and I really enjoyed meeting him today."

Katie:

"I enjoyed seeing Shawn and I enjoyed doing the Roots of Empathy. Don't be scared in school"

Lauren:

"I enjoyed meeting Shawn he has changed a lot since the last time I saw him. Good luck Shawn for primary school"

Kody:

"I enjoy Roots of Empathy, you get to see kids grow up"

Kara:

"Good luck in P1, I am sure you will be great as you're a clever little boy."

Logan:

"I really enjoyed Roots of Empathy and it would be brilliant if this continued as a thing."

Courtney:

"Remember when you go in P1 try your best and never give up have fun."

Neave:

"It was good seeing you again. You have changed a lot. I hope you enjoy P1 and make lots of friends."



2012



2016

A word from your Community Flat....

Cash In Your Pocket Event

The Cash in your Pocket team were joined by SCARF and PATHWAYS in April within the flat. The agencies offered the community a drop-in support and advice session around money matters and employment. There was an opportunity for local people to talk with the agencies on subjects such as job searching, confidence classes and counselling support, cutting energy bills, benefit enquiries/issues, on-line form filling and sign-posting for accurate information and support.

Cash in your Pocket now has a free phone number – 0800 953 4330

Smoking Cessation Support

Come along to the Flat for friendly, non-judgmental support in stopping or cutting down cigarette smoking. Stuart Robbie from NHS will provide you with information and practical ideas to help you reach your goal. Tuesday at 2pm



Ladies Group

The ladies have enjoyed engaging with some VSA carers this term. The participants have been sharing information, ideas and support through conversation and craft activities. If you are over 50 years and would like to join this group please come along for an introduction. Thursday at 10.30am

Silver City Surfers

Offer a drop-in service at Cummings Park Community Flat every Thursday from 11am – 1pm. The volunteer tutors support people (over the age of 55 years) to become familiar with computers, computing devices and surfing the internet.

Knit And Natter

Marion supports a group of individuals who like to chat while creating some things from wool. It's often nice to end the week with a bit of a blether and a fine piece. Bring your knitting/needlecraft along with you and share your knowledge. Friday at 1pm

Sewing

Supported by a tutor who provides sewing machine tuition. This group is for people who would like guidance on creating an item as well as how to work a sewing machine. Friday 12pm.

Fresh Produce

There is an opportunity for local people to purchase fresh fruit, eggs and vegetables provided by CFINE. This goes on sale every Thursday and Friday from 12pm.

Cummings Park Community Flat also takes orders for butcher meat from a local butcher and fish orders for people who would like to do so. These items must be ordered and paid for before Thursday.

Phone 01224 681357, email managmentcommittee@gmail.com or dosim@aberdeencity.gov.uk or join as a friend on our face book page.

Intergeneration Group

Headed and supported by Silver City Surfers, Cummings Park Community Flat, Bramble Brae

Primary School and Granitehill House.

The individuals involved have made firm bonds, showing respect for each other's beliefs and opinions. The children and the adults display enthusiasm and motivation for learning new tasks and skills together. The fun is in the sharing of ideas and joining in with new ways of thinking. The generations relate well with one another and are aware of each other's abilities. There is a sense of well-being created both in the in-house activities and in the trips. Learning occurs in both directions as each person listens to the opinions of the other. Some of the participants had not been aware of the Piper Alpha tragedy. With discussion and research, we decided to visit the Piper Alpha monument and the helicopter crash memorial. This led to a talk from George on how it felt to work on a rig. During this time, people were able to try on safety gear provided by Chris. We are going to visit the Maritime Museum soon.

Thank you so much to Thainstone House, Inverurie for providing funding to the Silver City Surfers which has enabled us to provide this activity. We would also like to thank Lynn McRae of Thainstone Hotel and Steven Still of Salvesen Tower for their welcome and support to the group. A special thank you to Bob Rose who drove the minibus that was kindly lent to us by Sheila of the Lord Henry Rae Centre.





Granitehill House Tenant's Association wins Best Tenant's Association Award

In November last year Granitehill House Tenant's Association won the award for Best Tenant's Association in Scotland from TPAS (Tenant Participation Advisory Service Scotland). The organisation aims to promote good practice in tenant participation and works with tenant organisations, housing associations and local authorities.

The Cumming North Editorial Team spoke to Rob Rose who is the Chairperson of the Granitehill House Tenant's Association. He gave us a copy of his award acceptance speech.

"Good afternoon ladies and gentlemen, I am here today to talk about Granitehill House Tenant's Association. We were proud to accept the award for Best Tenant's Association in Scotland in November at St Andrews. We are in to our fifth year and I would like to thank my committee, Mrs Sheila Rollo (vice-chair), Mrs Blanche Flaxman (secretary), Mrs

Catherine Rose (treasurer) for the work they have done over the last four years. Our success is also down to the help we get from our members at various events, our senior housing officer, Sandra Wood and Kris McCombie and other housing assistants who have been very supportive over the years since we began our association.

Last year we had an open day with the help of our housing assistants and tenants we had several people who came to view empty flats. We had quite a few of those and people were impressed with our building and surrounding gardens. I am happy to say they are now occupied. I am also happy to tell you we received an award last year from Beautiful Scotland for our gardens. This was achieved by one of our tenants Mr Cyril Alexander. We were invited to Stirling to accept this award. I would also like to thank Steven Shaw and Mike Chalmers who provided soil, plants, shrubs etc.

We have many events in our complex including bingo twice weekly, stovie nights, chippie nights, coffee mornings once a month, buffets with entertainment and bus trips. We all have a brilliant time especially at our Christmas party when I dress up as Santa and we also have a party at Hogmanay. Thanks also go to Aberdeen City Council who give us festive funding. Thanks also to our local councillors, Gordon Graham and Jackie Dunbar, and Helen Graham, Project Coordinator at Middlefield Community Project from whom we have received funds and advice from. We do receive donations from local supermarkets and several oil companies and Comic Relief. We are also involved with Silver Surfers who are based in the Cummings Park Community Flat in with Donna Sim. I would like to thank Kris McCombie for his nomination for the TPAS award."

Councillors' Comments

Councillor Scott Carle

I've previously written about Cummings Park Community Centre and the work to reopen the centre. Progress continues to be made at the community centre where there is now a permanent member of staff. Groups who previously used the community centre such as the boxing club are beginning to return and a wider programme will begin to be drawn

up. We will continue to support the community centre going forward and would encourage anyone who wants to get involved to get in touch.

Work also continues on the Northfield 3G football pitch at Northfield Academy and plans will be put in place for its operation as we move towards completion. This is a great facility for Northfield and I look forward to seeing it in action

once it's up and running. My regular surgeries have restarted after the summer break details of which can be found on the councils' website.

Scott Carle
Councillor for the Northfield/
Mastrick North Ward.
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07876 763654

Councillor Gordon Graham

Northfield – Part of the Biggest Regeneration of Aberdeen ever.

Well folks at long last we are beginning to see action taking place to regenerate the area.

A lot of people have asked what is going on at the Henry Rae Community centre. On 29th March I was proud to officiate at the sod cutting ceremony with youngsters from Manor Park Primary, Middlefield Community Project Nursery along with others from the Community who helped to launch

the official start of work on the new £2.66million Community Hub. The new building will help the centre be even more of a hub for the community as the new facilities will make such a difference to groups who use it. The target is to be open at the end of the year. This will ensure projects which need to be relocated because of the new road can continue to operate. The new holes at Auchmill Golf Course and by the time you read this we should have entered into a 30-year lease. This coupled with the new 3G pitch, the School of Excellence

and the Museum Collection Centre shows that the Council is working hard to regenerate Northfield as part of its commitment to 'Shaping Aberdeen' as a city for people to live and work in into the future.

I trust people are satisfied with the work that is being undertaken to improve the lives of residents in Northfield and Aberdeen.

Councillor for for the
Northfield/Mastrick
North Ward.
ggraham@aberdeencity.gov.uk
01224 523594 - 07736 329751

Councillor Jackie Dunbar

A resident contacted me last year with idea that he had. He asked if it would be possible to start an off lead area for dogs, somewhere that could be fenced, where dogs were able to run about, interact with other dogs and owners. I thought this was a brilliant idea as I could see the benefit not only for dogs and their owners but for the rest of the community too.

I contacted Cllr Cameron, one of the councillors that covers the ward next to mine to see if it was something that he thought he could support, which he did, as it could possibly span both wards. Since then we have been working together with officers of the council,

the resident and have also had the support of both Northfield and Mastrick community councils. It is still in the very early stages but the feedback so far has been positive. Hopefully soon we will have an area in our community that will have a positive impact in not only the dogs and their owners but the wider community.

As you are aware the new centre for excellence is currently underway just off Davidson Drive. This has meant that there has been more traffic on Springhill Road and the surrounding roads. This is unavoidable, and will continue until the build is completed. Residents have been in touch regarding the mess of

mud on Springhill Road and the speed that lorries are going. I have been in touch with Aberdeen City Council and they have promised to keep the road as mud free as possible and have ensured that road sweepers are sweeping Springhill Road as much as possible. I have also been in touch with Police Scotland, who are aware of the issues of speeding and are keeping a very close watch on it.

Jackie Dunbar
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07733 300570



Cummings Park Centre Garden Project



There is a large patch of land behind Cummings Park Centre that has been left unused for the last 15 years. The centre reopened last August after an 18-month closure and the team thought that putting this land to use for the local community was a great idea. They wanted benches, tables and plots for the community and local schools, a sensory garden and an outdoor learning area. There is not a huge amount of greenspace in the Northfield and Cummings Park areas so this will be a great resource for people who want to grow healthy foods and improve their diet as well as getting some fresh air.

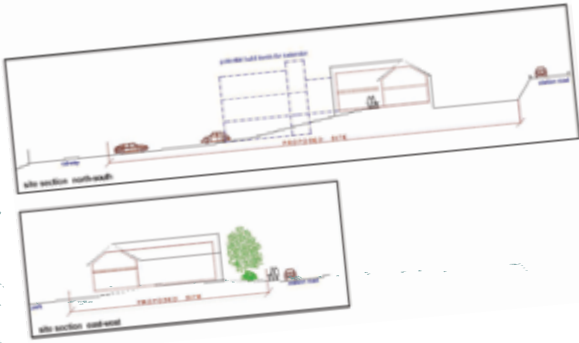
The project has the potential to give the community a sense of ownership and pride in the area they live in. It also gives groups of people the opportunity to give something back to their area, through the court system and by volunteering in their community. The benefits of these kinds of activities have been well researched.

The space would also be a learning space as the wildlife area would be retained and could be used for classroom environmental learning within an urban setting.

Bramble Brae Primary, Northfield Academy, Cummings Park Centre Job Club, Inspire, and groups running in the centre all have an interest in getting the project going so far. A corporate group visited the centre at the end of June to start laying out the area and turning the drawings into a reality.

Please get in touch by phoning the centre on 01224 694060 or email cummingsparkcentre@aberdeencity.gov.uk or saduncan@aberdeencity.gov.uk or pop in for a cuppa and a chat if you have any interest in helping out with this project





Million pound makeover for shmu!

Aberdeen City Council will work in partnership with Station House Media Unit [SHMU] to extend the existing community media hub in Woodside after members of the Finance, Policy and Resources Committee gave their seal of approval.

The facility at Station Road will undergo a makeover to the tune of £1m following a successful bid to the Scottish Government Regeneration Capital Grant Fund (RCGF). The project will turn Station House into a cutting edge, internationally acclaimed centre for community media, enabling shmu to play a key role in the cultural development of the region; gain further recognition as a hub for employability and criminal justice programmes; as well as deliver a unique approach in community development and youth work across a range of communities.

The purpose-built accommodation will be adjoining the existing Station House Media Unit building and will lead to at least a 100% increase in usable activity space.

It is anticipated the extended building will feature fit for purpose radio studios to accommodate the

organisations FM community radio station, a TV studio for live broadcasting, a music recording studio, digital editing facility and a digital learning centre.

Amenities such as additional office space, a new multi-purpose community/social space including a small scale performance area offering work experience will also form part of the extension plans.

Welcoming the news of the grant award shmu Chief Executive Murray Dawson said: *"We are absolutely delighted with this grant award. Our five-year strategic plan, developed three years ago, set an aspiration to operate out of state of the art, fit for purpose facilities. This grant award will turn that vision into reality and will provide a fantastic boost to all of our volunteers, service users and staff."*

"We have delivered exceptional programmes and services for more than 15 years from a relatively poor facility base. The prospect of operating from a building designed specifically for our programmes, in conjunction with our stakeholders, is a really exciting proposition."

NESCU

The North East Scotland Credit Union Head Office has moved to 24 Victoria Road, Torry (the Old Bank of Scotland on the Victoria Bridge). We offer the same saving and loan opportunities as before in our shiny new premises.

SH: "Says that without the Credit Union I would not have had carpets and a cooker in my first

flat. I had been homeless and had nothing, but for a couple of quid a week I was able to move into my flat with the things that I needed. Nescu also referred me to other places to help me with my benefits and to get furniture and dishes etc."

Your local collection point is at Cummings Park Community Flat,

122 Cummings Park Drive, on a Monday 10am – 11am. Come along and see what Nescu can do for you.

**Contact us: www.nescu.co.uk
email info@nescu.co.uk
Tel. 01224 899688 or
03006663728**

Northfield Lodge

Northfield Lodge and 17 Westerton Crescent are two units in the heart of the Northfield Community. They are run by VSA and their mission is to motivate, empower and promote the self-esteem of the adults they support. Within Mental Health Services, meaningful activities are a large part of the work we do and we are always looking for volunteers who could help us with this.

Our tenants enjoy a wide range of in house activities such as arts and

crafts, baking, gardening, board games, snooker, Wii games and card games and going on outings such as walks, garden centres, cinema, shopping or just going out for a coffee and a chat & we are looking for volunteers that can either go out with staff, or as a one-2-one with the tenants.

If you are interested in volunteering within either of these settings, please contact our volunteer manager **Gillian Simpson** on **(01224) 212021**.



Pathways

Pathways have been actively working in Cummings Park helping people to find work for a number of years now and our Employability Keyworker, Theresa Mackay, meets with people looking for help at Cummings Park Community Flat, 122 Cummings Park Drive on Mondays and Tuesdays from 1.00 - 2.00pm.

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 assistance after leaving college with no real job goals or an idea of how to proceed. Theresa re-worked his CV, helped with online job applications and coached him

through interview techniques and questions. Theresa also provided confidence building exercises to help build his confidence and motivation. He applied for a job at a local supermarket and did so well at the interview he was offered a position in retail which he continues to enjoy today.

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 you to develop a plan to reach your job goal, help with CVs, assist in completing application forms and we also have access to funds to remove barriers to work. Last year the team of five

Employability Keyworkers covering the city of Aberdeen helped 524 people into work and since the beginning of April another 26 clients have gone into employment.

If you would like help to find work you can contact Theresa MacKay by phone on **01224 682 939** or by email at **t.mackay@pathwaysonline.org** or via his Facebook page at **www.facebook.com/TheresaMackaypathways**.

After the summer holidays Pathways will be starting a drop in session at Northfield Community Centre. Date and time still to be confirmed.

COMMUNITY CONTACTS

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

NORTHFIELD SWIMMING POOL

Northfield Swimming Pool is used by Northfield academy and primary schools during school hours and is available to the general public out with. Northfield pool is also the training base for the City of Aberdeen Swim Team (COAST). Call: 01224 680307

View the Timetable below for classes and public sessions:

Monday

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

Tuesday

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

Wednesday

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

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

Thursday

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

Friday

0745 0900 Public Session (2 Lanes)

Saturday

1215 1315 Public Session