

# cumming north

Winter 2016



## In this issue:

NORTHFIELD  
LOCAL HEROS  
BARNADOS ABERDEEN  
HEATHRYBURN  
FOOTBALL CLUB

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

Winter 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](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!

We are also running a photography competition for the next edition. Send in your photos of your community to **[laura.young@shmu.org.uk](mailto: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







## Barnardos Aberdeen

Kim McPherson, Operational Manager of Barnardo's Aberdeen

I sat with her in my lap after taking her from her parents, watching with her intently the only item she had brought with her to her foster carer's - her teddy, being slowly heated in the oven to disinfect it. You see this little girl had been neglected and had septic sores due to an un-treated lice infestation and her new carer had the insight to know she needed her teddy to feel safe.

As a social worker I have seen many feats of love and compassion from foster carers and adopters over the years but they began just like you, with a passion to help and a desire to be part of the solution. You don't have to be perfect to be a foster carer, children will take you just as you are.

Dr. Barnardo's decided to become a medical Christian missionary in China and began to train in London in the 1800's. He soon realised that there were

thousands of children sleeping on the streets and saw there was a need to help the most vulnerable in his own community. Barnardo's was begun.

In Scotland there were 15,000 children in foster care in 2014. That is more than the population of Skye. In September of 2015 there were 206 children in Scotland that needed to be adopted, 197 of them were boys.

Anyone can apply to become a foster carer. Whether you are single or married, male or female, homeowner or renting, straight, lesbian, gay, trans or bisexual- you could foster a child. However, you must: be over the age of 21, and have a spare room at home.

**Fostering comes in different forms:**

**Helping to look after children while decisions are made about their future**

**Providing a forever family**

**Giving breaks to full time foster carers or families that need a break**

By choosing to become a foster carer you can make a huge difference in a child's life - and yours.

At Barnardo's, we have over 100 years' experience finding families for children in need.

You don't have to do this alone, you will receive support, training, guidance and allowances and fees.

We truly believe there are no unwanted children just unfound families.

**To find out more please visit <http://www.barnardos.org.uk/fosteringandadoption.htm>**

**Or contact the Aberdeen office on 01224 624090.**



## Henry Rae Management Committee

Well folks before you know it Hallowe'en will be here and it will be time to party.

Why not be first to get your name down for our party which will take place at Northfield Community Centre on Saturday the 29th of October. This is a family party which is open to everyone. The event kicks off at 7:30pm and is a B.Y.O.B event with stovies and macaroni on offer. Tickets are available from the centre and cost £5 for adults and £3 for kids. Pamela will have lots of Hallowe'en games on the go and there will be a prize for the best dressed ghou, ghost or witch!



## northfield community centre

Hi folks well there are a few new groups started at the centre.

Every second Friday we hold a disco for the kids from 6 until 8pm. Any under-fives must be accompanied by an adult.

Then we have on a Monday we have Zumba Gold 9.30am until 1.30pm and on Wednesdays we have Bums Legs and Tums on from 10am until 10.30.

The 3.30 club for P1 to p7's runs on a Monday, Tuesday, Wednesday and Friday 3.30-5.30pm. There are lots of activities on offer including arts and crafts, games and modelling and lots more.

**The Councillors Surgeries have started again:**

**Cllr Carle 1st Tue.  
6pm-7pm**

**Cllr Dunbar 2nd Tue  
7pm – 8pm**

**Cllr Graham 3rd Tue  
6pm – 7pm**

One of our biggest successes has been the opening of Julie's Kitchen.

It is open Monday mornings 9am until 12 noon for breakfast and snacks.

Wednesday mornings 9am until 2pm for breakfast, snacks and lunches.

Thursday evening 6pm until 9pm for the evening clubs.

Why not pop into Julie's Kitchen, pick up a programme and enjoy a cuppa at the same time? You can also phone the centre on 01224 695416 if you have any questions.



# Northfield

## Congregational Church

**Community Hub (Meets in ex ATC Huts in Lane off Moir Drive, Aberdeen)**

### AUTUMN PROGRAMME 2016

#### MONDAYS

**10am till 11am**

Breakfast Club

**5pm till 6.30pm**

Lego Club Free includes Meal starts 31st Oct.

#### TUESDAY

**10am till 11am** PLAY 'n STAY  
Mothers and Toddlers Group

**1pm till 3pm** Office and opportunity to meet Minister

**5pm – 6pm** Home Work Club – includes free meal

**5.00pm till 6.30- 7pm** Family Film Club Free includes meal

#### WEDNESDAYS

**11am till 12**  
Ladies Group – Coffee

**11.30 am till 12.30 pm**  
Lunch Deals

**6pm 7pm** Boys' Brigade – with Girls – Free includes meal

**6.30pm till 8.30pm** Discussion Group- as arranged

#### THURSDAYS

**11am till 12**  
Men's Group – Coffee

**6pm till 7pm** Craft Club Free includes meal. Open to all boys and girls school age. Free

**7pm till 9pm** Bowling Club - £2 adults, £1 child. Outside let

#### FRIDAYS

**4.30pm till 5.30pm**  
Young Peoples Bowling  
Free includes meal

Family Bingo Once per month

**1st Session 7pm** on Friday  
30th September

#### SUNDAYS

**2pm till 3pm**  
Church / Sunday Club

**2pm till 4pm** Bowling Club £2 adult, £1 child

Our Programme is sponsored by, Cash for Kids, Health Kind – People's Health Trust Aberdeen City Council, Instock, and Kintore Charitable Trust

**For information please call me Rev. Andy Cowie 01224 703248**

Northfield Congregational Church is affiliated to the Congregational Federation. Congregationalism is a form of Church government where each Church is independent in the management of its own affairs.



## Heathryburn Football Team

Heathryburn Primary School have relaunched their football team and had their first friendly match on Saturday the 27th of August at the new 3G pitches at Northfield Academy.

The school hasn't had a team in a few years so Holly Dawson from Active Schools, Pam Farmery, Chair of the Parent Teacher Association (PTA) and 3 of the dads worked together to promote the team and train them during the last few weeks of last term. The team also have sponsorship from the Lintmill Shop. This team is for Primary 6-7 pupils and they train on a Tuesday at the school.



# Hamewith Lodge

We have had some really successful events take place at the home over the last few months. We managed to raise £348.10 at our summer fair and had a really fun day. We had a coffee morning at the end of August where we invited tenants from Hilton Court sheltered housing to come and join us. The tenants had a tour then a few games of bingo as well as coffee, cakes and butteries. We received very positive feedback which was good. It was also good to see other friends and relatives there too.

Some of the events we have coming up over the next few months include:

Fireworks Display – 5th November, £3 entry – hotdog or soup with drink and cake and a sparkler. Time to be confirmed. The entry fee is to raise funds for the residents of the home.

Christmas Fair – 3rd December. We would welcome donations for bric-a-brac and raffles. The fair will take place 2pm to 3.30pm. £2.50 adult entry £1 child entry - includes tea/coffee/glass of mulled wine or juice and Christmas pie/Cake. Once again the entry fee is to raise funds for the residents.

Re-instated monthly coffee mornings where we will invite groups from the community to come along. The coffee mornings will take place at the end of every month 10.30am to 11.30am.

If you would like to find out more about some of the events we put on then give us a phone on 01224 692600.

# “Your Great Name”

## Northfield Choir Social

Northfield United Free Church of Scotland

Northfield United Free Church Choir entered a toe-tapping Church on Thursday, 16 June 2016 to take their places on the hall platform at their Summer Social. Once again, Ross Hammond, Musical Director (on guitar and clarinet), Katie Hammond (on the piano), Colin Black (on the fiddle), and Mallory Peter (on the cajon) – the latter two being guest musicians from the Ceilidh Band ‘Spindrift’ – had set the scene beautifully!

The almost capacity audience willingly joined in the communal singing of ‘Jesus is the name we honour’, ‘Holy Spirit, living breath of God, breathe new life into my willing soul’, and ‘You’re the Word of God the Father’.

Mark Hammond provided narrative as necessary. The choir sang 11 pieces: The Splendour of the King’, ‘How Great are You, Lord’, ‘Before You I Kneel (A Worker’s Prayer)’ with soloist Mark Hammond, ‘Jesus, Draw Me Ever Nearer’ with soloist Grace McCartney, ‘Be Unto Your Name’, ‘Your Great Name’ with soloist Linda Forbes, ‘My Soul Longs for the Lord’ with soloist Avril Christie, ‘Holy Spirit’ – joined by the congregation,

‘Blessed Saviour, Fount of Grace’ with soloist Diane Ledingham, ‘Psalm 62’, and the resounding finale: ‘Crown Him (Majesty)’. However, these were more than just songs to many in the choir who were going through difficult times; they were prayers set to music.

The offering raised £109.30 for good causes.

At the conclusion, Mark Hammond thanked both Ross and Katie for their preparations for tonight’s event and gave tokens of the Choir’s appreciation to them, Colin, and Mallory. We also learned that Colin had proposed to Mallory ‘on stage’ on the last night of ‘Evita’ (in which they were both performing) the previous week, so there were additional warm congratulations to them! Afterwards, everyone savoured Northfield’s usual tea and home baking.

Feedback from the event was thrilling! Many of those present stated they had been blessed both by the singing and the words spoken. Folks had come to hear a choir but left Northfield praising God’s Great Name!



# Northfield Academy



## *Academy Tartan Launched*

I am delighted to announce the launch of our new Northfield Academy tartan which was registered in the Scottish Tartan Register on Friday 18th March. Our pupils have agreed that the current school tie should be replaced by the tartan tie and a flash of tartan will be a must for all Northfield former pupil's the world over.

The dark blue squares number 56 threads for the year 1956 when the Academy was opened; the maroon is from the original 1956 school badge; the predominantly dark blue and light blue colours represent the colours of the school tie in 2016; the four light blue lines around the white represent the four capacities of Scottish education's Curriculum for Excellence in the 21st century. Finally, the grey remembers the 19th century Cairncry Granite Quarry on part of which, Northfield Academy was built.

From August 2016 we have replaced our school tie with a new tartan tie which is being worn with pride across the school from S1-S6



## *YPI*

Once again our S2 classes have participated in the Wood Foundation's Youth and Philanthropy Initiative (YPI). Each class selected a charity to champion and the class split into groups to research them before competing against each other in the semi-finals for the chance to represent their charity in the school final. The charities represented in the final were Befriend a Child, Aberdeen YMCA, Alzheimer's Scotland and the ARCHIE foundation. The winning group was from 3S2 who won a cheque for £3000 for Befriend a Child. The group would like to thank Miss Dolan and Katie Watters and Jade Hepburn from Befriend a Child who worked with them.

## *Partnership with Entier Ltd*

We are delighted to announce our new business link with Entier Ltd. Entier specialise in event catering in addition to having their own café in Kingswells Business Park. Hospitality pupils Hannah Ross, Laura Miltenyte, Lauren Hay and Nicole Webster participated in the Entier Fresh Olive Apprenticeship competition. Laura, Nicole and Lauren were invited to take part in the competition final held at Entier Headquarters. Nicole has accepted an apprenticeship with Entier starting in May. Well Done Nicole! We have successfully bid for funding from the Food For Thought Fund and we will use this to link with Entier in order to enhance the learning and teaching of the current National Hospitality and Health and Food Technology courses.

# NORTHFIELD TOTAL PLACE

## Celebrating the people making a difference in our communities

Northfield Total Place want to help celebrate the people making a difference in our communities.

Whether we live in Northfield, Cummings Park, Mastrick, Heathryfold and Middlefield we have people all around us who go the extra mile, living, working and volunteering here.

The team will visit and photograph your nomination and share their story on social media and the Northfield Total Place website.

A celebration event will be held for you as a nominator and all of the Heroes we find along the way. All you have to do to nominate your hero is visit the Northfield Total Place Facebook and fill in the Northfield Local Heroes form.

Here are some of the nominees so far. The Cumming North editorial team would like to say a huge well done to all of them – you do a great job in your community!

\* Cummings Park

\* Heathryfold

\* Mastrick

\* Middlefield

\* Northfield



## EILIDH MITCHELL

Miss Mitchell works at Bramble Brae Primary school and has been Nominated by Kerry Anderson, who says:

“Miss Mitchell works in Bramble Brae School and always goes that extra mile for the kids there, she stays back every night and I always wonder if she has a social life!

She is never far if a parent has a concern and the best thing is she has a warm welcome for everyone who visits the school and always has a smile on her face.





## ALLY REID

Ally has been nominated by Graeme Benzie, Brian Wylie and Shelley Morris who have this to say:

Ally has volunteered at Northfield Outdoor Sports Centre for many years. He goes over and beyond his duties by improving the appearance of the centre - making his own flower tubs etc. - As well as being the life and soul of the center greeting everyone as they arrive. Not only does he greatly improve Northfield OSC, Ally is always ready to help with any DIY tasks that require completing at other Outdoor venues. Ally always has a smile on his face and is ready to help anyone. Northfield OSC has a great atmosphere and is a great place to play bowls, try some putting or play tennis all thanks to Ally. Even after suffering a minor stroke at the beginning of the year, Ally was eager to return to work and is now back serving his regular customers again - much to their delight.



## FIONA & ALLI RAIT

Fiona and Ali Rait have been nominated by Jacqui Innes who says:

"Fiona and her hubby Ali own run our local baker and support many of the community projects in the area by sharing her bag tax with a different group every month. They also provide cake donations to raffles, snacks for the local playscheme every summer and a discount for community events. Fiona and her hubby also get involved where they can. And I think it is now time they got recognised"

Fiona and Ali have owned the Baker for 9 years, although Ali worked there for 3 years before that.

They are keen supporters of local groups and have provided the Northfield Community Center Playscheme by providing breakfast and water for all the children.

They offer 20% off for local groups and charities doing fundraising activities

They have donated the Bag Tax to local groups since the initiative started.

Fiona has never had trouble looking for staff, jobs have always been filled without having to advertise and she always employs local people.



## ARCHIE WEIR

Archie Weir was nominated by Donna Sim and here's what Donna had to say:

"Archie has overcome various challenges to take on the role as Chairperson within our flat. Archie also started and has supported the men's group for over 3 years. He has spent the same time volunteering for NESCU. Archie is on a rota for Middlefield Church and helps where he can. Litter picking, gardening and community walks. Archie has a quiet and unassuming demeanour. He is well known in the community and people are happy to approach him making him a perfect ambassador for the flat and for the community"

Well done Archie, well and truly deserved, enjoy those rasps..





## Mrs Meadows

Autumn starts about this coming weekend, although some of the trees have already lost their leaves. It's time then to collect some seeds from the plants in our gardens, more satisfying to pick and plant our own. Unfortunately, potato blight is rampant this year it seems, although the tops are all dried up and frazzled the potatoes themselves are not at all affected. Just carefully remove all the top growth into a black bag and tie it up. Never put this material into your compost bins as the spores will spread when you use the compost.

The berries are all past except the brambles and the apples are looking great. Much better than last year. Could it be all the rain? If that is the case, we should have perfect apples every year. We might manage one more grass cut before winter, then it's time to settle the garden down for the winter. Dahlias and other tender plants should be lifted and stored in a cool, dry place check now and then to make sure there is no rot, best if they are stored in dry sand ready to plant next year. Have to go now thinking of taking out that lawn mower... only thinking about it.

**Bye for now,  
Mrs Meadows**



## CUMMINGS PARK PARENTS AND TODDLERS

Debbie and Gwen organised the group. Debbie originally attended a parent and toddler group in Northfield Parish Church when her daughter was 1 but as the parents who were running the group's children got older they thought the group was going to shut. Debbie thought I have to keep this going because it's a life saver. Another mum helped her for 4 or 5 years then Gwen came on board. Debbie is a childminder. The group have been at Cummings Park Centre since January 2016 and the facilities are brilliant. Sessions cost £2 per child and includes their snack and drink and the parents also get a tea or coffee and a piece.

**Mon/Tues/Wed  
9:15 -11:30am**

Debbie: "The fact I'm a childminder is the main reason I keep the group going. If you're a parent your children get older you move on but as a childminder you always have little ones. You know what Aberdeen weather is like so you can't always rely on getting to a playpark. It's a God send for the kids activities"

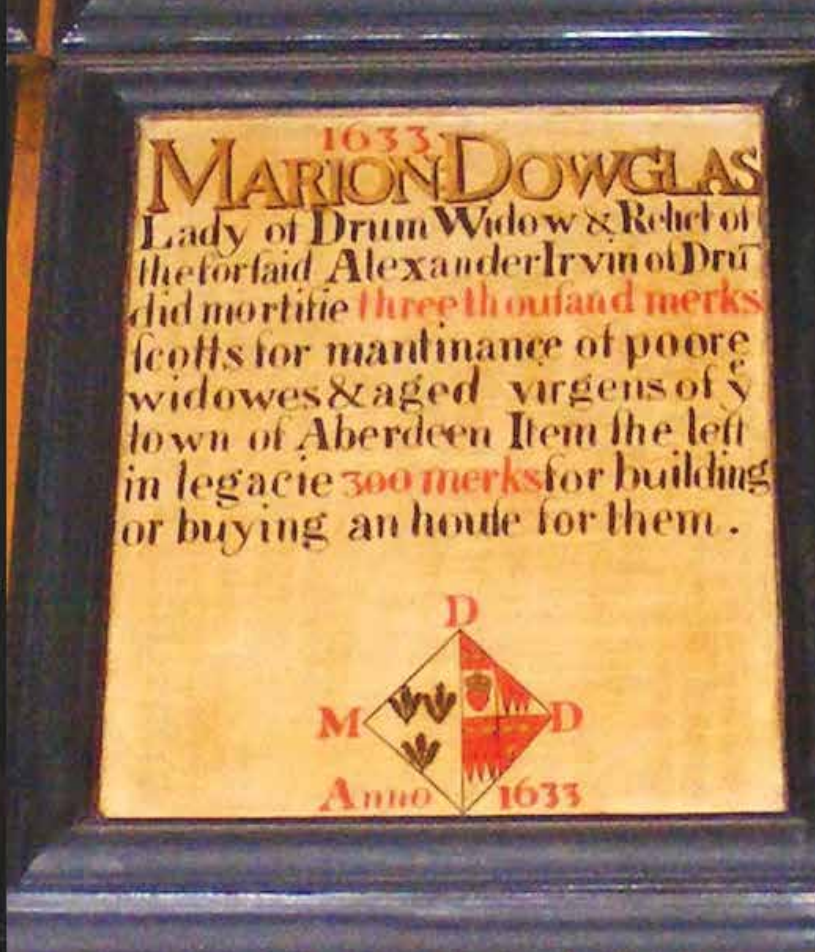
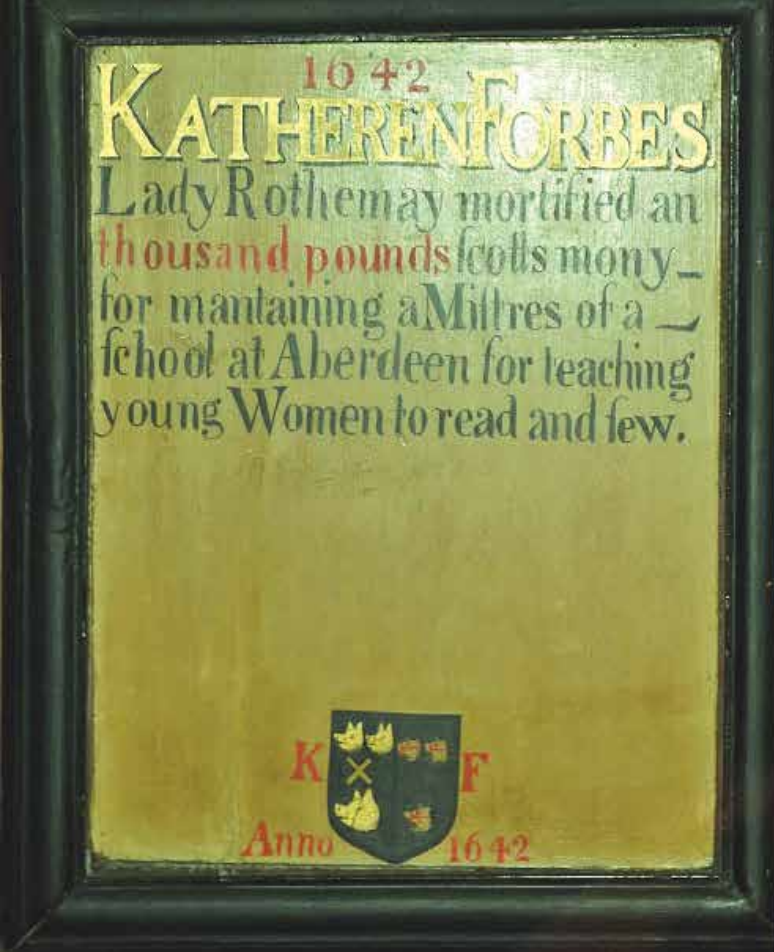
Lisa: "There's different activities here you wouldn't always get to do at home. It's nice to come along and have a coffee and a chat. It's really important for kids to get used to other children and not being the centre of attention all the time.

Louise: "Good for the kids and for us as you get to meet other people."

Carol: "It keeps me sane when I come here. There's good arts and crafts, water and sand play are great and we have outdoor play park access as well which we didn't have before."

Diane: "I think it's good for the kids. It's really helped her come along a lot with communication, speaking skills and interacting with other kids. Improved her social skills and it burns a lot of the kids energy, I think it makes it easier for nursery and primary school as a lot of the kids are from the same area so they'll know each other when they go up.





## Mortification boards

*by Mike Middleton*

Mike Middleton delves into another unusual feature of Aberdeen's history

Here in Aberdeen we have a fascinating collection of mortification boards. These boards or panels date from the 16th Century and are on display to the public in the foyer of the Old Town House on Union Street, they can be viewed most days of the week through the big revolving doors.

So what are they? They are panels with the names of benefactors leaving monies on their death to charities or

to good causes. They were quite often burgesses of the city and one famous one from 1642 is Katheren Forbes, Lady Rothemay who left 1,000 Merks for the teaching of girls to read and sew. This money was used to employ a mistress to teach the girls.

Some boards have monies left to train doctors at the University, and hospitals belonging to the Guild Brethren

All the boards have the coat of arms of the families they represent brightly painted in heraldic colours, and they are all gold with black and red writing. They are hundreds of years old and an absolute treasure, so please pop in and have a browse as they are unique.





## CIYP

Have you, or anyone you know, been affected by changes to the benefits system?

Don't know who, or where, to turn to for help or advice?

If so, contact Cash In Your Pocket's free referral service on freephone 0800 953 4330.

By giving us a call, can speak directly to a member of our team who can discuss any issues, provide advice and through a wide range of network organisations, arrange to get you the help you need.

For more information visit [www.ciyp.co.uk](http://www.ciyp.co.uk) or e-mail [info@ciypp.co.uk](mailto:info@ciypp.co.uk).



## Northfield Outdoor Sports Centre

Once upon a time, many years ago, a set of bowls consisted of only two balls. This is much unlike a modern day set which consists of four balls. Back in the day the balls were made of lignum vitae which comes from regions of South America. It is also the only wood known to sink in water. A set of these bowls have been donated to Northfield Bowling Green. After some investigation we managed to find out that the bowls were won by a gentleman from the borders named Mr George Hall in a competition called The Borders Bowling Tournament in 1884.

Before you all jump to the wrong conclusion I did not mark the game, it was all above board. If anyone wants to come and have a look at the bowls or has any information as to how they arrived in Aberdeen then please

contact Ally at the Northfield Bowling Green as he would also like to know.

The Sports Centre has now closed for the winter break but will be open again in the April holidays. New members and helpers are always welcome so come along and enjoy the welcome and fun.

The charity wishing well situated within Northfield Outdoor Sports Centre collected around £136 so thank you to all who contributed. If the weather had been better, it could have been more but I'm sure the Dementia Society will be very happy.

Hope to see you all and more next year.

**Cheers,  
Ally Reid**

# Councillors' Comments

## Councillor Scott Carle

On the 3rd of September, the #OurNorthfield #OurChoices event was held at the Sunnybank Club. This event was organised by the Council and the Community Planning Partnership and was open to residents from across Northfield, Middlefield, Cummings Park, Heathryfold and Mastrick to come along and have your say on what the priorities should be for our area going forward. I attended the event along with Councillor Graham and it was good to have Councillor Jenny Laing, Leader of the Council there with us to hear first-hand the issues that matter most to our communities in Northfield.

There was a great turnout on the day with local service providers,

local community groups and local projects all in attendance and importantly a good turnout of local residents making their voices heard. It was good to hear so many people talking about the work we are already undertaking in the area, including the multi-million pound investments we are making, as well as coming along with their ideas on what else could be done to improve the area and the services on offer. It is important now that the views which were expressed are taken forward and influence the decisions we take in the area in years to come.

There were also discussions around the latest participatory budgeting exercise where we have brought forward £50,000 to

be spent on priorities identified by local residents. I look forward to seeing the results of this after the last participatory budgeting event, where local school pupils chose where they wanted to see money invested, went so well.

Overall the #OurNorthfield #OurChoices event was a great success. Thanks to everyone for coming along and sharing their views.

**Scott Carle**  
**Councillor for the Northfield/**  
**Mastrick North Ward.**  
[sccarle@aberdeencity.gov.uk](mailto:sccarle@aberdeencity.gov.uk)  
**01224 346622**  
**07876 763654**

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## Councillor Gordon Graham

A lot has happened since the last edition and I would like to give you a further update.

As people can see the new hub is progressing in accordance with the schedule. A lot of people have asked what the pipes that are being laid on Provost Rust Drive are for. These are pipes coming from a Combined Heat and Power Plant and will be used to provide low cost heat to the new housing developments, the Community Hub and Granitehill House.

Following a visit to Heathryburn School last year I have secured £30k to refurbish the play park

at Bonnyview Road as the pupils stated that this was their top priority.

On Saturday 3rd September I attended the Northfield Community planning event held at the Sunnybank Club, the event was held by Aberdeen Community Planning Partnership and organised by the Northfield Total Place team. The Ward of Northfield and Mastrick North is one of our priority neighbourhoods and it was nice to see so many people attend. I now need to ensure that we develop an action plan to ensure your priorities are implemented.

I am proud to say that Auchmill Golf Club have now secured a 30-year lease of the Golf Course, many thanks to all involved.

Following a request by members of the Cummings Park Community Flat I help secure £4k to lay new carpets.

**Councillor for the**  
**Northfield/Mastrick**  
**North Ward.**  
[ggraham@aberdeencity.gov.uk](mailto:ggraham@aberdeencity.gov.uk)  
**01224 523594**  
**07736 329751**



## The BIG shmu Celebration

The first ever Big shmu Celebration Event was held on Tuesday the 13th of September at the Northern Hotel. This was an opportunity for us to showcase the brilliant work that all our staff and volunteers do and say thank you to the volunteers for all the time they put into making shmu the success it is.

The night was full of surprises, from musical chairs to comedy videos and the shmu staff team performing the evolution of dance. We had a variety of testimonies from volunteers of all ages which were very moving a lovely reminder of why we do what we do here at shmu.

We would like to thank the Northern Hotel for letting us use the venue free of charge and putting on all the catering. Thanks must also go to AVC media for lending us equipment to help the night run smoothly. The biggest thank you of all must go to our Board of Trustees and the volunteers who are here day in and day out – your commitment and hard work is truly inspiring.







**Dear friends,**

We are now well into autumn, with winter approaching. The summer is long gone and it seems ironic that many of the best days we enjoyed were after the children went back to school!

We are now all looking forward to Christmas, with all its busyness, preparation and celebrations. We all know that Christmas is coming and some well organised people have been getting ready for weeks, even months!

The very first Christmas was a big surprise however. For many years God's people had been awaiting the Messiah - God's special Messenger, but they did not know when He would arrive.

But when He did arrive His birth was announced by an angel, who appeared to a group of shepherds out in the hills above Bethlehem. The shepherds were terrified and so would you have been! But the angel said to them:

"Don't be afraid. I'm here to announce a great and joyful event that is meant for everybody, all over the world!"

That special event was the birth of God's Son Jesus, the One everybody had been waiting for! The long wait was over, He had arrived!

This Christmas will come as no surprise to us. We can see it coming a long way off and soon our young children will tell us how many 'sleeps' it is to the special day.

Christmas is a very special time for the children, but Christmas is not just for the children, Christmas is for everyone, because God sent His Son Jesus for everyone!

His birth really was "a great and joyful event meant for everybody, all over the world!"

At Christmas, God sent each one of us a special 'Christmas present', His only Son!

And like any present we receive, He wants us to enjoy His present, He wants us to benefit from His Present.

Each one of us needs to know that God has given us His Son. Each one of us needs to realise that the purpose of God sending His Son was to give us something good, something that would change our lives for the better, something that would make all the difference in the world to us.

This Christmas, as we give and receive all our presents, may we remember the best present of all, given to each one of us that very first Christmas, and may that present make a difference in our lives!

**Have a wonderful Christmas, Scott**



# COMMUNITY CONTACTS

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

## 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

07:45-09:00 public session (3 lanes)  
 12:15-13:15 lane swimming (6 lanes)  
 13:30-15:30 active ageing  
 19:15-19:45 aqua aerobics  
 19:45-20:15 aqua aerobics  
 20:15-20:45 aqua aerobics

### Tuesday

7:30-09:00 public session (3 lanes)  
 12:15-13:15 lane session (6 lanes)  
 20:30-21:30 lane session (6 lanes)

### Wednesday

07:00-09:00 public session (3 lanes)  
 09:30-10:15 aqua aerobics  
 12:15-13:14 lane session (6 lanes)

13:45-16:00 active ageing  
 18:45-20:00 public swimming  
 20:15-21:15 adult public session

### Thursday

07:45-09:00 public session (3 lanes)  
 12:15-13:15 lane session (6 lanes)  
 20:00-20:30 aqua aerobics

### Friday

06:30-09:00 public swimming (3 lanes)  
 11:30-13:00 active ageing  
 13:15-16:15 public swimming  
 18:45-19:45 Project Fit  
 20:00-21:00 adult public swimming