

cumming north[↑]

Winter 2017



In this issue:

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ORCHARD BRAE
SCHOOL
BEST OF NORTHFIELD
AN INSPECTOR RETURNS

www.shmu.org.uk/press

Winter Edition 2017

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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!

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

Supported by





New School Comes to Northfield

A new £18.5 million school opened its doors in August this year.

Orchard Brae is the first facility of its kind in Scotland. As well as being a complex needs school, it will also become a hub for best practice in supporting pupils from across Aberdeen with additional support needs (ASN).

The school includes a special ASN playground and garden for the whole ASN community to access and to host events. There will also be a swimming pool, a hydrotherapy room, soft play rooms, sensory rooms and a GP room.

There will also be a building attached to the school called Howes Hoose. This facility will support older pupils to learn about

independent living and life skills in a home setting. Within Howes Hoose there will be a bedroom, kitchen and living space.

Caroline Stirton, the Executive Head Teacher at Orchard Brae said: "This is such a proud day for me personally and everyone connected with Orchard Brae. We've put in so much hard work, research thought and planning into the design of the Centre of Excellence and we are really looking forward to welcoming our pupils and their parents to their new school."

The school will offer:

- A hub for outreach services such as communication and language
- A new resource centre for ASN teaching and training facilities

- A Community hub for families, ASN parents/ groups and charities to access
- A multi-agency facility for health, education, social work and family support

Orchard Brae will provide education and support for up to 150 full-time children and young people aged 3 to 18 years, from across Aberdeen with severe and complex educational and medical needs, and will replace Woodlands School and Hazelwood School. A pre-school additional support service, currently provided in Seaton School, will also be relocated to the new facility.



THE VERY BEST OF NORTHFIELD

Several people from the greater Northfield area were celebrated at an event in June this year.

The Very Best of Northfield Awards were held in the Aberdeen Asset Management Suite at Pittodrie on Sunday the 25th of June to honour 24 inspiring people from the Northfield community. Over 100 people attended to help celebrate their achievements.

The event came about as a culmination of two community programmes delivered by Northfield Total Place – Northfield Champions and Northfield Local Heroes. Northfield Total Place was established to raise educational attainment, promote positive attachment and parenting, improve aspiration and achievement and improve health and wellbeing in the greater Northfield area. Northfield Total Place covers Northfield, Middlefield, Cummings Park, Mastrick and Heathryfold.

The Northfield Champion scheme was set up to showcase some of the success stories from the area, this involved Aberdeen City Council staff looking for folk who

had been educated in Northfield who had moved on to higher education, employment or training. They then had their picture taken and their images were put together as part of an aspirational poster campaign and distributed the neighbourhood.

Feedback from this scheme was mostly positive but a lot of local people thought it was also important to celebrate the people who were living in the community and working or volunteering to provide opportunities for people in the area. Thus, Local Heroes was born. Local people had to nominate those who either lived, worked or volunteered in the community and made a significant difference to the area by doing so. The nominees were then contacted and had their pictures taken and their stories shared on social media.

There were 17 Local Heroes recognised for the 2016/17 run and now the Northfield Communities Team are looking for more nominations.

Do you want to nominate someone who you think goes above and beyond for their community? It's really easy! You'll be able to find a form by visiting the Northfield Total Place Facebook page or by contacting Fran or Caroline on 01224 812073.

2016/2017 Northfield Local Heroes

Eilidh Mitchell

Miss Mitchell works in Bramble Brae School and always goes that extra mile for the kids there. She

stays back every night 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 always has a smile on her face.

Pam Farmery

For serving her community both in her place of work and for all her fundraising efforts and for all she does for Heathryburn school!

Jody Kinnaird

She is Chairperson of the Manor Park Parent Council, Middlefield Community Project committee member and started her own parent & toddler group. Jody is an extremely well known young women!

Leanne Watt

My sister is one of my heroes; she helps me a few hours every day taking care of my 2-year-old son while I go to work and asks for nothing in return. If it wasn't for her I would still be working at a job in the evenings that I didn't enjoy.

Fiona and Ali Rait

Fiona and her hubby Ali own and run our local baker and support many of the community projects in the area by sharing the bag tax with a different group every month. Fiona and her hubby also get involved where they can and I think it is now time they got recognised.

Ally Reid

Ally volunteered at Northfield Outdoor Centre for many years. He always went 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 centre greeting everyone as they arrive.

Archie Weir

Archie was chairperson within the community flat and started the men's group for over 3 years. Archie is on a rota for Middlefield church and helps where he can.

Hayley MacMillan

Hayley is a massively energetic young woman who regularly commits herself to supporting and developing others. Through her volunteering at Northfield Academy as Head Girl and as a Prefect Hayley impacts on the lives and experiences of a huge number of young people in the Northfield community.

Donna Sim

Primary 7s from Bramble Brae Primary nominated Donna Sim for helping them with the Silver City Surfers project and for being so helpful and kind to the community. She deserves to win this award and Bramble Brae School is so happy to have her as a part of the school project.

Jody Reid

Jody is a warm, caring person who always has a minute to spare or a listening ear. Jody also looks after her granddaughter Chloe who, due to cerebral palsy, is in a wheelchair full time. She attends various appointments with her, as well as holding down a full-time job as a support worker for St Machar parent group.

Jacqui Innes

Jacqui was nominated for all her hard work in Northfield Community Centre, delivering projects for children and adults. She does everything from answering the phones to holding lunches for the over 55s group to organising playscheme. She also presents a

weekly show on shmuFM to keep the community informed on what's happening in Cummings Park and Northfield.

Chris Dunhill

The Primary 7 class from Bramble Brae also nominated Chris for all the hard work she did for the school and the local community. We would like to thank her for getting us involved with the Silver City Surfers project; we love working with Chris and the elderly people we have met through the project. Chris works really hard to help the elderly people in our community and to make sure they have fun opportunities in their lives.

The pupils said they were lucky to have someone like Chris helping them and making their year so memorable.

Julie Gray

Julie was nominated on behalf of the staff, pupils and parents at Bramble Brae School. She is the face of Bramble Brae and was described as the most genuinely lovely, caring and warm person who always has time for everyone. She has no idea what a fantastic person she is and thinks that she does the same as any administrator in the city but we know that this is not the case. Bramble Brae wouldn't be the school that it is without Mrs Gray in the office.

Pat Lawrence

Pat is an inspirational woman. This lady is in her late 70s yet carries on as if she were so much younger. Pat has volunteered in many capacities to help raise the areas profile. She has been part of community walkabouts that help to raise local environmental issues. Pat has attended events that

benefit the community, meetings that talk about ways to improve the area and training that helps her to develop her skills in order that she may use these skills to benefit other people. Pat is one of the Cummings North's editorial member and also has a regular information slot within as Mrs Meadows. Pat does so much under the radar for her community and in my opinion, is the true meaning of a 'Community Champion' - selfless, thoughtful, innovative, friendly, humble and generous of her time. She does what she does for the benefit of the community.

Naveed Sarwar

Over the last 4 years Nisa has supported Bramble Brae and Northfield Academy as their charity partners which means that a percentage of profits taken from certain items in the shop are collected and then donated to the schools. We received £500 this year from them which allowed local projects to be pursued by our pupils.

Helen Graham

Helen has been working at Middlefield Community Project in her role as Project Coordinator for 17 years.

During this time she has developed all of the services that are available within the Middlefield Community Project. She works closely with the families and staff teams within the project to ensure they are supported well. Middlefield Community Project would not be what it is today if it was not for Helen and the hard work, dedication, support, passion and commitment she has shown.





What People Think About The Cummings Park Community Flat!

Mrs Meadows

Mrs Meadows here again. The usual mixed weather this month. The tatties have been planted for One Seed Forward and most of them have been lifted out of the grow bags. Quite a good crop came out of most of them. Bob, the chap who organised this for us, will be coming to the Community Flat open day later this month and is going to use some of them to do some cooking. Unfortunately, all the cauliflower plants failed, possibly with all the wet weather.

The carrots are doing quite well so that's something. We've had a great abundance of brambles from our three thornless plants. The strawberries didn't do very well however, the slugs and snails had most of them. Hopefully apples and plums will be better later on.

Bye for now,
Mrs Meadows

We were speaking to a couple of the flat users and asking them what they flat meant to them! We had some pretty heart-warming responses. Here's just a few.

Why do you enjoy the flat?

It gets me up and out of the house, I get to meet new people all the time and I always feel better after having a chat with someone. - **K.S**

The flat has some interesting things going on, it's a smashing place to come to and there are never any complaints. - **A.J**

It's a fantastic asset to the community. It's very beneficial to lift the morale of participants. I also love the flat as it's very generous facility in terms of its trips away. - **F.S**

What would you do if the flat didn't exist?

I would have to lie in the house all day doing nothing. I would end up spending too much money doing other activities. - **A.T**

I would probably have to travel to somewhere else that isn't so local. I would be bored and fed up on the days where I am free - **F.S**

What is your favourite thing about the flat?

My favourite thing to do at the flat is to make a small difference to community participants. Attitudes most days are positive and happy and hearing laughter within the flat is my favourite thing! - **D.S**

I think the flat has brilliant CFINE shop and I love the fact you can buy one single piece of fruit or veg cheap instead of large packs for one person. - **L.L**

Any other comments?

I am very glad I started coming to the flat as I was having lots of difficulties with my depression and coming to the flat helped me immensely. I love the positive attitude and atmosphere in the flat. There is never any fighting or moaning within the flat. This is the first community place I have ever come to and I am thankful I started and keep on coming! - **L.L**

Here are some comments people made when asked about their community!

We have some fantastic facilities and a beautiful community garden at the flat. Everything is within walking distance which is fab for the people who have mobility issues. I love the fact no matter what street you lived on you have grown up with the neighbours. - **F.S**

What I dislike about my community is:

Kids play on the school roof which is worrying and the kids disregard to others property is shocking. There is a lack of a supermarket in the area which could be located on Granitehill. - **D.S**

I dislike the dog droppings all over the place. Garden waste/rubbish is a big issue in my community as is litter on the streets which makes me mad as it makes what could be a beautiful community ugly. The fighting on the street is annoying as it disturbs the peace. It would be handy to have another primary school and a supermarket built for us. - **P.L**



For Whom, The Bell Tolls

Mike Middleton

In the year of our Lord 1715 a great tragedy occurred in the Old Parish Kirk of Newhills, the Reverend Robert Burnett took his own life. This was against all the tenets of the Christian faith and was to affect the Parish and its people for years to come.

For some time the good Reverend had been in a melancholy state to the great concern of his dear wife. He was around sixty years of age and was a family man. She kept an eye on her husband in fear of his despairing moods but one day after about a year of deep concern she noticed he was missing and the Kirk keys were off the hook. On seeking him out she heard the tolling of the Kirk bell, "all is lost" she cried as he had performed the odious deed of suicide, by hanging himself on the bell rope.

The Bible was found open at the book of JOB, verses 13 to 15 chapter V11 the words marked in his own hand read, "Thou scarest me with dreams, and terrifies me through visions, so that my soul chooseth strangling, and death rather than life."

For two tense years the kirk doors remained closed until the appointment of the Reverend James Howe. On his first Sunday he exorcised the kirk with a sermon and declared "My friends! the Devil has been here, I will enter and the Lord will enter with me." A further cleansing sermon closed the service, and peace and tranquillity descended on the Parish.

The Reverend James Howe served the parish for over 50 years, very devout and humble he was a testament to the old style Scottish ministers and was much beloved by his parishioners.

NORTHFIELD GIRLS' BRIGADE

Looking for an after-school activity? Girls Brigade is the best choice!

Do you like crafts, dancing, singing, experiments, games, marching and much more? Well Girls' Brigade is the place for you! Girls' Brigade is a Uniformed Christian Organisation for girls from P1 – S6. The 7th Aberdeen Girls' Brigade meet on a Wednesday night at Heathryburn Primary School from 6.15 – 8.45pm. The group started back for the new term after the holidays.

During the year the girls participate in a number of different fun activities. There are a few competitions throughout the year for the girls to take part in and the winning teams get to take part in an annual display at the Beach Ballroom. Each year the girls are taken out on a trip for all their hard work throughout the year, which have included trips to Camperdown Park, Blair Drummond Safari Park,

Glasgow Science Centre, tubing in Alford followed by a picnic in the park. Girls' Brigade offers the opportunity to take part in the Duke of Edinburgh's Award and the Queens Award. Our company hold an annual parents evening for friends and family members to come and see what they have been working on all year. This finishes with a prize giving where each girl gets the badges they have earned for the year and some trophies are also presented.

Girls' Brigade is an enjoyable evening activity for girls and young ladies to be a part of. Girls' Brigade is a fantastic way for the girls to try new things out of their comfort zone. So why don't you come along and try it out, you are guaranteed to have a fun filled evening! For more information please email Tanya Chapman (Company Captain) - tanya@sky.

Northfield Academy



Senior Prefects

After a competitive interview process, Calvin Dunbar and Shannon McNulty were appointed as school captains for 2017-18. With their appointment, Calvin and Shannon will have the responsibility of leading our prefect team of 46 prefects in school in addition to representing the school at events locally and nationally. Supporting our school captains will be our 6 House Captains who also have a responsibility for leading their respective House Council meetings, ensuring that young people have a voice in how the school improves. Congratulations to Calvin and Shannon on their appointments and we trust that they will be outstanding in their new roles.

School Fair

On Saturday 10th June the school once again had a successful Summer Fair in partnership with St Nicholas Rotary Club. Although the weather took a turn for the worse, there was still a large turnout and £2500 was raised for school funds and the charities St Nicholas Rotary support. A number of associated primary schools also had stalls at the fair to raise funds for their individual schools. This year we had a 'Segway Circuit' which proved popular as did our human fruit machine. Pupils also enjoyed the soak the teacher stall with the English teaching staff getting a real soaking! We hope that everyone enjoyed the morning and thank you to all involved in organising the fair and for those who came and supported the school.



Celebration of Success Awards

An excited Northfield Academy family of pupils, parents/carers, staff and school partners gathered in the splendour of the Beach Ballroom to celebrate our 12th annual awards ceremony on Tuesday the 13th of June 2017.

The ceremony celebrated the attainment, achievement and success of over 250 pupils and showcased everything that was excellent about the school.

Awards were presented to celebrate a wide variety of achievements including school work, voluntary work, music and sport.

During the evening, guests were entertained by our talented school musicians and a special guest choir from Muirfield Primary School who were excellent. The ceremony also featured speeches from Gayle Gorman (Director of Education and Children's Services) and Kerry Reilly (Chief Executive, YMCA Scotland).





Saltire Smashes Record

After a year of hard work and sacrifice, the amazing achievements of young people, who volunteer their own time to support the school and fellow students, were recognised at our annual awards ceremony. Thirty young people were awarded Saltire Awards constituting 3600 hours of volunteering. Reflecting on last year's total of around 2500 hours, which was considered an incredible total, the young people have well and truly smashed that record. The majority of the volunteering was undertaken by Senior Phase students who have taken on the mantle and responsibility of being Prefects and given their time to make sure that school is a fun place to be by performing duties in the hall at

break and lunch times; planning, organising and delivering charity events; providing supportive opportunities for young pupils; giving time to Police Scotland Young Volunteers (PSYV); and organising their own Leavers' Prom to name but a few of the things they do to contribute to the life of Northfield Academy and the wellbeing of the Northfield Family. None of this work happens in isolation however and thanks go to the school staff that also give

their time to develop opportunities for our young volunteers. Thank you also to PC Minty, the Youth Development Team, Mike Melvin at ACVO and finally to the outstanding young people of Northfield

Rights Respecting School Award

This session we have begun our journey towards becoming a Rights Respecting School by registering with UNICEF. While the rights of the child have always been important to us, this is an initiative by UNICEF to raise pupils' awareness of their rights and how to respect the rights of others. As part of this work a letter has been sent out to families, pupils have participated in assemblies and our staff participated in discussions. To help us understand where we are and what steps we need to take next, all staff and pupils have

completed surveys. By the end of this term we will have our 'Recognition of Achievement' which is the first step on the journey. We have also formed a steering group of pupils and staff to take this initiative forward and develop our plan to achieve Level 1 next session. Our ultimate goal is that within 2 years we will have achieved level 2 and been recognised as a UNICEF Rights Respecting School. Keep an eye on social media to find out how we are doing.

Active Girls Committee

Congratulations to Rhiann Sadler and Hayley Gorman who have been elected on to Aberdeen's Active Girls Committee. This committee is a pioneering Aberdeen initiative, empowering young girls to increase participation in sport. The Active Girls Committee, comprises of 15 pupils from nine different schools in Aberdeen and is one of the

first of its kind in Scotland. The girls have pledged to work together to get more girls active across the city and signed the Book of Agreement which they created for the Committee to follow in this pursuit. The initiative has been facilitated by Active Schools Aberdeen and we are proud of Rhiann and Hayley's commitment to the committee.



An Inspector Returns...

They say the city never sleeps and having spent over 28 years policing the North East, I know this to be true. Much has changed over this time, my skills, knowledge and experience benefitting by working in a range of areas and roles across the North East and beyond. My two years as the Inspector, leading the Northfield Community Policing Team (CPT) during this time, while very enjoyable, also saw much learning.

I now have to put this to good use, recently appointed as the Local Area Commander with responsibility for policing across the North side of the City. This focuses my attention on the work of the Bucksburn, Bridge of Don, Tillydrone, Northfield, Mastrick, Kittybrewster and Seaton Community Policing Teams and their efforts to keep your communities safe. Specifically for yourselves this sees me supporting Inspector Karen Main and her Northfield CPT, to deliver the Northfield Community Policing Plan across Northfield, Heathryfold, Middlefield and Cummings Park. I additionally have to deliver on the outcomes of the Local Policing Plan, community engagement, performance management and

partnership working, all of which ensures you get the service and support you expect and deserve from your CPT.

It is great to be back on the operational side of our business, having spent the last two years in a Partnership role, working more remotely to address the challenges faced in your communities. The move has allowed me to renew previous relationships and meet new faces, as I seek to understand the current challenges you all face.

Managing our response across a wide variety of residential and commercial areas ensures real variety and 24/7 demands on a 'young' workforce. To do this effectively requires us to understand your needs, expectations and concerns, which I achieve through your contact with Inspector Main and her team. This in turn allows us to vary our approach to tackle your issues - if you feel that we are not hitting the mark, please let us know.

Our days are often taken up with missing persons, mental health concerns, and welfare issues, not traditionally Policing matters, but additionally you will also be aware of local issues surrounding more traditional antisocial behavior,

acquisitive crime, drug misuse and assaults. Our 2026 Strategic consultations, and more locally the online 'Your View Counts' survey, which has opened again for your participation, are helping us to understand what you are looking for from us, how we have been performing and within your communities what more we can do to support you.

For many years we have pioneered partnership working across the North East and the Northfield CPT has led in much of this work, which has included links with Streetsports RGU, the Locality Planning Groups or the Local Authority to address your needs.

You have a key role too; personal safety, security of your property and levels of alcohol consumption all impact directly on crime levels and wider quality of life factors. By reporting crime, suspicious incidents and your concerns either to a police officer or at a police station, through 101 or Crimestoppers, help make this work. Our combined approach will not be going away; together we have and will continue to make a difference.

**Chief Inspector Kevin Wallace,
Local Area Commander,**

councillors comment

Gordon Graham

I am pleased to see that the £82k Community Budget provided by the Council for community improvements has been used to good effect within the area. It is great to see a range of good ideas coming being implemented. It was also important that it was the community that decided which projects are the best for the area; a hard task indeed.

I have been working to ensure that work goes on to improve the area, not only physical change such as the new Community Hub, new bus shelters in Granitehill Road and Provost Rust Drive and new equipment at the playpark in Bonnyview Road and Oldtown Terrace. Soft changes such as the leasing agreements to our community centres ensuring that the Council will be responsible for all internal and external repairs and maintenance to

keep the premises fit for the purposes for which they are let. This has lifted a huge burden from the management committees who are doing a great job.

As you walk about the area you cannot help but see the hard work and significant investment that the Council has made over the last 4 years. Developments such as, the all weather pitch, the new school, the Treasure Hub, improved play parks and housing in Middlefield are the highlights amongst many improvements that have been made. Pride of place and the one that gives me the greatest sense of achievement is the Centre of Excellence, it is a fantastic facility, the first of its kind in Scotland and I am sure it will help those who use it. The Hub which houses Middlefield Community Project, Henry Rae Community Centre

and the Healthy Hoose is another development I am proud of.

These improvements have been made with the active involvement and support of residents and organisations in the community and I thank them for their hard work. This is mainly through the Northfield Locality Partnership Board, The board consist of local residents, Northfield Academy Pupils, Council officers and myself is the main driver for improvements in the area. If you have any suggestions for further improvements such as Byron Square or the park at Heathryfold please let me know and with your support we may be able to implement them over the next five years.

Regards, G Graham
01224 523594 / 07736 329751
ggraham@aberdeencity.gov.uk

Supporting Schools in Cummings Park & Middlefield

Improving the education and life chances of our children and young people is imperative, and I am pleased at hearing the recent news confirming that three of our local schools will receive additional funding through The Scottish Attainment Challenge. The funding is part of a Scottish Government initiative to support schools in raising the attainment of their pupils, with £750 million being invested through the five-year term of this Parliament.

In the 2017/18 academic year over £597,000 will be shared among 7

Aberdeen City Schools, and I am delighted that three of those schools are in my Aberdeen Donside constituency and within the communities of Cummings Park and Middlefield - Bramble Brae Primary, Manor Park Primary and Northfield Academy are among those that will benefit from the funding.

The money is being earmarked for schools to aid them in further prioritising improvements in literacy, numeracy and the health and wellbeing of children.

With this in mind, I would encourage parents to get in touch with their child's school to see how you can become more involved. Every school will soon have a teacher or professional responsible for promoting parental, family and community engagement and I believe that the more parental and community engagement in our schools, the more benefit to our children's education.

Mark McDonald MSP, Aberdeen Donside Constituency

“HEY MISTER, WHAT’S WRONG WITH YOUR LEG?”

Daft Wee Jimmy

A story from the newest member of the Cumming North team

It was an unusually warm day in Aberdeen’s Northfield district, and I had been out trying to grab my share of ultra violet rays. My interrogator was a child of the more or less male persuasion, and I guessed this would be his eighth summer.

“Actually, I’m glad you asked that. Nothing wrong with my leg, just my brain.”

He looked at me as if to say in his opinion it was open to question whether or not I actually had a brain; children are top rate communicators, both verbally and non-verbally. You might not actually like the things they communicate, but usually there is no mistake about what they are telling you.

“Well, if there’s nothing wrong with your leg, why are you walking with a limp, and why have you got a stick?” He was obviously giving me the benefit of considerable doubt, giving me a chance to correct my foolish blunder into trying to mislead him.

“I’m recovering from a stroke; do you know what that is?”

“My grandpa had a stroke, but he died of it. You only look half dead.”

“Thank you kindly, I’ll try not to drop down dead while you’re looking. Quite a lot of people who

have strokes don’t die of them. I should know, I’m one of them.”

“But what’s wrong with your leg?”

I could see that this child was going to be persistent, and part of me applauded that. I’m usually quite happy to answer children’s questions, but there was no getting away from the fact that I had overdone it slightly, and would soon have to sit down before I fell down. The dustbins had been emptied today, and one of them was lying on its side. I made use of this as a seat, and my interrogator joined me in a companionable sort of way.

“Did you see your grandpa after he had his stroke?”

“Yes. His face was all lopsided, and he sometimes wet himself, he couldn’t use his left arm or left leg properly, so there was no point asking him to play football with me. He didn’t take long to die, about a couple of months.”

“Well, I’m glad he didn’t mess about. But you said he couldn’t use his left arm or leg properly, that’s typical of people who have had a stroke...”

“What is the stroke then? Is it like cancer or something like that?”

“No, nothing like cancer in any way shape or form. A stroke is when something happens inside

the brain causes one of the blood vessels to burst, or sometimes it’s when one of the blood vessels gets choked up. Either way, it affects the whole of the body and it’s just not a fun thing to have happen to you.”

“That still doesn’t tell me what’s wrong with your leg.”

“Like I said, there is nothing actually wrong with my leg...”

“Yes, you said it was your brain. But how can having something wrong with your brain affect your leg, that doesn’t make sense to me.”

“Does your dad or mum have a computer?”

He looked at me as if I had enquired if his parents breathed air. “Of course. My dad just bought a new laptop. Why do you ask?”

“I’m just trying to make a connection. Tell me, what do you think would happen if you spilled a can of pop over the keyboard of your dad’s laptop?”

He thought about this for a few moments, and I thought I could see the light dawning in his eyes, and a moment later I had this confirmed.

“I think I’d probably need a stick too!”

I had done my best.



What do you think about plastic roads?

This might seem like an odd question, and you would be justified in wondering if the person who asked has lost his marbles, or if they're from another planet. You look around the streets of Aberdeen, and you think that the standard material used in making these roads is less than durable in quality, why would you want to make them out of plastic?

Because plastic roads are the way forward, that's why.

Who says so?

Cumbria County Council, that's who. What's more, they're putting their money where their mouth is, as anyone who looks in to the subject online will find out. Nevertheless, it does seem rather a bizarre concept, so let's have a quick look at the history of plastic roads. This may not be your usual area of study, but I can assure you it's something that's worth thinking about.

Some years ago an ordinary tourist by the name of Toby McCartney was intrigued by the actions of a native of the great subcontinent of India. Never having been there, I couldn't say what the usual occupation of ordinary Indians is. Perhaps it's quite normal to find them sitting by the roadside, surrounded by plastic bags, and methodically melting them in order to fill the numerous potholes. As I say, I've never been there, and it's quite possible I wouldn't have noticed this kind of activity, or even if I had, I might not have found it particularly remarkable. However, it made Toby think, and the result of his thinking was an idea to put waste plastic to good use. Essentially, if you take the waste plastic, turn it into pellets, add it to the bitumen that's essential for making roads, then use it for making the said roads, you end up with a cheaper, harder wearing, longer lasting road than you might otherwise have had. It also means that you're turning waste products into something essential, and cutting down on the amount of material finding its way to landfill sites; Cumbria County Council could see the advantages straight away, and perhaps our own local council could learn from them. It might be worth asking the question and making the experiment.

Before I wrote this article, I did a bit of research. I did the background reading, then I got in touch with Adam Lewis, Communications Officer for the Cumbria council, and he sent me the information which is the basis for this article. With the amount of road building going on in and around Aberdeen, I wonder if it might be possible to trial this stuff for ourselves. If Cumbria county council can see the advantages, I cannot believe that our councillors would miss the point either.

The BIG move

In our Spring edition, we announced the exciting news that the Station House Media Unit building in Woodside would undergo a million pound make-over following a successful application to the Scottish Government Regeneration Capital Fund. Work begins in late August on the new purpose-built accommodation, which will significantly extend our existing building. The new building will include new radio studios, a recording studio, TV studio, an IT suite, improved training facilities, an edit suite and some fantastic new social space. The building will also be the main office base for the organisation. During the estimated 12 month building period, staff and services will be based at Aberdeen City Council's Rosehill House Day Centre on Ashgrove Road West.

The relocation is due to take place during the week commencing 21st August with CHAP Construction starting the building work on the 28th August. Although this is a time of upheaval, it is also a time of opportunity, with Rosehill House offering more space to develop our services and try out new work before returning to our new building. Staff will ensure that volunteers and service users are supported to continue their programmes in our temporary location, and look forward to sharing news of new and expanded projects and services in due course.

shmu also continues to work on a fundraising plan to ensure the new building will meet all of our needs, and also for Phase 2 of the build, which will transform the existing building into a small community venue.

Travel advice

From Cummings Park:

Get the Number 37 bus (Stagecoach Bus) from North Anderson Drive. The bus will take you directly outside the new building. Get off before the traffic lights where North Anderson Drive meets Ashgrove Road West.

From Northfield:

Get the Number 11 bus (First Bus) from Northfield (there is a variety of stops). Get off the bus at Beech Road (just before the Murdos Roundabout). Walk down North Anderson Drive towards





Family Learning Away Day

In June, Family Learning held their annual Away Days for nursery children about to enter P1. The Away Day provides the opportunity for parents and children to meet school staff, classmates and other parents before starting school in August and allows the team to engage with families to highlight the programmes and activities available to support their children's learning and development.

The weather remained pretty good, with only two hours spent indoors. Fortunately Family Learning Development Worker, Gillian Stuart, planned ahead and had a great indoor solution ready for any rainy days.

Almost all participants reported that they enjoyed the day, and everyone went home with lots of souvenirs. There were the usual activities with the Nature Trail and Bear Hunt after which the participants decorated cakes and t-shirts. The children wore their t-shirts with pride! In the afternoon, after a little ice-cream treat, the children played some parachute games.

Next year, we hope to return to our usual afternoon visit to the zoo. The team had decided to change the format for the afternoon from previous years, with parents being involved in some interactive activities. These seemed to go down well so we will continue with this. Well done Development Workers Sarah Maitland and Gillian for the improvement!

It was another successful year and the team would like to thank all who came along to help, it was much appreciated!

New Housing in Greater Northfield

The first residents of a new development in the Middlefield area have moved into their homes. Aberdeen City Council are working with CHAP to build 99 new homes on the former Smithfield School site and the first twelve have been successfully let.

These properties have downstairs bathrooms and bedrooms so are ideal for residents with mobility issues. The whole development is a mixture of house types and sizes, from one-bedroom flats to four-bedroom houses. Aberdeen City Council hope that the next batch of houses in the Smithfield development will be completed by November and they will be able to get tenants in before Christmas. Every home in the Smithfield development has a private garden and it is expected that there will be green space and a playpark within the site.

Just down the road, another eighty properties are being built next to Manor Walk. These will follow a similar design to the houses on the Smithfield site. Aberdeen City Council are anticipating the first lot of these homes being open to tenants from October this year. Homes will be released back to the council gradually between October this year and early 2018.

There has been positive feedback from the residents who have moved into the area already.

Alan Cowie, Senior Housing Officer for the area said: "The new builds will take new people into the community who otherwise might not have come into the area.

"At the end of the day the allocation process comes down to need, so whoever has the most need will be prioritised."

Community Contacts

Alcohol

Alcoholics Anonymous **0800 9177 650**

Drinkline **0300 123 1110**

Crime

Crimestoppers **0800 555 111**

Drugs

Drugs Action Helpline **01224 594700**

Dentist

Emergency - G-Dens **111**

Doctors

NHS 24 Emergency **111**

Electricity

If you have a power-cut **105**

Family Planning

Aberdeen Community Health and Care Village **0345 337 9900**

Gas

Gas Emergency **0800 111 999**

Gas emergency with a meter **0845 606 6766**

Housing

Emergency Repairs **01224 219 282**

Call Centre Emergency **0845 608 0929 or 116 123**

Police

Non-emergency **101**

Samaritans

Need to talk **01224 574 488 or 116 123**

Social Work

Social Work Duty Team **0800 7315520**

Emergency Out-Of-Hours **01224 693936**

Young Carers

VSA **01224 212021**

Water

Scottish Water Emergency **0800 0778 778**

CFINE **01224 596156**

Pathways **01224 682 939**

Cash in your Pocket **0800 953 4330**

Citizens Advice **01224 569750**

Northfield Academy **01224 699715**

Bramble Brae School **01224 692618**

Heathryburn School **01224 788180**

Westpark School **01224 692323**

Community Information for Cumming North

Northfield Community Council

Meetings are held the second Tuesday of every month at Northfield Community Centre at 7pm.

Contact: communitycouncils@aberdeencity.gov.uk

Cummings Park Centre

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

Cummings Park Community Flat 9am – 5pm

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

Northfield Community Centre

Contact: 01224 695416 or jacqui@northfieldcommunitycentremc.org

Northfield Outdoor Sports Centre

Contact: 01224 696246

Northfield Library

10am - 1pm 2pm – 5pm 01224 695104

Northfield Medical Practice

8am – 6:30pm 01224 662911

Northfield Swimming Pool

Contact: 01224 680307

Monday

0745 0900 Public Session (2 Lanes)

1215 1315 Public Lane Session

1330 1530 Active Ageing Swimming Session

1915 1945 Aqua Aerobics

1945 2015 Aqua Aerobics

2015 2045 Aqua Aerobics

Tuesday

0730 0900 Public Session (3 lanes)

1215 1315 Public Lane Session

2030 2130 Public Session

Wednesday

0700 0900 Public Session (2 Lanes)

0930 1015 Aqua Aerobics

1030 1100 Floatfit

1215 1315 Public Lane Session

1345 1600 Active Ageing Swimming Session

1845 2000 Public Session

2015 2115 Adult Session

Thursday

0745 0900 Public Session (3 Lanes)

1215 1315 Public Lane Session (6 Lanes)

2000 2030 Floatfit

2030 2100 Floatfit

Friday

0715 0900 Public Session (3 Lanes)

1130 1300 Active Ageing Swimming Session

13:15 1445 Public Session

1500 1615 Public Session

1845 1945 Project Fit

2000 2100 Adult Public Session

Saturday

1430 1630 Public Session

Sunday

0900 1030 Public Session

1045 1215 Public Session