

# cumming north

Autumn 2018



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CUMMINGS PARK FLAT  
ONE SEED FORWARD  
STREETSPORT  
THE GASK RIDGE

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



Summer Edition 2018

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Phoyo: Dawn Mitchell

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

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

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



Supported by



# ONE SEED FORWARD

One Seed Forward (OSF) was awarded funding from the Aberdeen City Council Community Growing Fund to develop an educational programme based on creating gardens in regeneration areas of Aberdeen. OSF, working with the University of Aberdeen, chose Bramble Brae Primary school to be one of the three schools to take part in the pilot. The project commenced in October 2017.

Miss Leckey's P5 class took part in the pilot, engaging the pupils to directly learn how to grow flowers, fruit and veg. The children designed the garden and chose which local plants they wanted to grow. They also designed a logo for the garden and decided to call it the Crazy Compost Garden!

OSF built six new planters, filled them with topsoil and compost then the pupils used these to plant a variety of crops. The planters have been built beside the picnic benches at the side of the school and it is hoped that the local community will use some of the crops and enjoy looking at the garden whilst using the benches.

By the end of the school year, the children had grown rocket, peas, kale, strawberries, onions, radish, beetroot, rhubarb, carrots and lots of other crops

and flowers. They also grew an astonishing 12kg of potatoes which were distributed amongst pupils and staff.

The children took part in taster sessions and gave their thoughts on the fruit and veg that had been grown on site. They decided to share the crops with other classes, letting fellow pupils try freshly picked rocket, lettuce and kale. Amanda Murray, Head Teacher at Bramble Brae Primary, has indicated a desire to continue to keep the project going next year with new classes taking part in the garden project.

OSF also worked with the Food and Fun group to get children and adults to help maintain the garden during the school holidays, growing some new crops but also maintaining the existing crops and harvesting these as they become ready during the school holidays. They are looking for more volunteers to help maintain the garden as a community space, supporting the pupils when they are on holidays. If you would like to take part, please directly contact the school or email [oneseedforward@gmail.com](mailto:oneseedforward@gmail.com). You can also get in touch through the One Seed Forward Facebook page.







# STREETSPORT

Daft Wee Jimmy

## Okay, hands up those who have heard of Denis Law?

Yes, most of you, that's as expected, well, he is a native of Aberdeen. Even I've heard of him, and I don't know much about Aberdeen or football. Something else I've just learned about is a thing called the Denis Law Legacy Trust.

As the name suggests, it's a charity, with a lot of programmes aimed at helping youngsters put their energies to good use. As an oldster myself, I'm prone to moaning about, "kids hanging around on street corners and getting up to mischief. It wouldn't have happened in my day..." You've heard it all before, maybe even the great Denis Law has said it, you might even have said it yourself.

This is just a way of dodging an issue. It might be true that the previous generation got up to mischief and were rewarded accordingly, but surely to goodness we've learned a lesson? The Dennis Law Trust has people in it who are determined that a large segment of Aberdeen's present generation won't suffer the same fate. This requires commitment, enthusiasm, capability and vision; oh, and no small amount of organisational skills.

Encouraging and influencing people to use their skills, abilities and energies constructively is what Street Sport, part of the

Denis Law Legacy Trust, is about. My mission was to meet and interview Rhian, one of the young influencers in Street Sport, who lives in Northfield. Unfortunately, due to bad timing on my part and holiday commitments on hers, I was unable to achieve this; instead on a Friday evening I met Kiana Brown, the Outreach Coordinator for Street Sport, and a very busy lady. She explained that her remit is to help improve relationships between prisoners and their families through sport. The Friday night session I attended was a pretty busy affair; it was a girls' football training session, and what these young lasses lacked in expertise they more than made up for with enthusiasm. This is a polite way of saying that the noise level wasn't far below the pain threshold!

Kiana explained that her role was to get youngsters between the ages of eight and sixteen interested in and committed to sport. She made the point that such youngsters are less likely to follow the bad examples of siblings or parents who had fallen foul of the penal system. As she graphically pointed out, it's much better for children to have a parent or sibling taking part in sport with them than sitting in a grim visitor's hall at a prison. It also means, as most of us would recognise, that having something

constructive or enjoyable to do means these youngsters are less likely to get into mischief, and less likely to be the targets of moaning old so and sos like me.

However, it doesn't just stop at sport, useful though that is. I mentioned to Kiana that Rhian had emailed me. Kiana was pleased because she had encouraged Rhiann to try and set up the meeting between us and cut out the middleman! She also pointed out that Rhiann had been one of a group of youngsters to have the privilege of going to London to receive training not only in sport, but in media communication. It's working!

I started this article by asking a simple question. My discovery of the Denis Law Trust has been a bit of a revelation to me, and has revolutionised my thinking to some extent. It's the easiest thing in the world to complain about youngsters, to remember that, in the words of the proverb, the devil finds work for idle hands. As a community, we owe it to ourselves to deprive the devil of those idle hands, to contribute in whatever way we can (as the great Denis Law has) to give youngsters something useful to do and an example to follow.

Of course, then us oldsters would have nothing to moan about, and what would be do then?



## Cumming North Magazine - Northfield Community Policing Team Update

Inspector Karen Main

It's been a quick year since I took over as the Northfield Community Policing Inspector, and I am forever impressed with the hard work and strong partnership ethos which supports the Northfield community by the local officers.

We have continued to work with our partners on our Oldtown/Marchburn Community Improvement Project. Following on from our Community Engagement Event in March, we had another event on 3 July which had attendance from Aberdeen City Council, City Wardens, Elected Members, Streetwork team, Scottish Fire and Rescue Service and Police officers from Northfield CPT

The team organised to utilise the Street Pastors Van during the evening. Members of the public and residents came and spoke to the various partners present about a variety of issues which affect their local community.

By making improvements in the area it has helped residents feel more positive about the area and antisocial behaviour such as youth annoyance, vandalism and fly-tipping has reduced as a result of improved community pride.

Engagement with the community is so important to us and the activity in the Oldtown and Marchburn areas, I hope, will have helped break down barriers any residents have.

It is due to that engagement and dialogue that we can pro-actively target one of our local priorities of drug dealing and drug misuse. We have acted on information from the community and demonstrated our intention to disrupt those involved in the use and distribution of drugs. I thank you for your help and I ask you to continue to provide information which is crucial to directing the team and specialist officers to where they can be most effective. Drugs can impact on everyone

within the area and it is important that you realise your role in addressing the dealing and misuse in our community.

To tackle another of our local priorities, road safety and road crime, we are arranging a roads policing operation designed to tackle road safety issues at primary schools in Northfield. This will take place after the school summer holidays and we will be working with the pupils to address the road safety issues that they know affects their own school.

My team enjoy working with the young people of Northfield and we had a great time at the Summer Food and Fun at Northfield Academy. It ran throughout the school holidays and is a fantastic support to families in the area. The Police car was taken over, the sirens were going, the lights were flashing and my hat was very popular! I think we loved it as much as the kids did! We'll be back.



# MRS SEW AND SO

## Hamewith

On Saturday 4th August we held our annual Summer Fair. The turnout was fabulous with so many more people coming along to support us than last year. We had a bouncy castle and slush puppy machine that went down a treat with the children and the young at heart as well as all the usual stalls. The slush puppies were a savour on such a hot day. The BBQ was a great hit too. It was good to see family, friends and relatives all having a good time. Mickey Mouse made a lot of friends as you'll see by the pictures. All the money raised from the day will go into the residents' comfort fund. The comfort fund allows us to give the residents that extra treat be it bus runs down to the beach for ice-cream or going to see a show or booking more entertainment to come in. All of this wouldn't be possible if it wasn't for the generosity of the people that come along to our events and support us. We would like to give a big thank you to all of you.

Our next event is the Christmas Fair that is taking place in December. We would like to extend an invite to anyone that would like to come along and join in the fun. There will be a small entry fee which includes refreshments. We will have all the usual stalls plus some games. There may also be a special visit from Santa. Posters will be put up around the community nearer the time with more details.

Like many others I learned how to knit and sew at my mother's knee. The sound of the Singer treadle machine whirring round as garments appeared miraculously before my eyes was a wonderful experience. That was my first taste of crafts and I liked it. A few years later I was designing and making clothes for my doll.

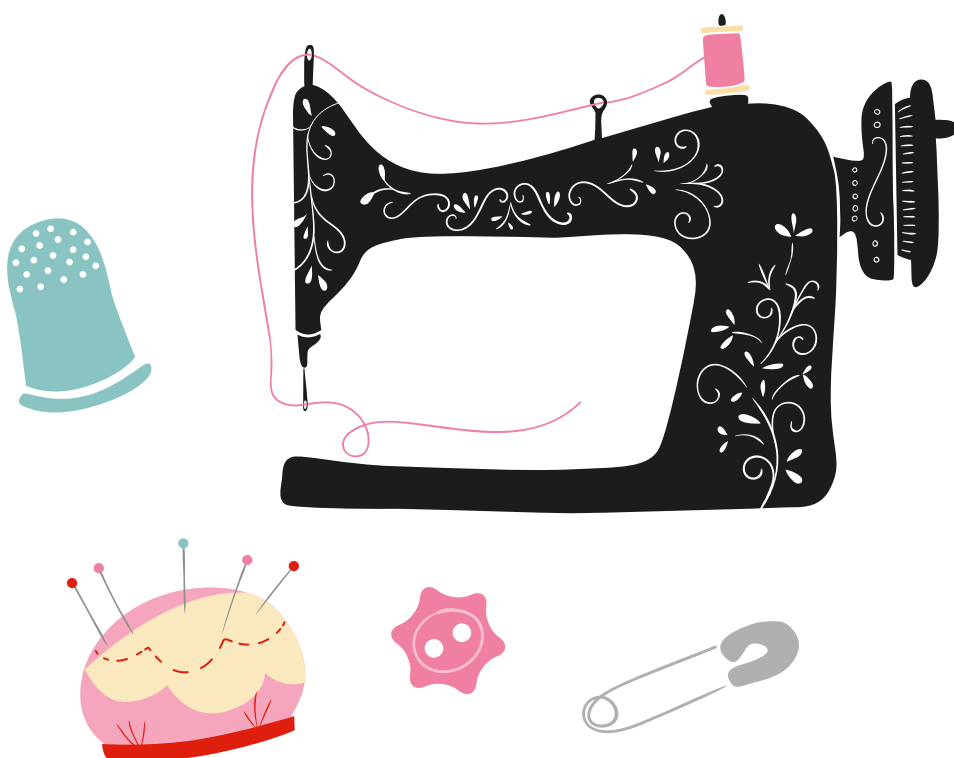
My first purchase when I was married was a Singer sewing machine. So modern, so electric, so quick, a gentle push on the pedal and away I went. Curtains and cushions for our flat and a bedspread followed soon after. Jeans were no problem to take up too.

Motherhood enhanced my ability to create and I saw my girls decked out in matching clothes – it is easier to spot them in a crowded playground. Dresses, nighties and coats were produced.

I am fortunate to have the opportunity to share my

knowledge with likeminded people and have started a class at Cummings Park Community Flat on a Wednesday morning between 10am and 12 noon for sewing and on a Thursday afternoon 1-3pm for quilting. At the moment the class is making a quilt with decorated individual squares which will be constructed into a quilt to be donated. Currently we are working on a shoestring budget so our projects are quite small at present.

As for my electric Singer sewing machine, it is no more. After over 40 years of service the pedal started smouldering, so it has been allocated to the back room, ready for the dump. On a brighter note I got out my old hand-turning Singer sewing machine which works perfectly. It's over 100 years old but the modern needles still fit into it. How's that for continuity!





# Community Payback Order and Unpaid Work Team

## **What is a Community Payback Order?**

Community Payback Orders (CPOs) are the main community sentence which can be given by a court. They make individuals pay back to their communities for the damage caused by their offending – mainly by carrying out unpaid work. They also offer real opportunities for rehabilitation by requiring individuals to tackle the underlying causes of their offending behaviour through offence-focussed work.

## **What is a CPO Unpaid Work Requirement?**

The 'unpaid work or other activity' requirement (UPW) is one of nine 'CPO requirements' which a court can impose. Individuals must do a certain number of hours of unpaid work under the supervision of the Criminal Justice Social Work Service. Through this work, individuals are given the opportunity to develop new skills which can help to reduce reoffending in addition to improving their chances of future employment or training. Unpaid work can involve work parties of up to five people undertaking projects in a community, or individual placements for people who can benefit from the wider employability skills such placements provide.

•In 2016-17, 63,157 hours of unpaid work were carried out by people who successfully completed their orders in Aberdeen

## **Unpaid Work in Northfield**

Individuals on unpaid work recently built a memorial bench for a lady who was a large part of the community in Northfield.

Unpaid workers built the bench in their workshop and attached a plaque. The bench was then transported to Northfield Community Centre. Two handmade planters were also built and delivered to the site next to the bench, the ground was levelled off, and the planters filled and planted with shrubs to enhance and compliment the special area where the bench now sits.

## **Do you know of any Unpaid Work Individual Placement Opportunities in your area?**

The Criminal Justice Service is looking for more individual placement opportunities in the Northfield area, particularly evening and weekend opportunities. A suitability assessment is carried out before an individual is cleared to do unpaid work in the community, which can include consultation with any organisations or groups that are involved in the work being undertaken. Individual placements are supported by UPW Order Supervisors and the placement provider has a role in the supervision of the unpaid worker. These placements are more likely to be in an unpaid worker's local community.

Unpaid workers cannot undertake work which would normally be done by a paid employee.

To find out more, please contact:

**Linda Brownlie, Criminal Justice Social Work Service, Aberdeen Health & Social Care Partnership**

**Tel: 01224 624317**

**Email: [lbrownlie@aberdeencity.gov.uk](mailto:lbrownlie@aberdeencity.gov.uk)**

## Cummings Park Flat

Are you a carer? We have a direct link to VSA carers centre and the staff member is intending offering a drop-in session.

Are you interested in craft, sewing, quilting, knitting or crochet? The sessions last less than 2 hours and they are open to anyone.

Are you over 55 years old and feel you could use some help with the world of computing? Silver City Surfers are on hand every Thursday to help you with this.

The community garden continues to thrive thanks to Pat Lawrence. Fruit and vegetables are plentiful and the flowers are absolutely beautiful.

The men's group (7-9pm on a Thursday) want new members. If you are over 18 years old and are looking for something to do, come along and talk with Gary.

The Happy Bus continues to be popular which means the bus is always full. The last two trips were aimed at people who find walking a bit challenging.

We are collecting wool for our knitting group. We would be grateful to receive wool donations in order that the group may continue to provide items for charitable organisations.

# CUMMINGS PARK COMMUNITY FLAT RECEIVE QUEEN'S AWARD FOR VOLUNTARY SERVICE FLAT

*The volunteers at Cummings Park Community Flat were very proud to have been nominated for the Queens Award for Voluntary Service*

This is equivalent to an OBE for volunteers and is the highest award given to a volunteer group. Thursday the 26th of July saw the volunteers being presented with their Queens Award by Lord Provost of Aberdeen City Council Barney Crocket. The volunteers were absolutely delighted at being recognised for all their hard work.

## **What does volunteering mean to you?**

Frazer: "I get a real sense of pride from volunteering. Helping someone who is lesser able makes me feel like I have achieved something. Making people laugh and leaving the flat happier or keeping them just as happy is my main goal."

**Laura:** "The Queen's Award is recognition of a volunteer job well done!"

**Alison:** "Very pleased to receive Queen's Award."

George R: "It is a real thrill to see that the flat and the volunteers have been recognised for all of its good work. It's a wonderful feeling to be part of the team of great volunteers."

Donna: "To be recognised for volunteering at this level is extremely rewarding. The volunteers are very humble and do not look for accreditation which makes this award even more valuable. The Queens Award for volunteering is the MBE for voluntary groups. Our volunteers were nominated for

supporting local people to feel less isolated, more engaged and a valued part of the community through direct engagement. I am employed by the management committee for 18 hours per week but offer my time also as a volunteer. I know that if someone feels better when they leave the flat than they did when they arrived then we have reached our goal."

Murray: "Very glad that all the hard work by the volunteers has paid off with the award of the Queen's Award. Volunteering has been a great pleasure to do. I have started a project and the ladies enjoy the craft work and this means a lot to me."









# councillor comments

Ciaran McRae and Jackie Dunbar

In this edition, we would like to update you on a number of issues we have been looking into in the area.

Jackie has been approached by residents about the fence that surrounds Waulkmill play park. Jackie has managed to secure funding to repair and replace the fence to keep those who use the park safe.

Cummings Park has been selected as one of the first places in the city to start the roll out of superfast broadband, residents in the area should start receiving communication on this soon.

We were both recently involved in the Old Town/ Marchburn engagement evening. This was a multi-agency event with involvement from the local housing teams, youth team, street pastors, police and fire services. During the evening, we spoke to residents about concerns in the area and handed out a number of food parcels. Jackie also carried out an impromptu litter pick with some of the team.

On the topic of litter picking, we both joined in with the council 24hr 'Glitter Pick' and joined up with those from the Cummings Park Community Flat. Several bags and a car tyre were collected, and that was just from the one street. If anyone wishes to carry out a community litter pick, let us know and we can arrange the equipment.

We are still in the process of booking our advice surgeries for the coming year, but you can make an appointment with us at any time by giving us a call or sending an email.

**Ciaran Mcrae**

**Councillor for Northfield and Mastrick North**  
**cimcrae@aberdeencity.gov.uk**  
**07500999617**

**Jackie Dunbar**

**Councillor for Northfield and Mastrick North**  
**jdunbar@aberdeencity.gov.uk**  
**07733300570**

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Gordon Graham

I am glad to hear that the Food and Fun initiative which we agreed at the council budget has been such a great success over the holidays providing children in the area with food and some fun activities. I would also like to thank the many volunteers who helped to make it happen.

Another fund that was agreed at the council budget was the summer play scheme grants. Initially the volunteers at Northfield and Mastrick Community Centre were having problems accessing it, however following my interventions the monies were granted.

Also, as Vice Convenor of City Growth and Resources I was please to ensure that funding was made for the preparation of Active Travel plans for the schools in Northfield (Manor Park, Bramble Brae, Heathryburn,

West Park, Orchard Brae and Northfield Academy). In consultation with the pupils we also and approved the co-ordination of this consultation with the "I Bike" and "Northfield Cycle Maintenance" projects.

The Community Council elections are coming up soon and I would like to pass on my thanks to the members of Northfield Community Council for their hard work over the past 4 years and wish them every success in future.

Should you wish to discuss these, or any other matter then please get in touch.

**Gordon Graham**

**Councillor for Northfield and Mastrick North.**  
**Vice Convenor of Finance, Policy and Resources.**  
**Tel: 07736 329751**



# Us And Them, a reflection by Ann Onymous

**"They're a' as bad as each other, give them a wee bit of power and they think they've got God's job. Just as well they haven't."**

**It's a comment you often hear, usually spoken in a disgusted voice.**

In case you're wondering, the people referred to are politicians. Do you have the same attitude yourself, and would you defend that attitude, regardless of which particular politician or party? Think about it for a moment.

The UK is a democracy, which means theoretically we choose the government. This brings us to the next very important fact. Politicians are our chosen servants. It doesn't matter if they're local councillors, county councillors, MSP's, MPs or even MEPs, as our paid servants, everything they do is in our name. We have chosen them to act in our best interests, and if they fail to do so, it means that we are just as likely to be bad employers as they are to be bad employees. Essentially, if we accept that they are responsible to us, we have to accept that we are responsible for them.

It is almost a national sport to badmouth politicians of all

shades and opinions. However, in this context, it all comes back to us, the electorate. We chose them and put them in that position; didn't we? Well, not exactly.

This is where it all becomes difficult. Seriously, how many of us would have chosen the people in high office to fill those positions? Putting it another way, how many of us have a personal relationship with any politician, be it a local councillor, MSP, MP or whatever? Oddly enough, very few people seem to know the name of their local councillor, hardly anyone claims to have spoken to them even at election time, but almost everyone seems to have an opinion about them, usually the one that I quoted to open this article.

How is this possible? Or is it just prejudice?

Of course, it's possible to make the case that most politicians really don't want us watching them. In some cases, this is true, but would you want a supervisor looking over your shoulder all the time?

It has been well said that political awareness is discouraged by government, sometimes for sound reasons, sometimes

for more doubtful ones. In the UK, we seem to be too polite or too tolerant, or more likely, too disinterested to try to hold politicians to account. This isn't a surprise; politics, especially the deliberations of committees and subcommittees can be so mind-numbingly boring that even the most dedicated enthusiast needs a break. To misquote the Bible, God so loved the world that he didn't send us a committee. It has been frequently suggested that making politics dull and boring is one of the most potent weapons in the political arsenal, and I wonder how many people are aware that this could quite easily be the case?

Is it easy to condemn all politicians? Of course it is.

Is it easy for us, the electorate, to improve the state of our country? No it isn't, but it is possible.

It has been estimated that if we used the energy spent badmouthing politicians on becoming better informed and using that information effectively to hold politicians to account, we could be the envy of the world.

# THE GASK RIDGE

Many people forget that the Romans came to the North East. One of the well-known features of Roman occupation is the static fort, the largest in the north being Inchtuthil near Perth that housed up to six thousand men and ancillary trades.

**Mike Middleton**



Stretching to the North and hugging the Highland line from the Trossachs to Stracathro was a line of watch towers and fort lets that guarded the passes through to the Highland hinterland where the hostile Caledonii tribes lived. This was around the 80 AD after the Battle of Mons Graupius in 83 or 84 AD where there was great slaughter of the Tribes of the North by the Roman General Gnaeus Julius Agricola. It is thought that this could possibly have taken place at Bennachie, or so wrote his biographer Tacitus, his son in-law. Many thousands of the Caledonii and other tribes were killed and only a few Roman soldiers perished. There were up to 50 thousand combatants on the

day so given the Roman ability to wax lyrical it could be a Latin Fib.

Certainly, after their engagement for just less than a decade the towers loomed over the landscape, helping to forewarn of incursion into settled Roman occupied territory. They focussed on Fife in particular as it had the shores of both the Firth of Tay and Forth that needed to be protected.

Angus and the Mearns would have seen these lines of defence and this was before Hadrians wall, 122 AD and the Antonine wall 142 AD.

After the Gask period temporary marching camps were more the norm in the North. Now go and speak to Mr Google and all will be revealed.







## NEW WALKING GROUP

**Members of the current Mastrick Walk Group intend to start a walking group from Northfield Community Centre for the over 50s.**

The walks would be every 2nd Friday leaving at 9.30am and returning about 3 pm. We will have the use of a minibus for the day. The walks would be easy to moderate with no hills but there could be a small incline. The group will walk at a leisurely pace, so everyone can enjoy it.

This is a good way to get a bit more exercise, make new friends and see our beautiful countryside. The walks we will do will be all different, there will be beach walks, including beaches

at Fraserburgh, Cruden Bay, Lunan Bay and St Cyrus. Then there are the Glens, including Glen Esk, Glen Clova, Glen Dye and Glen Tanar. We also like to walk around a few lochs and up the riversides, as well as visiting some estates to walk in their forests and grounds. A visit to the Queens Estate at Balmoral is one of my favourites, we often see the Queen and her family in the forest, they usually give us a wave as they drive past.

For more information or to join the group please get in touch with me as soon as possible.

**Phone 01224 783627 or email [helenandraymond@hotmail.co.uk](mailto:helenandraymond@hotmail.co.uk)**

## Pathways

Our Employability Keyworker, Theresa Mackay, meets with people looking for help at Cummings Park Community Flat, 122 Cummings Park Drive on Tuesdays from 1.00 – 2.00pm and Thursdays from 2 – 4pm. (by appointment only)

Theresa has helped many people to find work across a number of industries and types of jobs. One of Theresa's clients came to see her for help to find a job and get a CV done as he had never had one before. The client also wanted to change careers and discuss his options to see what he could do and also what was currently available in the jobs market. Once the CV was completed Theresa registered him on Indeed.co.uk and started to assist him in applying for jobs and sending out speculative letters to employers. This proved successful and he gained an interview for a Driver/Warehouse Assistant and he started work soon after. The client said, "Can't thank Pathways enough for their help and it's good to know I can come back at any time".

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

**Should you wish to find out more about how Pathways can help you find work or to make an appointment with Theresa, please call 01224 682 939.**





## Fundraiser for new shmuHQ

Station House Media Unit (shmu) are in the midst of fundraising to kit out our new building in Woodside. We held our first fundraising event in Northfield on Friday the 27th of July in the Lord Byron Pub. We managed to sell out the event and raised an amazing £518 through ticket sales and raffles, and we are so grateful to everyone who came along to support us - it was a great night! This was our first fundraising event to raise funds for the new building through our Paving the Way to Woodside campaign, and a great 'first step' in getting there.

shmu works to transform lives through creative media - giving regeneration areas in Aberdeen opportunities in training, employment, increased confidence and most importantly a voice.

We're planning lots more fundraising events over the next few months before we move back to our new building in Woodside so if you would like to get involved we would love to see you there!

Check out our Facebook – Station House Media Unit, Twitter – shmuORG and Instagram – shmuorg for more information on upcoming events.





# SHMU QUIZ

**33x3 :- 3+31x4+40:- 20 = ?**

Using the clues try to figure out who I am ,the more clues you use the less points you get

**1-- Born Aberdeen Feb 1940**

## 2—Attended Kittybrewster Primary and Powis Secondary Modern Schools

**3—Went to live in Huddersfield and I played for the town, 4 years later went on to play for Manchester city and later moved for a record fee to Italy.**

**4—After spending a year playing in Italy for Torino I joined Manchester United where I stayed for 11 years and still hold the record of 46 goals in a single season**

**5—I played 55 times for Scotland scoring 30 goals although I have nothing to do with the legal system people still call me the LAWMAN**

## Who Am I

**MISSING LINK.** Which words link the two shown

**1--Banana ===== Ends**

## 2--Donald ===== Card

### 3--Vintage ===== Rally

4—Brown ===== Of milk

5—High ===== Quo

### 6 -Sunny ===== Trip

## 7 – Old Father ===== Zone

## 8-Harvest ===== Shadow

### 9 – Hard ===== Wonderland

## 10 – Summer ===== Camp

Grampian  
Credit  
Union

**Best wishes for Autumn to everyone in Cummings Park and Northfield!**

Great news - Grampian Credit Union is available for anyone living or working in Cummings Park and Northfield. The Credit Union offers adult, Christmas and Junior savings accounts, which are safe and easy to access. Loans are fair and affordable from £200 to £5,000 - repaid from 6 months to 36 months. We can help you pay for eg holidays, home improvements, car, Christmas or family event.

If you live in Cummings Park or Northfield, you are welcome to join Grampian Credit Union - details of savings and loans services are on our website: [www.grampiancreditunion.co.uk](http://www.grampiancreditunion.co.uk) and our office is at 224 Holburn Street, Aberdeen. tel 01224 576990.

We help local people have safe accessible savings and fair affordable loans. Our Christmas savings accounts help you have money available when you need it most. Good money management can help you have enough for the good times, and funds available to fall back on when things need sorting out.

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# 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](mailto:communitycouncils@aberdeencity.gov.uk)

### Cummings Park Centre

08:30am - 10pm, 01224 694060 or [cummingsparkcentre@aberdeencity.gov.uk](mailto:cummingsparkcentre@aberdeencity.gov.uk)

### Cummings Park Community Flat 9am – 5pm

Contact: 01224 681357 or [dosim@aberdeencity.gov.uk](mailto:dosim@aberdeencity.gov.uk)

### Northfield Community Centre

Contact: 01224 695416 or [jacqui@northfieldcommunitycentremc.org](mailto: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