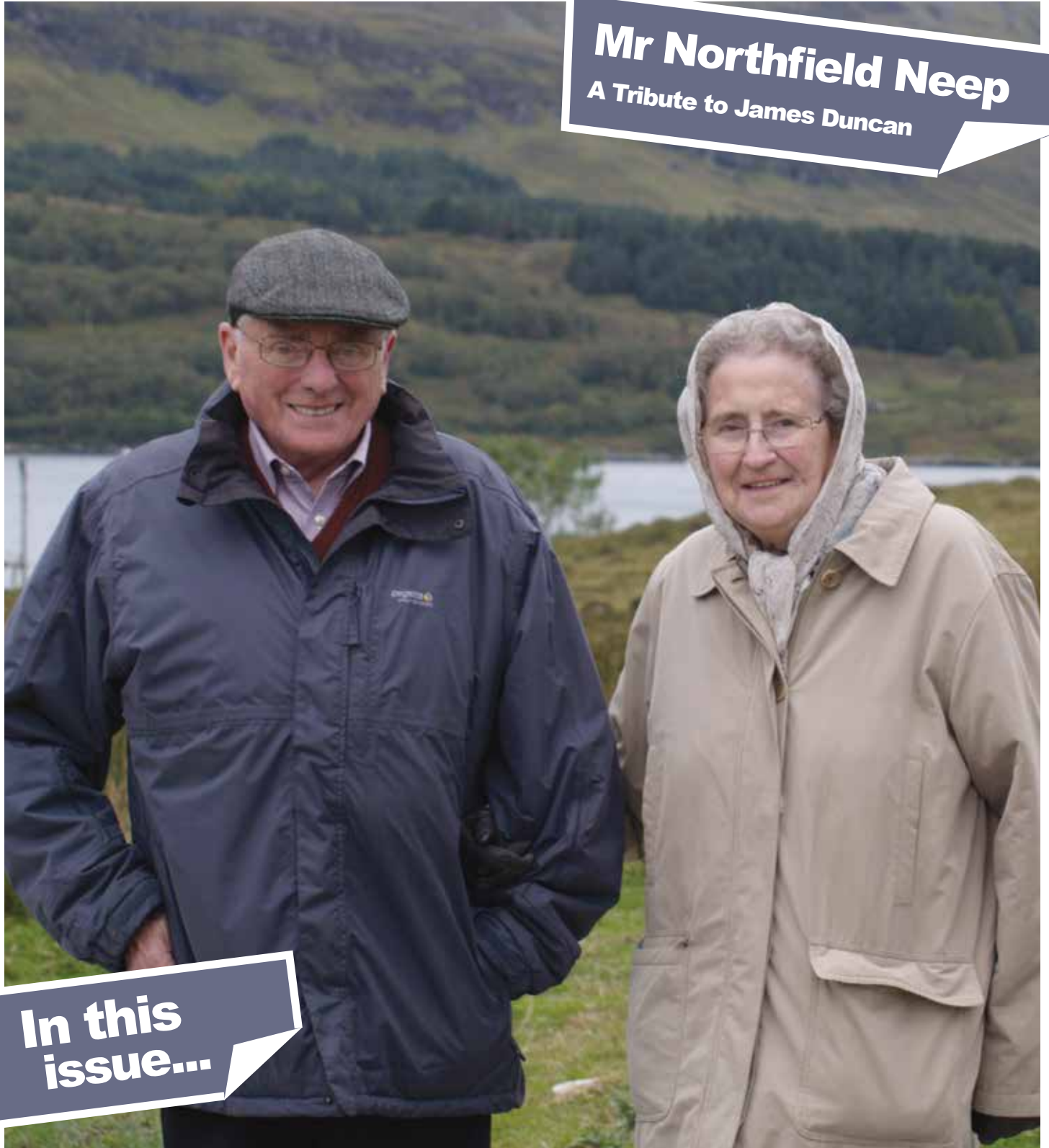


cumming north

Winter Edition 2014

Mr Northfield Neep
A Tribute to James Duncan



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Summer Fair

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Heathryburn & Bramble Brae

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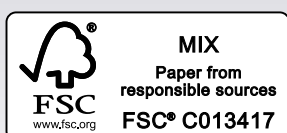
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editorial

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? 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 515012** (laura.young@shmu.org.uk) or calling **Dave White** on **01224 515013**.



Supported by



DA – Alcohol Services

Serving the Northfield Community

Every community face issues related to alcohol use. Whether it is our own alcohol use or that of someone else we care about. We appreciate that the use of alcohol can be used for a variety of reasons such as socialising, having fun and relaxing. However some people may feel that they would like to reduce their drinking or even stop completely due to a variety of reasons.

We work with people to provide relevant, accurate and honest information enabling them to make informed decisions with regards to their alcohol use. We also recognise that people

need different levels of support at different times and we work across the spectrum with people on preventing harmful drinking, reducing problematic drinking and helping people to work towards and maintain recovery, including abstinence if appropriate.

It can also be a worrying time for friends or family members who are affected or concerned by someone else's alcohol use. Whatever issues people are facing with regards to their own drinking or that of someone else we can provide an immediate and confidential service for people to

discuss any concerns they may have.

If you would like to talk about your alcohol use or that of someone else's we have trained substance use workers in the Northfield community. DA is in Northfield Community Centre every Wednesday afternoon from 2.30pm-4.30pm please feel free to drop-in. If you would like further information on DA services you can visit our new website at www.drugsaction.co.uk or phone our helpline number 01224 594700. Alternatively you can phone/text **Pam (07545204199) or Fiona (07740441413).**

Off to a good start

SPPA Play Practitioner Susan Emery, describes what happens at the Off to a Good Start Stay & Play and Baby Massage sessions that she organises, and explains how they have helped one of the families who attend.

The Big Lottery funded free Stay and Play sessions are aimed at families with children from birth to three years, although older pre-school children are welcome to attend too. I currently lead a variety of play and baby massage sessions across Aberdeen in the Mastrick, Northfield, Tillydrone and Middlefield areas.

The aim of the sessions is to encourage parents and carers who attend with their child to use the session as an opportunity to meet other parents or carers and to have fun and play with their child. At each session I provide a

messy activity or craft activity, as well as making other resources available such as puzzles, a train set, dolls, or vehicles for example. The families have a small snack which is usually fruit and a savoury nibble and then enjoy story time and song time. I provide them with ideas for activities that they can try out at home, that don't cost a fortune!

Good working relationships with families and other professionals have been established and it is gratifying to see the impact the sessions are having on the families who attend. One parent who attends with her 2 year old has said she sees a huge difference in her son's confidence and willingness to mix as well as feeling more confident herself – even her partner has noticed saying that she has “come out of her box.”



The baby massage sessions at Northfield Community Centre are half way through the block now and parents have found that the massage can help with colic and teething as well as being a nice, relaxing thing to do with their baby.

Interested in finding out more? Call Susan Emery on 0778 545 5800, email her at susan.emery@sppa.org.uk or visit the facebook page www.facebook.com/aberdeenstayandplay



The Gold Award

The Lord Provost of Aberdeen City, Councillor George Adam and ACVO received a very warm welcome at Northfield Community Centre and the Cummings Park Community Flat. The Lord Provost and ACVO were there to present fabulous volunteers with Gold Awards in recognition of the important contribution they make by volunteering.

Northfield Community Centre, located in Byron Square is a fantastic place. Volunteers are at the heart of the Centre's success. The Lord Provost of Aberdeen City, Councillor George Adam, awarded seven volunteers with Gold Award certificates- Jacqui Innes, Irene Paul, Dora Rose, Fiona Rait, Ali Rait, Wilma Mackie and Keith Patterson.

The volunteers assist with activities such as the 5-11s group and summer play scheme, working in the office, baking, volunteering as part of the Management Committee, volunteering with the pensioners group and helping in the community.

The Cummings Park Community Flat at 122 Cummings Park Drive was packed and full of great community spirit when the Lord Provost and ACVO arrived.

Two longstanding and brilliant volunteers were presented with Gold Awards-Pat Lawrence and Alison Taylor.

Pat and Alison assist with so many activities which help make Cummings Park such a wonderful place. This includes the beautiful community garden at the flat, community food outlet, management committee, volunteering as a play scheme granny, ladies craft and chat, Councillors' surgeries, community litter picks, NESCU, community walk about, the school nursery garden and school escort help.

The Gold Awards are co-ordinated by ACVO and are supported through the Reshaping Care for Older People Change Fund to recognise the contribution people aged 55 years and over make through volunteering and encourage more people to get involved.

The Lord Provost of Aberdeen City, Councillor George Adam personally endorses and signs all the certificates and has been to every presentation of Gold Awards in communities across Aberdeen providing great support. The Awards have proved a spectacular success with close to 400 Awards being made so far.

Mike Melvin from ACVO said: "It was fantastic to meet the volunteers at Northfield Community Centre and Cummings Park Community Flat. They are all wonderful people and the contribution they are making in our communities is amazing. I would like to thank everyone involved in the Gold awards."

Joyce Duncan, Chief Executive of ACVO added: "I congratulate and commend the volunteers at Northfield Community Centre and Cummings Park Community Flat. ACVO is delighted that the Gold Awards are proving so popular and successful. It underlines the incredible and very important contribution made by older volunteers in Aberdeen."

The Northfield Award Group



The young people in The Northfield Award Group took part in The Close project as a first time ballet experience for young people. Last year they took part in “The Highland Fling” at HMT but the workshops were the same layout. They thoroughly enjoyed it last year and were keen to sign up again when the opportunity arose this year.

From these projects over 2 years the young people also managed to express their personal and emotional needs by working with others and gaining confidence to produce a short piece that was captured on video. This was a very different form of expressive art for the young people to enjoy. We were also invited down to The Scottish Ballet’s headquarters at The Tramway in Glasgow where we produced a dance/movement piece, went on a tour round the headquarters and luckily were allowed to sit in on a rehearsal. Both years we met some of the cast, danced with some at the workshops and met some

performers after the show for a chat and Q&A session.

Our young people have also taken part in a 6 week “Come into my parlour” arts project working with the Creative Arts Team learning “old songs your granny used to sing,” knitting and old wives tales. From this the young people were caught on video singing the “old songs” and having discussions around tales learning about the past, Scottish heritage and traditions. After the project, which ran throughout the city, there was a big presentation of all the excellent pieces of work that had been produced, held at Rosemount Community Centre. From this event our young people met residents from Granitehill House and Hamewith Lodge, sheltered housing in the Northfield area and we discussed doing some intergenerational work with them. We were invited to Granitehill House where we met more of the residents and discussed working together trying to see what we could work on around heritage, culture and creativity.

We also have permission to decorate/paint the room we currently meet in at Northfield Community Centre and will look at producing a mural of the area past and

present that others from the centre can contribute towards.

The young people have benefited from dance and music and have more awareness of being creative. They are more confident and knowledgeable in what culture and heritage from their past is all about. They have produced excellent pieces of work which have been caught on camera and film.

The young people will also collate all the evidence from all these events, keeping registers, pictures and letters etc so they will achieve a Dynamic Youth Award or a Youth Achievement Award.

The young people involved would probably never contemplate taking part in projects like this if they didn’t have their youth group to go to. Also being able to visit the theatre and be involved in a project as big as this is something that has benefited them greatly by allowing them to take part in new activities, meet new people, visit places out with Aberdeen and learn new skills. The group have also overcome personal hurdles to achieve some of these and we are proud of them all.

The group won the award for “Aberdeen, City of Culture” and Sara Duncan and Ingrid Taylor who work with this group won the Community Learning Award.



A Dolphin Summer

*In the year of our lives, 2014,
the year of a dream, and lots
of ice cream.*

*The children and parents,
from all over town,
from Mastrick to Torry
they were lifting their frowns.*

*It was a Dolphin Summer,
little boys and little girls dreamt
of them while in their slumber.*

*By sea and shore and river bank,
in parks and gardens painted bright,
they were filling us with loving light.*

*Delightful colours with
matching glee,
they were a wonder for all to see.*

*With spirits lifted,
we passed it on,
we shared this wondrous
phenomenon.*

*Have you seen the dolphins?
Was the cry, exchanging smiles
with passers-by?*

*And when at parting we give a sigh,
the day did come to say good bye.*

*And now it's the end of
summer time,
the time has come for Auld
Lang Syne.*

*We have shared our cup
of happiness;*

*we really feel we've been
God blessed.*

*And now for us around the town
we hope to see some, still around.*

*Behind a hedge with cheeky grin,
or in office space, with pride, within.*

*Now children's smiles will be secure,
as ARCHIE helps to find them cures.*

*Whales and Dolphins will
play and splash,
and sing and eek! for all the very
helpful cash.*

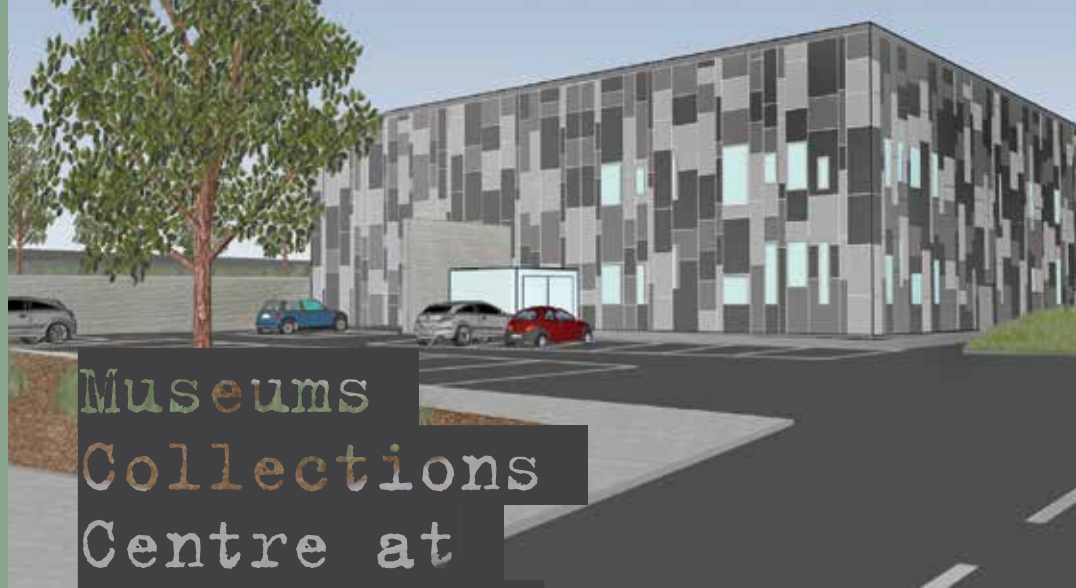
*Yes my friends they came with love,
they touched our hearts like
fluttering doves.*

*They shared our lives, and we
shared their smiles,
on life's short journey for a while.*

*And whispering on a gentle breeze,
a little voice is heard to speak.*

*"So long, safe journey, and thanks
for all the fish."*

Mike Middleton



Museums Collections Centre at Granitehill

A new building to house the collections of Aberdeen Art Gallery and Museums will be constructed on the gap site adjacent to Granitehill Road. We need a store for the works of art and objects that are not on display in the Art Gallery and Maritime Museum. The new store will be purpose built and will contain racking and shelving to hold all the items that have been collected over the course of many years. The environment inside the centre will be controlled so that it

helps to preserve the collections for the future.

The contractor for the construction of the building is about to be appointed and work should begin this year. Once the building is completed and we have moved in, we plan that to open it to the public at certain times, so that people can come and see what sort of items we collect and how they relate to the history of Aberdeen, Scotland and other countries.

Regeneration Matters

Regeneration Matters is a constituted group of community representatives from all the regeneration areas in Aberdeen City.

They meet every month (apart from July and December) in a central venue. The group are eager to invite new members to join them. Their themed meetings have covered a number of topics over the year including welfare reform, the impact of regeneration in communities, housing issues, and alcohol and drug abuse. The group have the opportunity to share information about their communities and awareness of any relevant issues. The group have visited other regeneration areas in Scotland and undertake

an annual review to decide on the issues they will cover the following year. Members of the group are elected as community representatives onto the Fairer Aberdeen Board. The group also co-manages the Community Support Fund.

If you are from one of the regeneration areas (Woodside, Seaton, Tillydrone, Northfield, Middlefield, Cummings Park and Torry) and would like to be part of the group, come along to one of our meetings, find out for yourself if you would be interested in getting involved!

Contact: Anne Knight – aknight@aberdeencity.gov.uk or Tel: 01224 523532.



Northfield Community Centre News

There are lots of exciting things happening in the centre just now. The over 50s and 5-11's Christmas Parties are on Monday the 14th and Thursday the 18th of December.

We also have some new groups in the centre.

Get involved in the community weight loss challenge by texting your name and ArribaWLC to 078968 606769 or register online: www.arribaweightlosschallenge.com.

Street Soccer will be in the centre soon on a Saturday afternoon from 3 - 5pm. This is a non-profit social enterprise that delivers a range of football and personal development programmes across Aberdeen and the whole of Scotland. With an Ambassador by the name of Alex Ferguson where can you go wrong?

Our other new project is an art project on a Monday morning. This is proving a great hit with our existing members and new people too. It is being run in conjunction with Aberdeen Arts Council.

The boxers are training for the Europeans, and other competitions.

The dancers have been competing all over Britain including Blackpool and Ayr.

Our timetable is very busy in the evenings and we would love to be as busy through the day.

If you have any ideas (especially men) then why not pop into the Centre, for a cuppa and chat and see what we can do.

Contact:
admin@northfieldcommunitycentremc.org or **01224 695416**

Ladies Bowling Club

The Stockethill Ladies Bowling Club who play out of the Northfield Outdoor Sports Centre, celebrated their 60th anniversary this year. The group play there on a Tuesday and Wednesday afternoons from 1.30 until 4.

After 19 years of trying Joyce Cameron overcame Liz Davidson in a closely fought game. The nine end singles was won by Liz Davidson and Norma Gray who beat Trudy Mitchell and Helen Groman. Lastly, the four bowl pairs was won by Liz Davidson and Cathie Fernie, beating Maria Buchan and Eleanor Mann.

They were presented with their trophies at the end of October. If any of you ladies out there what want to try bowling or want to join the ladies you would be made very welcome by this happy bunch. The centre opens from the April holiday weekend.

The Northfield Outdoor Sports Centre has a number of bowling clubs. All the clubs are in search of new members. Members may be young or older.

The centre is located on Kettlehills Crescent. If you wish to join one of our clubs please contact Ally for further details - 01224 696246

Supermarket Bus Times

ASDA Bus - Thurs Morning

Provost Rust Drive – 9:15am
 Byron Square – 9:22am
 ASDA Bridge of Dee – 9:52am
 Leaves ASDA at 11:30am

Tesco Bus

Wednesday and Friday
 Provost Fraser/
 Northfield Academy – 9:33
 Byron Square – 9:35
 Provost Rust/
 Fowler Avenue – 9:38

Tesco Bus Cont.

Provost Rust/ Smithfield Drive – 09:40
 Tesco – 9:45
 Leaves Tesco at 11:30
 Provost Fraser/
 Northfield Academy – 1:18pm
 Byron Square – 1:20pm
 Provost Rust/Fowler Avenue – 1:23pm
 Provost Rust/Smithfield Drive – 1:25pm
 Tesco – 1:30pm
 Leaves Tesco at 3pm.



Goodbye Mr Neep

With a heavy heart we have to announce the passing away of Mr James Duncan, also known in the Cumming North magazine as the Northfield Neep. His passing came just six days after his beloved wife, Joyce, passed away. Jim was very active in the community where he was a captain in the local Boys Brigade for a very long time. He was also a member of the Deansloch/Stewart Crescent Neighbourhood Watch and spend

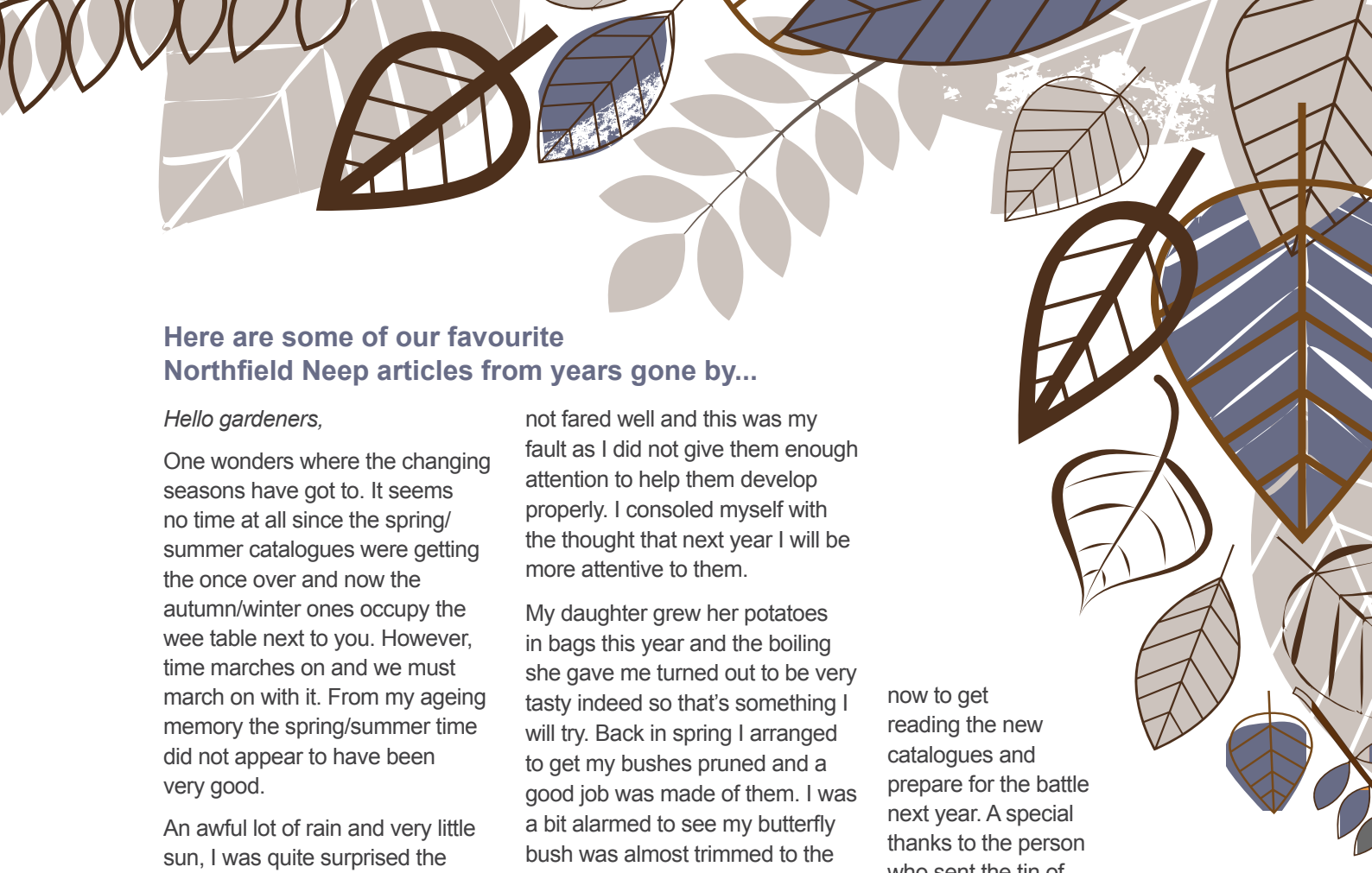
around eleven years as a member of the Northfield Community Forum.

Here at SHMU he regularly wrote the Northfield Neep feature as part of the Cumming North magazine. This was a very popular piece and will be missed by our readers. Mr Duncan would often say with pride that it was due to the support of his loving wife who was his rock and supported him to work for his community with gusto. Mrs Duncan was a quiet lady who loved getting

into the garden with her husband and pottering about for hours. Mr Duncan received the British Empire Medal while doing army service in Egypt but never talked about it. They were a couple who had been married for 62 years and can only be described as gentle, good natured and beautiful people.

Wherever they are now you can be sure they are together. God bless you, both will be sadly missed.

Cumming North Editorial Team



Here are some of our favourite Northfield Neep articles from years gone by...

Hello gardeners,

One wonders where the changing seasons have got to. It seems no time at all since the spring/summer catalogues were getting the once over and now the autumn/winter ones occupy the wee table next to you. However, time marches on and we must march on with it. From my ageing memory the spring/summer time did not appear to have been very good.

An awful lot of rain and very little sun, I was quite surprised the other week to see the beetroot swelling and the leeks proudly showing off their slim leaves. My tomatoes in the greenhouse have

not fared well and this was my fault as I did not give them enough attention to help them develop properly. I consoled myself with the thought that next year I will be more attentive to them.

My daughter grew her potatoes in bags this year and the boiling she gave me turned out to be very tasty indeed so that's something I will try. Back in spring I arranged to get my bushes pruned and a good job was made of them. I was a bit alarmed to see my butterfly bush was almost trimmed to the ground; however, I need not have worried as it has grown back with plenty of flowers to keep the bonny butterflies happy. It's time

now to get reading the new catalogues and prepare for the battle next year. A special thanks to the person who sent the tin of 3-in-1 oil for my creaky old back.

Happy reading,
Mr N Neep.

Dear fellow gardeners,

Spring is in the air but not in my heart as I look out from the warmth of the kitchen to a somewhat soggy and un-kept back garden. However, I reluctantly discard the warmth and comfort of my slippers for my gardening boots and make my way to the green house. On entering I can almost hear the greenhouse say "where have you been, you great lazy lump?"


My first task was getting my onion sets into small pots with fresh compost to encourage them to root. The containers of daffodils and tulips are growing well, waiting patiently to be displayed in the racks outside. A quick rake up of the compost and a good watering has them pruning themselves for a grand spring flower show. I have decided to grass over some of my veggie

plot and create a flower border with plants to attract bees and butterflies to add a bit of interest to the area. There is a small holly bush I intend to use as my centre piece within my green oasis where I shall relax and listen to the scent of the bees and the hum of the flowers – they don't call me a neep for nothing.

After a great success last year, I will be growing my potatoes in bags again this year and recommend people give this a try as tatties are cleaner and there is greater pest control. This year I will also try growing my tomatoes in hanging baskets which is something I have not tried before. My onions will eventually go in a space created in my rhubarb patch. There will be a need for me to find space for my lettuce and parsley for my salad days ahead. My thoughts are also turning to a

flower display for the summer and sprucing up the lawnmower and sheers ready for the coming combat.

I shall be buying bedding plants for display along with my roses growing in my front gardens. The shrubs and bushes will be given their annual trim and tidy up with a little help from a fellow gardener friend who is a dab hand with the shears and has a great knowledge of plants. This being said, If things go as planned and the big man up in the clouds gives us plenty of sunshine I will be able to sit in my green oasis and soak up the rays to get a healthy tan. I am looking forward to my evening strolls around Northfield and Cummings Park, admiring all your skills and the hard work of you fellow gardeners in creating your own theme and displays.




Heathryburn Primary School

Heathryburn Primary School Parent Council was disbanded at the end of June 2014 due to people retiring from the Parent Council. Heathryburn Primary School are looking to elect new candidates and volunteers to run a new Parent Council from this school year.

A new Parent Council will be elected to ensure that Heathryburn School has an effective and helpful Parent Council working for everyone's benefit. The Parent Council is for the well being of pupils, staff, fund raising and the wider community.

Heathryburn Primary School still have a very good and effective PTA which is a sub committee of the Parent Council and they run numerous fundraising activities throughout the year for the benefit of the school and pupils. The PTA welcomes anyone who wishes to join / attend meetings and help with the fundraising activities.



Bramble Brae Primary School

I like nature

I see the leaves falling slowly and neatly.

I hear the wind blowing calmly.

I smell the fresh air of nature.

I taste the sense of the beautiful leaves.

I feel the spiky bits of the conker.

By Millie Barry

Primary 3

Autumn

Blasting winds blowing calmly.

Auburn foxes hibernating quickly.

Dark night time coming rapidly.

Furry squirrels running slowly.

Wet rain pouring frantically.

Cute bunnies hopping madly.

Tall trees swishing slyly.

Water-logged fields clogging up randomly.

Small people yapping busily.

Beautiful flowers dying sadly.

By Matthew Dalgarno

Primary 6

Northfield Academy



It is hard to believe that we are at the end of the first term already. It has been another very busy and successful term at Northfield Academy. As we move towards our two week break I would urge parents to think carefully before arranging holidays during term time.

The current curriculum means that pupils missing weeks of school do find it very difficult to catch up on their return which disadvantages them when working towards SQA qualifications.

Sponsored Walk

This year our annual sponsored

walk turned into a local event with all pupils in S1-S6 walking from the school to Webster Park in Kingswells. The school walked along to Springhill Road to the top of Howes Road then trekked cross country to Kingswells. The day was a resounding success enjoyed by both pupils and staff. Even Mr Hendry walked the walk in his red trousers. Although the weather could have been better it did not dampen the enthusiasm as a number of pupils arrived in fancy dress.

At the time of writing over £2000 has been raised for the school

with all the proceeds going to support pupils in the wide range of extra curricular activities on offer at the Academy.

Christmas Concert

This year we plan once again to hold a joint Northfield ASG Christmas Concert on 10th and 11th December at Northfield Academy. Following on from the success of last year's concert we will once again be welcoming pupils young and old to celebrate Christmas as a Northfield community. Tickets will be on sale soon.

Visit to Ryder Cup

On Wednesday 24th September a group of three staff and sixteen pupils travelled to Gleneagles to watch one of the Ryder Cup Practice Days. All the pupils who were given the opportunity to attend had been taking part in golf coaching at Auchmill Golf Club and it was an amazing opportunity to see the best in the world in action.





Northfield Parish Church - Byron Square

Christmas Events

Sat 13 Dec 12.30pm

Christmas Lunch, in Hall

Sun 14 Dec 10.30am

Carols led by Northfield Band

Light lunch provided by

Community Council

Fri 19 Dec

Schools Services, 9.30am

Heathryburn, 11am Westpark

Sun 21 Dec 10.30am

Christmas Celebration

2.30pm – Bereavement Service

Wed 24 Dec 7pm

Christmas Eve Carols

for all the family

Thurs 25 Dec 11am

Christmas Day, in Lounge.

Bring your gifts!

Sun 28 Dec 10.30am

Last Sunday of 2014

Sun 4 Jan 10.30am

First Sunday of 2015

You will be made very welcome at any of the above events.

Have a wonderful Christmas & All the Best for 2015!

Scott Guy (Minister)



NORTHFIELD COMMUNITY HUB

The ex ATC Huts, Lane off Moir Drive

We are the 'new boys on the block'. For two years we have met in Northfield, but until now we have not had a settled home. Recently we moved into the old ATC Huts in the lane off Moir Drive.

A Congregational Church is an independent church, where the members make the decisions. No-one else can tell us how to worship God and we are child friendly. We are here to help, not judge.

The building we now occupy has a large hall and we hope to use the hall for the benefit of the community. If you had an empty hall, what would you like to see it used for? We would like to know. A small committee of members of the community will run the programme, which will be expanded over the coming months, but to date our timetable looks like this:

**Monday 10am – 12 noon
Community Coffee Shop**

**Monday 11am – 12 noon
Discussion Group meets**

**Tuesdays 1pm - 3pm
Office Open**

**Wednesday 10am – 12 noon
Community Cafe**

**Wednesday 11am – 12 noon
Ladies Group – open to all**

**Wednesday 4.30pm – 5.30pm
Boys' Brigade - includes girl**

**Thursday 6pm – 7pm
Children's Craft Club**

Sundays at 2pm we will use a room for our Church Services

Everyone is welcome to use the Hub and we are here for the community. For programme information, contact Fiona on 07513596210 or contact Rev. Andy Cowie on 01224 703248.

Councillors Comments

Scott Carle

After the recent upgrades to Allan Douglas Park this year where the existing equipment was renewed by the council, I am delighted to announce that another local park is due to have work done to improve the facilities on offer.

Work is due to start on Eric Hendrie Park on Springhill Road to improve the facilities on offer

as well as improve access to the park after Aberdeen Greenspace received a grant of £45,000 from Nexen to make improvements.

The work which will total £70,000 includes a new multi play area similar to the one at Allan Douglas Park with football and basketball equipment as well as improvements to the surrounding

greenspace and the upgrade of the paths which provide access to the park.

After the success of the work at Allan Douglas Park, I'm sure these new and improved facilities will be a welcome addition to the community and Gordon and I look forward to seeing the park once the work is completed.

Cllr Gordon Graham

As we approach the half way stage of our term in office I would also like to bring to your attention what both Scott Carle and I with the assistance of our Finance Convenor Willie Young have undertaken to bring much needed improvements to Northfield and Cummings Park. These are:

- 50k modernisation for Alan Douglas Park.
- £350k to develop Auchmill Golf Course (to allow a road to be built that will connect Provost Rust Drive and Provost Fraser Drive and housing development on the Bucksburn Farm site).
- Auchmill Golf Club received £5k to assist in the purchase of 4 golf buggies.
- £2k to allow access to leisure payments at Auchmill Golf Course.

- £7m to provide a school for the disabled opposite Davidson Drive.
- £2-3m to provide an arts storage facility at Granitehill Road on land that has lain empty for years.
- £20k has been allocated to improve the children's play park next to Heathryfold Circle and council officers are trying to identify further funding streams. There is an open meeting being held to progress. Contact Madele for information on 01224 812074.
- A larger project is being planned for the Eric Henry Park which will include an all-weather pitch.
- Willie and I are currently working with Byron Sports Club and Aberdeen Amateur Boxing Club to identify facilities in the Northfield area.

- Providing housing for those affected by the Haudagain modifications.
- We are currently seeking funding of £2m to provide facilities for Middlefield Community Project either attached to or close to the Henry Rae Community Centre.
- Another major announcement will be made soon which will be of huge benefit to Northfield and surrounding areas.

Relocation of the Middlefield Community Project will bring with it not only job opportunities but also nursery and play scheme opportunities for families in both Northfield and Cummings Park.

Best regards
Gordon Graham

Flamewith Lodge

Summer Fair

Our summer fair was a huge success where family and friends of residents and staff came along to support us. Entertainment was provided by Elvis where everyone had a great time singing and dancing along to his music. We would just like to thank everyone who gave us donations towards raffles and tombola stall, it was very much appreciated. We raised a grand total of £514.

A group of staff organised a bungee jump to raise funds for the home. They all had a fantastic time and found it an experience in itself. A couple of residents went along to cheer

everyone on doing the jump. This was a great day out for them. A grand total of around £2000 was raised. Many thanks to all staff who took part. Throughout the year we hold various fundraising events.

Just recently we had entertainment from Don Carney and the Puppeteers. They were part of the "Over 50s Festival" that took place for a week through Aberdeen City Council. We were provided with fantastic music where residents enjoyed singing along and some were dancing. A great show from the puppets finished off the entertainment.

We had a great evening at our Elvis Fundraiser which was held at the Bon Accord Golf Club. With the support of relatives and friends we raised a total of £406.

We had a visit from the Owl and Pussycat Centre which brightened up the residents' day. The majority of the residents all had the chance to hold an owl and get their photo taken for our gallery.

We would like to take this opportunity to thank all residents, relatives and family and friends for all your kind support and donations. It is very much appreciated.



Cummings Park Flat

We aim to bring the community together to air their views and make positive change happen. We engage with agencies and partners in an effort to provide individuals with information relevant to them.

We can refer people to Cash In Your Pocket who are tasked with helping individuals with money concerns.

Pathways support individuals in aspects that help them get back to work.

N.E.S.C.U offers an opportunity to save, borrow safely and buy white goods.

Life Long Learning supports first step learning opportunities,

health and well being support and preparation for work.

The NHS Community Health Worker will support people with healthy eating advice, smoking cessation information, low impact walks and other small health improvements.

Our Community Food outlet provides fruit and vegetables at a reasonable cost every week.

Silver City Surfers support people over the age of 55 years to access the world of computing and internet.

The Cumming North Magazine editorial team meet in the flat to put together the magazine content.

Councillors Gordon Graham and Lesley Dunbar offer their drop-in surgeries every month.

We are hosting a "LIFT" programme of activities. This is an opportunity for anyone to join in with some sing along workshops. The workshops will start in October but don't worry if you can't start then, you are welcome to join in any time up to February.

The flat is supported by our friendly, active and dedicated Management Committee members who also volunteer to support the Man's Group, a Knit and Natter Group, Ladies Craft Group and various community and flat led initiatives.

NESCU

North East Scotland Credit Union is a non profit making financial co-operative, offering our members an easy and convenient place to save, and access to low cost loans when required. NESCU offer a valuable service to everyone - business people, families, employed or unemployed, young people or those who have retired.

NESCU encourage our members to make regular contributions into savings accounts that create a central pool of funds. This is used to provide loans back to the membership at very favourable rates (12.68% APR). The interest generated from loans is used to cover administrative costs, with any surplus returned to the members as dividends.

Unlike other financial institutions owned by groups of stockholders whose interests include a necessary return on their

investments, Credit Unions are owned totally by their members as democratic co-operatives and the money stays within the local community.

Easy ways to save for you and your family: Adult or junior (under 16). General saving or for that special occasion (Christmas, holiday, car etc)

Membership

Adults complete application form provide photographic I.D. and proof of address (£2.00 annual fee)

Junior complete application form original birth certificate as I.D.

Local Collection

Cummings Park Community Flat
122 Cummings Park Drive
Aberdeen

Monday 10 a.m. – 11 a.m

Northfield Community Centre
Byron Square

Thursday 9 a.m. – 10 a.m

Also school collections at **Bramble Brae primary, Heathryburn primary and Westpark primary**

Low cost loans

After joining and meeting conditions you can borrow up to 3 times your general savings. Our rate is 1% a month on a reducing balance (12.68 APR). This means borrow £100 for 12 months pay back a total of £106.62. Loans can be applied for any reason and a decision will be made on each member's ability to repay.

Volunteering

Community and school collections For further details contact:

North East Scotland Credit Union
7 Finnan Place Torry
Aberdeen
AB11 8RG

Tel: 01224 899688

Freephone: 0300 666 3728

e-mail: info@nescu.co.uk

website www.nescu.co.uk

SHMU YOUTH MEDIA TASTER SESSIONS

SHMU Youth Media Taster sessions took place between 20th-24th October where young people of academy age got the opportunity to try radio presenting, film making, music production and magazine production/journalism.

This new project builds on the success of the pilot Youth Radio Project (YRP), which has already supported young people to broadcast regular live radio programmes across the city on the shmuFM community radio station for the last 7 years. Young people are invited to take part in various forms of media and will receive full support and training in their field. As well as learning a range of new skills, these activities will increase their confidence, communication skills and group work skills.

Murray Dawson, CEO of shmu said: 'This is an exciting and dynamic project with huge potential to enhance the lives of young people from our regenerations communities and beyond, where the participants themselves are given a platform to express their views on their own terms and subject



matter. We are really looking forward to guiding them in shaping their own futures into something positive, rewarding and inspirational.'

If you live in the shmu target areas of Northfield, Cummings Park, Middlefield, Woodside, Tillydrone, Seaton or Torry and want to try some media training then get in touch with Denise on 01224 515013 or denise@shmu.org.uk.

CALLING ALL MCS AND RAPPERS, ASPIRING BEAT-MAKERS AND MUSIC PRODUCERS!

shmuSOUND is looking for young people aged 14-25 to join our Hip Hop project. The project will start in October 2014 and run until August 2015. Consisting of weekly workshops on beat-making, production, lyricism and gig promotion, the sessions will be run by well-known experienced artists from all over Scotland. Participants will also have the opportunity

to record their music in our studio and work on material and performance skills at the project's regular open mic sessions.

If you are interested and would like to find out more about the project contact Simon Gall on 01224 515013 or email simon.gall@shmu.org.uk

Station House Media Unit (shmu) is situated just off Great Northern Road in the old Station House Community Centre, Woodside. We offer free access to, and training in video and radio production, and magazine and online publications to residents of all ages living in Seaton, Woodside, Middlefield, Tillydrone, Torry, Northfield and Cummings Park.