

# Middlefield **Mirror**

Spring 2016



## In this issue:

IMAGINING ABERDEEN  
COMMUNITY PROJECT  
NEW HOME DEVELOPMENT  
COMMUNITY HUB  
THE BIG FRIENDLY READ

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

# Middlefield *Mirror*

**Spring Edition 2016**

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## Editorial

### Welcome to the Spring edition of the Middlefield Mirror.

In this issue we have articles covering the regeneration in the Middlefield area, from the Middlefield Community Hub to the new housing developments in the community.

We also have news from Northfield Academy and Manor Park Primary School.

If you would like to get involved and join the editorial team or if you have ideas for this community publication you can easily get in touch with us. The staff at SHMU are able to support and train anyone living in the area if they are interested in developing their ideas, or their skills in writing, proof reading and photography.

So, please don't be shy, this is your magazine, written, edited and designed by folk from Middlefield.

If you live in the Middlefield area and would like to come along to the editorial meetings or submit an article then get in touch with **Laura** at **shmu** on **01224 515013** or email **[laura.young@shmu.org.uk](mailto:laura.young@shmu.org.uk)**

The magazine is now on Facebook as well so you can search for Middlefield Mirror and like the page for regular updates.

You can also view this magazine, alongside previous editions on the **shmu** website **[www.shmu.org.uk](http://www.shmu.org.uk)** then click the 'PRESS' option



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# imagining Aberdeen

Children's Parliament are working with Manor Park, Bramble Brae, Riverbank and Tullos primary schools on a project over the next few months Imagining Aberdeen as a city where every child is healthy, happy and safe. With the children we are thinking about life at school, at home and in the community. Together we are talking and learning together about children's human rights, human dignity and imagining living in a city where children have their say.

In May the 4 schools nominated 5 children to be part of a week-long project where they created a mural and were part of a DVD film project. The children will bring all the ideas from their schools to make sure we capture the important messages that children have when they imagine Aberdeen. Children's Parliament will help children to tell Aberdeen City Council and other agencies what children imagine for Aberdeen.

**You can follow the progress of the project by visiting the Imagining Aberdeen blog at [www.blogs.glowscotland.org.uk/glowblogs/imaginingaberdeen](http://www.blogs.glowscotland.org.uk/glowblogs/imaginingaberdeen) or by following Children's Parliament on Twitter @creative\_voices.**

**Manor Park pupils from Primary 5/ 6 have been investigating their community by visiting places that they most like and spaces they would change and discussing why. Here is what they think:**

"We love our friends, family and homes in the community. People in our community can be very disgusting because they don't pick up dog poop. In our community we like the park as it has so many good things to play on like see-saws and slides."

**Reo, Madison, Leah and Daniel P5 Manor Park PS**

"The swimming pool and park are great because you can play with your friends. We don't like the traffic because it is noisy and scares us. We would change the traffic by telling the council to make more roads so it doesn't all go on one."

**Barty, Abdullah, Karis and Demi-Lee P5/6W Manor Park PS**





# Middlefield Community Project

## Nursery News

### The Construction of our new nursery building has begun!

The construction of Middlefield Community Project's new building has finally begun. The nursery children have been very excited making comments such as, "that's going to be our new nursery". The different Early Learning and Childcare groups are regularly going on visits to see how the building development progresses. The children liked watching the diggers making mountains of mud. They also particularly enjoyed speaking to one of the builders who told them all about how his digger works and what it does. Staff have already started to create large floor books with the children to document the whole process from start to finish. This will provide a variety of fantastic learning opportunities for the children. Some of these include the roles of different construction workers, materials and vehicles, sequencing of jobs to be done and health and safety around building sites. The nursery children have shown a great interest in the diggers so staff provided them with opportunities to use diggers in their role play, sand and construction activities. The children are dressing up and taking on the roles of

the different construction workers to demonstrate how they work as a team and delegate tasks. Furthermore, they are remembering the necessary health and safety measures such as wearing safety glasses. Some of the children also developed their creative skills by painting detailed pictures of the diggers they had seen.

Several children and parents also attended the official start of the development and the 'digging of the turf' where council representatives and councillors came to have a photo taken. Sadly, not all of us could be in the photo, but two of our lucky nursery children were in the picture published in the Evening Express.

We would like to thank everyone from Chap construction for being so kind and welcoming to the children and also helping them learn more about the role of builders and diggers. We look forward to many more visits to the building site and learning lots more about the construction of new buildings.







## Our visit to the bus station

The children also recently enjoyed going on a bus trip which was kindly arranged by Russell McGonigle who works for First Bus and is on the Project's Management Committee. He picked the nursery children up in a lovely comfy platinum First Bus. We then went to visit the bus station where we saw the control room and the garage where buses got fixed. The highlight of the trip was going through the bus wash. We then went for a drive along the beach and back to nursery. The children thoroughly enjoyed the whole



experience and are still talking about the bus now. Staff have made displays using the photos taken which again encourages the children to remember and talk about their memorable bus trip.

We would like to thank Russell for kindly letting us have this opportunity on his day off.

## Nursery News

Middlefield Community Project has been working in partnership with the Early Years team to provide Me 2 nursery spaces. The Me 2 childcare initiative allows eligible families to have 600 hours of funded Early Learning and Childcare opportunities for their 2-year-old. Both families and children have been benefiting by the sessions provided, initially just in our Butterflies nursery. However, as a result of increased demand for such places we have extended this service by incorporating the provision of term time Me 2 spaces into our Ladybirds day nursery. Here there is the opportunity of having increased flexibility in the sessions that the Project is able to provide the parents, in order to meet their own needs and commitments. For example, there is the choice of different session times. Mornings 8.30-11.40/9.15-12.25 or afternoons 12.40-3.50/1-4.10. There is also an option for parents to pay for extra sessions if they require additional childcare.

The Project will consider Me 2 applications from families from outside our Middlefield catchment area. Families who may be interested in seeing if they are eligible to apply for a Me 2 space can come into the Project to get some further information and pick up an application form or families can also get in touch with the Early Years Team on 01224 764654.

Staff have enjoyed being part of this development as they are already very experienced, knowledgeable and skilled in working with 2 year olds and helping them to start to socialise and share. Staff feel that the smaller groups really do benefit the younger children as they require consistent caregivers who

can respond sympathetically to the emotional highs and lows of a two year olds day and their anxiety about being separated from their parent/carer. Staff are in tune with 2 year olds and understand their play as purposeful rather than chaotic and know how to extend and develop their play and curiosity at the child's pace.

Parents and children are enjoying being able to access the Me 2 spaces in Middlefield Community Project. One parent commented: "The sessions have really helped my child to come along in leaps and bounds." She commented that she has seen a huge amount of progress particularly in her child's speech and language development. The parent felt that the staff had also really helped her child to settle in and become confident coming to nursery.

Another parent commented the sessions were really beneficial in helping support parents to try and get back to work as the Me 2 sessions provided her with over 15 hours a week of Early Learning and childcare. She also commented that since starting the sessions her sons' speech and language had progressed really well. "He never used to speak before now he doesn't stop!"

All in all, the Me 2 sessions appear to have been very successful in helping to support both children and parents. We look forward to working in partnership with many more families through this beneficial initiative. Next year when we move to our new building we hope to be able to provide additional spaces to help expand the Me 2 service further so even more families can access a space.



## Under 11's

We had to expand the clubs as so many children were coming along to them so we are now also based at the new flat at 6A Logie Place. Primary 1-3's group on a Monday from 3.15pm to 4.45pm The Primary 6's on a Thursday 3.15pm to 4.45pm and primary 4-5's on a Friday 3.15pm to 4.45pm.

The swimming group on a Monday is going well with most of the group moving on after the summer and most of them managing to swim. If your child is in primary 4-6 and cannot swim then please contact Helen or Siobhan at the project and we will see if they can be allocated a place for after the summer term.

The Primary 6's going into Primary 7's after the summer holidays will be moving up to the youth flat in May (date still to be confirmed) and we will be sorry to see them leave our clubs and playscheme.

Easter Playscheme was fully booked and we had four trips out as there was not enough room at the flat so went to Camperdown Park and Zoo, Soft Play in Insch, Blair Drummond, and the foam factory. The volunteers will be updating their first aid at the end of June and they continue to give up their time to help out at the playscheme. We raised £100 from our word search so will do another one in May. We have reapplied to Cash for Kids to see if we can get some funding for the playscheme. We received £1,250 from Khyber Pass towards summer playscheme and we hope to get £850 from the council.

Please note we will not be putting leaflet through doors in the area but please get information either from local poster or on our Facebook page Middlefield Community Project as we will put the information on this and the registration details.

## Art Group

A group of women from Middlefield Community Project took part in an eight week course with Phil and Gabby from the Aberdeen City Council Creative Learning Team on Tuesday afternoons.

They took part in a range of activities with the artists which from designing wooden plaques to making their own teddy bears.

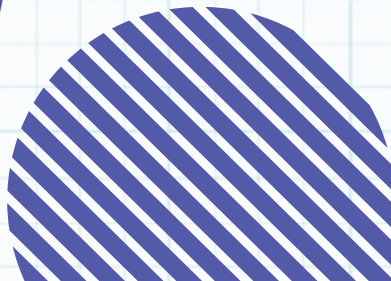
During the first session the group were asked to use their imaginations to construct something with the pieces of wood which were lying on the table. As part of the process the group got to use power tools which they said "was fun, but terrifying." The group enjoyed the artistic process.

Susan said: "It's funny how you throw things together and it comes to a shape."

The group also got to embrace their inner rebellious school pupil and make paper aeroplanes, using the garden outside the Project as the testing ground!

The teddy bears were a great success. This involved using clothing, for example old kid's clothes, to make a plush toy. Leeann used one of her litter girl's old jumpers to make her teddy.

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## Healthy Living Group

The Middlefield Community Project (MCP) Healthy Living Group is made up of a group of women who meet weekly to take part in a range of activities and discussion sessions with a focus on good health.

The discussion group meets at the Project on Wednesday mornings. Several members go to the aqua aerobics at the Northfield swimming pool first and then come back to the Project to meet with other group members and our discussion tutor, Lesley Dunbar. Most members also attend a keep fit session with others at the Beacon Centre on Monday mornings. We received a grant from NHS Grampian to help with this and we are supported by MCP staff members Helen and Lillias.

Last year we focussed on mental health and this year we have been looking at sugar and its impact on our, and our families' health and well-being.

Four members of the group, Susan, Yvonne, Kelly and Jenna, have been working hard in recent weeks preparing and delivering presentations about sugar to parents, friends and MCP Management

Committee members, and to representatives of various agencies with an interest in health and well-being. These included Grampian Police, Pathways, CFINE, St Machar Parent Support Project, Cash in Your Pocket and Food Standards Scotland.



The sessions began with healthy snacks and followed on with some practical exercises and information about the surprising amounts of sugar in foods; why this may be harmful and some ideas for reducing the amount of sugar in your diet. A list of helpful websites was circulated along with a guide to the Traffic Light system of labelling on foods.

Feedback from those attending the groups was very positive and two of the agencies present have asked if the presentation can be delivered to their own members. All of the group members report that their own families are now eating less sugar than previously and feeling better for it! For more information and/or if you would be interested in hearing our presentation please contact MCP on 01224 697000.

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## Women's Group

Laura from SHMU caught up with some of the women from Middlefield Community Project's Women's Group to find out about their plans for this year.

The Women's Group at Middlefield Community Project will be heading off to Berlin for five days in September this year. Last year the group visited Krakow in Poland to find out more about World War II and what life would have been like for people at that time.

Lynne said: "We went to Auschwitz which was really good but at the same time quite upsetting. Being there made it so real, standing on the train tracks where the trains would have come in and seeing the different bits of the museum that are still there."

When they came back from their trip they discussed some other possible destinations for future trips. There was a German student, Janina, on placement with Middlefield Community Project for nine months so the group thought it would be a good idea to pick

a German city. To tie in with their 2015 trip to Poland the group eventually decided to go to Berlin.

Now the destination was decided all they had to do was raise the funds! The group have been working really hard to do this and are selling batches of tablet from Middlefield Community Project and Kincorth Community Centre. As tasty as their tablet is (I had to buy some, all for a good cause!), the group didn't think they'd be able to fund a whole trip with just that so they are making and selling jewellery at the Project as well as taking part in a sponsored walk.

The group are busy doing research just now about where they would like to visit. So far their list includes the site of the Berlin Wall, some museums, getting to grips with the U-Bahn and to generally experience German culture.


If you would like to donate some money for their trip or if you've been to Berlin and have some tips you'd like to pass on then pop into the Project at 8 Logie Place.





# NEW COMMUNITY HUB FOR MIDDLEFIELD

**Work has started on a new £2.66million community hub in the Middlefield area of Aberdeen.**



The Lord Provost Henry E Rae Community Centre is having a complete refurbishment and extension which will provide purpose-built accommodation for community groups and charities.

Pupils from Manor Park Primary along with nursery pupils and members of the community from the centre were at the sod-cutting ceremony in March along with Aberdeen City Council Communities, Housing and Infrastructure vice convener Councillor Gordon Graham.

Cllr Graham said: "The new Lord Provost Henry E Rae Community Centre will make such a difference to groups who use the existing centre and for the surrounding community.

"We're looking forward to work progressing at the site and then welcoming the community in and using the centre when it's finished."

Partner organisations which will be housed at the centre Middlefield Community Project, Lord Provost Henry E Rae Community Centre Management Committee and NHS Healthy Hoose.

Services provided by Middlefield Community Project include youth work (12-25 years), children's activities (5-11 years), volunteering, training and work opportunities, early years childcare and education, holiday playschemes, adult learning, and individual family support.


Services provided by Henry Rae Management Committee include a wide range of community activities for adults, elderly and those with disabilities.

Services which are provided by Healthy Hoose include a nurse practitioners drop-in system covering minor injury/minor illness advice and treatment, smear tests/well women/

well man checks, emergency contraception (morning after pill), free condoms, pregnancy testing and most types of contraception, immunisations - children and adults, health information leaflets, smoking cessation advice and nicotine replacement therapy, reviews of long term conditions such as asthma, diabetes, heart disease, and telephone advice.

It also provides counselling services for anxiety, stress and depression, bereavement/loss, relationship or other personal issues, drug or alcohol problems, weight issues and/or eating disorders, podiatry services, and a credit union for accessible savings, low cost loans and other financial services.

The main contractor for the project is CHAP Construction.











# 100 new homes in Middlefield

Aberdeen City Council is developing almost 100 modern homes at the former Smithfield Primary School site in the Middlefield area of the city.

Aberdeen City Council Leader Councillor Jenny Laing said:

“This flagship project will create contemporary, all-purpose homes for residents in our city who are struggling to meet private rents and who are struggling to find suitable accommodation.

The Smithfield Development will offer a mix of 99 homes including semi-detached and detached properties of up to 4 bedrooms and one and two bedroom apartments. The development will also include open green spaces with access to

what will be a revamped play park opposite the site.

The homes, which have been designed by North-east firm Lippe Architects to be constructed by CHAP Construction, are bright, spacious and cater for families of all sizes and needs.

They will also be joined up to Aberdeen City Council’s Combined Heat and Power Scheme which recycles energy from waste, providing low cost fuel.

Aberdeen’s CHP scheme has proven immensely successful in tackling fuel poverty in Aberdeen –

reduction in carbon omissions and heating costs.

Work will be carried out in two phases, with Phase One, (Provost Rust Drive) offering 12 semidetached homes and Phase Two, (Smithfield Drive and Clarke Street) comprising a mix of 30 semidetached and 57 one and two bedroom apartments.

This phase will also include a footpath connecting the new housing with the surrounding community.





# The big friendly read

celebrating 100 years of Roald Dahl.

## Get ready for the 2016 Summer Reading Challenge in your library!

The Tesco Bank Summer Reading Challenge Scotland takes place in Aberdeen City Libraries again this year with the exciting theme of The Big Friendly Read celebrating 100 years of Roald Dahl.

The Challenge runs from Friday 1 July until Saturday 20 August and encourages children to read up to six books from their local library over the summer holidays. Any library book can be read - from picture books to talking books – and children will receive stickers and rewards throughout the Challenge.

The Big Friendly Read features some of Roald Dahl's best-loved characters and Quentin Blake's wonderful illustrations. Children can collect limited edition Quentin Blake cards, each celebrating a popular Dahl theme: Mischief, Invention, Adventure, Wordplay, Child Champions and Friendship. They will be encouraged to expand their own reading by

exploring similar themes, facts, characters and stories from the wealth of books, talking books and e-books available from Aberdeen City Libraries.

For more fun and activities, check out the Summer Reading Challenge website [www.bigfriendlyread.org.uk](http://www.bigfriendlyread.org.uk) where children can also create a personal reading profile and add books they've read to the Book Sorter.

Fun, free events will take place in libraries throughout the holidays for children taking part in the Challenge.

The Challenge is aimed at children aged 4 to 12, however children under 4 can take part using the Pre-school card, collecting up to 6 themed stickers. The regular Bookbug Story and Rhyme sessions continue in libraries across the city throughout the holiday period when children can take part in the Bookbug Library Challenge.

### Summer Reading Challenge Events

#### Decorate A Hat at your Library

Help decorate Willy Wonka's hat and listen to a story related to this year's theme, The Big Friendly Read, celebrating 100 years of Roald Dahl.

**Northfield Library**  
**Tuesday 26 July**  
**2.30 – 3.15pm**

**Mastrick Library**  
**Tuesday 02 August**  
**10.45 – 11.30am**

#### Booking essential

#### Contact details:

**Northfield Library**  
**T: 01224 695104**  
**E: [NorthfieldLibrary@aberdeencity.gov.uk](mailto:NorthfieldLibrary@aberdeencity.gov.uk)**

**Mastrick Library**  
**T: 01224 788558**  
**E: [MastrickLibrary@aberdeencity.gov.uk](mailto:MastrickLibrary@aberdeencity.gov.uk)**

**Or visit the website [www.aberdeencity.gov.uk/Library](http://www.aberdeencity.gov.uk/Library)**



# **NORTHFIELD POOL**

## **TIMETABLE**

**Monday 0745 0900**

**Public Session (2 Lanes)**

**1200 1315 Public Lane Session  
(6 Lanes)**

**1345 1445 Active Ageing  
Swimming Session AA**

**1445 1545 Public Session**

**1815 1915 Public Session**

**1930 2100 Ladies Only  
Swimming Session**

**1930 2000 Aqua Aerobics**

**2000 2030 Aqua Aerobics**

**Tuesday 0745 0900**

**Public Session (2 lanes)**

**1200 1315 Public Lane Session  
(6 Lanes)**

**Wednesday 0745 0900 Public  
Session (2 Lanes)**

**0930 1015 Aqua Aerobics**

**1030 1130 Public Session**

**1200 1315 Public Lane Session  
(6 Lanes)**

**1845 2000 Public Session**

**2015 2115 Adult Session**

**Thursday 0745 0900 Public  
Session (2 Lanes)**

**1200 1315 Public Lane Session  
(6 Lanes)**

**Friday 0745 0900**

**Public Session (2 Lanes)**

**Saturday 1215 1315**

**Public Session**



## A new face at Middlefield Parish Church

As of February Middlefield Parish Church has a new Locum Minister, Rev Gillian Trew.

Gillian is enjoying her time at Middlefield and finds the people within the congregation warm and extremely friendly and very helpful.

We have enjoyed celebrating our Easter services with Gillian. After the service on Easter Sunday we had a Pot Luck Easter Lunch. Everyone enjoyed the food and the fellowship with each other was wonderful, and it was great watching the children tucking in to good wholesome healthy food.

It would be rather nice if more people within the community could come along to join us, there will certainly be a warm welcome on their arrival. We have a Sunday Club for the children where they can listen to

different stories, play games and sometimes do craft work.

We also have a Kids Club from 5-6pm on a Thursday for 5-12 year olds which has been running now for the past 5-6 years. The leaders play games with the children, make murals, tell stories about different people in the bible and there's also painting and colouring in pictures. The children are given a snack with juice and this is all free. All the helpers are pvg checked but parents are welcome to stay

Why not pop in by some Sunday our service begins at 11am, during the summer months from June to August our services begin at 10am we would love to see you.

**Yours in Christ  
Linda Forbes, Session Clerk.**



# Councillor Comments

## Cllr Jackie Dunbar

Middlefield Project held their AGM recently and I had the pleasure to attend and to say a few words. Middlefield Project has been a big part of our community for over 20 years now, the work they do in the community is amazing and has helped shaped our community to what it is today. It has had such a huge positive impact and the support they give to individuals and the community, in my opinion is second to none. They are now getting ready to move as the work has finally started on the new hub at the Henry Rae site which will become their new home. I am looking forward to the hub being completed and cannot wait to see it up and running.

There is going to be parking restriction on the inset road of Provost Rust Drive until 3rd July. This is to protect public safety during heating duct installation

works. I have been assured that the parking restrictions will not be implemented on any whole section of the road at any one time and will be marked by the use of no-waiting cones as and when required. Hopefully with these measures in place it won't cause residents too much inconvenience. But if you have any problems then please do not hesitate to contact me.

The rehousing of folk affected by the new road is continuing but one concern that I have is that some folk who are in the "triangle" are under the impression that repairs are not going to be carried out. Can I give folk the reassurance that this is certainly not the case. Although no improvements are being made, you are still entitled to have any repairs needed completed. Please, if you need a repair done to your council home, contact the council and report it.

## Cllr Scott Carle

In March I attended the cutting of the sod for the new community hub at the Henry Rae Centre with Councillor Graham where youngsters helped officially start the work on the new building. This will be a great facility for the community and I'm delighted it's underway. There were concerns raised that the building site had removed a path across the park and as a result of this the council have instructed the contractor to install a temporary path across ensuring that there can still be access back and forth while the work is ongoing.

I would also like to congratulate Police Scotland and their volunteers for creating the pocket park on Manor Walk. This received funding through money the council allocated to participatory budgeting where children from the local schools chose the projects they wanted to see. The work was carried out in just one week and the results are fantastic. Well done to everyone who was involved.

As always if there are any issues which you would like to raise or anything I can help you with, please don't hesitate to get in touch.

## Cllr G Graham

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

On 29th March I was proud to officiate at the sod cutting ceremony with youngsters from Manor Park Primary, Middlefield Community Project Nursery along with others from the community who helped to launch the official start of work on the new £2.66million Community Hub. The new building will help the centre be even more of a hub for the community as the new facilities will make such a difference to groups who use it. The target is for this to be open at the end of the year to ensure projects to be relocated because of the new road can continue to function.

In addition to that, the Council has started to build new houses on the site in Middlefield where the former Smithfield School used to be. The target is to build nearly 100 houses there with the first ones being completed this time next year.

And there are more houses to be built within the next year or so by the Council on a site in Manor Walk (approximately 80). Currently a contractor is being procured by the Council to build these houses with a site start date before the summer and first completions within a year.

All of this shows that the Council is working hard to regenerate Middlefield as part of its commitment to 'Shaping Aberdeen' as a city for people to live and work in, into the future.

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





## Million pound makeover for shmu!

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

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

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

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

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

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

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

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



# Northfield Has Gone Off Its Rocker

Northfield Academy has an exciting new venture. We are introducing a new facility to the school which is going to be a climbing wall which will cover a full room including the roof. The whole school is really looking forward to getting a chance to experience this awesome addition to our facility.

Mr McKenzie, Faculty Head of Health and Wellbeing has said that it has taken a lot of hard work from so many people to raise the money to build this climbing wall.

Building started in the Easter holidays and will be completed

by the time we are back after the summer holidays.

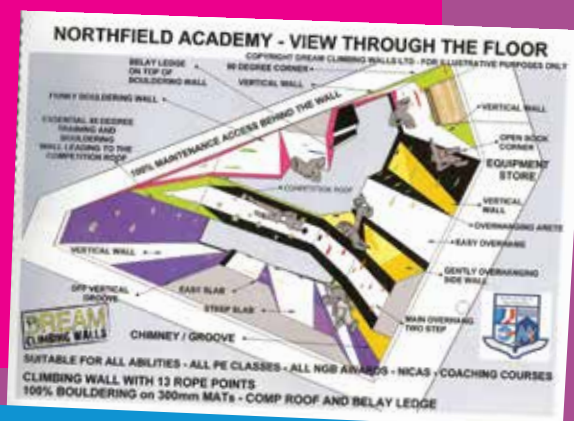
Northfield Academy has chosen to build the climbing wall in a large space in their Physical Education block. It is a large unique room, which currently is not in use. We thought it would be a good idea because of all the space.

All the PE teachers thought that the room could be used for something bigger and better. Following discussion with the school and partners the idea was conceived of building a climbing wall.

The climbing wall will benefit the school because it will be used for core Physical Education classes for S1- S4. It will be available in and after school hours for the Northfield community.

There are also a couple of mechanical belay devices, instead of people having to hold the strains. Northfield Academy aims to inspire students to get involved in physical activity to stay fit and healthy.

Coleen Elvey, Colin Whyte, Tyler Noble and Courtney Fraser S3, Northfield Academy



## Northfield Turn Their Talent to Tartan

Northfield Academy is in the process of creating their very own unique tartan in celebration of their 60th anniversary of the school. We have partnered up with the Scottish Tartan Authority in order to create the tartan.

The tartan that has been chosen was voted for by members of the Northfield community and staff. At first there were three different designs that had to be voted on and this was the one chosen.

The tartan tells the story of Northfield Academy and the

community. Northfield Academy is built on freedom lands gifted by Robert the Bruce. The colours on the tartan all have different meanings behind them. The colours throughout the tartan are dark blue, maroon, light blue, red, white and grey. The dark blue squares have 56 threads to represent the year Northfield Academy was built. The maroon is originally from the 1956 school badge. The light blue lines around the white represent the four capacities which are Successful Learners,

Effective Contributors, Confident Individuals and Responsible Citizens. The grey remembers the 19th century Cairncriy granite quarry on which Northfield Academy was built.

Our school is hoping to make the tartan into items of merchandise to be sold to past and present pupils, staff and parents in order to celebrate our 60th anniversary.

By Lauren Robertson, Kaylee Main and Ellie Duncan in S3, Northfield Academy

We are Sailing: the group take part in canoeing activities



# Middlefield **Mirror**

## 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

**0800 300 999**

### **Family Planning**

Aberdeen Community Health & Care Village

**01224 642 711**

### **Gas**

Gas Emergency

**0800 111 999**

Gas Emergency with a Meter

**0845 606 6766**

### **Housing**

Emergency Repairs

**01224 219284**

Call Centre Emergency

**0845 608 0929**

### **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 693 936**

### **Young Carers**

VSA

**01224 212021**

### **Water**

Scottish Water Emergency

**0800 0778 778**

CFINE

**01224 596156**

Pathways

**01224 682939**

Cash in your Pocket

**01224 686077**

Citizens Advice

**01224 569750**

Middlefield Community Project

**01224 697000**

Middlefield Youth Flat

**01224 687367**

Manor Park School

**01224 812060**

Healthy Hoose

**01224 661500**

### **Include 01224 Dialling Code When Calling from a Landline.**

Since 1 October 2014, people in Aberdeen have needed to include the area code whenever they dial a local number from a landline – in the same way people do when calling from mobile phones.