

Middlefield Mirror

Spring 2019

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In this issue:

HEATHRYFOLD &
MIDDLEFIELD
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YOUTH WORK IN
SCHOOLS

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Middlefield Mirror

Winter Edition 2018

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Editorial

Welcome to the Spring edition of the Middlefield Mirror.

In this issue we have articles covering the Heathryfold Park regeneration, Northfield Academy's Youth Work in Schools programme and an update from the local community policing team.

We also have news from Middlefield Community Project and Youth Hub.

This edition also includes content from Heathryfold, including some interesting information about the Heathryfold/Middlefield greenspace development. We hope to continue to bring you the news from both areas. What do you think of the new, expanded magazine? Get in touch on the details below!

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**

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** then click the 'PRESS' option



The Heathryfold Park Group came together about three years ago. An information event about a flood alleviation scheme was held at Manor Park School and local residents came along to find out what was planned. The land in question was, for the most part, just grass and some landscaped areas from Heathryfold across to Manor Drive and behind the Sunnybank Club and was always wet and muddy. Long ago before there was any development of that area it was known as the 'moories' and people trying to walk across it would end up with very wet and dirty shoes.

At the same event we were shown plans to landscape the area and upgrade footpaths and play equipment. Some organisations were identified who would provide money for these plans and people were asked to become involved. Only a few residents came forward, but we were keen to have an input into the plans. Working

with council agencies the group identified areas which it was felt would be of benefit to the community and held a series of meetings with local councillors and members of the council departments concerned to find the best place for footpaths and planting areas.

Although it is very much a work in progress the children's play area is currently being constructed and there are trees and shrubs going in further down in the park. There is also lighting going in along the main paths and that is welcomed. The group are hoping to become constituted which means that we, as a group, could apply for money from various sources. This would allow for any further projects to be funded. A Park Ranger is in place until September this year and she has been working with groups of local school children to keep them informed of what's going on and also to involve them in the future of the park.

The footpaths are now widely used by

people and are a great success and we hope the new play equipment will prove popular with the children. Later on this year it is planned to have an event when the flood alleviation scheme will be switched on and everyone is welcome to come along. Information regarding this will be on Facebook when the date is set.

The group are quite small and we welcome people to come along to one of our meetings which are held once a month at a time suitable to everyone. We currently meet at the Hub or at Manor Park School. Meetings are quite informal so if you have an idea for the park or there is something you would like to see put in place then please come along.

You can find out more about the project, or get in touch by looking up our Facebook page: Heathryfold Greenspace Makeover



FUNDED BY



Help for people from ethnic minorities living with dementia in Aberdeen

Aberdeen Council of Voluntary Organisations is working on a new project for people living in Aberdeen with dementia from European ethnic minority backgrounds. 'Widening Access for People from European Ethnic Minority Backgrounds' project seeks to identify barriers to engagement in dementia support in Aberdeen and ensure that those with dementia, their family and carers from European ethnic minority backgrounds are able to make the best use of dementia support available across the city.

By working with people with dementia on identifying the barriers to participation and coming up together with solutions to these issues we seek to ensure that this is not only a right but also reality to get appropriate support for people from European ethnic minority backgrounds living with dementia in Aberdeen.

If you are a person from a European ethnic minority background living with dementia, know someone from a European ethnic minority background living in Aberdeen with dementia or simply would like to find out more about the project please contact Anna, Anna.Dzianach@acvo.org.uk or 07508437826.



Healthy Helpings

Spring into the new you

to benefit you for the rest of your life

Would you like to learn more about Healthy Eating and a Healthy Lifestyle in a relaxed setting?

Do you need to lose some weight?

If your answer to the above two questions is YES, Healthy Helpings could be the answer for you.

Healthy Helpings is a FREE NHS programme which runs for 1 hour each week, for 6 weeks.

Topics covered include:

- Sensible weight loss targets
- Healthier food choices
- Appropriate portion sizes
- Label reading
- How best to plan and make changes
- Fluid and alcohol intake
- Physical activity
- Meal planning

Monday

10.15 - 11.15am and 11.45 - 12.45pm

Aberdeen Health & Care Village

Frederick Street – off King St.

Tuesday and Wednesday

1:30-2:30pm

Woodend Hospital

Eday Road

Wednesday

2-3pm

Garthdee Health Centre

Bridge of Dee

Healthy Helpings aims to explain how best to lose weight, and to keep it off.

Classes are presented to groups of 10 or less and are available to adults over the age of 16 who are overweight and who want to lose weight.

To find out more or to book a place, please call - 01224 556 556

Healthy Helpings is delivered:



PATHWAYS IN MIDDLEFIELD

Pathways have been actively working in Middlefield area for over 20 years helping people to find work and our Employability Keyworker, Claudia Karl, meets with people looking for help at Manor Park Community Centre, Danestone Circle, Aberdeen on Mondays from 12 Noon till 4pm.

Claudia has helped many people from the Middlefield area and a recent success story is as follows. One client came to see Claudia as she had recently voluntarily given up work due to trust issues with her employer. Not being happy about how the company worked she was not entitled to benefits for a number of weeks and her confidence had been severely knocked. Claudia worked with her on a weekly basis, creating a CV and also having the client join what was a pilot employability course. During the course sessions the client soon regained her confidence and was able to begin to trust people again. This helped immensely when she gained interviews and she was then

successful in gaining employment. She thanked Claudia by stating, "I am happy to be back in work and that without the help of Claudia and Pathways I would not have found a new job so quickly. I will be telling other people about the service so they too can get help".

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 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 needs. As Claudia is usually very busy please phone for an appointment so you are not disappointed.

If you would like help to find work you can contact Claudia Karl by phone on 01224 682 939 or by email at c.karl@pathways-online.org

Northfield Community Council

By the time you are reading this magazine you should have a new community council!

There were elections for the Northfield Community Council (which also covers Cummings Park, Heathryfold and Middlefield) at the start of the year but unfortunately not enough people put their name forward for a group to form.

However, a group of residents have continued to meet and looked to reform the community council.

Local people were encouraged to put their name forward to join the group and support their area,

Community councils meet monthly to discuss concerns about the local area and they can communicate with elected officials and residents.

We will look to include something in the next edition about your new community council so watch this space!



Northfield Community Policing Team Update

Inspector Karen Main

The Northfield Community welcomes lighter nights and hopefully milder weather and unfortunately, the members of the Northfield Community Policing Team anticipate that the advent of better weather and longer days will bring with it, the unwelcome and all too familiar drone of off road motorcycles.

Police Scotland continues to pro-actively tackle issues of Road Safety and Road Traffic related crime by targeting those who ride motorcycles in a dangerous or criminal manner.

Operation Armour was launched in April 2019, with the hope that the positive results of 2018 will be replicated. April 2018 saw twenty three motorcycle related calls reported by members of the public in Northfield, by August 2018, this had fallen to two, with eight vehicles being seized in the Northfield area. Across the City of Aberdeen over the period of Operation Armour, motorcycle related incidents fell by 65% and sixty individuals were charged with a variety of offences.

That said, the Officers of the Northfield Community Policing

Team urgently require the help and support of local residents. I know from personal experience that the residents of Northfield are deeply concerned regarding the criminal and dangerous use of motorcycles on their streets and so they should be. I would urge residents to come forward with any information relating to the use of such motorcycles, whether it relates to where they are stored or who is riding them or simply sightings of them. Together we can make the streets of Northfield a safer and quieter place for all.

Following the success of our community engagement events in Oldtown and Marchburn, the Northfield Community Policing team held a week of enforcements and activity centred around the Moir and Cummings Park areas. On Wednesday 13 March there was a community engagement event utilising the Street Pastors van for residents to come and speak to officers or representatives from partner agencies. Partners who assisted included Scottish Fire and Rescue Service, staff from Aberdeen City Council's Antisocial

Behaviour Investigation Team, City Wardens, Housing Officers, Street Pastors, CFINE (Community Food Initiatives), Aberdeen City Council Communities Team and Police Scotland Crime Reduction Team.

Anti-social behaviour remains relevant throughout the year and can affect the community in different ways, be it wilful fire raising, youth disorder, Breach of the peace, vandalism, drinking alcohol in public and threatening and Abusive Behaviour. We know that by working together and making improvements in the community, it helps residents feel more positive and anti-social behaviour reduces as a result of improved community pride. I hope local residents join us in these events, as collective involvement is essential for the success in influencing and controlling decision making in the community.

Members of the public can call 101 for non-emergencies and general enquiries and in an emergency call 999. If you have any information regarding crime you can contact Crimestoppers on 0800 555 111.

Cuckooing: Police Scotland Needs Your Help To Identify People at Risk From Drug Dealers

Police Scotland are launching a new initiative in Aberdeen to identify persons who, through no fault of their own, fall victim to Organised Crime Groups as a result of cuckooing.

'Cuckooing' is a term used to describe someone having their home taken by an Organised Crime Group for the purposes of utilising the premises in the course of criminality, particularly for drugs. The term 'cuckooing' is taken from the cuckoo bird who invades the nests of other birds and utilises it for its own purposes. This activity is a blight on our communities and brings with it significant harm to many.

It is known that individuals involved in serious organised crime gangs from areas such as Liverpool, West Midlands and London travel to other parts

of the country, including Aberdeen. These individuals will then take over the property to assist with their illegal operation, be it for storing or dealing drugs. This is often achieved through the use of threats and actual violence towards the occupants or their loved ones.

We are seeking your help to help identify where cuckooing is happening. Some signs that could indicate this are:

- Other people being in the house, especially non-locals.
- New associates and increased visitors throughout the day and night
- Increased or unusually high number of vehicles outside the property - including taxis or hire cars – registration plates are always helpful

•Bags of clothing or extra bedding in people's homes

•Increase in antisocial behaviour – examples include a build-up of rubbish in communal areas, increased noise and evidence of drug misuse.

•Barricades within the address, including weapons.

If you have any information on cuckooing or drug dealing in your area or know someone who you have concerns maybe a victim of cuckooing, you can contact Police directly on 101 or anonymously by calling Crimestoppers on 0800 555 111. All information will be treated with confidence.



St Machar Credit Union in Middlefield

St Machar Credit Union recently approached their 5000th credit union personal account and are always on the lookout for new members.

Start the new year with a new personal savings account

Use your credit union account for savings or use your account for savings and a low-cost affordable loan.

To be eligible we need you to provide ID of who you are, where you live or work

and your income - we cover Tillydrone, Woodside, Middlefield, Northfield, Cummings Park, Seaton.

For more information phone (01224) 276994, email f-credit@fersands.org or Facebook St Machar Credit Union

433 Great Northern Road Woodside Aberdeen AB24 2EU



Middlefield Community Project

Link with Castleton Court sheltered housing

In January the Big Adventurers nursery started visiting the elderly residents at the local sheltered housing complex, Castleton Court each week on a Tuesday afternoon. The aim of this link is to encourage the children to develop relationships with members of the elder generation. Children can often have no or limited experience of relationships with people of an older generation e.g. people in their 70s, 80s+.

We hope that this partnership will enhance the children's learning in a variety of areas. Most importantly that they will have shared positive and fun experiences with people of a different generation. Activities planned include sharing and discussing different life experiences, learning and playing together e.g. drawing pictures of each other, playing games together, singing songs and baking. The visits will also help to develop children's curiosity, ability to think and their enquiring minds and showing an interest in finding out about others. Furthermore, to build on and develop children's empathy for others e.g. specific needs such as mobility issues. It will also help build on a develop children's own communication, language, social skills and sense of wellbeing.

Already the feedback from the children and residents is positive with everybody enjoying and benefiting from the opportunity.

Residents comments include, ***"We have great fun", "It's a great idea and time well spent", "It's lovely having them here."*** Children's comments include, ***"I like playing skittles with them", "I like drawing pictures", "They give us juice and biscuits."***

We are inviting the residents to come along and visit the nursery and come to our Hub café for an Easter tea. The children have been busy making the invitations.



"We have great fun"

Weekly nursery outings on minibus

Last year we started to take small groups of the nursery children out on the minibus on focussed visits to a variety of different places. The aim of these visits is to enable children to experience different natural outdoor environments e.g. beach, forest and gardens. Each week the outings alternate between both nurseries. The children really benefit from being part of a smaller group as this helps enable the children to develop their confidence, language and let them explore different environments with more focused adult support. We go out throughout the different seasons as we have our new fleece lined waterproof clothes for the children to wear. This also enables the children to experience seasonal changes and different weather conditions. Other benefits and learning opportunities include:

- Developing confidence in visiting familiar places.
- Experience a feeling of wildness in green/open spaces and experience a diverse range of habitats and features.
- Develop practical skills such as how to cross roads, manage dogs and encounters with wildlife.
- Learn how to care for public spaces.
- Develop stamina walking and being physically active.
- Build on and develop relationships with peers and staff within a small group scenario.
- Develop curiosity and a connection with nature.



Partnership with local park Ranger Adaica

In January we started working in partnership with Adaica, the local Park Ranger. Each week she takes a member of the nursery staff team and a small group of nursery children out into the nearby greenspace within our local community. Here they carry out a variety of activities such as finding leaves, rocks and pinecones, building nests and dens and looking out for and learning about different wildlife. Already the children have been lucky enough to see deer on more than one occasion. Other learning and benefits include getting to know the local area and being able to recognise key landscapes and features. Nursery parents/carers and residents from the local community can also get involved in activities. They were invited to help keep the green space surrounding the Hub clean by having a litter pick. Future events could include planting and pruning activities which help to develop everyone's sense of ownership and to take increased responsibility for helping to maintain their community's greenspace.



Northfield Academy

Youth Work in Schools Music Group at Northfield Academy

It was recognised some time ago that whilst there is plenty of access to sporting activities in the Northfield Academy catchment area there was less access for young people to the arts in general, hence the decision to form visual art and music projects.

This particular music project started with a “music collective” many of whose members were also in our LGBTQ+ Alliance. The young people chose a title for themselves – Simple Glory - and worked towards performing at a variety of venues. Some of them had performed, both individually and collectively, at events in the school. They also performed at the 2018 UDECIDE event at the academy, last year’s Duke of Edinburgh Awards ceremony at the Beach Ballroom and at the first Grampian Pride procession in Aberdeen. The last performance of the group was at the Year of Young People celebration event at the Belmont Cinema in December 2018.

It was realised during this time that there was a need for a secondary feeder group to be formed as it became obvious that some of the original group were

nearing the end of their school career – they were concentrating on revising for exams and planning for further studies and employment opportunities.

Initially the second group was run in conjunction with the first after school on a Thursday, but space constraints meant it had to be moved to a Friday lunch time when most of the participants were in school anyway.

We have been fortunate to be able to work collaboratively with Middlefield Community Project and the Guarana Street Band to engage two young Youth Worker/Music Tutors to support the delivery of drum and keyboard skills for the two sessions per week.

Now young people living in the Northfield, Cummings Park and Middlefield communities have an opportunity to develop their music talent and skills by learning the music of their choice and the possibility of playing together and working towards live performances. All we can say is watch this space!



Saltire Smashes Record

NORTHFIELD ACADEMY POOL ROOM

Northfield Academy pool room is open to all ages of young people at break times 10.35am – 10.50am and lunch times at 12.35pm. – 1.35pm throughout the week.

The pool room is a recreational and safe place for young people to come to make friends and build new relationships and learn the activities that the pool room has to offer. This includes two pool tables, table football darts and Uno or the young people just want to chat with their friends and listen to music.

There are volunteers that run the pool room they come to set up the pool tables and remind young people of the rules we have to make it a safe area. These include: no eating and drinking, no chewing gum, no bullying and disrespecting others or property within the pool room, no outdoor clothing and wearing school uniforms at all times. The volunteers are working towards Saltire Awards which is recognised by youth work and the school. This is a great achievement for young people that find it difficult to focus around a school environment and wish to take on a little responsibility. This will focus on their life skills.

Over the last three months I have observed established relationships with younger and senior pupils attending the pool room. They have introduced new activities to new comers and taught them how to play Uno and pool. This is creating new learning and new skills that young people never had.

Overall the pool room is a positive place that provides empowerment and new experiences to young people and the volunteers

FEED BACK FROM YOUNG PEOPLE AND VOLUNTEERS

What do you like about the pool room and why? – The pool room is full of wonderful people and there is always something to do. The youth workers are always around and easy to approach. Everyone is talkative. (Young person S2)

Do you feel safe in the pool room? - Yes, I feel that the pool room is a safe and comforting place that you can talk to anyone about what you are feeling. (Young person S4)

Working with others makes me feel? – makes me feel friendly and helpful to others and working as a team makes me feel good. (Volunteer S2)

Why did you want to be a volunteer? – I enjoy being in the pool room and helping others. (Volunteer S3)

What do you like about the pool room and why? – I love playing pool and I like to come to the pool room as I know no one will judge me and it also gives me something to look forward to and something to do at lunchtimes. (Young person S5)

It tells us from the feedback and on reflection that youth workers and young people work together in a safe environment and workers are non-judgemental to the everyday goings on in the pool room. It also says the volunteers feel valued that they are helping others this gives themselves confidence and responsibility.

Amie Henderson



Culture Cafe

Culture Café was started to create a safe environment for less confident pupils who wanted to avoid the corridors and crowds at lunch time. In tandem, it created opportunities for seniors to gain some life-skills for themselves by volunteering. The goal for the Senior Volunteers is to create a welcoming inclusive environment where attendees and volunteers can build relationships and learn how to work as a team. The Youth Work Team support and guide the volunteers, through facilitating meetings, creating a Facebook group so the group could communicate, share ideas and be supported by youth workers, also guidance with research.

Diane, Youth Worker said: “I have seen our volunteers come together as a team and I have watched them using problem solving skills to rectify any arising issues such as technology failure or recipes not quite turning out right. There is also an increase in confidence with the volunteers and they have built up relationships with attendees and youth work staff that have arrived in the Culture Café and been able to offer support to some of the attendees.”

One of our senior volunteers said: “Being part of Culture Café has made me feel great, needed, motivated and creative. I have gained more communication skills which has given me the confidence to try new things. This is why I decide to become a volunteer. I always feel supported by the youth work staff and enjoy working with them.”

Female attendee, S2 said: “I feel safe when I come along to Culture Café,





Aberdeen City Council Waste and Recycling

NEGLECTED MIXED RECYCLING BINS

Can we persuade you to use the mixed recycling bins more?

The mixed recycling service is a one stop shop for household recycling material. Lots of households use it and like it. We ask for loose recycling as the processing plant does not and cannot open bags.

What we are seeing when we look at overused general waste bins is a lot of recycling not put into the mixed recycling bin. The general waste bin fills quickly and the mixed recycling bin is lucky to be a third full. If it's a trachle to stand at the bin putting you recycling through the flap, try this;

- Request one of our bags for mixed recycling (if you live in an area served by communal bins). Printed with reminders as to what we will accept, easy wipe for any unexpected spills, folds away and can open up to be used as

a recycling bin at home. Free, colourful and paid for from your Council Tax.

- Don't let the bag fill to the top!

- Take your recycling on the way to work a few bits at a time, on the way to school with the children, going for your morning walk, when you take the pooch oot.

- Don't be bullied by boxes. Cut them up into cereal box size pieces. Fold them down so they fit through the flap easily. Please don't leave them at the side of the bin. Just a wee bit rain or a passing pet can make this really unpleasant for the crew to collect! And they're not obliged to collect anything outside of the bin, that's technically fly tipped and a crime.

- If you are unsure as to what can go in the mixed recycling bin contact us, we will post out the leaflet for your service at your address.

- The absolute golden rule: If we don't ask for it we don't want it.

Flower pots are not the same as margarine tubs or detergent bottles. Washing up bowls are not the same material as milk bottles. Those materials we ask for are reprocessed once Suez (the plant operators and our partners) have sorted, baled, stored and shipped the materials. The end user can't put a washing up bowl into your milk bottle.

Environmentally you can make a big difference. Not just in material recovery but the look of your area too. Its far nicer to see properly used mixed recycling and general waste bins than bins with lids propped open with bin bags and the gulls ripping them open to spill litter all over the road.

Councillor Gordon Graham

Hi Folks

I have been busy working with the community to help improve the area, and we are beginning to see the fruits of our labour.

I attended a consultation process on the Haudagain Triangle at the Community Hub, there were lots of local residents there putting forward their views which was that they would like to see retail premises there.

The area is beginning to blossom with the new housing and the new over cladding and other works. I have been approached by home owners who would like the same

opportunity to have over cladding and I am seeing what can get done.

I have also been working with the Heathryfold Greenspace Group and work is progressing, it is good to see that flowers are blooming and that trees have now been planted. Work is currently underway to have benches at the dog play area and improvements to the kids play area.

I went for a scavenger hunt with children and their parents during the Easter holidays along with the Ranger and other Community Learning Workers, following which we took them to the junior practice area at Auchmill Golf Club and I gave them some golf lessons.

I am still awaiting the result of the competition with the primary schools for the Heathryfold Greenspace badge. Hopefully it will be announced soon.

Gordon Graham

Councillor for Northfield and Mastrick North.

Vice Convenor Operational Delivery Committee.

Regeneration Spokesperson.

Tel 07736329751

Mark McDonald MSP

Member of the Scottish Parliament for Aberdeen Donside Constituency

Representing the people of Aberdeen Donside my role includes meeting with constituents, local organisations and groups to hear about the issues that affect their day to day lives and raise these with the most relevant agencies. From education to health, housing to employment and many other areas beyond, I receive a wide variety of correspondence and always stand ready to support constituents in achieving positive outcomes for and with them. If you feel that there is an issue that I can assist you with, please do not hesitate to contact my office or come and see me at one of my regular surgeries. I am always happy to do what I can to

try and help people, no matter what their issues may be.

Reflecting constituent concerns, I have been actively encouraging a solution to the longstanding issue of the Logie shops as part of the regeneration plans for the city's 'Haudagain triangle'. The shops have been empty for years and are frequently targeted by vandals, but my appeal to the council that they apply compulsory purchase orders to acquire the shops and then to demolish them has thus far proven unsuccessful.

I continue to be hopeful that a positive solution can be found, and that this derelict arcade will be knocked down as part of the area's redevelopment.

The regeneration works taking place

across Middlefield are positive and will help to provide a boost to the community, but they will be held back in their success if the presence of a dilapidated building in their midst is not addressed.

Mark McDonald MSP - Your Local Voice for Aberdeen Donside.

Telephone: 01224 789457

Email: mark.mcdonald.msp@parliament.scot

Website: www.markmcdonald.org

Facebook: Follow @markmcdonaldonside for updates, news and scheduled surgeries.

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 **01224 212021**

Water

Scottish Water Emergency **0800 0778 778**

CFINE

01224 596156

Home-Start

01224 693545

Pathways

01224 682 939

Cash in your Pocket

0800 953 4330

Citizens Advice

01224 569750

Terrence Higgins Trust

0808 802 1221

LGBT Youth Scotland **ehepburn@aberdeencity.gov.uk**

Middlefield Community Project at The Hub **01224 697000**

Manor Park School **01224 812060**

Healthy Hoose

01224 661500