

Middlefield Mirror

Spring 2022

NOW COVERING HEATHRYFOLD

In this issue:

HEALTHY HOOSE

GET ACTIVE AT
NORTHFIELD

NORTHFIELD PRIORITY
PARTNERSHIP

www.shmu.org.uk/press



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Editorial

Welcome to the spring edition of the Middlefield Mirror.

In this issue we have articles covering the developments at Heathryfold Park, the temporary closure of the Nurse Practitioner Service at the Healthy Hoose and Middlefield Community Project.

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 and Heathryfold.

If you live in the Middlefield or Heathryfold area and would like to come along to the editorial meetings or submit an article then get in touch with staff at shmu on 01224 515013.

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.

Middlefield Mirror is a community publication and the views expressed are not necessarily those of the editorial team or of shmu.

Covid-19 has made many changes to our routines and life as we know it. Many of these changes have left us feeling negatively about the situation but there have been some positives from the lockdown Covid brought about. Whether it's getting to see more of your local area, reconnecting with family and old friends or having a slower pace we would love to hear from you about your positive experiences during the Covid-19 outbreak.

LIFE MAY NOT BE THE PARTY WE HOPED FOR
BUT WHILE WE'RE HERE WE MIGHT AS WELL DANCE



Supported by





Heathryfold Park Group

The Friends of Heathryfold Park and Auchmill Woods project, in conjunction with The Hub, have been allocated several seating and flower planter units which will be placed throughout the area. There are also a few decking squares to be placed wherever it's suitable.

There are also plans to install a couple of pieces of outdoor exercise equipment and the group successfully sought funding from the Fairer Aberdeen Fund. The benches and planters will hopefully have some flowers and bulbs planted up as soon as possible and it's hoped this is something local children can help with when the time is right. If you want to help with any of these projects, please see the Facebook page for The Friends of Heathryfold Park.

The group are hoping to have a fund-raising day in the near future and were grateful for suggestions from the Friends of Seaton Park which included a cake day and perhaps a couple of craft stalls. The date and venue are to be arranged soon.

Please contact the group through the Facebook page if you want to know more and would like to be involved in any way.

The Heathryfold Park Group needs the community to be involved in park developments so watch our Facebook page for the next meeting of the group

Work on Get Active @ Northfield on course for summer completion

The local community will soon have access to one of the best health and wellbeing facilities of its kind in the city, with progress well underway for the revamp of the former Northfield Swimming Pool, based at Kettlehills Crescent.

Now over halfway through the construction programme which commenced in September 2021 by CHAP Group, the new venue – Get active @ Northfield – is on target to open late summer 2022.

Sportscotland is working in partnership with Aberdeen City Council and Sport Aberdeen on the project. The next phase of construction will include installing external cladding and further works to the pool.

As well as the pool, the new centre will have a fitness suite and studios, as well as changing facilities and clinical suites for NHS Grampian.

Tony Dawson, chairman of Sport Aberdeen, said: "We know this

will be an impressive venue for the Northfield and surrounding communities to enjoy and hope that individuals of all ages and abilities will feel inspired to get active and make use of the variety of facilities."

Stewart Harries, chief executive of sportscotland – which awarded the project a £100,000 grant – visited the site two weeks ago.

He said: "It's terrific to see the progress on Northfield Pool. This will be a fantastic asset for the local community, and a great addition to the sports facilities on offer across Aberdeen.

"It is thanks to National Lottery, which raises £30million a week for Good Causes, that we are able to invest in projects like the Northfield Pool, providing more opportunities for people to take part in sport and physical activity."



Middlefield Community Project

Nursery

Outings to Auchmill woods

We have restarted our weekly nursery walks to the local nearby Auchmill Woods not far from our Hub building. The Wee Heilan Coos nursery go on a Tuesday afternoon 1-2pm with Marie, the nursery manager and The Wee Helpful Hedgehogs nursery go on a Wednesday morning 10.15-11.15am with Carrie Anne, the deputy manager. Each week a small group of children get to go out on a walk to the woods and develop their learning and interest,

It is hoped that the sessions will develop children's awareness and interest of caring for the environment, develop/increase their engagement and interest in nature and wild surroundings, develop their imagination, creativity and physical skills. As the children become more familiar with the location their interests can be followed and resources such as binoculars, magnifying glasses, spotter guides etc can be taken. Trips will also support developing staff, children's and parents'

awareness, interest and understanding in the importance of tackling the current climate crisis and the need to be sustainable when looking after environment. Some examples include not using the same paths if too wet/muddy to have a detrimental impact on the woodland, recycling litter and the danger litter poses to local wildlife.

Restarting our dance sessions.

Both nurseries will enjoy having the opportunity to get involved with restarting the dance and acrobatics lessons on a Tuesday morning in our hall. The nursery staff will be working in partnership with Flashdance School instructor Laura Buchanan to help provide the children with a variety of different skills such as forward rolls, handstands, cartwheels, increasing confidence, strength, fitness and flexibility and most importantly having fun. The nurseries will take it in turns each week to attend with a small group of their children.



Nursery Project Celebrations

The nurseries enjoyed celebrating, Burns Night. The children got actively involved in a variety of different arts and crafts activities e.g. making tartan, trying haggis, neeps and tatties and Scottish dancing. They also enjoyed celebrating Chinese New Year making Chinese dragons, lanterns and having Chinese food.

Caterpillars

The nurseries all have some baby caterpillars which they can observe. They are learning about how they grow and the life cycle of how they go to sleep in a cocoon and then later emerge as a butterfly. This is a wonderful process for the children to be able to see at every stage and then be involved in finally releasing the butterflies into the wild. This project has always been really successful with the staff, children and parents all thoroughly enjoying seeing the transformation.

Supporting parents with school applications and the forthcoming transition to P1

This term we supported parents applying for P1. Hopefully as COVID restrictions relax we will be able to organise visits to the different local schools in our neighbourhood. Either Marie or Carrie-Anne can support parents by going along on any planned visits with them. This can help parents see the different schools and ask any questions that they may have, so that they can make an informed choice as to which school they feel meets their child's needs.

Technology updates

We have been updating the formats that we use to send parents newsletters and nursery information in order to make information easier to access rather than the older method of emails with several attachments. We hope parents find these improvements helpful.

We have also been making progress with the staff getting more familiar and confident using the interactive learning diary wellbeing app. This allows staff to add information onto a secure app so that parents can safely access it in their own time. They can see what their child had to eat and drink at snack and lunch time. They can also sign their child in and out of nursery at drop off and pick up, see accident sheets and still catch up on observations that staff write to evidence their child's learning and progress. The parents like all the photos that staff add and can add observations and comments themselves from home too. This is proving to be popular with most parents accessing it regularly, as it is easy to do so and is just a case of them logging in with their email address and password.



Under 11s Club

We have had many new children attend the club sessions over the last nine months. The children have been involved in planning the club sessions. The ones they really enjoy planning are those like Halloween where they got to decide what food and games they would play. The Christmas parties where there was dancing, games, and presents. They were involved in other occasions such as Burns Night, Chinese New Year, St Patrick's Day and Mother's Day. They continue to enjoy playing with the toys, arts and crafts games, computer and our outdoor garden area.

We would like to thank Khyber Pass Association for the kind donation at Christmas that enabled us to provide the children with Christmas presents.

The times of the clubs are as follows and is a £1 per session but if for any reason you cannot manage this speak to staff:

Monday Club: Primary 1 from 3.30pm to 5pm

Tuesday Club: Primary 2 from 3.30pm to 5pm

Wednesday Club: Primary 3 from 3.30pm to 5pm

Thursday Club: Primary 4 from 3.30pm to 5pm

Friday Club: Primary 5 & 6 from 3.30pm to 5pm

We have a new member of staff at under 11's with Lana Lee joining Siobhan for club sessions.

We are still looking for a volunteer that can drive the mini bus to allow us to take the children out on trips during club time. If you are interested in this please contact us by phone 01224 697000 or by e-mail mcp@middlefield.org.uk. We are keen to recruit volunteers to help at club and playscheme so please get in touch if you would like to do this.

Please note we have spaces and if you would like your child to attend the summer playscheme your child need to have joined the club by the end of May.

October playscheme last year we went to Wynford farm and Blair Drummond Safari Park as well as had a session at The Hub where the children could do such things as arts and crafts, play games in the hall and in the garden. The children had a fantastic time and were asking to go on more tips.



Relaxed Parents Activity Group

Once again we started out Relaxed Parents Activity Group. We currently have nine members and have been lucky with the nice weather to go for walks on the beach in Aberdeen and Balmedie, Stonehaven and Hazlehead Park. After the Easter Holidays we plan to attend the gym, attend zumba classes and have aromatherapy taster sessions. This group is held on a Monday between 10:30-1pm. If you would like more information please call and ask for **Lori or Helen on 01224 697000**

Art Group

The adult art group is back up and running again. The group have been busy making Easter boxes to raise funds for the art group and made Easter baskets to raffle off. Since returning the art group have made boxed photos frames and diamond art keyrings. In the near future they will be making wax melts and candles. If you would like to come along and share your talents or learn something new just pop in on a Tuesday morning at 10am. **For more information please call Lori on 01224 697000.**

Northfield Priority Neighbourhood Partnership (PNP)

Have you heard of the Northfield Priority Neighbourhood Partnership (PNP)?

They're a group of people hard at work behind the scenes to improve things for the communities of Cummings Park, Heathryfold, Mastrick, Middlefield and Northfield.

The group consists of residents of these areas and workers who support these communities as well.

The remit of the group is to agree the highest priority targets and outcomes for improvement within these communities and for local people and partner organisations to work together to ensure this is happening in a way that best meets the needs of the communities. They meet roughly once every two months to discuss the priorities of the area and what work is being done or should be done to address them.

They are looking for more local people to join their group so we caught up with Garry McNulty, a Northfield resident, who is chair of the Northfield PNP.

Garry was asked to join the group around four years ago through one of his wife's friends who worked in the area.

Naturally community minded and already involved in other voluntary organisations across the city he signed up and start to attend the meetings. Initially, he actually wasn't fully convinced he was the right fit for the group and had considered leaving. However, at the same meeting he was about to bring this up to the group the previous chairperson announced they had to step down and he was asked if he would like to take on this role and he agreed. The rest, as they say, is history!

Garry laughed as he told us, *"the day I was planning on leaving I got promoted to chairperson."*

He continued: *"Over the years of being involved I've learned a lot about what happens in the community. Different partners have just done so much and there's been a lot of positives come out of the group community wise."*

He also told us that learning about some of the more official council processes and the Local Outcome Improvement Plan (LOIP) had benefitted the other groups he was involved in as well.

Garry told us that he would like more local people to get

involved with the group because it helps with information sharing and planning how best to use resources to help the community. The more local people who are involved from across the community, the more channels there are back into the community to share information from the partnership and vice versa, where there are more channels to feed community information into the partnership.

He said: *"You go about your day and you don't always realise how many people are out there that need this support and it's important."*

"Growing up in Northfield and now being part of the group is great to be able to put something back into the wider area of Northfield. However little it is it's still putting something back into the area."

If you're interested in finding out more about the partnership or would like to join, please email Jeni on jwardrope@aberdeencity.gov.uk.



THE HEALTHY HOOSE

After over 20 years of serving the Middlefield community, the Nurse Practitioner Service at the Healthy Hoose temporarily closed its doors on the 1st March 2022.

The Healthy Hoose opened its doors in 2009, originally based on Logie Place until the building was knocked down to make way for the Haudagain Improvement Works. It then moved to The Hub, alongside Middlefield Community Project in 2017. The service was provided on a drop-in basis and provided residents with a local option for a variety of healthcare needs that avoided unnecessary trips to the GPs.

The project developed from demand from local people who were often struggling to get an appointment with their GP or leaving it too long before getting an appointment which would result in them either needing more intensive or emergency treatment. The high levels of health inequality in the Middlefield area where why

the community was chosen to receive such a service.

Pre-pandemic, the Healthy Hoose delivered a Nurse Practitioner service to the residents of Cummings Park, Heathryfold, Middlefield and Northfield five days a week. The service was reduced during the pandemic with two Advanced Nurse Practitioners available three days a week.

However, over the years many people have used the Healthy Hoose as the open sessions meant they knew they would be seen and people would go and get things checked out which they otherwise would not have wanted to bother the doctors with. One member of the Middlefield Community Project Management Committee described the nurses

as “a listening ear to many people who were under high levels of stress, struggling with their mental health and they also gained the trust of local young people who used the service.”

Unfortunately, it was decided that the service would temporarily shut as the two key members of staff were leaving their posts and the Health and Social Care Partnership and NHS Grampian required time to carry out recruitment. During this temporary closure they will be reviewing the service and looking for ways to improve the service currently being delivered to the communities the Healthy Hoose serves. At the moment there are still currently immunisations and a psychology service taking place at the Healthy Hoose.



Get in Touch

The Heathryfold and Auchmill Wood group are looking for ideas for the area. We should soon have benches in the park courtesy of Aberdeen City Council and these will hopefully provide an opportunity for people to rest and chat to others. Its also hoped to get some adult exercise equipment installed and funding is being sought for that.

The group are hoping to organise a fundraiser soon and further news on that will be on the group Facebook page. A water tap may be installed in the park which will benefit everyone. The group are looking for members to join us and our next meeting will be advertised on Facebook so keep a lookout.



However, Healthy Hoose users were unhappy to hear about these plans and members of the Middlefield Community Project Management Committee decided to start a petition to show the community's support for the Healthy Hoose.

They were worried that the Healthy Hoose would not be reopened and they thought it was important to show how vital this service was to the local community. The petition gathered over 450 signatures and local people expressed their gratitude for the work of the Healthy Hoose staff in a Facebook post congratulating Dorothy on her recent retirement.

One service user said: *"You were always there for me and all my kids. Always made us feel welcome and your care for my kids was always amazing. I wish you all the best."*

Fiona Mitchellhill, Lead Nurse, Aberdeen City Health & Social Care Partnership said: *"We recently met at the Middlefield*

Community Hub to hear first-hand from residents who have previously accessed the Nurse Practitioner service at the Healthy Hoose. We listened to their experiences of the service, hearing what was good about it and what they would like to see from the service in the future. We would like to take this opportunity to thank residents for taking the time to engage with us.

"We plan to visit the community hub again and are currently looking at possible dates to allow further engagement and to gain more insights of the Healthy Hoose Nurse Practitioner service from service users.

"The Healthy Hoose remains open for local residents to continue to access a range of other services."



Streetsport volunteer represented at Aberdeen's Sports Awards

Many youth programmes in Aberdeen rely heavily on the generosity and hard work of volunteers and Streetsport, Denis Law Legacy Trust's flagship programme, is no different.

One such volunteer, Jenna Greig from Northfield, was nominated as Young Volunteer of the Year at the recent Aberdeen's Sports Awards thanks to years of efforts to help the charity.

Jenna has dedicated many hours to Streetsport sessions throughout the city, from Northfield to Torry and Mastrick, often being a crucial link between participant and staff.

Hannah Clews, Streetsport Development Officer at Denis Law Legacy Trust, said: "Volunteers are such a huge part of our programme and we're lucky to have a bank of them that are dedicated to helping young people across the city.

"At the Mastrick Youth Hub, for example, we had five pupils from Harlaw Academy who organised an event involving a night of music, hot chocolate, tray bakes and even gingerbread decorating. The amazing mural backdrop was also a volunteer creation.

"Jenna, who is one of our longstanding Streetsport volunteers, regularly attends so many of our sessions and her nomination is great recognition for the hard work that everyone puts in".

Streetsport sessions are held across the city. For more information on the programme and its locations, please visit denislawlegacytrust.org/Streetsport.



Family Learning Wellbeing Walks

Family Learning started Wellbeing Walks during Covid as a way to meet parents outdoors, allowing us to engage with families and get back out into our communities. We started meeting at Sheddocksley Sport Centre and we would make our way up through the woods.

We are continuing our Wellbeing Walks this year but have decided to change where we walk and explore more of the great outdoors. We now meet at Allan Douglas Park on at 9.30am on a Friday morning and walk through Auchmill Woods. To finish off each walk its back to Helen's car for a cuppa.

Our walks are open to everyone in the Northfield and Mastrick area and we are always keen to welcome new faces and encourage you all to come along and join us. It's a lovely way to get out the house, meet new people, chat, exercise, have a cuppa

and explore the green spaces right on our doorstep.

You never know where a wee walk can lead as some of our parents have gone on to do some Walk Leader Training adding skills and qualifications to their explorations.

During February's in-service day some of our families decided to meet up with their children to show them the paths and get them to decorate stones with little messages on them, leaving them for all to see when out for a walk. The children also did some weaving to hang up on the trees and well as having heaps of fun climbing the trees. A brilliant way to spend the day for both children and parents.

If you would like to come along on a Wellbeing Walk, please don't hesitate to contact Helen Polson on 07919300687.

FIBROMYALGIA

Fi-bro-my-al-gia?

I have suffered from this nasty problem for close to six years now and I was recently asked what it is, people know I have got it, but they do not really know what it is.

When I thought about it neither did I, I had always just accepted what the professionals told me, it is chronic, incurable, and extremely unpredictable.

It causes pain which can be mild to extreme, it can affect specific areas or be widespread. There may be a trigger or maybe not, the onset of flare ups can be gradual or rapid. It can cause the sufferer digestive and bowel problems. Often there will be memory and speech issues, "Fibro Fog." A lack of balance, dizziness and clumsiness is common and my personal favourites, sensitivity to things like light, noise, and temperature. Oh, and do not forget the difficulty sleeping. There will be good days and most certainly bad days. One thing is certain though, it is random, unpredictable and to the observer it is often invisible and that in itself can be a disability.

Fibromyalgia is a strange beastie, there are between 1.5 to 2 million diagnosed sufferers in the UK alone, yet little has been achieved in relation to a cure. The current approach is simply to treat the symptoms. As the most common symptom is pain

that is often the focus of the medics when faced with a sufferer. Sadly, over the counter pain relief is seldom effective and that leads to the use of prescription pain relief, usually opiate based in the form of morphine. Now I am not going into the stigma often associated with regular opiate use, that is just another branch on the tree that sufferers must deal with. For many it is the only way to find relief from the constant 24/7 pain as well as dealing with potential side effects from medication, indeed it is not unusual for the side effects to require mediation.

It is hardly surprising that sufferers often suffer from crippling mental health issues, experiencing pain twenty-four hours a day often with little or no relief. Facing the inability to perform simple daily tasks from opening a coffee jar to dealing with personal hygiene. Everything is a challenge and the reliance on others for support is fraught with issues. Then you hear seemingly innocent comments like "well you don't look disabled" or "it can't be that bad, you look fine to me." But we are not fine and facing the additional challenge of having an invisible disability is often a step too far for sufferers

Another often forgotten aspect of dealing with disability is the role of the carers. Often untrained and unpaid

spouses or family members. These largely unsung heroes often suffer both physical and psychological problems from performing their support roles. Physical from having to perform tasks that would normally be undertaken by two paid carers, bathing for instance, lifting and physically supporting sufferers. On top of these massive tasks and providing emotional support they must deal with the pain of watching their loved ones suffer. Oh yes and then they might find time to work and have a life of their own. Not a great job description is it.

It has been said that we often "look but do not see and listen but do not hear." Now that may be true but sometimes there is nothing to see or hear, when that happens we must rely on that rarest of senses, our common sense. Try to see what is not obvious and not judge when we do not know the facts, an ounce of compassion is a wonderful thing, use it wisely.

Support group contact info:

Fibromyalgia Action UK
Suite 3006, Mile End, 12 Seedhill
Road, Paisley PA1 1JS

Tel: 0300 999 3333

(national helpline)

web: www.fmauk.org

email: charity@fmauk.org



Aberdeen First Response

Aberdeen First Response can provide you with short term mental health support when you feel at crisis point. If you are feeling overwhelmed, we can provide support tailored to your individual needs when you feel you need it most. You will receive sensitive and non-judgmental support, information and signposting. Aberdeen First Response will support you to find ways to successfully resolve the crisis situation and to plan for your own future.

Contact Us Freephone:
0800 234 3695

Email
aberdeen1stresponse@penumbra.org.uk

Aberdeen 1st Response provides support between 9am and 5pm, Monday to Friday.

Mental Wellbeing

Mental wellbeing is something that is being spoken about more and more in recent times and here at the Middlefield Mirror we wanted to dedicate regular space in the magazine for it. We will be including poetry, people's tips for coping mechanisms, positive affirmations and support services.

Five Ways to Wellbeing

Mental Health charity, Mind, recommends five key ways to wellbeing and we thought these would be useful to share with people.

Connect – evidence suggests that feeling close to other people is a fundamental human need and that social relationships are critical for wellbeing. Make an effort to reach out to your loved ones.

Be active – we're not suggesting you start to train for a marathon but regular physical activity (that you enjoy) is associated with lower rates of depression and anxiety across all age groups. Pick an activity that you like and start to do that more, whether it's doing some stretches before work, getting off the bus a stop early or dancing round the living room to a cheesy playlist.

Take notice – there have been studies which have shown that 'taking notice' can be good for our wellbeing. Increasing your awareness of what is going on around you can also help you make decisions which will positively impact your wellbeing.

Learning – lifelong learning can improve self-esteem, encourages social interaction and a more fulfilling life. Setting goals has also been strongly associated with higher levels of mental wellbeing in adults. They don't have to be anything huge but pick something you want to do and go for it.

Give – by getting involved in community life you can improve your wellbeing. You'll also get to connect with new people and learn something. Have a look into what opportunities are available for you in your local community and get involved.

Mental Health Services

People have experiences of disappointment in asking for help with GP and want to know where to go after. You should still ask for help and here are some alternative services.

Samaritans – 116 123

Breathing Space – 0800 83 85 87

Mental Health Aberdeen - 01224 590510



LONG LONG AGO

WILMA COLLIE

Can I take you back to a time when there was no such thing as a supermarket?

I grew up in the centre of town and looking back there were many individual small shops on our doorstep. Each shop specialised in different food stuffs. A greengrocer sold mostly foodstuffs, the staple diet being potatoes. A newsagent sold mostly newspapers and magazines and of course cigarettes. Bakers and butchers sold what the name suggests and none of them made a fortune. They simply offered a service to their community

We moved from the town to the suburbs in the late 1950s and we discovered there were no shops whatsoever but very quickly a new generation of little shops appeared on the scene in the form of grocer vans.

By the early 60s we were very well served by every type of mobile provision. In our particular area we had the big green Co-Op van on a Saturday afternoon and Wednesday morning.

A firm favourite with everyone was the greengrocer, Mr Craigmyle. He sold more or less everything but unlike the Co-Op van he came every day. In the winter of 62/63, we had a very bad snowstorm and a few days when nothing and no one could get out. The buses came to what was the

terminal at that time and as the roads were so bad, they couldn't stop. You

had to run to jump on, no health and safety then!

Craigmyle came into our area and just parked up. Everyone went to him and he stayed there for a few days. His family would come up to refill the van but eventually he ran out of everything, and he had to try and get home. We were all very grateful to him and he should have been recognised for the service he did. Sometimes he wouldn't take money from people who he knew were struggling.

Twice a week we had a visit from Mr Wilkinson in his big blue van. He was a very nice quietly spoken person and his van was always spotless.

Ruben Laing, the butcher, came in his little van on a Tuesday, family allowance day. Before he arrived one of the women would go to the Post Office with everyone's allowance book and be back in time for the butcher. In those days families got nothing for the first child and something like 10 shillings for each other child. If I remember, one shilling was the equivalent of 5 pence in decimal coinage.

The baker van came a couple of times a week but as there was an "old breader" up in Byron people would go to that. The bakery in Granitehill would sell off broken biscuits and day-old bread and buns. There were long queues there every day and when my mum was expecting visitors, she would go up to get a box of fancy biscuits.

When in 1969 we moved to where we still live today we would walk up to Byron Square on a Saturday morning for the weekly shop at the Co-Op there. Our average spend would have been about £5 or £6.

A small corner shop opened in our area run by Duncans Bakery. It sold more or less everything the mobile vans sold and so one by one they stopped trading.

When the Co-Op opened their big store in what is now Sainsbury's at Berryden it was a revelation and when soon afterwards Asda opened in Dyce we started shopping there. By that time we had bought our first car.

For a long time we would fill up with petrol and it was as always for just £6! My husband only used the car for work so that £6 would last all week!!

Our corner shop has changed hands many times over the years but it remains a necessity for the community after all not everyone has transport available to them so a local shop is essential. When as a child I was living in the town centre I was often sent out late at night for something my mum needed, buying anything could only be done in small pieces as money was as in very short supply and many times the shopkeeper would pop a little something in the bag for me. I was always keen to go shopping for my mum!

Adult Services

Our Adult Services Making Recovery Visible project is coming to an end with our final courses now running. Making Recovery Visible is bringing together individuals from the recovery community to express themselves through media. We have previously run a music course with the group as well.

Ross has a film group at shmuHQ with Ayesha down at The Credo Centre with a podcasting course. We are looking forward to seeing what these groups create and sharing participants work with you over the coming weeks – keep an eye out on our social media channels to see what they have been creating!



shmuTRAIN

Our Positive Transitions group have been busy again with more visits to workplaces and getting through the arduous work of interview prep.

We have had a visit to Bonny Café that is situated just off Bonnymuir Place and sits within Bonnymuir Green Community Trust. We got shown around their community garden, where they grow lots of vegetables

and also had a chat at their cosy café, learning about the roles and events happening there.

We also visited the Get Active @ Jesmond Sport Club via Sport Aberdeen and had a tour of the premises as well as a presentation from the marketing team and gym staff about their journeys to their current roles and skills required in their jobs.

Laura Walker from Laura Walker Fitness visited us at shmu too and spoke about her social enterprise and what to do if you want to set up your own business. She also explained the importance of social interactions and networking when it comes to getting your business off the ground. Our young people found it all very interesting and as always big thank you to these businesses!



Beach Developments

ALAN JOHNSTONE

In the years before and after the second world war some ambitious plans were drawn up for the development of Aberdeen's beach area. The outbreak of war and post-war spending priorities put paid to these plans, but what do you make of this proposal as reported in the Aberdeen Press and Journal of Friday 29th April, 1949?

"Boarding houses and hotels, a mile-long lido, a theatre, boarding houses, hotels and underground car parks are features of a plan for the development of Aberdeen Beach. The plan was released yesterday after being discussed by the Plans and Town Planning Committee. The scheme, which has yet to be presented to other Town Council committees, proposes many new buildings, roads and attractions. The consultants' proposals include:

Concert hall and theatre; aquarium; underground car parks with connecting pedestrian subways; blocks of flats, luxury flats, terraced cottages, boarding houses and hotels; miniature railway on the promenade and boating lake; private "country club" at the Bridge of Don; additional golf courses and sports centres; many trees and shrubs to enhance the entire seafront.

The beach will be divided into an all-the-year-round main centre, where its attractions are meantime, and a secondary centre, to the north, which will be open only in summer. The main centre will be defined by the Broad Hill, a

new general frontage line of the gas works, and a new east-west road, roughly where the Beach Pavilion stands. The secondary centre will be between the main centre and the Bridge of Don, linked by a range of beach huts and chalets, and punctuated by small sub-centres catering for cigarettes and ice-cream. Removal of the gas works was considered, but, no suitable site being available, the plan provides for enclosing the works on its north and east by buildings - for offices, laboratories and perhaps flats for those residing at the works - tall enough to form a screen. North of the Broad Hill, which will remain for walking and picnicking, to Linksfield Road, a continuous facade of boarding houses, at least one hotel and several shops is proposed.

North of Linksfield Road a frontage of blocks of "flat-boarding houses" for occupation through the year, but with additional bedrooms and bathrooms for letting to seasonal visitors, is suggested, and north of a sports centre in the Linksfield area a restaurant, shops, and a large hotel are planned. A corner site to the north of School Road is allocated for luxury flats and terraced cottages. With the aim to keep sports in one area, near Linksfield Stadium, two stadiums are included in that development. Between them they would be sufficient to provide ground for the Aberdeen Football Club, a running track and sports forum, dog-racing, football, rugby and hockey, in addition to championship tennis

courts, badminton courts, boxing arena, and a large skating rink.

At the main centre, built out beyond the water's edge on a promontory, will be a concert hall, intended also for conferences, and an indoor swimming pool, displacing the existing bathing station. On the middle level of this three-level section will be an aquarium, its roof forming a seaward extension of the top level, from which, through clear glass, it will be possible to watch the fish. There will also be a miniature railway station. In the secondary centre will be a large boating lake, and to the north a lido, with a swimming pool suitable for championship events. A peninsula into the lake will house a cafe.

There will also be an open-air theatre for pierrot shows or band performances, with a removable top and possibly glass sides, to permit use in bad weather. A restaurant is also suggested. An artificial foreshore, or low-level promenade, will contain shelters, refreshment rooms and beach attendants' kiosks. From the centre of the terrace a lightly constructed causeway will provide a staging for speed launch and rowing boat trips. An eighteen-hole golf course or an eighteen-hole and nine-hole course on East Seaton lands and extending to King Street is envisaged. There will be a golf clubhouse at School Road, with a pitching and putting course. There will be two main approaches to the Beach, one along the Boulevard, which had been started when war broke out."

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

DENTIST

Emergency - G-Dens - 111

DOCTORS

NHS 24 Emergency - 111

POLICE

Non-Emergency - 101

ELECTRICITY

If you have a power-cut - 105

GAS

Gas Emergency - 0800 111 999

WATER

Scottish Water Emergency - 0800 0778 778

HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

Aberdeen City Carers Service- 01224 914036

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at **CFINE** 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

St Machar Credit Union 01224 276994

Northfield Medical Practice 0345 013 0740

Woodside Medical Group 01224 492828

Penumbra First Response 01224 276994

OUR LOCAL ELECTED OFFICIALS ARE:

Area MSP

Jackie Dunbar

– MSP for Aberdeen Donside

Aberdeen office: 0131 34 85067

Jackie.Dunbar.msp@parliament.scot

Area MP

Kirsty Blackman

– MP for Aberdeen North

Aberdeen office: 01224 633285

kirsty.blackman.mp@parliament.

DOMESTIC ABUSE SUPPORT

Domestic Abuse is not acceptable. It is not your fault and you are not alone. Domestic Abuse is when you are hurt, bullied or frightened by:

Your husband or wife. Your boyfriend or girlfriend

Your current or ex-partner

Their behaviour can be; controlling, physical, sexual, financial or emotional.

Help and support

There are services available to support you, and they are still open. You do not have to wait for an emergency to get help. Tell someone you trust or contact:

Police Scotland

If you are in danger and it is an emergency, call 999. For non-emergencies call 101

National Domestic Abuse Helpline Free and confidential advice. Open to all. 24 hours a day. Telephone: 0800 027 1234. Website: sdfmh.org.uk

Grampian Women's Aid

Telephone: 01224 593381. Website: grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932. Website: rapecrisisgrampian.co.uk