Viddlefield Wirror Summer 2018



Middlefield Mirror

Summer Edition 2018

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Editorial

Welcome to the summer edition of the Middlefield Mirror.

In this issue we have articles covering the Heathryfold Park regeneration, volunteering in the community and the local 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

FUNDED BY







Memories of Logie

In July 2018 over 100 houses in the Logie area were knocked down to make way for the £18 million Haudagain Roundabout Improvement Scheme. By the time the magazine went to print demolition was well underway and we have some pictures of past and present as well as reader's memories to share with you.

Sean Henderson: "It's sad to see Logie being demolished. I was born 29A Logie Avenue in 1982 brought up around Logie and Manor throughout my life and stayed weekends with my father there most of the 90s at 6 Logie Place. I moved back to 22 Logie Avenue as an adult. I got married from that house and 2 of my 4 children were born there. I moved out of 22 Logie Avenue in 2014 and I don't think the council moved anyone else in to my old flat after I left."

Elaina Crawford: "As for feelings, it's sad, we've been here for almost 30 years so many memories associated with many families that lived there. The demolition work, it's new and a bit of a novelty but maybe in a couple of weeks my garden and house will be buried under all the dust and I'll be pitching a fit."



Pat Pyfe: "We were there 37 years and are sad to see it go."





Heathryfold/Middlefield Greenspace

In partnership with Scottish National Heritage, Sustrans and Nestrans, Aberdeen City Council are funding the redevelopment of Heathryfold/Middlefield Greenspace. A group of local people have came together to

Hello Residents

Well, our park is coming along nicely. The flood prevention work is almost finished and the paths are starting to take shape, but there is still more to be done.

Things like planting, choosing equipment for the kids, stuff for picnic areas seating – lighting – dog play area and the list goes on.

We were told that there is funding to be had for the park items and that we, the community, are getting the chance to have huge input as to what our park can be. So last year we set up a park committee made up of local people. We meet on a regular basis at The Hub. We have a cuppa and make decisions on where to use this funding.

We need more residents to come along and see what we are about. The more people we have, the better chance of a well-rounded park being created and maintained for everyone in the area

So, come along and have a hand in creating a park designed by the community, for the community. It is a great opportunity for us all to have a say. You can meet all the people involved and find out about their roles and plans to help our park and

community to thrive.

Please come and give us a try. We would love to see you. We need your support!

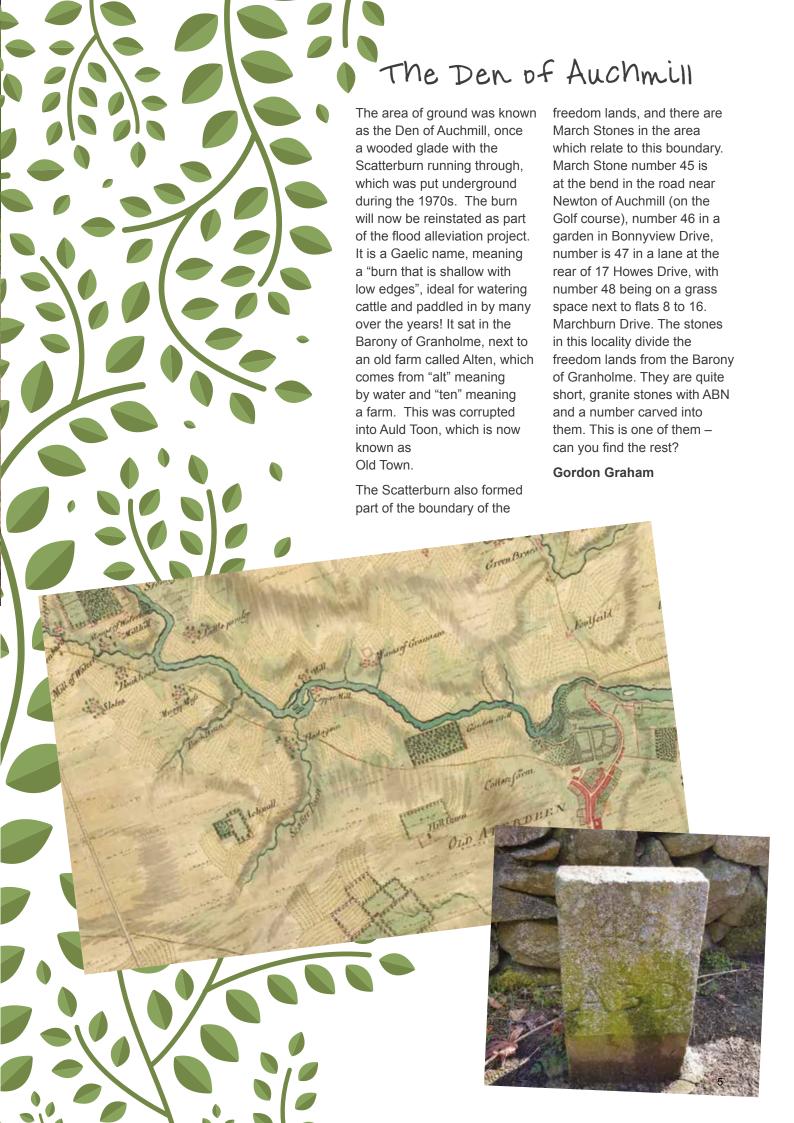
To get in touch, either email, message on FB or phone

Email: HeathryfoldPark@ aberdeencity.gov.uk

Phone: Manor Park Learning Centre – 01224 812703

Facebook:www.facebook.com/ Heathryfoldgreenspacemakeover/

Rita Davidson - Group Member





It has been great to get to know the community steering group and see how enthusiastic they are to get involved with activities with the ranger. We decided that while work is still going on in the park we should focus our attention on Auchmill Community Woodland, and kick things off with a community litter pick. We were delighted that we were also joined by Steve Shaw, Environmental Manager at Aberdeen City Council and staff from the Environmental Services team on this occasion and had an incredibly productive Friday afternoon clearing litter up from around the paths in the woodland. Everyone made an incredible effort and managed to stay enthusiastic despite the appalling weather, and we managed to fill 8 black rubbish bags in just one afternoon! It was amazing to see the difference that can be achieved in such a short space of time with a relatively small group, so we are hoping to make it a regular thing and get more folks involved in future litter picks.





Cash in your Pocket and Universal Credit

Universal Credit (UC) is a new benefit which applies to people of working age (16 - 64). It will replace six existing benefits: Housing Benefit, Income based Jobseekers Allowance, Income Support, Income Related Employment Support Allowance, Child Tax Credits and Working Tax Credits.

Some people in the North East are already receiving UC but it is due to be rolled out fully in Aberdeen by the end of 2018 for all new claims. If you are already claiming at least one

of the benefits being replaced, the Department for Work and Pensions will contact you to let you know when you need to apply for UC instead.

There are several important changes about how you claim and receive Universal Credit, compared to the benefits it is replacing. If you need help to understand how these changes may affect you or how to go about claiming, Cash in Your Pocket (CIYP) can put you in touch with services and organisations who can help you.

CIYP aims to help anyone in need access the right support and advice to improve their finances. By providing a single point of contact, we can refer you on to the most appropriate organisation(s) to get the help you need.

For help and to find out more, contact Cash in Your Pocket on Freephone number 0800 950 4330, follow us on Facebook, or look at our website www. ciyp.co.uk.

Pathways Have Moved!

After 15 years of being based within the Middlefield area Pathways have moved office due to the Haudagain Roundabout improvements and the new link road being built right through where our office was situated.

We are now based at Powis Community Centre, (1st Floor), 11 Powis Circle, Aberdeen, AB24 3YX. Our phone number remains the same, 01224 682 939. This move, while necessary doesn't affect our commitment to the people of Middlefield and our Keyworker for the area, Claudia Karl, continues to see people locally at Manor Park Community Centre on Monday afternoons between 12.00 and 4.00pm.
As Claudia is always busy it is always better to call for an appointment on 01224 682 939 to avoid waiting.

Although last year in Aberdeen was very challenging for employability in the City, Pathways still managed to successfully help 237 people into sustainable work and Claudia is ready to help you to do the same. Just give her a call, make an appointment and find out how we can help YOU!

PATHWAYS – Start Your Journey With Us

Move More Aberdeen

Your spare time, even a couple of hours each week, can really matter to those going through cancer and other long-term health conditions. We have a few opportunities where volunteers can be given training. Become a walk leader, support those taking part in circuits, walking football, gardening or gentle movement. These are quotes from Aberdeen participants and volunteers.

"It helps me feel like an Olympian"

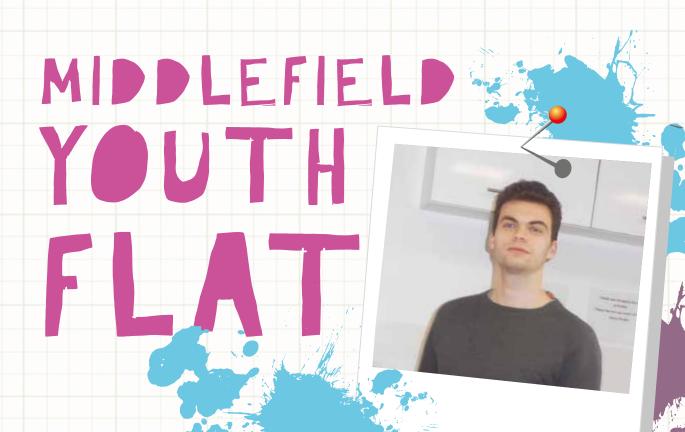
"It helps me feel as though I am paying something back to the greater community"

"It's just a richt guid blether "

"By far the most rewarding thing is getting to know the participants and hearing their feedback about the positive impact of the programme " If volunteer is something you wish to find out more about, please don't hesitate to contact the team.

Tel: 01224 047924

Email: MoveMore@ sportaberdeen.co.uk.



Student Interview

My name is Jacob Van Dijck, I'm a 21-year-old student from Belgium. I am doing my I 4month internship at the Middlefield Community Project. You can find me Monday, Tuesday and Wednesday morning in the nursery (3-5's). Monday, Tuesday, Wednesday, Thursday, Friday and Sunday afternoon I'll be in the Youth Hub. I study social work and I'm in my 3th year placement.

What do you like about the Youth Hub?

I like the mass amount of variety the youngsters have in the Youth Hub to relax. From playing pool, Xbox-ONE, WII and three computers with internet access to puzzles, arts and crafts, board games, comfortable couches, etc. It's a perfect environment for youngsters to get their mind off things like problems/struggling at school, having personal problems, etc. It's my goal to help youngsters, teach them the sense of a healthy life and put a smile on their face. I hope I can provide the right energy and a positive atmosphere in the flat.

How did you feel when you found out you were doing your placement at the Youth Hub?

I was quite happy with it! I always wanted to do something like this. As previously mentioned, I want to help youngsters achieve great things in their life since they are the future of the world. I am willing to work hard to get good results for both me and the people who I work with.

I remember when I did my first session in the Youth Hub, I was very nervous!

Do you like working at the Youth Hub?

Absolutely! Since I do an internship abroad I got to choose my own hours. The Middlefield Community Project has been very flexible with me as a student. The youngsters and the staff are nice to me, and I'm really learning a lot about youth work and the Scottish way of life! You can clearly see the progress I've made since day one. I'm sure that my work at the Youth Hub will be an experience for the rest of my life.

How did you find the Middlefield Community Project?

Back in Belgium, when I applied for an internship abroad, my school recommended Scotland based on my interests. More specifically, they recommended the Middlefield Community Project. They had previous trainees at the Middlefield Community Project and they were highly satisfied with the results and way of working. And I've got to admit this is by far the best placement I've ever had.

What are you doing after your placement?

After I finish my placement I fly back to Belgium to defend my bachelor thesis. After this is done I'll graduate as a social worker – main subject: applied juvenile criminology.

I'll probably start studying another course or maybe I'll take a year of and do some more traveling/ volunteering!





Middlefield Youth Hub News

In recent months we have been very busy at the Youth Hub! With the introduction of two new specific group sessions, young people and workers have been busy working together.

The two groups which have been introduced are a girls group on a Tuesday night and a cooking group on a Thursday night

The cooking group have had great success! Holding a buffet style meal for the young people's family and community members. It was a great night had by all and the food tasted great. The cooking group then went onto further success organising and running a jumble sale where they raised £800. The funds will go towards the cooking group going away for a couple days.

Meanwhile the girls group have been busy discussing and exploring wellbeing. This has included colour therapy, what is stress, relaxation techniques, teamwork exercises and getting out for some fresh air! Also included in their group the girls have arranged to get their bras professionally fitted. Bravissimo have kindly offered to accommodate the girls and throw them a small party! Big thank you to Bravissimo Aberdeen from the girls group.

The girls said: 'It was a good experience' and 'I liked it, it was fun and great.'

Both groups will be put on hold over the summer holidays however our young people are going to have some trips to look forward instead!

Some of the young people alongside the workers have begun a 5-a-side team. Currently training on a Friday afternoon, they are hoping to find some teams soon to play against.

Shazam have recently become involved with the Youth Hub.
The young people have decided to organise and perform a musical focusing on issues such as bullying. The musical will be based around Mean Girls along with their own experiences and imagination.





Middlefield Community Project



Baby and Toddler Group Stay and Play Sessions

We have added additional days for our baby and toddler group, stay and play sessions. This will provide an opportunity for the children to explore, investigate, experiment and learn through play with their parents/carers. This is a great opportunity for children to build on their social skills and for parents and carers to meet others in the area. These sessions are held on Monday 9:30-11:30, Tuesday 12:30-2:30 and Friday 9:30-11:30 during school term time. This is open to anyone who lives in the Hub catchment area. We welcome parents, carers, grandparents along with their baby and toddlers up to the age of five. During these sessions there will be messy play so it is advisable to put your child in older clothes. These sessions cost 50p and a snack is provided. Come along and join the fun.

For more information about activities at The Hub give them a call on 01224 697000.



Confidence to Cook

Middlefield Community Project held another session of Confidence to Cook which was run by Michelle Blaine and Jenna Taylor who undertook the training to deliver the course. This was held from the 10th May to the 21st June 2018. There were six participants who received certificates at the end of the course and a cook book of the recipes they made. The group made some starters, mains and puddings during their sessions and learned a lot about sugars, fats and salt intake. These sessions were aimed around healthy eating and the participants got to taste the food they prepared at the end of the session.

Alice commented: "It was good to learn to cook low fat meals that taste just as good as unhealthy ones such as takeaways."

"Nearly everything in the book was new to me. I enjoyed making new meals and trying new things" said Kerry-Anne mother of two.

We hope to secure funding to run more six week blocks in the future.

Muddy Hubbers

We would like to announce that we have now have a new name for our under 5's Playscheme at Middlefield Community Project. After asking parents to think of a new name, they came up with nine suggestions and after a vote "Muddy Hubbers" was the chosen one. We are into our second year of running the under 5s Playscheme.

Muddy Hubbers is a stay and play session for parents/carers and children 5 years and under. After running the Easter sessions there was an increase in demand so another session was added. These are held in two groups, Tuesday and Thursday for one group and Wednesday and Friday for the second group. During these sessions we offer messy play, sensory play, explorative play, movement and dance, singing and much more. This summer we have had the opportunity to invite along Jo Jingles, Lisa Lollipop, The Critter Keeper, Geronimo and Guarana Street band.



MANOR PARK GROWS GREEN!

A green-fingered group of boys and girls are ready to share the fruits of their labours with the local community. The Sustainability Club at Manor Park School, in the Middlefield area of Aberdeen, has grown various fruit and vegetable plants from seed. They gave these seedlings away on Thursday 21 June at the community wing adjacent to the school to local residents.

Members of the community were able to take home herbs, including coriander, basil and dill; as well as lettuce, broccoli, cauliflower, carrot, beetroot and radish seedlings which are ready for planting.

These budding Monty Dons and Charlie Dimmocks were also giving away windowsill plants – seedlings which should flourish on sunny windowsills, such as

sweetcorn, sweet peppers, chilli peppers and tomatoes.

The group was set-up to encourage the youngsters to think about things they could do to improve their local community and they have been litter picking, growing potatoes and campaigning in the school to get their peers recycling their food waste, juice cartons and bottles. The enterprising youngsters have also undertaken some "upcycling", turning crisp bags into keyrings.

Headteacher Miss Gill Graham has been overwhelmed by their efforts: "I have been so impressed by how seriously the group has taken the planting and I am keen to ensure that the plants continue to thrive in the same way that our community will with such positive action."

Middlefield Hub Cafe

The Hub Cafe has been open for a year and a half since the Hub opened. It is an important part of the Hub and is a great meeting place for people in the area. It serves healthy, low-cost meals including home-made soup, sandwiches, paninis, baked potatoes at an affordable price.

We also have a Daily Specials Board with a main meal, salad, pudding etc.

It is run by Christine, our cook who has over 30 years' experience in the catering industry, and myself (Angie) alongside our great team of volunteers. We also provide meals for the children in the day nursery and we have a voucher scheme which pays for a daily meal for the children who attend the part-time nursery. We were awarded our Healthy Living Award last year and we are very proud of this. Please feel free to come and try our lovely food. We also do our own home-bakes so come and have a cuppa and a funcy piece with your mates.

Opening Hours

Monday-Friday

9.30 am - 4.30 pm

Saturday

10 am - 2 pm

Angie

Volunteering Triumphs for Local Lads

Two brothers from Middlefield have been volunteering in their spare time with local charity Future Choices. Lewis (16) and Ryan (12) Bannerman have given a combined total of 250 hours to the organisation. Future Choices organises events and provides support for those with disabilities and relies solely on volunteers to offer these services.

David Forbes, Chairperson of Future Choices, wanted to thank the boys for their hard work over the past two years by celebrating them in their local community magazine.





Lewis Bannerman

Lewis Bannerman, from the Middlefield area, started volunteering when he was 14, for local voluntary charity Future Choices, a charity that supports physically disabled adults. Two years on, he's achieved great success whilst helping the most vulnerable in our society.

All of his achievements have been documented in a special film showing his journey, this can be seen on YouTube by searching 'Lewis Bannerman - His Saltire Awards Journey.'

One of Lewis' highlights through his voluntary work was when he donated £100 worth of food to a local city foodbank, The Tillydrone Community flat, as a way of marking him reaching his 100 hours Saltire Awards certificate.

Lewis was also recognised with a Year of Young People Certificate, signed by The First Minister, Nicola Sturgeon, for the contribution he's made to the theme of education following the special film.

Lewis has reached his 200 hours certificate and is on his way to achieving his 500 hours. His Saltire Awards Journey has inspired his younger brother Ryan to follow in his footsteps, simply amazing and so inspirational!

Ryan Bannerman (12)

Ryan is the youngest volunteer with Future Choices at the moment. When he is not at school he volunteers his time to support physically disabled adults with local voluntary charity Future Choices. Ryan has already reached his 10 and 25 hours of his Saltire Awards and is soon to achieve his 50 hours in the summer.

Ryan's biggest achievement to date was when he appealed to the public for winning food and drinks tokens through the McDonald's Monopoly promotion. Ryan managed to collect a total of 135 and then donated them to the local homeless cause "Friend's of Aberdeen Vulnerable" so that the homeless community could benefit. For this amazing achievement, Ryan was awarded the Special Year of Young People Certificate, signed by the First Minister of Scotland, Nicola Sturgeon, with was given as special recognition to the theme of contribution to the community

Ryan is also leading Future Choices down on this year's Celebrate Aberdeen Parade and will be taking centre stage in the charities 10th Anniversary event promotional video.

Ryan has such a kind heart and that shines through with everything he does through volunteering, helping those most vulnerable in our community. Safe to say the future is very safe with Ryan, his family and friends are all extremely proud of what he's achieved so far!

Councillor Comments

Kirsty Blackman MP for Aberdeen North

One of the best things about representing Aberdeen North is knowing just how incredible the local community groups and organisations across my constituency are and seeing their hard work to make life better in our communities. I was delighted to see the efforts of the Middlefield Community Project recognised, with £104,766 of funding for 2018/19 secured. There's already

been so much going on by the project this summer, including the amazing mini-beast hotels for insects. It's so important that we get young children outside playing and learning about the world, especially at a time when it's all too easy for them to get hooked to screen-time and constant social media watching. I'm always impressed to see nature being explored and celebrated in our

communities and think a huge congratulations is in order to folk who are getting out and about this summer.

I will continue to take your voices and views into account in my work at parliament, and am looking forward to seeing more of you across Middlefield over the rest of the summer.

Councillors Ciaran McRae and Jackie Dunbar

In this edition we would like to update you on what we have been dealing with in the ward.

Jackie has managed to get the unkempt area around Smithfield Gardens tidied, as this hasn't been done for some time. The grass verge between the footpath and the timber fence will be mowed and the branches dumped on the land to the rear of the block will be removed. The area to the

rear of the block is planted with a 'wildflower meadow mix' which is designed to encourage wildlife.

We are delighted that the preparatory works have started on the Haudagain Triangle. Most folk will agree that it is sad to see the area empty so this is a step in the right direction.

We are keeping an eye on the old Logie shops and are pleased

that the building has now been made secure, we are working with officers to try and find a solution to this problem.

Ciaran has been busy this month with a number of Depute Head Teacher interviews in the ward and are pleased to announce that the schools have hired some excellent people to fill the roles and we wish them all the best.

Gordon Graham

IMPROVEMENTS TO PARKS
Some of the play parks that have
been refurbished or replaced as
part of the council's improvement
plan include Bonnyview Road,
Manor Avenue, Newton Road and
work is currently being completed
at Oldtown.

HEATHRYFOLD PARK
Following consultation on the name
of the park the steering group
decided Heathryfold Park would
be best. Officers have been tasked
with going to Manor Park and
Heathryburn School to get the kids to
design a logo.

ENVIRONMENTAL

IMPROVEMENTS PROJECT Environmental improvement proposals have been developed in consultation with a community steering group formed, so as to participate further in this project, and the other projects noted below. Scottish Natural Heritage has been granted £426,813 to improve the park.

ACTIVE TRAVEL PROJECT (NESTRANS)

Following road safety concerns from people using the Community Hub Nestrans have offered £150,500 to improve the crossings of Provost

Rust Drive and Manor Avenue and provide directional signs.

AUCHMILL COMMUNITY WOODLAND

Heathryfold Park Steering Group and Council officers are looking to work with Scottish Natural Heritage to get funding of up to £300k to progress this and other projects in the area such as providing grasscrete to the land opposite the flats at Heathryfold Circle to allow parking without damaging the grass. The steering group had a walk around the woodland with the park ranger to identify suitable sites for equipment and areas to build an outside classroom.



BFI Film Academy 2018 - Apply Now

Applications are open for the fifth Aberdeen BFI Film Academy course, which runs from October 2018 until February 2019. Funded by the BFI and Creative Scotland and working in partnership with NESCOL and the Belmont Filmhouse, the prestigious course will include masterclasses from a range of professionals, culminating in the production of two short films. Participants are expected to commit to weekly sessions and occasional training and filming over weekends (see the programme below for further details).

As a student of the Aberdeen BFI Film Academy you will;

- explore your own creativity and passions in a supportive and dynamic environment
- watch a range of cinema from British Independent to specialised films
- gain invaluable experience working alongside industry professionals who are respected practitioners in their field
- get hands-on filmmaking experience which will help you to develop practical knowledge and skills
- work on the production of a short film

Once you have completed the course, you will become part of the growing BFI Film Academy alumni network with access to events such as BAFTA career talks. You can also apply for one of BFI's seven intensive residential programmes taking place throughout the UK.

How to take part:

If you are interested in finding out more about the course please contact us directly for more information.

email - bfi@shmu.org.uk or phone the office on 01224 515013

If you'd like to apply head to our website – www. shmu.org.uk to download an application form.

We really look forward to hearing from you.



Police Scotland, in Middlefield?

Most of you will be familiar with the sight of Police Officers passing through Middlefield and elsewhere in the city, frequently within one of our highly visible vehicles with their jaggy thistle badges. But residents still say there's never a bobby going about when you need one.

The truth is we are never far away; you just need to give us a call. As the Northfield Community Policing Team Inspector I have a dedicated team of Sergeants and Constables operating 24/7 in the area to keep you safe, patrolling and responding across Middlefield, Heathryfold, Cummings Park and Northfield.

Traditionally the phone works best - 999 in an emergency and now simply 101 in any other circumstances. Call centre staff will note your concern and pass it on to us.

Technology offers us alternatives and an email addressed to 'NorthfieldCPT@scotland.pnn. police.uk' will allow us to address your concerns, questions and problems. While an immediate response cannot be guaranteed

the team will pick up your message and get onto it as soon as possible.

The most effective however is simply to speak to us when we are out and about or drop in past the police office. We are located right in the heart of Middlefield as part of the Manor Park primary school - look for our blue and white checked sign. Officers will be pleased to see you, can give advice and deal with all policing matters.

Over the summer, officers will continue to patrol areas affected by Anti-Social Behaviour and will engage with any groups of young people found "hanging around". This interaction offers the chance to build good relations between local Police Officers and young people across the area.

Our work will continue, so when you're out and about, and see us, please take a few minutes to speak to us and tell us what's happening in our community.

Have a safe and enjoyable summer, Inspector Karen Main.



Smithfield Housing Development Completed

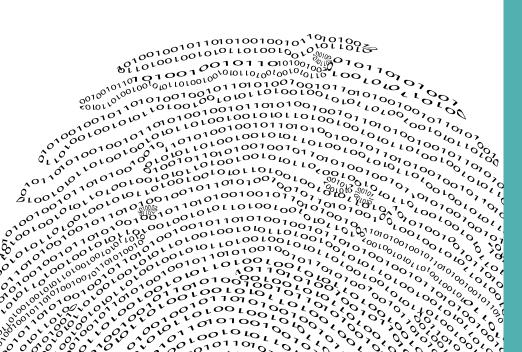
The 99-home development of council houses was completed at the start of July this year.

The £13million site at Smithfield features 42 three and four-bedroom semi-detached properties and 57 one and two-bedroom apartments.

Tenants are beginning to move in to these homes, with the first Smithfield residents receiving their keys late 2017 as the initial phase was completed.

The final phase has now been handed over by contractor CHAP Construction to the Council and new tenants are beginning to move in. The first Smithfield residents received their keys in 2017 as the initial phase was completed.

Within months work at the nearby Manor Walk site will also be completed, providing 80 additional council houses.



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	0345 337 9900
and Care Village	
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 0122	4 574 488 or 116 123
Social Work	
Social Work Duty Team	0800 7315520
Emergency Out-Of-Hours	01224 693936
Young Carers	01224 212021
Water	

0800 0778 778

Scottish Water Emergency

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@aberd	eencity.gov.uk
Middlefield Community Project at The Hub	01224 697000
Manor Park School	01224 812060
Healthy Hoose	01224 661500