

Middlefield **Mirror**

Summer 2019

NOW COVERING HEATHRYFOLD



In this issue:

MIDDLEFIELD
COMMUNITY PROJECT

HAUDAGAIN
UPDATES

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Middlefield Mirror

Summer Edition 2019

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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, the Haudagain works and contributions from local people.

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



Heathryfold Park LOGO COMPETITION

The new landscaped Heathryfold Park finally has a logo, thanks to the effort and creativity of P4's and P5's of Manor Park and Heathryburn Primary Schools. Pupils participated in various activities to brainstorm about the physical and nature features found in their community that they felt important to reflect in the park logo. The first activity was a guided walk around Heathryfold Park in order to understand the improvement plans of it, while discovering its wildlife.

Additionally, the Middlefield Community Ranger provided several visits to these schools to provide guidance and ideas during the designing process of the logo. Some activities to foster inspiration consisted of pictures and interesting facts of the wildlife that can be found in the park and creation of bird nest boxes. Then,

the local steering group selected the best designs, however all the summited logos were considered when collecting ideas to create the final logo.

Many logos represented diversity, inclusion and of general happiness found around this community through rainbows; as well as the nature by illustrating trees and animals found in the park. Moreover, pupils reflected the soul of this community its people, by drawing children and playing areas. All these features can be found in the final logo, showing the present and future aspirations of our P4's and P5's for this community where Heathryfold Park is a place for all to enjoy and care. Thanks again to these amazing designers for their creativity, and hopefully you like the final masterpiece, our Heathryfold Park logo.



THE HEATHRYFOLD PARK
GROUP PRESENTS

TEA IN THE PARK

MONDAY 2ND SEPTEMBER TO
SATURDAY 7TH

A week of events are planned to celebrate the work which has taken place in the park in recent times.

The events will run from Monday to Saturday and include wildlife walks, foraging with the ranger and many other activities

Information posters will be online on the Heathryfold Green Space Makeover Facebook page and in local shops.

All activities are subject to weather conditions.

The week will end with the main focus around the Sunnybank Football Club. They will be having live music in the hall and there will be activities in the area, including a beat the goalie in the football park. This will be at half time if there is a match on.

Please note that there will be a charge of £5 per person made by the club. The park group cannot cover that charge.

Paint Sunnybank project will also be ongoing throughout the week.



GLASS



PLASTIC



PAPER

Aberdeen City Council Waste and Recycling

BROWN BIN COLLECTIONS ARE CHANGING

From 1 September, households using brown bins will need a permit to have garden waste collected. The charge for the service is £30 per year.

There is no charge if you only use your brown bin for food waste. From 1 September, brown bins containing garden waste must display a valid permit to be emptied. The permit will only be valid for the address printed on it.

Your brown bin collection day will stay the same.

How to apply for your permit

You can apply for your permit online from 15 July. Note you must be on a brown bin route and have a brown bin to participate. To find out more, order a brown bin (if you don't already have one) and apply for a

permit please visit: www.aberdeen.city.gov.uk/gardenwaste.

You should allow 21 days for your permit to be delivered.

Why is a charge being introduced?

These changes have been made to help Aberdeen City Council bridge a funding gap of £41.2 million as the result of reduced funding, rising demand and growing cost pressures. You can find out more about how the Council is funded and what we spend our money on at www.aberdeencity.gov.uk/councilspending.

What if I don't want to pay?

You will still be able to take your garden waste to your local Household Waste and Recycling Centre, free of charge, or, you could

choose to compost your garden waste at home. You can also reduce your garden waste by using a mulching lawnmower.

You should keep your brown bin for recycling your food waste even if you choose not to pay for a permit.

What happens if I move house?

If you move home, your permit should remain at the property. You cannot take it with you, and you will not receive a refund.

If you move to another property that has an existing permit, you can continue to use it until it expires.

For more information please visit: www.aberdeen.city.gov.uk/gardenwaste.

Northfield Community Policing Team Update

The Northfield Community Policing Team have been working hard to ensure the Middlefield Community feel safe. Our Locality Team and partners ensure we address the concerns and issues that matter most to our community.

It is due to that engagement and dialogue that we can pro-actively target one of our local priorities of drug dealing and drug misuse.

On 27 June 2019, in the Middlefield area, we executed a drug search warrant and recovered approximately £2000 of a variety of controlled drugs. A 19 year old male and a 32 year old female have been reported to the Procurator Fiscal. We have acted on information from the community and demonstrated our intention to disrupt those involved in the use and distribution of drugs. I thank you for your help and I ask you to continue to provide information which is crucial to directing the team and specialist officers to where they can be most effective. Drugs can impact on everyone within the area and it

is important that you realise your role in addressing the dealing and misuse in our community.

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". In particular, they will be concentrating on the schools in the local area and ensure costly vandalism are prevented. This interaction offers the chance to build good relations between local police officers and young people across the area.

In addition to the work the local policing team is carrying out, Operation Armour, a dedicated team tackling anti-social motorcycle use throughout Aberdeen, has once again been set up for the summer. Already in the Middlefield area, two motorcycles have been seized following illegal and anti-social use as well as a stolen motorcycle being recovered and returned to its rightful owner. The team have also responded to a number of incidents in the area regarding anti-social

use of motorcycles and have taken positive action against individuals. Operation Armour are reliant on information from the public to help tackle this issue and they urge anyone with information to contact police on 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.

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.

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.

Healthy Hoose News

The Healthy Hoose have introduced an on the day bookable appointments system. This is due to increased demands on the service. These will be 15-minute-long appointments and for 1 medical issue only.

Appointments can be booked by contacting reception on the day by calling **01224 558928**.

Walk in sessions will still be available on most days but please check with reception or on Facebook for daily updates.





I recently had a wonderful experience which would have never happened were it not for some lovely new neighbours who moved in two doors along. They are a young couple with two children, and they have become good friends.

Their twelve-year-old daughter was involved in a project which aimed to provide some entertainment and social interaction to the residents of a nearby carehome. They asked my husband and I if we would like to come along.

I'm not one for going out in an evening so I was a bit reluctant, but their enthusiasm was difficult to ignore, so I went. I was astounded at the way the young folk joined in the singing and encouraged the residents to take part too.

The whole evening was overseen by a young man called Alec Thompson Millar. He is part of a community organisation called ACE Voices and along with a young woman who encouraged the residents to take

part, their energy and enjoyment was very infectious. They almost had me singing!

During the evening I had a thought about the songs my folks used to sing when we were growing up and asked Alec if he ever did bothy ballad type songs. He seemed very interested to find out more, so I am currently gathering information from my family about the songs our folks used to sing.

Songs such as Nicky Tams, Pal of my Cradle Days and my mum's star turn piece, This is the Story of a Starry Night. These are quite local, but everyone will have a song from their childhood which evokes memories.

While I was speaking to Alec an old lady sitting beside us started to sing one of the songs I had mentioned. In a very small but perfectly in tune voice she sang that song to both of us and through my tears I sang along. It took me right back to my childhood when my mum used to sing that song.

Music is a very powerful medium and can stir the heart and emotions in ways you don't imagine.

So, from a simple invitation I have become involved in a project to bring these old ballads to life again. You can never be sure where the road will lead but if you feel you would like to sing your heart out there are a few projects currently running in Aberdeen.

One is the VSA Choir. This came about over a coffee between two women who have a background in showbusiness. Details can be found on the VSA website:

The ACE Voices can be contacted on alec@acevoices.org.

Don't forget you can always start your own project, especially if you come from another country. I'm sure everyone would love to hear the songs you grew up with in your part of the world and even more so in your own native language. Go along to your local community hub and ask a question.

A92/ A96 Haudagain Improvement Project

We at Farrans Construction were delighted to be appointed by Transport Scotland as the main contractor to deliver the A92/A96 Haudagain Improvement Project. The project will, upon completion, help to reduce congestion and improve journey time reliability on this key route, as well as providing a safer route for pedestrians and cyclists.

Ongoing progress

Works on site are now underway and we are currently erecting fencing, carrying out public utility diversions and undertaking top soil stripping in preparation for significant earthworks. Demolition works are also being progressed adjacent to the site by Aberdeen City Council.

The project team held two public events in May; a 'Meet the Buyer' event, to allow local businesses to discuss upcoming subcontract opportunities, and a 'Meet the Contractor' event to allow the community to speak with the project team about the upcoming works, view the plans and the 3D artists impression.

While we will endeavour to minimise disruption during the construction of the project it will at times be necessary for the safe construction of the works to implement restrictions.

As part of progressing the works on site it has been necessary to put parking restrictions in place on Manor Avenue, from the junction of the A92 to the eastern gable

end of the no. 44-46 property. As the works continue, there will be a need to implement further parking restrictions and we would appreciate your ongoing cooperation with this matter.

Traffic management measures will also be required on both local and main roads over the duration of the project to facilitate construction work including public utility diversionary works.

Where works require to be undertaken out with normal working hours we will consult with Aberdeen City Council as local authority to obtain their permission.

Contact

The project has a dedicated Community Liaison Officer, Angela Newlands, who is committed to keeping the local community informed, and ensuring that the work carried out causes as little disruption as possible. For any enquiries, please call our freephone customer care telephone number on 0800 783 0024 or alternatively you can email: haudagain@farrans.com.

We appreciate your patience and cooperation whilst these works are being undertaken and aim to cause as little disruption as possible to the local community.

Further details on the project can be found on the Transport Scotland website:

www.transport.gov.scot/projects/a90a96-haudagain-improvement/



More new council homes as £13 million development nears completion

The second phase of a major council housing development in Aberdeen has been completed – with more than half the properties now occupied.

Fifty out of 80 homes have been delivered at the Manor Walk site in Heathryfold.

The £13 million Manor Walk project, with properties ranging from one-bedroom flats to four-bedroom houses, is expected to be completed and fully occupied by autumn 2019.

Last year 99 council homes – 42 three and four-bedroom semi-detached properties and 57 one and two-bedroom flats – were provided at nearby Smithfield.

The scheme embodies innovative approaches to environmental management.

Properties are joined to the Council's Combined Heat and Power Scheme, which uses waste heat from electricity generation to lower bills, combating fuel poverty whilst reducing carbon emissions.

A Stranger in Town

There are many people in our communities whose birthplace was another country.

Why do people make the decision to come to Aberdeen and how do they feel when they first arrive? Did they feel welcome, or did they think it was a big mistake?

After being here for a while how do they feel? Do they think of Aberdeen as home or would they go back?

The process of finding your way in a strange place cannot be an easy one and must surely be all the more difficult by any language barrier.

I spoke to a young woman who I will call Freda. She came here from a European country just over twelve years ago. Some friends had made the move a few years earlier and had a good experience of living in Aberdeen.

Freda and her husband agreed that he should make the move by himself first to see how he got on. She had a small baby at the time and tells me that the decision to come here was driven by the desire to make a better life for his young family, something we can all identify with.

However, Freda didn't want to leave her home and family and tells me that although she missed her husband dreadfully and was looking forward to seeing him, she cried all the way over on the plane. When she arrived in Aberdeen, she was very happy to see her husband, but she was horrified to see where he was living.

It was one room in a very small flat and the bed was a mattress which they had to put against the wall during the day. There was another person living there but they didn't know him. The rent was very high and most of the money her husband

was making went on rent and the share of the utility bills they had to pay.

The next day they went into town and came off the bus at Union Street. Freda was a bit anxious, and the busy shops and strange language added to her anxiety. Her husband had a reasonable grasp of the language and told Freda to approach someone, smile and ask the time. She did this, more by gesture than by language and the stranger smiled back at Freda and told her, taking the time to make sure she understood. She felt a little better and resolved to learn the language as soon as she could.

Meeting up with friends from her own part of the world greatly helped Freda and she discovered there were English classes at a local church which had a community hub and the bonus of a creche for the baby. She learned the language very quickly and made a few friends through the community hub.

They were offered a council flat after a few months and although they had very little furniture it was a huge improvement on the small room they had been living in.

So, some twelve years after arriving here in tears how does Freda feel now? She tells me she is very happy and considers Aberdeen home although she understandably misses her family very much. She managed to find work early on and has saved hard and managed to make her home very nice. She feels part of her community and has made friends with her neighbours. She had her second child a few years after coming here and the children have done very well both at school and in their local communities.

Freda tells me she had had very few negative experiences since coming to Aberdeen although she is aware of how immigrants are sometimes viewed but hopes the fact that her and her husband have worked and paid taxes can put a more positive side to this perception.

She tells me that learning the language was the most important factor in becoming part of the community. Both children speak several languages fluently, speaking English particularly well and of course, this has benefitted them immensely too. Freda tells me she would love to go back to her hometown to see family and friends although it would just be a wonderful holiday, as she considers Aberdeen her home now.

If you are struggling at all with a language barrier there is information below on how to access the classes.

Grampian Regional Equality Council (GREC): this organisation works to eliminate discrimination and prejudice, to build stronger communities, to celebrate diversity within our communities. It is a not for profit organisation.

General enquiries to 01224 595505 or email info@grec.co.uk

The organisation runs sessions at various locations where volunteers help people develop their language skills.

Mondays: 1-2:30pm at Woodside Community Centre, Marquis Road

Tuesdays: 10:30am – 12noon at Sunnybank Community Centre, Sunnybank Road

Thursdays: 10 to 11:30am, Belmont Cinema Café, Belmont Street



Middlefield Community Project

Link with Castleton Court sheltered housing

The children have continued to enjoy their regular weekly visits to see their newfound friends at the sheltered housing complex. Activities have included helping the residents to plant some flowers in the garden at the front of the sheltered housing block. These look lovely and the children look at them each week to see how they have grown. We also took the old folks (as the children like to call them) and the children out on a drive around the local area in our minibus. This was great as whilst driving around Aberdeen many of the residents told the children stories about how particular buildings had changed and what they used to be, or stories about where they used to work or live. The children very much enjoyed listening and this helped them to learn more about how spaces and buildings can change over time and furthermore learn a bit more about the elderly residents' lives in the past when they were younger. Many of the children involved in this link will be moving on to start school after the summer holidays. On the last week of term, the children invited the old folks to come into our café for a goodbye tea. For this the children also made cakes and presents for their elderly friends. The children enjoyed giving them the cards, keyrings and photo frames that they had made as a reminder of the fun experiences that they had shared together. This project has been a huge success with many great fun and there have been learning benefits for both the children and the elderly residents.

The link will be restarting again in August after the summer holidays giving some of the other children the opportunity to build friendships with the old folks.



Weekly nursery outings on minibus

We are going to be making some exciting changes to our nursery environment for August 2019. Through lots of thought, evaluation and research we have decided to merge our two current nursery rooms into one space. This will be achieved through keeping the current moveable partition walls open. Staff will work together over the summer holidays to design the new single environment. As a united team we will be able to use the space to effectively create quiet cosy areas, and all exciting and existing learning spaces that we currently offer e.g. construction, messy play, stories, sensory and role play. Through working in partnership with parents/carers we will continue to evaluate the environment to ensure we are challenging children of all ages.

Children have been shown to benefit when encouraged to cross over the age groupings in early years settings. When nurseries keep the children in narrow age bands all day, every day, then children lose the opportunities to learn from each other. We already find that children benefit and enjoy playing and learning together when they are in the shared nursery garden. Furthermore, there are specific times when different age groups are also currently brought together e.g. lunch and at the end of the day. Many children also currently enjoy spending their time going in and out of both nursery rooms.

Benefits of this merger include:

Children will have the same keyworker throughout their time at nursery.

There will be no need for a settling transition between rooms as the children will be in the same nursery environment and with the same staff throughout their time at nursery.

Children with siblings would be able to spend time together or choose to spend their time apart.

Children enjoy playing with their age peers, but they also benefit from contact with older and younger children. Older children find pleasure in communicating and helping younger children.

Affectionate relationships can form across the age bands, often consolidated by play. Watching, playing, communicating and helping

each other are natural experiences in families. The younger children learn from the older children and the latter get a boost to their confidence with the realisation that they have learned so much in contrast with the younger children.

Within the space there will be plenty of opportunities for the children to be supported within smaller groups, with a timetable of activities for children to do within their groups, plus 'free flow' time where the children mix.

End of term and Nursery summer trips

The staff and children enjoyed celebrating the children's achievements and their time here with a variety of happy last day activities. These help support the children in their transition and also support them to understand that endings can be happy and positive as well as a little sad too. In August many of the children will be leaving our setting to move on to start school. We would like to wish them all well and hope they come back to see us, to let us know how they are getting on.

The nursery children also enjoyed their end of term summer trips. The Little Explorers twos nursery children enjoyed going to Hoodles Play Barn with their parents and the nursery staff. The Big Adventurers 3-5s children enjoyed going to Dizzy Rascals with the nursery staff. Great fun was had by all and there were lots of tired people at the end of the day.



YOUTH FLAT

GRATITUDE

It is said that gratitude is the healthiest of all human emotions! And this year at the Youth Space in the Hub at Middlefield Community Project we have an incredible amount to be grateful for. Not least for the amazing young people who come to the project and are a continuous source of inspiration.

We have been fortunate to continue to have three workers who have been with project for 15 years this year. Charlie, Angie and Sharon are not only well kent faces locally but their commitment to the Youth Space and participants is appreciated by the young people and colleagues alike. A very successful reunion was held recently where many of the old school participants attended and reminisced and told stories of the life changing impact that attending the project had on them and their families.

Apart from the amazing work carried out on a day to day basis by the youth workers, we have been fortunate to attract some extra funding for other unique branches of work. We were awarded funding from Year of the Young People to write and perform a musical about bullying. Seven young people collaborated to write and then perform the play based on the 'Mean Girls' film. They were supported by Shazam Theatre Company and youth workers from the Hub. The show premiered at the Belmont and was

performed at six local schools, and The Hub. The clear message from the show was that it is everyone's responsibility to report bullying, not just the victims!

We had the good fortune to form a partnership with Sound Collective and Tinderbox to work with a number of young people offering music tuition. Although it was over a very short time span, the end result was incredible. Young people from across the city gathered together to rehearse the performance at the Hub. It culminated in a performance at the reopening of the Music Hall, which raised the packed crowd in the lounge to their feet! We hope to be forming a further partnership this August. On the music front a partnership was formed with the youth work team at Northfield Academy to deliver a six-week music project.

We have been awarded two lots of funding from Raising and Giving (the students charity) and the Harbour Board Trust to do some innovative work with young people around mental health. We have employed a youth worker who had previously been an experienced recovery practitioner with a mental health charity. We will combine the skills from recovery work with youth work practice to offer a very unique service for 12-26 year olds who present with mental health issues. We have seen a significant rise in the number of young people disclosing mental health issues to youth workers, and using a

goal based recovery programme we hope to be supporting young people in a way that is not available with any other service.

We have formed a small arts group in an effort to attract some funding to run a yearlong street arts project in Middlefield and surrounding areas. Similar to the Nuart project but we will be employing local artists to work with local people to create murals, sculptures and installations around the area to create a 'wellbeing walk'. We hope the benefits will be many and long lasting both to enhance the environment and benefit local folk. We have approached the management committee at the Hub who have kindly supported by allocating the artist/youth worker some hours to start and launch the project.

The work continues apace, recently some invaluable work was carried out with the girls group to attend the Olly Murs concert when there had been some anxiety expressed about attending in such a large crowd. The youth workers spent time explaining the layout of the AECC and then the night before took them to the venue to reassure them and show them exits and safe places, enabling them to have a successful concert. A high-quality piece of work that will remain with the young people for life!

Want to find out more about the Youth Space? Look up Middlefield Youth Flat on Facebook or drop in.



Success at shmu

Sarah* lived with her family in Canada for several years as a result of her stepfather's role in the Oil and Gas industry. Once she found out that the family was returning to the UK, Sarah was heartbroken and didn't want to leave behind her life and her friends in Canada.

On her return to Scotland, Sarah enrolled at a local secondary school for the remaining 18 months of school life. Unfortunately, Sarah did not have a good experience during this time and was badly bullied. After leaving school, Sarah was unable to obtain a positive destination and went to see her Careers Advisor and as a result was advised to apply for the Positive Transitions (PT) course at shmu.

Sarah was extremely worried about participating in the PT course after her bad experiences at school.

"I felt a bit anxious about attending the course at first as I wasn't very confident when it came to meeting new people".

Sarah began the course with some trepidation, but found that radio training was hugely beneficial, as she had to work in a team. Radio also allowed her to develop better planning strategies and Sarah learned to prioritise tasks much more effectively.

Sarah also found filming was an effective way of addressing her anxiety;

"I really enjoyed being part of the creative process from beginning to end, as it allowed me to express myself and be more confident in my abilities"

The teamwork required to create the film also supported Sarah to grow in confidence and work on her interpersonal skills.

Since taking part in the course, Sarah has stated that she now feels a lot more confident in all aspects of her life.

"The course gave me the opportunity to be more creative, meet some amazing people, have a lot of fun"

In order to continue to develop her confidence and motivation, Sarah was offered a work placement at shmu's new HQ in the role of Receptionist. The new reception at shmu HQ is a busy environment and the first point of contact for guests, visitors and building users, so the ideal place for Sarah to demonstrate her new-found confidence and people-skills. Greeting building users and answering phone calls has significantly supported the development of Sarah's communication skills, and on completion of the work placement, she offered to continue to volunteer as

Receptionist over the summer holiday period.

Sarah has taken on any additional tasks she is offered, is always keen to learn and now has the confidence to ask questions if she is struggling, something she would have been very reluctant to do before her time on the PT course. Sarah's favourite part of the role has been meeting new people and interacting with different generations.

Sarah feels a lot more positive about her future as a result of her engagement with shmu, and notes that it has enabled her to become more independent and pro-active about her choices in life. Sarah has always expressed an interest in make-up and beauty, and it was her goal in life to become a qualified Beauty Therapist; during her time on Positive Transitions she was encouraged and supported to apply for the Beauty course at NEScol, securing a place on the course beginning in August 2019. Until the start of her course, Sarah is going to continue to volunteer as Receptionist at shmu.

"I would definitely recommend the course at shmu to anyone that is struggling to get a job, as it is a really good opportunity and it has boosted my confidence no end!"

**not real name*

For more information about Positive Transitions, email michelle.trail@shmu.org.uk or call 01224 515013 and ask for Michelle, Kirsty or Yvette.

MIDDLEFIELD COMMUNITY PROJECT GARDENING AT THE HUB

Middlefield Community Project started a gardening group this year called Greener Living at The Hub. We have been very grateful to receive donations of vegetables, plants, seeds, crates, flowers, slabs, chuckies and a table from Dobbie's Garden Centre. Jewson (Back Hilton) provided us with a mini digger, rotavator and some wood to build a fence. Aberdeen City Council have provided us with compost and bark and Action Earth granted us an award of £250 towards gardening costs and we have just recently received funding from Aberdeen City Council's Community Food Growing Programme. We are eternally grateful for all the donations so far including from the local community who donated various pots and tools.

We began the gardening project at the end of March 2019 to enable us to grow fruit and vegetables to provide the children and young people who attend The Hub with healthy snacks. Gardening is an excellent learning opportunity for the children and young people because it will teach them where our fresh produce comes from, how to grow their own food, what plants require to grow and all about healthy eating. The nursery children have been busy planting seeds, watering and helping look after our garden. Some of the children had a chance to sample our first strawberries. The parent and toddler group, under 11's groups and the young people have also been helping with planting and the upkeep of the garden. The youth hub would like to create a well-being space where they can relax and enjoy nature.

We would also be able to use the fruit and vegetables for our Confidence to Cook classes, our café as well as providing fresh fruit and vegetables to members of the community (this will be set out on our community table). We have applied for additional funding to expand our project and utilise the outdoor space that we have and would like to incorporate some raised vegetables tables so people with limited mobility can help out in our garden.

Of course none of this would be possible without the wonderful volunteers who help out on a regular basis. I would like to thank Kayleigh and Calvin, Daniel and Brae, Claire and Clara, Gemma and Ellie-Leigh, Jade, Michael, Wayne and Sandy who come and help out on a regular basis. If you would like to help out in our garden we meet on a Wednesday afternoon at the Hub between 1-3 pm. There are various tasks to be done such as watering, cutting grass, weeding, painting and general upkeep of the garden.



Storytelling Competition

The Middlefield Mirror Magazine team are running a story telling competition!

We are looking for stories of 100 words or less about one of the following themes:

- Friendship
- Nature
- What happened to Eric the raindrop?

If you would like to see your story published send it to laura.young@shmu.org.uk before the 1st of September or message the Middlefield Mirror Facebook page.

Eric the Raindrop

A little raindrop came to earth,
His name was Eric.
He looked around to find a friend,
But not one could Eric find.
He sat down on the grass,
And felt so very sad.
He didn't like to be alone,
It made him feel so bad.
A ladybird came fluttering by
And stopped to speak to Eric.
She asked what was wrong and
why he was so sad,
I'm all alone said Eric, no one to talk to.
But I'm hear now said the ladybird
and I'm talking to you.
Oh! So you are said Eric,
I feel better now thank you for that.
But the ladybird had flown away,
And Eric was sad again and started to cry.
Soon there were more little raindrops all
around and Eric smiled,
He had many friends now and he laughed
and ran among the grass.
The children cried because it rained and
they had to go inside
But Eric laughed and ran away to join his
many friends
If you see someone looking sad,
And they're sitting all alone
Go up and smile and say hello!
And then you will all feel glad
Think of Eric when he was sad
And he found a little friend
Can you go out and smile
and say Hello!

Community Contacts

Alcohol

Alcoholics Anonymous 0800 9177 650
Drinkline 0300 123 1110

Crime

Crimestoppers 0800 555 111

Drugs

Alcohol and Drugs Action Helpline 01224 594700
Aberdeen in Recovery 07936 008808
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

Aberdeen Community Health
and Care Village 0345 337 9900
Family Information Service 01224 346034

Samaritans

Need to talk 01224 574 488 or 116 123

Social Work

Social Work Duty Team 0800 7315520
and Emergency Out of Hours

Young Carers

VSA 01224 212021
CFINE 01224 596156
Pathways 01224 682 939
Financial Advice at CFINE 0800 953 4330
Citizens Advice 0808 800 9060
LGBT Youth Scotland ehepburn@aberdeencity.gov.uk

Middlefield Community Project 01224 697000
at The Hub
Manor Park School 01224 812060
Northfield Academy 01224 699715
Healthy Hoose 01224 661500
Lovebridge Community Church 01224 049184