

Middlefield **Mirror**

Winter 2016



In this issue:

PARTICIPATORY
BUDGETING
TRIANGLE CONSULTATION
MIDDLEFIELD
COMMUNITY PROJECT

www.shmu.org.uk/press

Middlefield *Mirror*

Winter Edition 2016

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Editorial

Welcome to the winter edition of the Middlefield Mirror.

In this issue we have articles covering Middlefield Community Project, the Triangle Area Housing Consultation and Middlefield Youth Flat.

We also have news from Northfield Academy and the Healthy Hoose.

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



Participatory Budgeting in Middlefield

An exciting opportunity is about to take place in the Greater Northfield area. Between now and March next year Aberdeen City Council staff will be working with local people to decide how £80,000 is spent in their area using a participatory budgeting process (or PB for short). So, what's this PB all about? Below are some answers to your questions.

What is participatory budgeting?

PB directly involves local people in making decisions about how public money is spent in their community. This means engaging residents, community groups and representatives from all parts of the community to discuss priorities, make spending proposals and then encouraging voting on them – the most popular priorities being the ones receiving funding.

How does it work? There are many ways PB can work but usually communities will be invited to propose ideas or projects that will benefit their community or solve a particular issue. The community then vote on their preferred choice.

Where does it come from? PB was first introduced in the city of Porto Alegre, Brazil in 1989 and

since then it has successfully empowered people in many communities and its tools and principles are now used in places across the world, including the Americas, Africa, Asia and Europe.

What are the benefits?

It brings communities together to decide what they want.

People share and learn things about their communities.

Resources or budgets are allocated by the local community themselves. People who don't normally get involved get involved.

It encourages people to speak to each other and debate.

It has been proven that it can improve access to services and the transparency of the organisations that run them.

It can be fun and exciting!

What does it involve?

The process can vary but generally involves some basic steps.

Community members identify spending priorities.

Spending proposals are developed with help from experts.

Community members vote on which proposals to fund.

The top proposals are implemented.

PB is already happening in Aberdeen, and the Scottish Government wants councils to aim to allocate 1% of their budgets this way. Aberdeen City Council has identified £80,000 to be spent in the Greater Northfield area using this process, which will be allocated by March 2017. Priorities for the area have already been decided through local consultation events.

How can you take part?

Take part in the running of the process and deciding how we do it by joining the PB steering group,

Suggest an idea for a project or solution,

Vote and encourage others to take part.

**To find out more contact
Manor Park Learning Centre
on 01224 812073**

**Alternatively: pop in to see us
at Manor Park Learning Centre,
Danestone Circle, part of Manor
Park School.**



Middlefield Community Project



New building Progress

The new Community Hub building at the current Henry Rae Centre site is progressing well and all the staff and children at Middlefield Community Project are very excited about the forthcoming move. It is going to be a big move for the Project and time seems to be passing very quickly with the moving day getting ever closer. As far as we are aware everything is still on schedule and we plan to be open in the new building for the start of the new term on Monday January 9th.

The staff recently had their first official site visit and were all impressed with how things were looking. One of the nursery groups of children also managed to have a look around as they were invited in, whilst on a walk up to see the new building. The children were very excited as they got to wear hard hats and high visibility vests. The architect Colin talked to the children about all the different types of construction work that had been done. The children had a look around their new nursery rooms and the outdoor garden space. The nursery groups have been creating floor books to show the progress of the new building from the very start until it is finished. In these, the staff and children have been adding photos and also discussing what has been learnt throughout the process.

The children have very much enjoyed learning about the roles of different construction workers and vehicles and the different materials used. Furthermore, about how long such construction processes take (lots of sleeps!) and the sequence of jobs being done. It has been interesting for staff to really gain an insight into the children's understanding, by hearing the children's comments and conversations about how they think buildings get built. Whilst out and about on walks, the children have also enjoyed seeing and learning about the other construction developments starting within the local community, such as the new houses that are starting to be built.

Middlefield Community Project New Baby facility

The new Community Hub will be providing similar Early Learning and Childcare opportunities to those currently on offer for children aged 2-5 years. However, we will also be adding on opportunities with the addition of provision for providing Early Learning and Childcare for children aged 2 months-3 years. The provision will accommodate up to 9 children and will be a fee paying nursery enabling parents/carers to go to work and/or college. Similarly, to our current fee paying nursery it will be open to parents throughout Aberdeen City and Aberdeenshire for 50 weeks of the year only closing for 2 weeks Christmas holidays.

Babies are born curious, creative, persistent, motivated, focused and driven to figure things out. They know what they are doing and what they want to do. They do this best when they feel safe, secure and have the time and space for lots of play. We will be creating a calm, safe, emotionally secure space with interesting challenges and open ended materials for children to discover and explore, supporting them to achieve their milestones in their own way, at their own pace with caring adults close by.

Staff use the Pre-Birth to Three Curriculum, Building the Ambition Document and How good is our Early Learning and Childcare? to ensure that they are providing high quality appropriate Early Learning and Childcare opportunities and experiences.

Entier will be providing the children with locally sourced nutritionally balanced cooked lunches. Menus are changed seasonally. Children can also have varied healthy snacks during the day and breakfast if so required.

Come and join us and let your baby/toddler enjoy becoming a successful, motivated and confident learner.



Community Hub Facilities and Activities

The Hub development will also provide the community with more space and opportunities for groups to potentially book/let rooms to use, in order to provide a wider variety of activities for both children and adults. We are already starting to take bookings for 2017.

If you would like to find out more information about any of our services both current and in the future then please drop in at our current setting at 8C Logie Place, give Marie a ring on 01224 697000 or e-mail marie@middlefield.org.uk. You can keep up to date with the progress of the new building on our Middlefield Community Project Facebook page.

Nursery activities

This term is going to be a busy time with the nursery children enjoying all the usual festive activities for Firework night and Christmas. Due to the popularity last year we have a trip planned to go and see Santa at BA Stores at Dunecht.



Under 11s October Playscheme

This October Playscheme went really well and in the first week we had a trip to Kool Kids soft play in Inch, where we rented the whole soft play for a few hours, the children loved this and enjoyed playing, climbing, sliding and running around.

We also had a trip to Camperdown Park, but due to wet weather we took the children to Dundee Science Centre instead, where the children had fun learning how to build a hover craft and even had a ride on one. They also enjoyed learning about robots and other things.

In the second week, we had the big trip to Auchingarrick Wildlife Centre where the children got to hold baby chicks, feed the goats and sheep and see other animals, played on the soft play, and had fun in the park. All the children did really well on the journey home especially as we were delayed in traffic for a while and were late home.

We also went to the Foam Factory in Aberdeen. The children all had fun and got their own back by throwing and shooting balls at the staff and volunteers.

We are now looking forward to our move to our new building, where we will be extending our catchment area so that new children can attend our playschemes.

Once again, we would like to thank the staff and volunteers for all of their hard work and for dedicating their time to helping children in the Middlefield area and giving them a chance to go

on trips and have fun activities during the school holidays. We would like to thank Cash for Kids for supporting us with funding.

Under 11s Clubs

We would like to thank Fairer Aberdeen Fund for their funding support.

When we move to our building the Under 11s clubs will be open 5 day per week, this will allow more children from the new areas we are now open to, to attend sessions. We will keep you updated and confirm dates and times as we have them. Please keep an eye on Facebook where changes will be posted.



Northfield Academy



Christmas at Northfield

To mark the end of our 60th anniversary year we will be hosting a community fire work display on Tuesday 20th December. The display will start at 5pm and members of the pupils are invited to enjoy the event along with a hot drink and Christmas mince pie from 4.30pm where Christmas music will also be playing.

Northfield's Big Birthday Bash

To celebrate Northfield Academy's 60th anniversary we took on the mammoth task of organising a whole school photograph to include over 600 pupils and more than 80 members of staff. No mean feat! This unique, celebration photograph was captured from the skies above by a drone. The school have used a drone before to take a photo of the buildings of Northfield Academy for the school prospectus. This however was a much bigger challenge as it was our head teacher Neil Hendry who came up with the idea to form a giant '60' on the astro turf pitches at our school.

Mr Gatehouse calculated the measurements of the 60 according to the number of pupils and staff. Mr McKenzie and Mrs Hunter measured out the shape of 60 with cones so staff and pupils had an idea of where to stand.

School bells were organised at intervals and classes were given times to go out to the field. Senior pupils and staff were at the outside of the shape to make sure all pupils stayed in the formation of the 60. Pupils and staff remained still while the photograph was taken as they were amused by the drone hovering above them.

The school are delighted with the outcome of the photo as a result of this they decided to get a large canvas of it printed. This is located in the main corridor as you enter the school. All these canvases include pictures of special events that have occurred in or around the school and pictures of pupils who have had great success.

Northfield Academy Skillforce Group

Our Skillforce group took part in the 'Big Sleep Out. The Cyrenian's run this event to help people

experience a taste of what it is like to live homeless on the streets of Aberdeen. The team would now spend 12 hours sleeping on a concrete floor in the car park at ASDA Garthdee. If this wasn't bad enough, they would have to do it without their mobile phones, catastrophic for any teenager. To help with comfort, a selection of cardboard was "acquired", I mean, donations kindly by Morgans of Lossiemouth to lie on and armed with only a sleeping bag, Friday night was spent experiencing the realities faced daily by many.

The weather was kind to us, but the effects of the cold were still apparent as the team were buried deep into the sleeping bags with woolly hats all huddled in one mass pile like little hamsters. With the hard, cold floor and the feeling of vulnerability not only from the elements but also from members of the public (thank you drag races of Aberdeen). This experience gave the team an insight into the lives of some unfortunate peoples 'everyday reality', proving why we should help whenever possible. The team also has a better appreciation of what they take for granted such as security and

Consultation event held on major rehousing programme

Residents of Middlefield have had their say on the next phase of a major rehousing programme.

A consultation event was held at Manor Park Community Centre in November for residents of the Middlefield area to suggest possible options for the Triangle Site – an area of housing to be demolished to improve the health, well-being and quality of life for tenants.

Accordingly, those tenants affected are now being given the same priority status as those being rehoused for the construction of the Haudagain bypass road.

The session was held to empower tenants to play a major role in shaping the Triangle Site for the future benefit of the community and to put forward their suggestions of

what the site can be used for.

Aberdeen City Council Communities, Housing and Infrastructure vice convener Councillor Gordon Graham said: “The event was hugely successful with members of the community coming forward with positive and viable options for how we can use the Triangle site.

“The feedback and ideas are invaluable to us as we continue our major regeneration plans in the area – the £35million Shaping Middlefield project.

The plans for rehousing were largely supported by tenants during a consultation event held by council officers in March where 76% preferring the option to demolish the properties.

The options for the space was commercial units, new houses and green spaces.

The consultation showed 47% of tenants preferred to demolish the existing houses and create new open space with 26% preferring to demolish the houses and create a new commercial facility and 3% preferring demolition with the potential for new houses on the site.

The £35million Shaping Middlefield plan includes projects such as a new community facility, 179 new council homes, play park upgrades, green spaces and landscaping works as well as the new museum collection centre.



Images courtesy of Norman Adam at Aberdeen City Council





Cash in your Pocket

As the winter approaches Cash in your Pocket have identified some issues, you may wish to consider, where we may be able to get you the help you need

- Controlling and reducing your heating costs over winter: simple actions can reduce your bills. You may also be eligible for £140 Warm Home Discount.
- Thinking about borrowing money: you have to be fully aware of all the options available to you. We may be able to identify a more affordable source of help from one of the Credit Unions. You do not always have to be member.
- Don't sign up to re-payment agreements for goods or Christmas presents: less expensive or free options may be available
- Looking for work in the New Year: We can quickly put you in touch with organisations to help and support you.
- Responsible for a funeral: this is a difficult time. A short discussion with one of our team will point you in the right direction of any help that might be available and avoid any problems that may arise.
- Children leaving school, or going to college: what happens to your benefits/tax credits allowances? Are they entitled to anything if not starting work? You can sometime lose benefits if you do not take the required action. Always seek advice.
- Benefit Changes leaving you with little or no money for food or household essentials? You may be eligible for a Crisis or Community Care Grant. We may also identify other sources of help available to you.

For free and impartial information or advice call Cash in your Pocket Freephone 0800 953 4330. All calls are free from a landline or mobile or visit www.ciypp.co.uk.

Pathways in Middlefield

PATHWAYS has been assisting people across Aberdeen City for over 16 years to find suitable employment, consistently helping over 250 people into work every year and currently have over 200 into work since April 2016.

Pathways follow a process to help you find the work you are most suited for and work with you on a weekly basis to create a CV, open email and Universal Jobmatch accounts and assist with job search and completing application forms, along with coaching for interviews. The service is free, private and completely impartial.

The Pathways Keyworker based in the Middlefield area is Claudia Karl who meets people at Pathways 26B Manor Avenue Aberdeen AB16 7TJ. Please phone 01224 643 697 to arrange an appointment or to find out more about how Pathways can help you!

PATHWAYS – Start Your Journey With Us

Get **help** with: **FIRE/HOME SAFETY CHECKS**

Universal Credit **STOP SMOKING**

BENEFITS Pension

HEATING YOUR HOME? **Repairs & Adaptation**

LOW COST LOANS **Food Parcels**

SAVING & BUDGETING

MIDDLEFIELD YOUTH FLAT

It's been a quick year for all at the flat and by the time you receive this edition we will be in the process of moving to our new build. It's been great having a service like the Youth Flat in the area with so many memories and young people that have come and gone over the fourteen years. It's going to be sad to say goodbye but exciting to move into our new premises.



Belgium

It was a great pleasure being part of the Belgium trip. Staff had the pleasure of supporting several young people on this five day trip.

The young people were part of the process from the word go. We bag packed at a few different stores in Aberdeen and we also had the charity shop in George Street for five days to help fundraise.

For some of the young people it was their first British passport (and also first time on a plane). The looks on their faces when they got their passports spoke volumes. We had a day spent in Edinburgh for the interviews and a trip to the Edinburgh Dungeons.

The young people researched the places where we should visit and how much that would cost. They applied to the Small Activities Grant for funding and received the

sum to cover fees for their chosen excursions, food, snacks and metro fares.

Omar, who is from Belgium, took part in a placement at the Youth Flat last year. We spent the day with him sightseeing. We visited the Atomium, Little Europe, water park, the waffle factory, Military Museum and popped in and out of shops sampling the local chocolate.

Trips

Over the October holidays staff and young people had a journey up to Peterhead and were given a guided tour around the old prison with Alec who worked at the jail. The prison has now been turned into a museum and opened up to the public. We were able to see and access the cell and punishment block, participate with traditional and interactive displays and experience the re-creation of convict working areas. If you are able

to it is worth visiting. You don't have to take the guided tour as there are earphones and audio available so that you can hear what prison life was like for some of the most notorious prisoners in one of Scotland's toughest jails. We also spent a day at Landmark which was fun. We also had a trip to Olympia Swimming Pool in Dundee which always is top of the list to visit during the holidays.

Students

Middlefield Youth Flat would like to welcome Kathrine and Scott who are on placement. Both students are studying social work and are with the project for three months and five months. Kathrine is from Denmark so we are looking forward to tasting some of her cooking skills and learning about Denmark. Scott comes from Dundee and is staying in student accommodation.

Streets of Berlin

In September five members of the Middlefield Community Projects Women's Group (Charlene, Angie, Jody, Carolann & Lynn) visited Berlin, they were accompanied by two members of staff from the project, Helen and Lillias.

The group, supported by Helen, organised and carried out fundraising events to raise money for their trip to Berlin. They organised a jumble sale, they made countless batches of toffee to sell and had a stall at the Manor Park School Fayre where they sold toys and treats.

The group then carried out a twenty mile walk along the old Deeside railway line. This was a big achievement for us all as none of us are really walkers so had very sore legs and feet by the end.

With the help of Janina, a German student on placement, and Lillias the group organised where they would like to visit during their time in Berlin

The group did not foresee what the weather was going to be like: it was a lovely 28 degrees every day.

The group had four full days in Berlin, on the Tuesday they visited the Holocaust Museum, the Brandon Berger Tour and the Reichstag (the German Parliament Buildings). On the Wednesday, the group went on a river boat cruise along the River Spree and then went to the DDR museum. This museum showed the difference between life in East and West Germany after the Berlin Wall had been built. On Thursday, the group went to see the remaining pieces of the Berlin Wall, and they then went to the Checkpoint Charlie Museum. On Friday, the group enjoyed having

a walk around Berlin, doing some shopping, visiting to the Berlin Dungeons and then ending the day with a lovely meal.

The group had to get around on buses under and over ground trains and find their destinations using maps and they all participated in this. They managed the Euros and were able to say some words in German.

Lynn and Lillias liked the beer and we went to a Beerfest tent so we could sing along and enjoy the experience.

Berlin had lots of big bears around the city which were painted with lots of different designs. The group really liked this and thought this was similar to the Aberdeen dolphins from 2014.

Everybody had a great time although tired but felt Berlin was a welcoming city and had a very multi cultural feel to it and would go back again.



Councillor Comments

Cllr Gordon Graham

Well folks people are stating that they are beginning to see a real difference in the area thanks to Aberdeen City Council (ACC) and I can assure you that, this work will continue and it will be further enhanced.

I can advise potential tenants that the rent will for new build houses being built at Smithfield and Manor Walk will be the same as similar houses and not carry a surcharge of 25% which was the case for houses built in the area previously.

I attended a locality planning event at Sunnybank Social Club in September. The results of the Local Improvement Plan for Middlefield and Northfield will

be presented to ACC in January 2017 for approval.

Funds have been made available to support communities in making their ideas a reality, the Council has committed £150,000 and the Scottish Government awarded £100,000 from the Community Choices Fund to create a fund which will be deployed through participatory budgeting. £80,000 has been awarded for Middlefield, Mastrick, Heathryfold and Northfield. Participatory budgeting enables the community to make decisions about how money is spent to support projects and initiatives which will help realise the communities' aspirations. I am proud to say that reports for the Scottish Government are that

Aberdeen City Council is leading the way in this in Scotland.

Following our decision to transfer families out of the Haudagain triangle site, I attended a consultation event on 2nd November to get your views on the best solution for the infamous Haudagain Triangle. The options are green-space, housing (not family), commercial, or a mixture. I also had the opportunity to discuss some of the issues with locals.

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

Cllr Jackie Dunbar

It's been a busy time in the Middlefield Area and folk will be seeing huge changes happening. The new council housing is coming along great at the old Smithfield school site and it was fantastic to be able to attend the sod cutting of the new houses to be built at Manor Walk. As you will know we have been talking about these sites since 2009 so it is really good to see things moving and that the housing is finally on its way.

I attended the Our Northfield, Our Choices event at the Sunnybank Club in September, there was a good turnout of folk keen to get

involved and have their say on how our community should move forward. I am always aware that the folk who know our area best are the folk who live there, so thank you to all who took to the time to come along and have your views heard. I also attended the consultation on the Haudagain Triangle, where folk from all of Middlefield were invited to come along and give their view on what they would like to see in the triangle of land.

I was delighted to see that Danestone Circle has now been fully resurfaced, I have been campaigning for a long time to get

this road back up to standard. Some of the residents on Smithfield Drive contacted me about the mess of mud on the road, caused by the traffic coming and going from the new build site. I spoke to CHAP and Aberdeen City Council and have a commitment from them that the road will now be cleaned three times a week instead of the once. With winter on its way, it was important to get this addressed as soon as I could and I am thankful to them for taking the residents' concerns on board. Please do not hesitate to contact me if you think I could be of any

Cllr Scott Carle

On the 3rd of September, the #OurNorthfield #OurChoices event was held at the Sunnybank Club. This event was organised by the Council and the Community Planning Partnership and was open to residents from across Northfield, Middlefield, Cummings Park, Heathryfold and Mastrick to come along and have your say on what the priorities should be for our area going forward. I attended the event along with Councillor Graham and it was good to have Councillor Jenny Laing, Leader of the Council there with us to hear first-hand the issues that matter most to our communities in Northfield.

There was a great turnout on the day with local service providers, local community groups and local projects all in attendance and importantly a good turnout of local residents making their voices heard. It was good to hear so many people talking about the work we are already undertaking in the area, including the multi-million pound investments we are making, as well as coming along with their ideas on what else could be done to improve the area and the services on offer. It is important now that the views which were expressed are taken forward and influence the

decisions we take in the area in years to come.

There were also discussions around the latest participatory budgeting exercise where we have brought forward £50,000 to be spent on priorities identified by local residents. I look forward to seeing the results of this after the last participatory budgeting event, where local school pupils chose where they wanted to see money invested, went so well.

Overall the #OurNorthfield #OurChoices event was a great success. Thanks to everyone for coming along and sharing their views.

Relocation of 'Healthy Hoose' to Middlefield Community Hub

DROP – IN NURSE PRACTITIONER CLINIC

The Healthy Hoose is a drop-in community clinic staffed by one full-time and two part-time nurse practitioners. It is currently based in Logie Place.

Residents of Middlefield and Cummings Park who are registered with a GP in Aberdeen have been able to access a wide range of health services delivered by nurse practitioners at this location since August 1999, some of which are listed below:

- **Minor injury/minor illness advice and treatment**

- **Contraception and emergency contraception (morning after pill)**
- **Immunisation (children and adults)**
- **Smoking cessation advice and nicotine replacement therapy**
- **Review of long term conditions i.e. asthma, diabetes and heart disease**

The Healthy Hoose will be relocating to the new Community Hub at the site of the former Henry Rae building by the end of 2016. It is anticipated that following a smooth transition, the Healthy Hoose will be an available drop –

in service for all of the residents in the Northfield community who are registered with a GP within Aberdeen City by early 2017

The drop in clinic will be open as follows:

Monday: 9am-5pm

Tuesday: 9am-4pm

Wednesday: 9am-5pm

Thursday: 9am-5pm

Friday: 9am-5pm

The receptionist will take details on arrival and advise you of any projected waiting time to see the nurse practitioner. If the drop in clinic is too busy, you may be advised to come back at another time or to contact your GP directly.



The BIG shmu Celebration

The first ever Big shmu Celebration Event was held on Tuesday the 13th of September at the Northern Hotel. This was an opportunity for us to showcase the brilliant work that all our staff and volunteers do and say thank you to the volunteers for all the time they put into making shmu the success it is.

The night was full of surprises, from musical chairs to comedy videos and the shmu staff team performing the evolution of dance. We had a variety of testimonies from volunteers of all ages which were very moving a lovely reminder of why we do what we do here at shmu.

We would like to thank the Northern Hotel for letting us use the venue free of charge and putting on all the catering. Thanks must also go to AVC media for lending us equipment to help the night run smoothly. The biggest thank you of all must go to our Board of Trustees and the volunteers who are here day in and day out – your commitment and hard work is truly inspiring.



Minority Ethnic Housing Project

The Minority Ethnic Housing Project provides guidance and informed housing related advice to people from Ethnic Minority communities in Aberdeen and Aberdeenshire.

The project offers comprehensive free advice and support on issues relating to housing/homelessness, benefits, rights and entitlement, money and debt related issues. Support is additionally offered to support clients in completing formal appeals and liaising with external agencies.

Language Support is also available.

To contact the Minority Ethnic Project Worker:

Vikki Duncan
Ethnic Minority
Outreach Worker
Langstane Housing
Association
680 King Street
ABERDEEN
AB24 1SL

Tel:01224 423118
Mobile: 07801078005
Email:vikki.duncan@
langstane-ha.co.uk

Minority Ethnic Facebook
Page:<https://www.facebook.com/MEhousingproject/>



Middlefield School Play

Michael is a former pupil of Middlefield Primary School and has a rather unusual request. He's looking for anybody out there who also attended the school from 1985 – 1990 and was part of a show that went on video. He's looking for a copy for his parents and he would love to get it on DVD. If you can help him then email michaelsjsv1978@gmail.com or call 01224 698154.

Middlefield Parish Church

Middlefield Parish Church are holding events for the community on Christmas eve. The Christmas eve service will take place at 11:30pm and there are mince pies, hot sausage rolls and teas and coffees in the church hall between 10:15 and 10:45. On Christmas Day there is an 11am worship as usual. These events are open to all the community.

Middlefield Mirror

COMMUNITY CONTACTS

Alcohol

Alcoholics Anonymous **0800 9177 650**

Drinkline **0300 123 1110**

Crime

Crimestoppers **0800 555 111**

Drugs

Drugs Action Helpline **01224 594700**

Dentist

Emergency - G-Dens **111**

Doctors

NHS 24 Emergency **111**

Electricity

If you have a Power-Cut **0800 300 999**

Family Planning

Aberdeen Community Health & Care Village **01224 642 711**

Gas

Gas Emergency **0800 111 999**

Gas Emergency with a Meter **0845 606 6766**

Housing

Emergency Repairs **01224 219284**

Call Centre Emergency **0845 608 0929**

Police

Non-Emergency **101**

Samaritans

Need to talk **01224 574 488 or 116 123**

Social Work

Social Work Duty Team **0800 7315520**

Emergency Out-Of-Hours **01224 693 936**

Young Carers

VSA **01224 212021**

Water

Scottish Water Emergency **0800 0778 778**

CFINE **01224 596156**

Pathways **01224 682939**

Cash in your Pocket **01224 686077**

Citizens Advice **01224 569750**

Middlefield Community Project **01224 697000**

Middlefield Youth Flat **01224 687367**

Manor Park School **01224 812060**

Healthy Hoose **01224 661500**

Emergency Christmas Contacts:

Housing Repairs 0845 608 0929

Roads and Street Lighting 08456 08 09 19

Housing Advice 01224 219281

Homelessness 01224 620610

Social Work Services 01224 693936

Environmental Health 08456 08 09 19

Crisis Grants 0800 0304713

Include 01224 Dialling Code When Calling from a Landline.

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