

Middlefield

Mirror

Winter Edition 2014



Featured in
this issue

By Mackenzie Keith

Councillor
Comments

Middlefield
Youth Flat

Northfield Academy
Latest News

Middlefield
Community Project

Middlefield *Mirror*

Winter Edition 2014

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COVER IMAGE COMPETITION

Well done to Mackenzie Keith who won our competition to be on the front cover. In the last edition of Middlefield Mirror we invited local children to paint a picture which represents Middlefield to them.



6&7



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Editorial

Welcome to your Winter edition of the Middlefield Mirror.

In this issue we have articles about the Link Road, Middlefield Community Project and Manor Park Primary School. If you would like to get involved and join the editorial team or if you have ideas for the 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 who are interested in developing their ideas and skills in either writing, photography or proof reading. So please don't be shy, this is your magazine written, edited and designed by the good folk of 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 515013 or you can email her on laura.young@shmu.org.uk.

You can also view this magazine alongside previous editions on the SHMU website www.shmu.org.uk then click the 'PRESS' option.

The next dates have yet to be decided but the meetings usually take place at 11am on a Thursday at Middlefield Community Project.

FUNDED BY





Pathways

The welfare reform benefit changes are continuing to take effect on our communities, with many people now being assessed as fit for work or under pressure to return to work as quickly as possible. If you are one of those currently affected by the changes and are concerned about how you will manage to find work, then support is available through Pathways.

A keyworker will help you with whatever support you need, from giving advice on suitable employment, through writing a CV, to help with job searches and preparing for interviews. The keyworker will also help with anything else that might stop you from being able to work, including identifying more specialist support you might need.

Anyone can receive support to get back to work – or even to change jobs if you don't like the job you have.

One Middlefield resident recently came to Pathways for assistance, believing that his history of drug and alcohol use, with criminal convictions, would stop him being able to find work. Claudia, his employment keyworker, was able to advise him on how to get help for his alcohol issues and support for his issues with debt to prevent his wages being arrested if he found work.

Claudia then helped him set up a Universal Jobmatch and email account before then submitting an application for funding for a training course. Shortly after receiving his accreditation for the training he applied for a scaffolding job and was hired the very same day.

Afterwards he summed up the help he had received: "Pathways was a great help to me and with the help from Pathways I was able to change my life for the better."

If you would like help or advice on finding work, why not call Pathways on 682939.

Volunteers Required

Shopmobility Aberdeen, with its new project SCOTT, aims to bring the support of companions and mobility equipment to your door. The charity is looking for more enthusiastic and motivated volunteers to join the team.

Would like to volunteer for this project? Would you like to make a difference to someone's life, ending their

isolation and exclusion? No experience necessary as all volunteers receive full training. Volunteering with our charity will boost your confidence and will give you transferrable skills that will improve your employability. Contact Kam on kam.shopmobility@gmail.com or 01224 254338 / 07594313252 for more information.

Addressing Antisocial Behaviour

Antisocial behaviour means many things to many people across Middlefield. It can cause considerable misery and upset to victims but often those creating the problem either don't think through their actions or don't care how their behaviour may affect others.

For some time we have been working to address this issue with the Northfield Community Policing Team which covers Middlefield. Research of our records indicates that antisocial behaviour has been dropping as a whole, but there is still a disproportionate number of reports here and that we need to work together to deal with this.

- For those experiencing ASB, I would again encourage you to report it to us by calling 101. If we don't know about it, we can't deal with it.
- For those who have children or young people at home, I would encourage you to talk through the problem and encourage them not to become involved.
- Taking early action can often help prevent the spread of the problem: when graffiti is left untreated it often leads to others defacing the property. You can help by immediately reporting any graffiti to the Council, who can take steps to remove it. You can call 08456 080919 or you can also use their 'Report It' internet form which can be found at www.aberdeencity.gov.uk/home/Report_It.asp

Working together we can make a difference and ensure that Middlefield is a safe place to work, live and play in.

Kevin Wallace
Inspector Northfield CPT

DA - Alcohol Services

Serving the Middlefield Community

Every community faces issues relating to alcohol use. Whether it is our own alcohol use or that of someone else we care about. We appreciate that the use of alcohol can be used for a variety of reasons such as socialising, having fun and relaxing. However, some people may feel that they would like to reduce their drinking or even stop completely due to a variety of reasons.

We work with people to provide relevant, accurate and honest information enabling them to make informed decisions with regards to their alcohol use. We also recognise that people need different levels of support at different times and we work across the spectrum with people on preventing harmful drinking, reducing problematic drinking and helping people to work towards and maintain recovery,

including abstinence if appropriate. It can also be a worrying time for friends or family members who are affected or concerned by someone else's alcohol use. Whatever issues people are facing with regards to their own drinking or that of someone else we can provide an immediate and confidential service for people to discuss any concerns they may have.

If you would like to talk about your alcohol use or that of some one else's we have trained substance use workers in the Middlefield community. If you would like further information on DA services you can visit our new website at www.drugsaction.co.uk or phone our helpline number 01224 594700. Alternatively you can phone/text Pam (07545204199) or Fiona (07740441413).

Regeneration Matters

Regeneration Matters is a constituted group of community representatives from all the regeneration areas in Aberdeen City.

They meet every month (apart from July and December) in a central venue. The group are eager to invite new members to join them. Their themed meetings have covered a number of topics over the year including welfare reform, the impact of regeneration in communities, housing issues, and alcohol and drug abuse. The group have the opportunity to share information about their communities and awareness of any relevant issues. The group have visited other regeneration areas in Scotland and undertake

an annual review to decide on the issues they will cover the following year. Members of the group are elected as community representatives onto the Fairer Aberdeen Board. The group also co-manages the Community Support Fund.

If you are from one of the regeneration areas (Woodside, Seaton, Tillydrone, Northfield, Middlefield, Cummings Park and Torry) and would like to be part of the group, come along to one of our meetings, find out for yourself if you would be interested in getting involved!

Contact: Anne Knight – aknight@aberdeencity.gov.uk or Tel: 523532.

LADYBIRDS NURSERY

In the Ladybirds Day Nursery we have now said goodbye to all our school leavers who have been with us for such a very long time. The children all enjoyed an end of term trip to Dizzy Rascals and a happy last day party.

"My child has enjoyed every second of her time in the ladybirds"

"Staff have always been engaging and appropriate at all times"

"I love how my daughter has been involved in a lot of decision making around nursery"

"The learning journey shows her progress from a toddler into a confident little girl - I could not be any happier with the Ladybirds".

We will miss the children who moved on but they are welcome to come visit us at any time. At the moment we have lots of new Ladybirds starting their nursery adventure. The nursery caters for children from 2-5 years old and is open from 8am-5.45pm. We still have some availability for certain sessions. If you have any questions or would like to have a look around the nursery please phone Donna Rennie (Nursery Manager) on 697000.

BUSY BEES NURSERY

We are now all back from our summer holidays and back into the swing of things in our newly decorated nursery. We got our nursery painted over the holidays and it is looking great! The Ante pre-school and Pre-school children are now receiving more nursery hours per week due to the Scottish Government providing 600 hours of nursery education over the year.

All children are settling into their new nursery well and we have been involved in forming new relationships with their new class mates and staff. We have been learning the nursery routines and exploring the different areas in the nursery and outdoors.

BUTTERFLIES NURSERY

We would like to take this opportunity to welcome all the new parents and children to the Project and tell you a little bit more about the attachment training our staff have been attending.

Earlier this year senior staff at the Project nurseries attended attachment training presented by Dr Suzanne Zeedyk. From this training the Project was selected to participate in an initiative by the Aberdeen Early Years Collaborative, to pilot improvements using attachment led practices which have been picked up by other organisations.

Senior staff who attended these sessions were able to share their experiences with other nursery professionals.

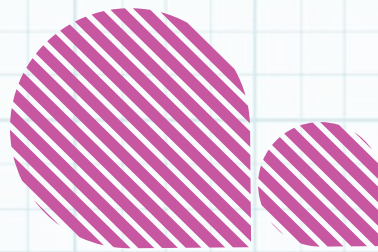
After several discussions and meetings we were able to identify an area we would like to improve. As a team we decided to try and involve parents more with settling their child at nursery. We understand that this can be a stressful time for both the child and parent. We felt that by passing on a little bit of our attachment learning to the parents and providing clear instructions, this could support a smoother transition at drop off time.

We developed a "you and me" time and advice for parents to follow when dropping off their child at nursery.

We also printed larger posters to display in our peg rooms to offer reminders when arriving at nursery.

We hope that this is something parents will enjoy doing with their child and that it will encourage further interaction between parent and child. We will be monitoring the process and sharing the results with other settings throughout upcoming months.





Middlefield Community Project

Adult Learning by Liliias Leighton

Fifteen families who attend the nurseries and crèches at Middlefield Community Project enjoyed a day out at Storybook Glen. This was an opportunity for new parents to meet others and for all the family to get involved. The weather was good and the children - as well as some adults - had the chance to run about and play on the various pieces of park equipment. We had lunch inside and the children made the most of the indoor soft play area. We also took the chance to discuss the learning programme for adults at the Project. Activities and groups include the following:

Monday mornings: 9.15 - 11.30am Circle of Security Group and Confidence Building (crèche available)

Monday afternoons: 1.30 – 3.00am Parent and Toddler Stay and Play group

Tuesday mornings: 9.15 – 11.30 Art Group (crèche available)

Wednesday mornings: 9.15 – 11.30 Healthy Living Group

If you are interested in attending any of these please contact the Helen or Lillias at the Project on 01224 697000

Hopscotch Holiday 8-12th September 2014

We loaded up suitcases and food and off we went; 12 children and three adults taking the Perth route then cutting across to Fort William. The views were terrific. We stopped at Couper Angus and we had our lunch in a nice park. The children were excellent on the journey and we had supper at McDonalds and then went across on the ferry to Arvulin and settled into the house.

The next day we were up bright and early and we were going to try out the low wire ropes. This was similar to the Landmark activities. Paige, Conol and Danielle did the high wire trail which looked very scary. Doing the low ropes and the high jump was enough for some. In the afternoon after lunch we went to a boat trip and the children got a chance to steer the boat. The children went back to the house and played in the garden.

Wednesday we were up early to get ready to go to Oban so children could go to the chocolate factory and make their own chocolates. This was great fun and they made 10 sweets and two marshmallows dipped in chocolate with different toppings. They then went shopping with their £5 and bought little gifts to take home. We then went to the beach. It was a lovely hot day and the children were in the water with their wellies on looking at the crabs and fish and collecting shells. We all went home having had too much sun and got our supper.

Thursday we went to the Ice Factor which climbers use to practice for mountain climbing. The children really enjoyed this. Well done to Demi Leigh Rennie and Conol who did the very high wall and went right to the top. In the afternoon we had a long drive to see the Harry Potter train and the driver tooted his horn twice which means Harry Potter is on board. We then paddled in a loch and had great fun. At night we had to pack up and get ready to leave next day to go home.

I would like to thank Siobhan and Jody, our volunteers, for all their hard work over the week and the children were great and were the best group for behaviour and for going to sleep at night well done to you all.



The summer play scheme was a great success and we had mostly fine weather until the last two week. We had trips to the Brechin Castle Centre, Cromdale Residential, Loch Morlich and Landmark. Kyber Pass Associations paid for a trip to Auchingarrich. Although it takes a bit of time to get there it well worth this to see all the animals and see the children holding tiny chicks and watching the eggs hatch. There were lots of animals to see and a good park.

The next trip was meant to be Montrose beach but it was raining heavily so we went to Fraserburgh instead. We decided to book in to a fishing museum and the children enjoyed this. The last week it was agreed that we would go to Montrose Beach as it was raining in Aberdeen. The rain stayed off and although it was a bit cooler and windy the children played in the park until afternoon when they were allowed to paddle.

The days at the Henry Rae Centre were really good and the children who went to the swimming classes had a good time. Their confidence in the swimming pool certainly increased over the four sessions. We had arts and crafts and all the toys were out to play with and the children went down to the park after their lunch.

The volunteers had a day where they went to Huntly with their own children as they do not get this time with own children when volunteering. The volunteers also went down to Perth to check out another centre we could maybe stay in.

We put out questionnaires to children and parents looking for feedback about the choices of trips and fees they have to pay. The project would like to thank Northsound Cash for Kids, Aberdeen City Council and other organisations for grants which help cover our costs. We would also like to thank our volunteers.

The Monday and Thursday club has started back up after the summer term and we have a few new primary 1's coming along. We have a big group of primary 4-6's who have settled back in. We had six sessions organised with Adventure Aberdeen which meant the children took part in a low ropes course, life skills and biking. They would love to do more in the future.



Middlefield Area Residents Ac

Link Road Develo

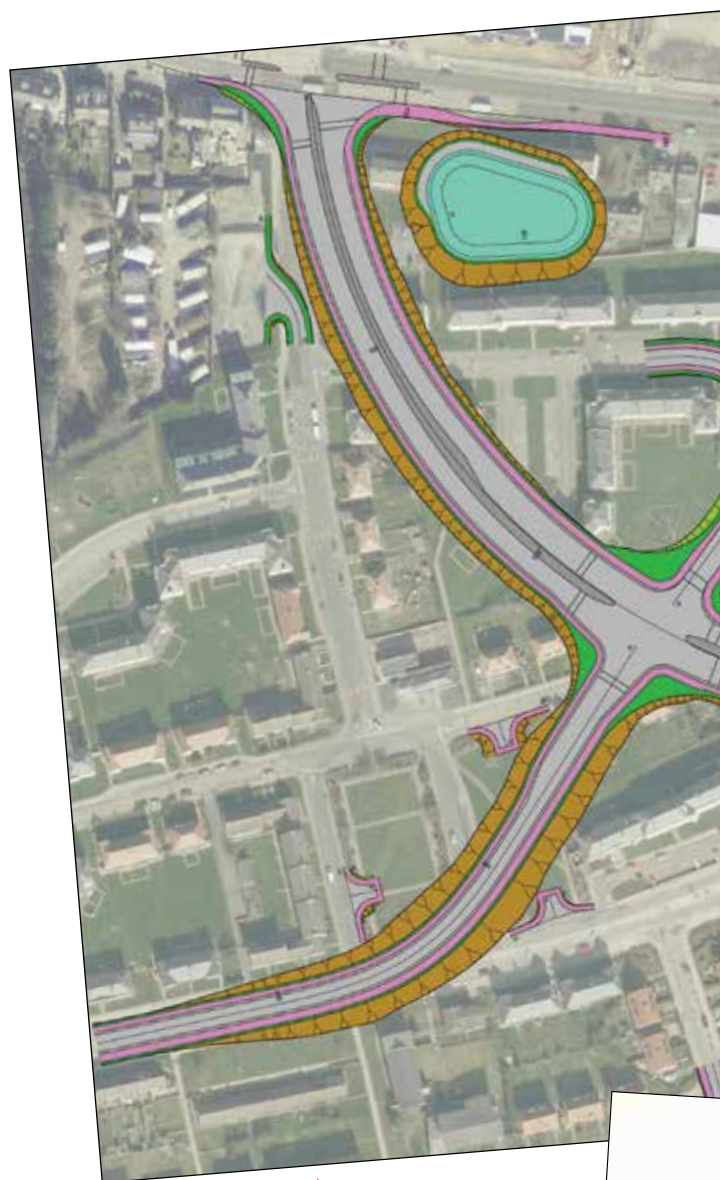
The Middlefield Area Residents Action Group has been meeting up every three months to see what is happening around the link road. The Middlefield Area Residents Group has been running for around 12 years and has over ten members, including residents, Aberdeen City Council Officers, City Wardens and members from the local Police team and aims to tackle the main issues in the Middlefield community. There were concerns over the developments around the link road so wrote to Councillor Jenny Laing to clarify some of the main issues for residents who are affected by the scheme.

Progress is moving fast with the road now being agreed by the Scottish Government and the main tenants being contacted to fill out housing applications. The group met the Transport Minister, Keith Brown, who gave an update on the situation. The Scottish Government is only responsible for the houses directly affected by the road. The houses in the triangle are still waiting to see what is happening to them and Aberdeen City Council is looking at this to see the best option.

The group invited Cllr Jenny Laing along to a meeting to clarify what the city council were doing. She said the council would not receive any funding for the houses in the triangle so they needed to look at the options. The council need to finance building more homes but are working on plans for this. The group raised concerns about how the process would be done and making sure that people were treated reasonably.

In a Housing and Environment Committee meeting it was agreed that residents would be given priority to get new tenancies. There were other policies that were put through as well to support tenants. The group read the report and thought there were some questions that still needed to be clarified. Russell McGonigle, Chair of MRAG, put together questions to Cllr Jenny Laing who responded to this as follows:

“The City Council accepts that individual families will have different requirements and aspirations and this is why we have agreed to greater flexibility for officers. It is our intention to work closely with individual families to try and meet their needs and aspirations as much as possible but we have to recognise that we are constrained by the availability of housing and the challenging timescales we are working to. Let me try and address the points you have raised.”



This map was taken from the Transport Scotland exhibition held in April and is still at the design stage, therefore haven't yet been finalised.



Second Households

Our first priority has to be to those families who are our tenants and to whom we have a legal responsibility.

We do recognise that where there is a second household living there, this presents a challenge for everyone. In the first instance it will be necessary for us to offer accommodation to our tenants. In these cases we will try to find and attempt to agree a unique solution. Any second family who would wish to have their own house must have an active application for housing. This application will remain valid whilst they remain in an overcrowded situation or there are no changes to their circumstances. The application and priority would only be removed or changed in the event that their circumstances including overcrowding changed.

Fundamentally this is why we have instructed our staff to hold individual meetings with all households affected to clarify the options available, determine what offers they are looking for and we have granted officers' flexibility to deal with what will be a small series of individual requirements.

Independent Advice

I have asked officers to contact Shelter on your behalf to establish whether they would be in a position to offer independent advice to you. I should add that Aberdeen Citizens Advice would also be available to individuals who wish to take advantage of their services.

Number of Offers

We would rather not focus on the number of offers. Again I would re-iterate that we would wish to work with individual families to try and meet their needs and aspirations. It is our intention to offer housing of the type and areas sought by the existing tenants but we are constrained by the availability of housing through turnover and the timescale for the road works.

It is important for tenants to be clear as to their preferences and needs when discussing this with our staff. This goes substantially beyond what we would ordinarily do with regard to transfers. I am sure that all residents will wish to complete any house move required as soon as possible.

Secondary Moves

Should anyone 'volunteer' to move from a property not affected by the demolition programme they would not be able to claim financial support from Home Loss Payments or Disturbance Allowances to help with removal costs. Any such move would require housing to be available elsewhere in the city and be acceptable to them.

Residents in the area and directly affected by the road will be offered houses and should not be out of pocket for moving. Many residents keen to stay in the Middlefield area as children are settled at school and family in the area.

There is a lot of background work going on to begin to build houses on the Smithfield site and make sure the process of moving people out of the road way has already begun. Aberdeen City Council have put in a bid to The Scottish regeneration capital grant for a building to be specifically built for the projects childcare and other services.

Manor Park School News



Manor Park Exchange Visit to France

On Monday 23rd June a group of very excited children from P6 and P7 were waiting with three teachers for the bus to take them to the airport, looking forward to their week abroad. After last year's very successful visit by a group of children from Clermont – Ferrand, our twin city in France, this year it was our turn to travel. Would our visit turn out as well?

We needn't have worried. As soon as we arrived at Nestor Perret School, our children were straight into the playground, making new friends. They were an appreciative audience for classes who were rehearsing for a show and joined in class activities as if they had been there all year. It was the same story at Jean Jaures, the other school we visited, the boys joining in the playground football and the girls playing clapping games. We had Lauren, Wiktoria and Samuel from the famous Manor Park Dance Crew to teach the French children our moves, establishing Manor Park as the coolest visitors the school had ever had!

The rest of the week we saw the city, including its cathedral, museums, historical buildings, parks and surrounding countryside. We visited the medieval castle, where we saw peasants and knights and

were terrified by the biggest owl you've ever seen. We were thrilled by a treetop trail. Most spectacular of all, we went up Puy de Dome, the highest of the extinct volcanoes which surround the city. Our last evening was at Nestor Perret School for their school fair, where we saw some of the friends we had made in the week and bade our fond farewells.

On the last leg of our long journey home, one of the passengers on the plane remarked on how well behaved the children were. It had been true throughout the visit. She was not the only person to say how well behaved the children had been. In the schools, in the streets, at the civic reception, our children were splendid ambassadors for the school and the city.

Our thanks are due to Clermont-Ferrand and Aberdeen City Councils for their financial support in making these visits possible.



Northfield Academy

New Term

It is always exciting to start a new term and welcome both new pupils and new staff along with existing pupils and staff back to Northfield Academy. This year 112 new S1 pupils started with us.

Duke of Edinburgh

On 11th June our three intrepid Duke of Edinburgh adventurers set off to Glen Tanar estate on Deeside hoping to pass their expedition assessment final. Our adventurers were Dale Gilchrist, Greg Shearer and Nikolas Woznia. After a briefing from Mr Turley, the group set off, navigating their way around the hills of Birse and Glen Tanar. Overseeing their expedition were Mr Turley, Mr Robertson and Mr Wood. After making a couple of unscheduled detours the group made it back to camp.

The group were then scrutinised by their assessor, Mr T Beesley from Aboyne Academy. Mr Beesley asked them questions on camp craft, navigation and nutrition. After a bag of celebratory chips and a good night's sleep, the group were off on their final leg of their journey to Birse Castle. They found it with only minor deviations to their planned route. The lads were tired but relieved to have completed

this significant part of their DofE Award. A big well done to the lads, especially to Nikolas Wozniak, who was also awarded 'DoE Pupil of the Year' for 2014. This year 14 pupils will take part in the DoE at Northfield Academy.

Police Young Volunteers

January saw the forming of the Police Scotland Youth Volunteers. The Northfield group is the first of its kind in Aberdeen. The group is headed by our school based police officer, PC Lynch who interviewed candidates and recruited adult volunteers as well. Currently, there are 20 Youth Volunteers and 6 adult volunteers comprising of teachers, parents and police officers.

The first weekend away was a visit to the Police Scotland Headquarters in Tulliallan near Stirling where the group was formally awarded certificates after completing their 12 week induction programme. The Police Scotland Youth Volunteers aim to benefit the community by volunteering and creating a positive atmosphere. The group had a once in a lifetime opportunity to volunteer at Glasgow 2014. This gave them the opportunity to be at a number of events both on duty and as VIP guests.

Community Learning and Development at Northfield Academy

In the coming year, there will still be a range of opportunities, such as the Dynamic Youth Award classes which will be delivered by youth workers as part of a new initiative in schools. We hope to support students to take part in an art project which will brighten the social areas that students use at break times. Prefects will be offered training and continued support to help develop their leadership and decision-making skills while they support pupils and the teaching team at Northfield.

Northfield Community Sports Clubs

The school is beginning to work more closely with local sports clubs to raise participation and support for these clubs in the work they do in the Northfield community. We are also in discussions to bring new clubs to the areas offering different sporting activities in the evening.



B on a T competition

This competition was organised by the Aberdeen International Youth Festival for pupils in Aberdeen and Aberdeenshire. Pupils were to design a logo to be used for the festival. All Miss Ferguson's S2 Art classes took part in this competition.

Louise Rae in S2 (now S3) was 2nd runner up out of 420 entries. She attended the launch event at The Belmont Filmhouse with her Grandma and Miss Ferguson. There was a "Best of the Rest" display at the event which featured work by 3 other S2 Northfield pupils.



MIDDLEFIELD YOUTH FLAT

“QUOTES”

I like pool and computers
Thomas

**To socialise with
people my own age**

James age 18

I have used the youth flat since I was 10 and over the time I have spent here they have helped me find work, helped with CVs and any problems I have had.

Derek age 20

**It's got lovely
people working here**

JAKE AGE 11

Well I like the youth flat because it's the best club ever. I love baking. I love my youth flat

Jayden age 10

Welcome

Staff and young people would like to say a big welcome to Ellie Taylor. Ellie is in her third year of a social work degree and will be with us for twelve weeks.



Councillors Comments

Mark McDonald MSP

On behalf of Jackie Dunbar

At the moment the biggest issue in Middlefield right now are the Haudagain improvements and the link road which are going to lead to demolitions of many homes.

Aberdeen City Council are going to be starting a consultation process very soon which will involve the demolitions and the other work which will be going on around the Middlefield community as well. The main campaign within Middlefield is about ensuring that residents are as informed as they can be about the Haudagain works. This includes the questions over what happens to places like the Middlefield Community Project and the Healthy Hoose. I'm working very closely with them as well so that I'm available if they need to me to make any enquiries or work on their behalf.

In terms of the Middlefield community itself, it's about trying to ensure there's regeneration in the community and that residents are involved in the decisions that affect them. I think that is the one thing that folk want to see happening and is what I'm always trying to push for.

I have also raised concerns about the length of time it is taking to convert Smithfield Court from sheltered housing. There could be opportunities to rehouse people who will be affected by the Haudagain works, but it has been on the go for eighteen months and still nothing is sorted yet.

There's work being done by the women's group at the Middlefield Project to visit Krakow in Poland. I went along to the fundraiser that they did at Henry Rae Centre and failed spectacularly while playing Play Your Cards Right and I also made a few donations to their

raffle. I know they're planning a few more fundraisers, so I'm hoping I can support them and that the community will do so too.

I'm keen to work with any group in the area that wants to get in touch or wants me to come and visit them, to find out more about what they get up to or how I can assist them. If you're in a group out there in the Middlefield community and you want me to come along just give me a call

Every second and fourth Monday of the month I do a drop in surgery at my office for folk to come in and see me from 10 am until noon or folk can phone the office on 789457 or email me mark.mcdonald.msp@scottish.parliament.uk.

You can even find me on Facebook (Mark McDonald MSP) or on twitter [@markmcdsnp](https://twitter.com/markmcdsnp).

Cllr Gordon Graham

In the last edition I spoke about proposals to build a new facility for Middlefield Community Project. I am pleased to report that the bid has passed the first stage and a more detailed submission will be made for funding. The new accommodation will provide support to a greater number of the local residents; create additional opportunities for the local community; sustain local jobs and businesses; and help regenerate Middlefield.

Another important project will see the building of new houses in the former Smithfield School site. We are seeking the views of residents and other stakeholders on our proposals for a residential

development of approximately 116 affordable residential units, including open space and landscaping.

We are at an early stage in planning the development and we are consulting with the local community to shape the plans. As a part of this consultation there was an event in Manor Park Primary School on 1st October 2014.

In August we agreed proposals that will see 116 tenants in the line of the road get priority on the housing list. Any tenant whose home is affected by the Haudagain Improvement scheme will receive a Home Loss payment equivalent to £1500 and disturbance payments of up to £3000, depending on peoples'

circumstances. When they move will affect the date of committee decision. Senior officers have been provided with powers to provide tenants whose homes are affected, with an appropriate level of priority within the housing lists and flexibility in terms of areas of choice, house sizes and number of offers. Should anyone experience any problems, please get in touch.

Unfortunately I cannot advise homeowners who are affected as this is the responsibility of the Scottish Government and we are awaiting a response from them I understand that decisions on affected people will not be made until next year.

Best regards
Gordon Graham

GOODBYE LESLEY

A fond farewell to shmuFM's Station Manager, Lesley

Gail and I would like to say a big thank you to Lesley Ross for giving us a chance to start a show at SHMU. It won't be the same without Lesley. We met her doing a jingle at the project.

She was brave enough to put up with three giggly girls and encourage us to come down to SHMU and do radio training. We'd like to say a very big thank you for getting us this far to where we are today.

CALLING ALL MCS AND RAPPERS, ASPIRING BEAT-MAKERS AND MUSIC PRODUCERS!

shmuSOUND is looking for young people aged 14-25 to join our Hip Hop project. The project will start in October 2014 and run until August 2015. Consisting of weekly workshops on beat-making, production, lyricism and gig promotion, the sessions will be run by well-known experienced artists from all over Scotland. Participants will also have the opportunity to record their music in our studio and work on material and performance skills at the project's regular open mic sessions.

If you are interested and would like to find out more about the project contact Simon Gall on 01224 515013 or email simon.gall@shmu.org.uk



SHMU VOLUNTEER BBQ

The BBQ was a fun and relaxed day for all the family. We attended along with our families and met other volunteers. The kids (and big kids) enjoyed cake decorating, t-shirts making and face painting. The food was scrummy and it was a good laugh. We would like to thank all the staff and volunteers for such a good day.

Gail and Kayleigh

Station House Media Unit (shmu) is situated just off Great Northern Road in the old Station House Community Centre, Woodside. We offer free access to, and training in video and radio production, and magazine and online publications to residents of all ages living in Seaton, Woodside, Middlefield, Tillydrone, Torry, Northfield and Cummings Park.

Stay & Play

A stay and play session runs at Manor Park Learning Centre on a Friday afternoon from 2pm until 3.15pm.

The Stay and Play sessions are aimed at families with children from birth to three years although older preschool children are welcome to attend too. A parent or family carer comes with the child and the hope is that they use the session as an opportunity to meet other parents or carers, share experiences and most importantly have fun and play with their child.

Each session usually has a messy or craft activity as well as some other resources available – such as puzzles, a train set, dolls, or vehicles, for example – depending on the children who attend the group. We have a small snack (usually some fruit and a savoury nibble), story time and song time.

I bring resources with me and clear it all away at the end, so all you have to do is come along with your little one (wearing old clothes, just in case), join in and have fun. We are very lucky to have access to the crèche room at Manor Park which is a lovely bright room with lots of space.

All of the sessions are part of SPPA's Off To A Good Start Project which is funded by the Big Lottery and so all are free to attend. There is no need to book but if you would like more information you can reach me at 0778 545 5800 or email susan.emery@sppa.org.uk and we also have a facebook page

www.facebook.com/aberdeenstayandplay

COMMUNITY CONTACTS

Alcohol

Alcoholics Anonymous **0845 769 7555**
Drinkline **0800 917 8282**

Benefits

Benefits Agency Advice Line **0800 587 9135**

Crime

Crimestoppers **0800 555 111**

Drugs

FRANK – National Helpline **0800 776 600**

Dentist

Emergency - G-Dens **01224 558 140**

Doctors

NHS 24 Emergency **08454 242 424**

Electricity

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

Family Planning

Square 13, Support & Advice **01224 642 711**

Gas

Gas Emergency **0800 111 999**
Gas Emergency with a Meter **0845 606 6766**

Housing

Emergency Repairs **01224 480 281**
Call Centre Emergency **0845 608 0929**

Police

Non-Emergency **101**

Samaritans

Need to talk **01224 574 488**

Social Work

Social Work Duty Team **01224 765 220**
Emergency Out-Of-Hours **01224 693 936**

Young Carers

Support & Information Service **01224 625 009**

Water

Scottish Water Emergency **0845 600 8855**

Include 01224 Dialling Code When Calling from a Landline.

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