

NORTHERN LIGHTS

| Covering Cummings Park, Heathryfold, Middlefield and Northfield |

COVID-19 Issue



In this issue:

MIDDLEFIELD
COMMUNITY PROJECT
LOCKDOWN
ACTIVITY IDEAS
NORTHFIELD
SWIMMING POOL

www.shmu.org.uk/press

NORTHERN LIGHTS

Contents

3	COVID -19 Update
4	Daft Wee Jimmy
5	Lockdown Tips
6&7	Middlefileld Community Project
8&9	Northfield Academy
10	Councillor Comments
11	Swimming Pool
12	Local Update
13	Quiz Page
14	shmu
15	CFINE

Editorial

Welcome to a very special edition of the Northern Lights magazine.

Read on for more information about how the Cumming North and Middlefield Mirror magazine teams came together to produce this magazine during the covid-19 lockdown.

Thanks again to all the contributors - we are very grateful to everyone who submits articles and photos for the magazine. We have stories from Middlefield Community Project, Northfield Academy and many local services who can provide help and support during this time.

We're always looking for more people to get involved in the magazine. Please get in touch with Laura

at shmu on **07752586312** or email **laura.young@shmu.org.uk**.

You can also get in touch with us via our Facebook pages - look up '**Cumming North**' or **Middlefield Mirror** and hit that like button

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



Supported by



Dear Cumming North and Middlefield Mirror Press reader,

The volunteers involved with the Cumming North and Middlefield Mirror community magazines and the support team from Station House Media Unit (shmu) would like to wish you well during these unprecedented times. Cumming North and Middlefield Mirror are put together by volunteers in partnership with shmu and its purpose is to share important local information, celebrate the community and encourage positive social change around the issues the community is passionate about.

As the magazine is produced in partnership with local volunteers and community organisations, the production time of the magazines is a longer process than most commercial news or magazine products. However, we thought it was important to still deliver the magazine for a variety of reasons. With a substantial amount of information on Coronavirus circulating, we believe it is important to continue to present the great things that were happening in the Cummings Park, Heathryfold, Middlefield and Northfield areas before we went into lockdown. There are also a significant number of people throughout Cummings Park, Heathryfold, Middlefield and Northfield and Aberdeen city who do not have access to the Internet, where a huge amount of information is being shared and we know they look forward to receiving their magazine from us. To reduce the pressure on our magazine volunteers we have decided to join some of the teams together to produce joint magazines to be delivered throughout our target communities.

You can be reassured that our distribution company is taking every measure to ensure they are delivering your magazine safely and within government guidelines.

Our plan is to continue to produce and distribute Cumming North and Middlefield Mirror despite the present restrictions, although they may look slightly different depending on how much information we get from our local communities to include in the magazines. We are keen for the magazines to showcase and celebrate our amazing communities and would like people to get in touch with us if they know someone who has gone the extra mile to help their area during the coronavirus outbreak (or generally) whilst also sharing important community information you may have that will benefit your community.

We are aware that information may date as things are moving quickly so please tune into our community radio station on 99.8FM or online at www.shmu.org.uk/fm to keep up to date with the latest news regarding coronavirus and your local area. Cumming North and Middlefield Mirror also both have Facebook pages which we are keeping up to date with community information.

In the meantime, if you are looking for information on receiving or providing help during the coronavirus pandemic, please use the following resources;

Aberdeen City Council Helpline (8am – 8pm, 7 days a week): 0808 196 3384

Grampian Coronavirus Advice Hub: www.gcah.org.uk

Scottish Council for Voluntary Organisations: coronavirus.scvo.org

Please take care and stay safe.

Cumming North and Middlefield Mirror Editorial Teams and shmu support team

April is the cruelest month, breeding lilacs out of the dead land.....

Daft Wee Jimmy

I wonder how many of you have been reading poetry during the past few weeks? You get to the stage where you have watched all the videos and played all the board games, and you wonder what you can do to retain what sanity is left.

I don't actually recommend reading TS Eliot's poems. The few lines I have quoted are from "The Waste Land" and come under the cheerful heading of The Burial of the Dead. But reading poetry is something that quite a lot of people have turned to over the past few weeks. I was out for a walk just a few days ago enjoying the sun and trying to dodge the easterly wind, when I came across people playing something called poetic frisbee (from 2 metres apart). You can probably guess the idea; one person quotes the opening line and turns and points to the next person who has to do the second line and so on. I was quite entertained, because the poetry was a lot of Edward Lear stuff. I reckon most people know some of Edward Lear without realising who the author is. It was great to be allowed to join in with the following:

***There was a young man
from Japan***

***whose verses just never
would scan***

when asked why this was

he said it's because

***I always want to put as much into
the very last line as I possibly can!***

Naturally enough, some people submitted their own lines, some of which are not printable but were still quite a lot of fun.

There isn't so much traffic about at the moment, and at least one person I spoke to had noticed the improvement in the air quality. She saw this as a mixed blessing; the lack of exhaust fumes was great for her asthma, but the increase in the pollen count wasn't such great news. Some people just can't win!

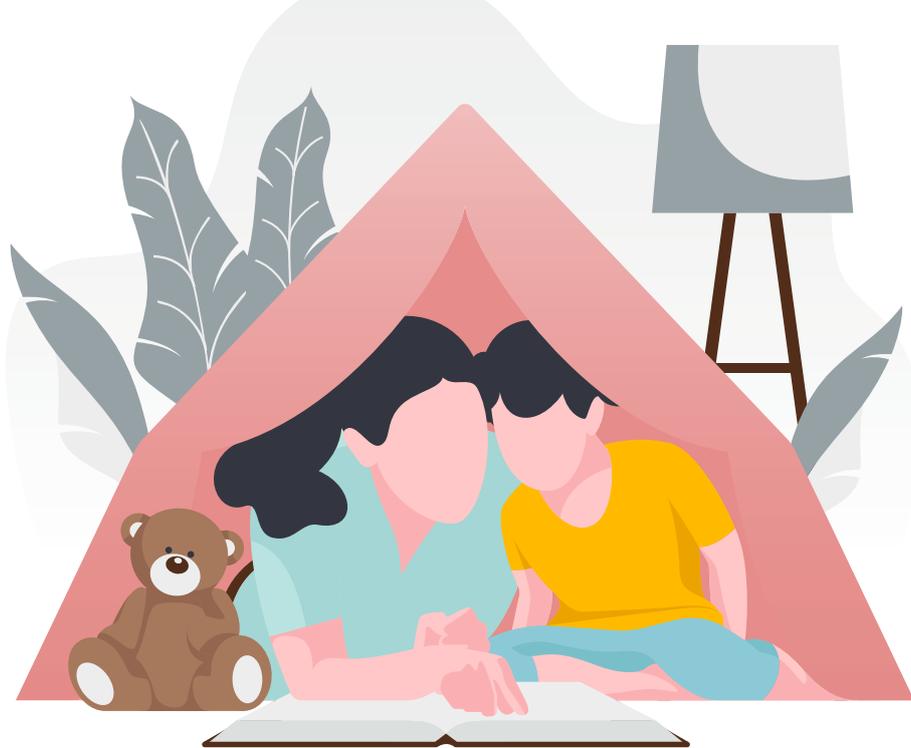
Another bright spot from the enforced stay at home regulations is the unexpected kindness of strangers. As a journalist of sorts, I see it as my duty to stagger about and collect human stories, but I don't expect to be part of the story. However, on this occasion, I was stopped by someone who asked me in a friendly way how the present crisis was affecting me. I have a pronounced limp and use a stick, but I have no other health problems. So, when I told this woman that I was fine, pretty much in the same boat as everyone else, she explained that she was a key NHS worker and as such enjoyed certain retail privileges. She felt that queueing at supermarkets probably wouldn't do my temper a lot of good, and she was willing to do my shopping for me. I was overwhelmed with gratitude; considering she had a family to look after as well as those under her professional care, I felt the full force of this offer. To say it gave me extra appreciation of the

people who work in NHS would be a considerable understatement.

Something else that has cheered me up considerably is the number of extra volunteers there seem to be about the place, carrying out small but essential services. I've spoken to a few who pick up and deliver meals and medicines to the people who have health conditions which prevent them doing things for themselves. Most of them say it isn't pure philanthropy, these are people who are used to working all day rather than being home. No doubt it will keep them mentally healthy, since mental health really suffers when the structure goes out of your week.

I started this article with a bit of poetry, wondering if any of you have been reading poetry during this crisis. I've discovered quite a number written in Doric. Since that isn't my native tongue (I come from North Lanarkshire) I decided to use my time trying to understand some of the comical verse by Dr David Rorie, and quite a lot of it is relevant to today. It's humorous, philosophical, and just the thing to take my mind off this crisis even if only for a moment.





MANUELA

What to do during shielding

With many of us self-isolating and access to the outside still limited to once a day, it has become more important than ever to find ways of keeping ourselves stimulated in positive ways. If you're stuck for ideas, why not try something from this list?

Write a diary or a blog: This is a great way to verbalise your feelings, instead of keeping them bottled up inside and is something tangible, in a situation where social distancing requires us to push most of our contact onto social media.

Build a den: Who doesn't want to build a comfy blanket fort when they get a chance?

Draw/paint: All you need is a piece of paper and something to make a mark to get started. Anything is inspiration and there is no right or wrong. Google: 'Why people believe they can't draw - and how to prove they can by Graham Shaw' or 'Draw with Rob' to get started. If you just fancy colouring, you can find a lot of colouring in sheets for free online, suitable for all ages and skill levels.

Take an online tour: with the current uncertainty, travel is out of the question for the foreseeable future. However,

with the help of technology, many landmarks, parks, museums and zoos are available for virtual tours, from the comforts of your own home.

Send postcards: Why not get some stamps and surprise your family/friends with a nice card? Bonus points, if you made the effort to make it yourself.

Clean your place: Maybe not everyone's choice, but it can leave you with a sense of achievement and your place looking refreshed. Alternatively, why not rework your CV or budget?

Read a book: Take the time and read that book you always wanted to read (again).

Host a virtual pub quiz: Gather your friends online (try Skype or Zoom) and ask/answer away. It may feel awkward at first, but give it a moment and it will feel natural in no time.

Learn a language: You can use an app or get a book and dictionary. Paste the words for items around your house, so you're learning on the go and the rest of your family can partake too.

Make a treasure hunt: This can be done inside or outside. Give your

children a list with a number of things they have to look out for. Inside, hide letters, numbers or words, which can then be used for crafts or to do math and write sentences. They will use energy searching and learn in a playful way without even noticing.

Volunteer: Charities and the government are looking for volunteers who would be willing to provide telephone support to others who are struggling. And if you are able to leave the house, you may even help to deliver necessities, or take care of pets by walking them for housebound owners.

Upcycle furniture/clothes/accessories: There is plenty of ways to make something look fresh and modern again and often you don't have to look far for material to make that happen. Have a look online to find inspiration and try it.

Take care of yourself: Remember to eat, drink and sleep to keep healthy. With too much time at hand it is easy to get stuck into a project and forget to take care of basic needs. Whatever you choose to do, be it something from this list or not, make sure to also take enough time to look out for your own wellbeing.

COVID - 19

During COVID 19 lockdown, please go to the school website for up-to-date school and community information.

Nursery children can access regularly updated learning activities on the nursery pages of the school website.

All children from P1 to P7 have access to learning activities through their online classroom. We would like to thank the parents for their efforts in supporting the children to get started with on-line learning.

Cowie Cup

Each year our Primary 6 children are

invited to submit a portfolio of evidence showing what they have done for the benefit of their local community. The Pupil Council shortlisted a group of children who gave a short presentation to a panel of representatives from our local community. The panel were very impressed by the quality of presentations, including the confidence and professional attitude of the children, as well as being extremely impressed by the children's engagement and participation in their local communities. After careful deliberation they selected the winner.

Transitions

This is a very important term for the children who are making key transitions; starting nursery, starting Primary 1 or moving to S1 at the academy.

It is hoped that a range of virtual events will help children and parents to prepare for these important events starting with the P7 pupils meeting on-line with the new Northfield Head Teacher. More information will follow via the usual channels.

MIDDLEFIELD COMMUNITY PROJECT

NURSERIES

Coronavirus

Through this difficult time the nursery has followed government advice to close in order to keep everyone safe. The nursery staff are now working from home. The nursery has been supporting our children and families by providing advice, support and different home activities on our Facebook. In order to keep the positive link between home and nursery going we are emailing stories and photos from the staff. These help to support the children's understanding about what is happening, emotions we will all be feeling and what we can do to help each other. Parents can also access their child's interactive learning journey where they can add photos and stories about what they have been doing.

The activities listed all took place before lockdown and social distancing measures were implemented

Small group activities

As our nursery has increased in size, we still acknowledge the importance of offering a variety of different learning opportunities and experiences for our children. We have been focussing on how we can still offer small group learning opportunities for children.

We organised a Bookbug Session within the project for both children and parents to attend. This session was a great opportunity for parents and children to share experiences of learning new songs, rhymes and stories. Songs and rhymes are a great way to have fun with your child and they're one of the best things we can all do to help support our children's development.

We arranged a dance, music and movement session for the nursery children where an external instructor came and offered two small group sessions. The children enjoyed participating in bean games and

imagination mimes, where they re-enacted stories and scenarios.

The nursery staff continue to work in partnership with Flashdance School instructor Laura Buchanan to help provide the children with a variety of different skills such as forward rolls, handstands, cartwheels. These are all important in increasing confidence, strength, fitness and flexibility and most importantly having fun.

The nursery staff have started to use the hall on a Thursday morning and afternoon. Activities are led by the children's interests and can vary from quiet activities such as stories and games or more noisy **and energetic activities such as group songs and games. The focus is on small groups to give more individualised and focused support to help the children develop friendships, confidence, language and other skills and interests.**

GREENER LIVING @ THE HUB



This article was written by the team at Middlefield Community Project before lockdown was implemented. This is an example of some of the great work which goes on at the project and you can get involved with this after the lockdown is lifted.

Since beginning my post at Middlefield Community Project as a Community Development Worker I have wanted to involve my love of gardening. I decided to use a large area of unused green space within our premises. I recruited some volunteers and began work on prepping the ground for produce growing. This work began in April 2019. During this time we realised the ground was not suitable for growing as it was filled with rocks so we had to be creative and find other containers to grow our fruit and vegetables. We purchased a poly tunnel to grow vegetables that required shelter and more heat. However, due to high winds this did not survive the weather.

Although we started planting late in the season we produced a fair amount of produce which was used for children's snacks, our confidence to cook class, in our café and given out to the local community. We

realised that although we had many containers donated, we still need raised beds to plant bigger crops. We also required a greenhouse to grow vegetables such as tomatoes and peppers which required more shelter and heat and a composter to make our own compost.

After applying to the Health Improvement Fund, which we were granted, we were able to purchase a greenhouse, raised vegetable beds, grow tables and other protective products such as netting and fleeces to protect our crops from birds and frost.

Last year we had approximately 11 adult and six children volunteers along with nursery children, our after-school club and our Youth Hub children and young people helping out on a regular basis.

One of our volunteers, a dad of two, stated: "Since the gardening has started it's been good to be able to help out and meet like-minded people in the community."

A mother of three said: "It was really good to get outside in the fresh air and let all your worries drift away."

A mother of twin boys stated: "The boys loved getting dirty and planting."

While working with the nursery children I asked where their fruit comes from at home and one response was "my mummy gets from the shop." This enables me to work with the nursery children from the early stages of planting, caring for the plants to harvest and eating the fruit and vegetables.

We would like to say a huge thank you to Dobbie's Garden Centre for their kind donations, Jewson's (Back Hilton) for their donations of wood and machinery, The Grove for their donation of compost and Aberdeen City Council Environmental Services for their donation of wood chips. A special thank you goes out to Adiaica Rodriguez (Community Ranger) and Stephen Balfour (CFINE) for all your help, advice, guidance and putting me in touch with relevant people to make this happen. This could not be possible without funding so a big thank you goes out to Health Improvement Fund, Aberdeen City Council Growing Fund, Action Earth Volunteers Fund and Cash for Kids Fund. Lastly, but certainly not least a massive thank you to all our local volunteers who gave us their time and also donated some equipment. This is very much appreciated.

The current environment is not how I thought I would be writing the first Northfield Natter article, however the situation which has presented itself has shown the dedication, resilience and fortitude of both pupils and all staff. We as an academy are so proud of how our pupils have reacted and continued with their work through Google Classroom and the GSuite Apps despite these challenging times. There have been several events to look back on since the start of term in August 2019, this is just a snapshot of some of these.



The New Head Teacher

I would like to introduce myself as the new Head Teacher of Northfield Academy. I am hugely excited and honoured to have been appointed Head Teacher. For me it feels like coming full circle as I started off my teaching career at Northfield and I have strong links to the community as my father in law went to the Academy in the 1950's and my wife grew up in the area.

I am really looking forward to working with the community.



Scottish Ensemble and Energy

In November 2019, Northfield Academy was one of the first schools in Scotland to have a visit from The Scottish Ensemble and Glasgow Science Centre for their new joint workshop "Energy and Music." The workshop used music to tell the story

of energy generation and use in daily life. S1 and S2 pupils were involved and really enjoyed learning about energy generation and how to put this to music.

Subsea Expo (S4-6)

On 13th February 2020, S4 to S6 pupils went along to Subsea Expo at the new P&J Live building with Mr Kerry to find out about careers in the subsea industry. There were presentations about careers and Aberdeen Science centre delivered STEM workshops based around the skills needed in the subsea industry. The pupils had a great time speaking to industry professionals and getting a flavour for life after school.



Shoebox appeal

During December 2019 the Interact Club pupils and Miss Keddle, Mrs Shaw and Mr Kerry were all busy organising the annual Rotary Shoe Box appeal. This time the pupils, led by Finlay Slessor, were determined to outperform previous years. Our target was 30 boxes which would beat the record of 19. Thanks to the amazing donations of the whole Northfield Academy community, we created 45 boxes. This was a fantastic

achievement and the Interact Club want to say a massive thank you to everyone who donated.

Aberdeen Schools Hydrogen Challenge

Friday 4th October 2019 was the final of the Aberdeen Schools Hydrogen Car Challenge. Mr Kerry took four pupils from S3 physics pupils to the event. The idea was to design and build a car which could travel the furthest distance only being powered by hydrogen. Over the course of the afternoon there were some disasters nevertheless, the boys carried on making their car better. To our delight Northfield Academy came third out of all the schools in Aberdeen which is a great achievement.



Books abroad

On the 12th February Northfield Academy Interact Club hosted the RotaKids Club from Quarryhill Primary School to celebrate their achievement of collecting hundreds of books for the Books Abroad scheme. This is where underused books are sent to developing countries. Quarryhill RotaKids asked Northfield Academy to donate books and thanks to Mrs Shaw in the library, Northfield Academy was able to help increase the number of books collected by the RotaKids.

MATTER

Awards

During this year pupils have been working towards a variety of awards.

The S1s in their Learn to Learn classes with Mr Kerry, Mr Priest and Miss Macleod have been working on their Gold Jass Awards. This year the pupils took part in a litter pick, extra sporting activities, and how to improve your community.

The S2s were working towards their heritage hero awards. This award looks at a local landmark and how it links into the community. We selected the Northfield Tower. The business department and the art department worked together to complete the award by drawing the tower in art then taking their work to business to understand what the tower is used for and why it is there.

The S3s are working towards their leadership awards with Mr Silk in PE. This involves working as a team and leading the team through various activities.

The senior school had several awards they could take part in. The Duke of Edinburgh Award has been started and there are several pupils currently enrolled and taking part in fitness and volunteering hours required by the award. All pupils can record their volunteering hours with the Saltire Award, this enables the participant to achieve a certificate and Young Scot Points for every hour volunteered.

Values

This year, as a school we implemented our values. These are determined,

creative, encouraging, responsible and successful. These values are at the heart of everything we do at Northfield Academy. Pupils can be nominated for any of these values every month by staff and fellow pupils. Each faculty in the school also have a value focus every month. This allows us to recognise the good work pupils do daily. If your child has received one this means they have been amazing and deserve a reward if you would like to. Congratulations to everyone who has received a value certificate!



Participatory Budget

During February the Northfield Academy Interact club were involved in the participatory budget organised by Aberdeen City Council (ACC). This year ACC allocated Northfield, Sheddocksley and Mastrick £10,000. The Interact Club members and the adult steering group decided on the theme, the criteria for the awards and the maximum bid. The community was invited to bid for the money and the bids were put out to the school community. The winning bids are: Boogie in the Bar, Streetsport, Northfield Youth Project, The Cubby,

community food bank initiative, preparing for secondary school and Northfield Masters Basketball club.

Active Schools

In February this year Northfield Academy competed in the Aberdeen Youth Games Secondary Festival of Sports. The school came away with a 17-18 victory and took home the trophy for Aberdeen Youth Games 2020 Basketball champions. Well done guys! To find out more about Active Schools a contact Hilary on hscott@sportaberdeen.co.uk or call 07825 228129.

YPI

In December 2019 the S6 pupils were all busy revising for their prelims in January, however, they still found time to take part in the Youth and Philanthropy Initiative (YPI) supported by the Wood Foundation. This is an active citizenship programme which empowers young people to make a difference in their local communities while developing their skills. Each participating school is responsible for directing a £3000 YPI grant to a local charity through a unique programme of teamwork, research and competition. The winners were Mental Health Aberdeen with members of the team including Finlay Mann, Brandon Smith, Caitlin Riley and Kirsty Stevenson. Well done for winning the £3,000 for Mental Health Aberdeen.

CouncillorComments

Councillor Gordon Graham

By the time you read this I will have been Councillor for the area for 21 years. In my leaflet in 1999 I stated: "Your concerns are my concerns and together we can make our children's future brighter." That statement still stands true today.

I would like to take this opportunity to highlight, the part I have played with the community, improving people's lives by acting on their behalf and also bringing improvements to the area. Having attended local schools and still living in the area, people know that despite differences, political or otherwise I put their interests first, nothing has changed in 21 years.

Detailed are some examples of work that I have undertaken with

the community, ensuring their voice were heard. My first call to action was in 2000, the threatened closure of Bramble Brae (and other times since). Working with parents, not only preventing the closure we changed council policy that lead to new schools being built.

Sporting opportunities in the area have been improved and sustained, including Auchmill Golf Course, the refurbishment of Northfield Swimming Pool, a refurbished Sheddocksley Sports Centre and the climbing wall and 3G football pitch at Northfield Academy.

I have enjoyed working with communities to bring improvements such as the demolition of the garages

at Deansloch, the murals on the shutters at Byron Square. Improvements to the Middlefield Triangle.

Working with the community to establish the Community Hub has been great. We needed to provide a building but also ensure it was run by the community, for the community. It has been an outstanding success due mainly to the hard work and dedication of the community it serves.

Thanks for the work providing the magazine and keep yourselves safe.

Gordon Graham

Councillor Ciaran McRae and Councillor Jackie Dunbar

We just want to start by saying we hope you are well and staying safe. It has been a challenging time for us all, as we social distance and stay home in attempt to slow down and combat the spread of the coronavirus.

However, this has meant we have had a particularly busy couple of months, assisting those whose livelihoods have been affected by the virus, such as helping to ensure those who are vulnerable do not go without food, offering support to small businesses and the self-employed and ensuring our outstanding key workers are able to continue to do their job, whilst keeping their families and loved ones safe.

We have not only been doing all we can to assist individuals and businesses through the coronavirus crisis, but have been

working on improving resources in our community.

Jackie has been liaising with council offers, who following an inspection, have agreed to replace the benches in Moir Green. These will be installed when council operations begin again as normal.

Jackie has also been working alongside Grampian Housing Association to find out who owns the Heathryfold Garages. We are now in the process of reaching out to the owners in an attempt to work with them to bring the garages up to a safe and secure standard.

Following a meeting between Ciaran, Jackie and representatives from Scottish and Southern Electricity Network (SSEN), who manage the electricity network, we have been reaching out to the community

councils to make them aware of SSEN's priority reconnection service for vulnerable individuals in the instance of a power cut. We have also been working with SSEN to find out more about future energy saving and warm home payments. If this is something you would like to find out more information about, get in touch and we can provide you with resources.

Whilst physical surgeries are currently on hold, we are still very much available and keen to help. If you feel we can be of any assistance, please do get in touch – whether this be a phone call, email or video call.

Stay safe and look after each other,

**Councillor Ciaran McRae and
Councillor Jackie Dunbar**

NORTHFIELD SWIMMING POOL UPGRADE

The newly upgraded and extended Northfield Swimming Pool will include a 60-station gym, a multipurpose studio, group and family changing, new flooring and tiling, the replacement of fixture and fittings and new suspended ceilings, as well as additional car and cycle parking. The pool is expected to reopen in autumn 2021.

We will be keeping you up to date with any project developments on this page, including letting you know about ways that you can get involved and have your say. If you have any questions, or would like any more information in the meantime, please email NorthfieldSwimmingPool@sportaberdeen.co.uk

Latest News

A planning application was submitted to the local planning authority for the Northfield Swimming Pool refurbishment and extension on Friday 20th March 2020.

This is just one stage of a bigger project to deliver the new Northfield Pool, which we know the local community has been waiting a long time for. Sport Aberdeen is working on behalf of Aberdeen City Council, and our development partner is Alliance Leisure Services. We are all working together to deliver the new pool for you.

You might be wondering if the Coronavirus pandemic will affect the refurbishment of the pool. We hope that it won't. The work which needs to be done before we reach the construction phase will keep going, and we still hope to start work onsite in early autumn 2020. We will do all that we can to keep the momentum going over the coming weeks and months.

PHOTO CREDIT - SPORT ABERDEEN



VSA Carers Resource Service

Are you looking after someone who couldn't manage if you weren't there?

At the time of writing this article we have just started our second period of lockdown and our day to day lives have changed in ways we could never have imagined.

Each day we are talking to people in your area who are looking after someone and we are offering support and understanding at a time when being a carer for a family member or friend has become harder due to the restrictions placed upon us.

They worry about how to keep their family member/friend safe and that usual routines are no longer available so keeping active and well is difficult.

As Carer Advisors we can offer help and whether that be practical information or having a chat on the phone, we are here to support you in your caring role.

By the time that you are reading this article, the challenges we are experiencing daily may be very different, and we very much hope that this is for the better, but we are living in uncertain times.

If you look after someone who could not manage without your help, please do get in touch with us by calling **Hazel on 01224 358629, Helen on 01224 358631** or by visiting our website at www.vsa.org.uk

HELP TO HEAT YOUR HOME

Scarf launches new fund to help households in need

Local charity Scarf has launched a new emergency fund that aims to help households across Aberdeen access support to heat their homes in these difficult times.

The Scarf Heat Fund will help provide instant access to heat for those who need it most.

The new Scarf fund can provide help and support in the form of:

Plug in heaters

Prepayment cards

Costs for emergency boiler repairs

Lawrence Johnston of Scarf, said: "We recognise that with more of us stuck at home for the coming weeks we'll see our fuel use rise and of course, worries about fuel bills increase.

"Our advisors are on hand to help guide you through the best way to keep your bills down and ensure that you're aware of the funds that can help take away the immediate

fuel bill worries. By calling **0808 808 2282** you can check your eligibility for the Scarf Heat Fund and other grants and schemes.

"If you, or someone you know, is struggling with fuel bills or heating your home the new fund could be the answer to your problems."

Each application will be treated on a case-by-case basis with those needing the most help given priority.

Scarf works with Aberdeen City Council and the Scottish Government to provide free and impartial advice on reducing fuel bills. To get more information on how to cut your energy use while at home you can check out the Scarf website, www.scarf.org.uk or access free and impartial advice from the Scarf team by speaking to one of our experienced advisors.

Call Home Energy Scotland at Scarf on 0808 808 2282 for more information on how to access Scarf's fund as well as other grants and schemes.

St Machar Credit Union

Our credit union collection points are closed due to COVID19 at the Middlefield Hub and at the Northfield Community Centre (Beehive).

Members can still pay into their credit union accounts through their bank account - give us a phone **(01224) 276994** or email **f-credit@fersands.org** for more information on how to set this up.

Our main office is open (reduced hours) Monday to Friday 9.30 am to 3 pm (Wednesdays 9.30 am to 12.30 lunchtime

Northfield Community Centre

We at Northfield Community Centre would just like to say we are missing everyone due to the closure and hope to open again by starting our refurbishment and launching some new groups.

We want everyone to stay safe and we will see you when things get back to normal.

THE FEEL GYPES PAGE

MATHS

$$27 \times 6 - 81 - 40 + 49 - 5 + 2 = ?$$

MISSING LINK

- 1 Brick --- ? --- Paper
- 2 Roast --- ? --- Walk
- 3 Cold --- ? --- Finger
- 4 Road --- ? --- Door
- 5 Bumper --- ? --- Park
- 6 Forest --- ? --- Sleeves
- 7 Birthday --- ? --- Politics
- 8 Corn --- ? --- Mixture
- 9 Petrol --- ? --- House
- 10 Grey --- ? --- City

WORK THIS OUT

If a man takes 4 days to dig a hole then how long would it take 2 men to dig half a hole

12 QUESTION QUIZ

1. In 1928 Wolverhampton became the first UK city to have what?
2. The five rings on the Olympic flag represent what?
3. Louis Pasteur discovered what to kill T.B. Microseisms in milk?
4. What is the Japanese art of growing dwarf trees called?
5. What is a flying fox?
6. Lady Godiva rode naked through the streets of which British city?
7. The Duke of wellington had which article of clothing named after him?
8. General George Custer was killed in which battle?
9. What do the initials KKK stand for?
10. Where would you find a poop deck ?
11. Who had a friend called Big Ears ?
12. The rain in Spain falls mainly where according to the saying?

FAR THE BURNIE RUNS

Mike Middleton

Now that the Hub is in place at Henry Rae and the old burn has been opened up again let's take a wee look at what the burn and the ground around it was called.

Firstly, the burn has several names for several reasons, up at the Hub it is the Scatterburn, the name is of Gaelic origins from an eroded sided burn, Sgathtatir. It runs west to east and turns south to the Don. At the outflow to the Don it is the Cruives Burn. This is where prior to the industrial age of pollution salmon were trapped in fish traps.

The final name is the Marchburn. This takes its name from the old Scots and English word for a boundary. The burn marks the boundary of the Freedom Lands from the Barony of Grandhome. This brings us to the location and place name. The land there was called the Den of Auchmill. Auchmill was Auchmullen a place of bare or stony ground, later changed to Auchmill, the place of the mill.

Auchmill was beyond the original boundary. The March Stones go into the housing at Heathryfold number 47 and to the edge of Auchmill number 46 at Westerton of Auchmill. Our nearest March Stone is at the corner of Oldtown Place and marks the old city boundaries.

Oldtown means Allten, allt, and ten together mean dwelling near a stream. Allt is the stream and ten is the dwelling. In Gaelic terms are reversed, the stream in question is the Northfield burn, diverted in the 17th Century, now open and running into the Scatterburn as part of the scheme at the new site.

ANSWERS
 Horn 9 = Ku Klux Klan 10 = On a Sailing Ship 11 = Noddy 12 = On the Plain
Maths === = 20
Work This Out --- This can not be done, you can't dig half a hole as a hole remains a hole no matter how big you dig it or how many people dig it
12 Question Quiz 1 = Traffic lights 2 = Dolly 9 = Station 10 = Granite
Missing link 1 = Wall 2 = Duck 3 = Fish 4 = Closed 5 = Car 6 = Green 7 = Party 8 = Wellington Boots 8 = Battle of Little Big

Shmu - very much open for business!

Due to the current Coronavirus outbreak, shmu have had to adapt how we work with our target communities while we are on lockdown.

In light of the latest guidance from the government and NHS we have made the difficult decision to close our building.

This means that for the foreseeable future we will be working remotely and providing our communities with information in a different format.

It is even more important to share information and celebrate communities at this challenging time. There are also a significant number of people who do not have access to the Internet in their homes. We believe that community magazines and community radio will provide useful content for these people.

shmuPRESS will still be delivering magazines during this time and will be ensuring this is done safely and in line with government guidance. We believe it is important to bring some sense of normality to people and to continue to celebrate the great work that is happening in each of the communities we work in. If you would like to get in touch to celebrate someone or an organisation in your area who is going above and beyond to help those in need or know

of an interesting community story please get in touch with Laura on laura.young@shmu.org.uk or call her on 07752586312. All of the community magazines also have their own Facebook pages which will be sharing the latest community information.

shmuFM staff and volunteers are now recording and editing shows and community information from home.

We are continuing to provide a daily schedule of radio programmes which now include a variety of information hours, entertainment and news shows. Keeping our communities safe at home, connected and informed is our priority.

We are working with community partners to ensure information is relevant and up to date and have launched our "Tell Us" campaign which allows shmu to reach out to all service providers in Aberdeen to give them a



platform to share their information. If you have something to share please email tellus@shmu.org.uk.

Remember to tune in to 99.8FM or online at ww.shmu.org.uk/fm.

While we may be apart, shmu is connecting us together.

Access to the CFINE services during COVID-19



Community Food Initiatives North East (CFINE) had to close its premises to the public for the duration of the coronavirus outbreak to safeguard their beneficiaries, volunteers, and staff. Although there is no access to the building for members of the public, the charity and social enterprise continues to provide emergency support services for those self-isolated individuals and families who are facing difficulty.

CFINE's SAFE Team offers over-the-phone help and support for people who are facing challenges navigating the welfare system while the rest of the team is busy preparing and delivering emergency food parcels for those who placed a request. The charity distributes over 1,500 emergency food aids weekly to families who are struggling to get by.

Besides the CFINE fleet, partners and volunteer drivers are making sure that no one goes hungry in Aberdeen during the lockdown. CFINE's two electric cargo bikes have also joined the fight against hunger in the middle of April. The bikes are part of a wider project, called "Vegaroonitoun", aiming to provide access to food for house-bound beneficiaries and reduce CFINE's carbon footprint by making smaller fruit and veg deliveries in the city.

If you are self-isolating and you have no way of accessing food, you can request a contact-free food parcel delivery on 01224 596156 or at info@cfine.org. In case you are having a hard time applying for Universal Credit or would need support with any other benefits, get in touch with the SAFE Team on 01224 531386 or at safe@cfine.org

Northfield Parish Church

Dear Friends,

We are all living through some difficult and trying times. Most of us have been unable to visit family and friends and the children are stuck at home. There has also been the added financial pressure of less money coming in due to workers being placed on furlough and the concern for those who are self-employed about the future.

Through the marvels of social media, we have been able to keep in touch with others, but we long to see and speak with each other face to face. Our church building is closed at the moment, but we are able to encourage and support each other through our WhatsApp group and Facebook page.

A short video talk, prayer and song is recorded and sent out each Sunday to those with Internet access and has been listened to over the 'phone by those who do not.

It has been really encouraging to see how people have looked after those who are most vulnerable in our communities, phoning them up, going shopping for them and leaving gifts on their doorsteps etc. A special mention must be given to those who work in our hospitals and local nursing homes, who are selflessly looking after those in their care.

With the good weather, many of us have enjoyed our daily walks in the surrounding countryside. Some children have painted little stones with positive messages on them,

such as: 'Be happy', 'Joy', 'Celebrate the little things' etc. and have left them alongside the country paths. A very simple, but extremely effective way of cheering us all up.

We will come through these difficult and trying times, so let us continue to support and encourage each other, just as we have been doing, knowing that after all the rain, there will be a glorious & wonderful rainbow to look forward to!

Stay safe, be encouraging and look ahead,

SCOTT GUY

Northfield Parish Church

Community Contacts

Aberdeen City Council Helpline - 0800 0304 713

Virtual School Helpline - 01224 523322

ALCOHOL

Alcoholics Anonymous - 0800 9177 650

Drinkline - 0300 123 1110

CRIME

Crimestoppers - 0800 555 111

DRUGS

Alcohol and Drugs Action Helpline

01224 594700 or 07927192706

Narcotics Anonymous

0300 999 1212

DENTIST

Emergency - G-Dens - 111

DOCTORS

NHS 24 Emergency - 111

POLICE

Non-Emergency - 101

ELECTRICITY

If you have a power-cut - 105

GAS

Gas Emergency - 0800 111 999

WATER

Scottish Water Emergency - 0800 0778 778

HOUSING

Emergency Repairs - 03000 200 292

Family Planning - 0345 337 9900

Mental Health Aberdeen - 01224 573892

Breathing Space - 0800 838 587

Samaritans - Need to talk

01224 574 488 or 116 123

SOCIAL WORK

Adult Protection - 0800 731 5520

Joint Child Protection Team

01224 306877 or 0800 731 5520

VSA Carers Support - 01224 358631

Age Scotland - 0800 1244 222

CFINE 01224 596156

Financial Advice at CFINE 01224 531386

Pathways 01224 682 939

Citizens Advice 01224 586255

St Machar Credit Union 01224 276994

Northfield Medical Practice 01224 662911

Woodside Medical Group 01224 492828

YOUR LOCAL ELECTED OFFICIALS ARE: LOCAL COUNCILLORS

Councillor Ciaran McRae 01224 346630

cimcrae@aberdeencity.gov.uk

Councillor Gordon Graham 01224 523594

ggraham@aberdeencity.gov.uk

Councillor Jackie Dunbar 01224 522522

jdunbar@aberdeencity.gov.uk

Area MSP

Mark McDonald

– MSP for Aberdeen Donside

Aberdeen office: 01224 789 457

Mark.McDonald.msp@parliament.scot

Area MP

Kirsty Blackman

– MP for Aberdeen North

Aberdeen office: 01224 633285

kirsty.blackman.mp@parliament.uk

DOMESTIC ABUSE SUPPORT

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

Your husband or wife. Your boyfriend or girlfriend

Your current or ex-partner

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

Help and support

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

Police Scotland

If you are in danger and it is an emergency, call 999.

For non-emergencies call 101

National Domestic Abuse Helpline Free and confidential advice. Open to all. 24 hours a day.

Telephone: 0800 027 1234. Website: sdfmh.org.uk

Grampian Women's Aid

Telephone: 01224 593381. Website:

grampian-womens-aid.com

Rape Crisis Grampian Telephone: 01224 590932.

Website: rapecrisisgrampian.co.uk