

CLD Bulletin

May 2021



Earth & Worms Community Development

Earth & Worms started its journey back in June 2020 after a group of keen volunteers got together in Tillydrone to develop a disused patch of land to facilitate a community growing project. Initially the project set out clearing the land to make it safe and accessible. It was then decided to hold a community consultation tied in with a Covid safe “give it a go” session in October 2020, to find out what people wanted to see happen in their area.

After an overwhelming response from residents of the central locality, work was begun in further developing the site with assistance from Aberdeen City Council’s Community Development Officer, Graham Donald. Working together, the team has sourced free materials for pathways, structures, and seating areas, and this has aided in visualising the project’s full potential.

As we move forward and out of Covid, we have now started to collaborate with existing organisations and professionals to deliver a series of workshops and events to allow our members to come together and enjoy the space they have worked hard to develop.

We held a potato seed giveaway to encourage others to grow in their gardens with **One Seed Forward**, **CFINE** and **Bonnymuir Green Trust** with a phenomenal turn out from the public. We have also been working closely with a local herbalist to deliver foraging walks and workshops to use locally sourced herbs to create soothing balms and infusions.

Working closely with Tillydrone Community

Flat, we are allocating spaces on our workshops for locals who would benefit from this time to take part in something new in their area.

Recently ten volunteers came to donate working hours from **Global Energy Group**, gifting the garden with free picnic benches and spreading gravel to maintain the first phase of the driveway with materials being purchased from the **Udecide PB funding**.

We are now working on the second phase which will see a polytunnel erected to enable us to grow food year-round. This will then allow us to focus on the last of the structural plans to focus on more educational and fun events at Earth & Worms.

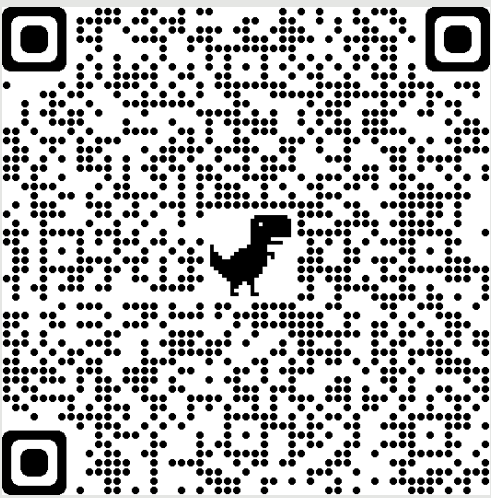
Our current project in collaboration with **Tillydrone Community Council** and **Aberdeen City Council Countryside Rangers** will see opportunities for schools to carry out citizen science, as we plant and establish a wildflower meadow across from our site on Hayton Road. This exciting opportunity will not only make our area more beautiful, but it will also increase pollinator habitat giving benefit to the environment.



What's Happening at Willowdale?

Adult Learning

Please scan the QR code with your smartphone or click the link to find out!



<https://bit.ly/3vpHNyT>

Youth Activities Grants 2021/22

Youth Work & Wider Achievement

Youth Activities Grants provide financial support for activities that promote young people’s wellbeing, confidence, skills development and active citizenship.

The criteria for the grant are that young people must be between 12-25, living and/or studying in Aberdeen and there should be clear evidence that young people have been consulted on the application.

More information can be found here: [YAG information](#)

Closing Date	Funding group meeting
04 May 2021	18 May 2021
08 June 2021	22 June 2021
07 September 2021	21 September 2021
09 November 2021	23 November 2021
25 January 2022	08 February 2022





Coming Out of Lockdown Recipe 😊

Indulgent Microwave Chocolate Cake!

Adult Learning

- You will need 1 x 300ml empty cream or yoghurt pot, a microwavable bowl and a 9inch/23cm round diameter microwaveable dish (you can also use a square or oblong dish).

Recipe adapted from net.Clare2406

Ingredients

½ 250g block of unsalted butter
 2/3 of a pot caster sugar
 1/3 of a pot cocoa powder
 1 teaspoon vanilla extract
 2 eggs
 ½ pot of plain flour (sieved)



This month's recipe is a little bit indulgent and moreish - as we come out of lockdown, I think we all need a little treat!

This is a very rich cake and can be cut into pieces like chocolate brownies if you use a square or oblong microwaveable dish

Method

- Grease and line a non-metallic microwaveable dish with cooking oil or butter until it is fully coated
 - Cut up the butter and place in microwaveable safe bowl and slowly melt in the microwave on the lowest setting until just melted – **do not let it cook!**
 - Then add the sugar, cocoa powder and vanilla extract and mix well
 - Next add the eggs, one at a time, and mix well after each egg is added. Then stir in the flour, and make sure all the ingredients are thoroughly mixed.
 - Spoon the mixture into the greased dish and spread evenly to the edges.
 - Place in the microwave on high and cook for 5-6 minutes (based on an 800w microwave), checking it does not rise too high and over the sides of the dish. Keep an eye on the cake as it cooks.
 - The cake will be ready when it shrinks slightly away from the edges of the dish. There may be a spot in the centre of the cake which looks uncooked ... **but this is normal** ... as the cake continues to cook once removed from the microwave and cools down.
 - Depending on your microwave ... it may need an extra minute or two.**
 - Leave to cool completely before removing from the dish. Eat and enjoy! 😊
- Can be served with Greek Yogurt, Cream, Ice cream ...or eaten on its own like brownies

Healthy Minds

Origami Cranes



Janet Shek, a local artist, began a community art project during last year's lockdown to support people's mental health and wellbeing. The idea was to get over 1,000 origami cranes folded; in Japan this is believed to make wishes come true or to promote recovery from illness or injury.

Janet asked if learners at Healthy Minds would like to take part, so we delivered packs to those interested and one of our volunteers ran an online workshop.

It was great fun, with one learner saying:

"I found it relaxing once I figured it out, it helped my mental health as it kept me busy and occupied."

You can visit the display at the Health Village on Frederick Street – it will be there for the next month.

Shapes Project



At Healthy Minds we decided to undertake a project that all learners could get involved with, to highlight how they have felt about the last year and their hopes for the future. We opted to use wooden shapes; a rectangular one to represent the past year and a cloud shape for the future.

We delivered pens and shapes to all of those who wished to take part, then collected them a week later. The work that has been undertaken is amazing and brings all those involved in Healthy Minds together in a simple project.

We hope these ideas will allow the voice of the learners to be heard about how lockdown has affected them and show the positivity there is for the future.

The shapes are now hanging outside Rosemount Learning Centre for anyone to visit.



News from the WEA

2021 WEA Enhanced Digital Skills Award

The past year cast an ominous shadow across community learning, rendering our classroom at Reach Out unusable and a vast swathe of our students isolated, and not just physically.

The digital divide was more apparent than ever, but as we moved to an online-only model to enable some form of teaching and much needed contact, one of our students really stepped up to help, winning a prestigious award in the process.

Kenny is a self-proclaimed "gaming geek", with an encyclopaedic knowledge of computer gaming spanning the past 30 years, but he’s had to develop new digital

skills to inspire and engage others online.

In the early months of the pandemic, he started a gaming thread on our Facebook page, leading to a year-long virtual classroom where Kenny supported and inspired everyone, making a real effort to step outside his comfort zone and delivering volunteering work of the highest quality.

This led to Kenny winning the 2021 WEA Enhanced Digital Skills Award. It is very much deserved, and he now feels he is ready for taking the next step in his learning and volunteering journey.

Well done Kenny!



Kenny Rae (left) and Steve Murison, Reach Out Education Coordinator



Tesco Youth Hub Community Development

Over the last 18 months to 2 years, Police Scotland received numerous reports of anti-social behaviour in and around the area of Tesco at the Lang Stracht.

After receiving safety advice including shutting off Wi-Fi and electricity points, PC Derek Bain, Police Scotland, met with Stuart Neil, Tesco Manager, to discuss how best to approach the issue. During this period the anti-social behaviour escalated to a point that increased emergency services resources were being used.

A period of engagement followed with the young people saying they hung about the area as they could get free Wi-Fi, charge their phones and it was under cover. Stuart and Derek discussed this, with Tesco agreeing to provide a covered area at the foot of their car park to site an Outdoor Youth Hub.

It was clear a partnership approach would be required and therefore a steering group was set up including: **ACC community development and youth work staff, Northfield and Hazlehead Academies, the local Community Council, Cllr John Delany, AFC Community Trust, Streetsport, Sheddocksley Baptist Church, Tesco and Police Scotland.**

A funding bid submitted to the **Fairer Aberdeen Fund** to purchase Wi-Fi, phone charging points and seating was successful. Also included within the funding award was a street artist; with Marc from **FreshPaint** hired to work on a short term project with the young people to create a mural of their design, to increase their sense of ownership of the area.

Funding has also been secured from the wider **Northfield Priority Partnership** and a decision is pending from **Youthlink Scotland** to fund outdoor activities provided by Streetsport and AFC Community Trust for a year, with plans in place to further engage with the young people around wider provisions that will assist in getting those

involved in anti-social behaviour into positive destinations.

ACC and police youth workers will also be working alongside these partner organisations to provide quality youth work support using a person-centred approach to organically grow the project to fit with the needs of the young people.

The provisional go-live date has been set as Thursday 27th May, with the **Unpaid Work Team** presently busy tidying the area and painting the fence white as a base for the mural. Thereafter contractors will fit the Wi-Fi solution with **ACC blacksmith service** making a bespoke seating area to fit the space.



Family Learning Team News

Parent Network Scotland Wellbeing Toolkit



Following the Covid-19 pandemic, as part of the Family Learning recovery strategy, supporting families with their wellbeing was agreed as a top priority. We were therefore delighted when the opportunity arose to be part of a pilot scheme run by Parent Network Scotland (PNS) to roll out their Wellbeing Toolkit to families.

Family Learning Development Workers, Ruth Hamilton and Pamela Maclure, completed the training with twelve other Aberdeen City Council colleagues including Education Social Workers and Early Years Practitioners.

The toolkit is a ‘holistic approach to compassionate self-care’ with topics covered including breathing techniques, visualisation, movement, massage and mindfulness.

The plan is to roll out the course across Aberdeen City to families we are working with, so Ruth and Pamela were pleased to start the course virtually with Family Learning parents a couple of weeks ago.

The picture shows Pamela explaining how important it is to ‘fill up your cup’, in essence being compassionate and making time for yourself as a parent, not just looking after everyone else’s needs. A good skill for us all to have and a great reminder for everyone that was trained on the course.

Incidentally, we are delighted as a group to be the first professionals to be trained outside PNS as part of a new pilot scheme. Gaining the name ‘Aberdeen pioneers’ in the process!

Family Learning Wellbeing Walking Group in Northfield

With restrictions finally easing we were able to start up our Wellbeing Walking Group on Thursday the 13th of May.

This is for families that stay in the Northfield area. We will be meeting at the Northfield playing fields at Sheddocksley Sports Centre at 9.30am, with a view to walking the 3km route.

We will be in touch with families before the walk to go over the risk assessment with them. If we have a lot of interest, we will then run another group as we need to watch numbers with Covid –19 restrictions.

If you know if anyone that would like to join, please contact Ruth, Angela or Helen from Family Learning.



Online Sleep Workshops

Over the last month, Euan (Social Work student) and Ruth (Family Learning Development Worker) have facilitated a 4-week online Sleep Workshop for 7 parents in the Northfield and Mastrick areas.

This was the first course Family Learning have run online using Microsoft Teams, having used Google-meets for previous courses, and despite a few technological issues to begin with, once all the learners were set-up online, the course went really well.

Learners commented that they enjoyed being able to access the course from the comfort of their own homes, and

those with younger children appreciated the opportunity to attend without having to worry about childcare.

The course included PowerPoint presentations, YouTube videos and lots of opportunity for discussion – all of the learners felt able to contribute and fed back that they enjoyed sharing their experiences as well as hearing different ideas for things to try with their own children.

All of the learners (and facilitators) enjoyed the 4-week course and are looking forward to a catch-up session next month to hear how everyone is getting on!

Here are some examples of what learners shared they enjoyed:

"Other adult conversation and knowing I wasn't the only parent out there going through it"

"Feeling that ur not alone".

And here are some comments from learners about what they have learnt and will do differently:

"screen time and diet"

"not to allow boys on their switches before bed and try help them to wind down".

On the back of the success of the online Sleep Workshop, a couple of further Sleep Workshops for parents have been organised and are due to start in the next couple of weeks.

Adult Learning - ESOL

During the easter/summer term, Adult Learning ESOL is currently supporting 26 learners and 18 new Scots, some of whom receive two classes per week. The students this term are from:

Romania: 4 Bangladesh: 3
Greece:1 Poland: 8 Saudi Arabia: 2
Brazil: 1 Lithuania: 1 Vietnam: 1
Tunisia: 1 Hungary:1 Syria: 18
Bosnia Herzegovina: 2

The students have adapted to online learning well, and attendance is almost 100%. This type of learning has to be adaptable and flexible, often rearranged to accommodate work, family commitments and religious festivals.

If you are supporting any resident who would benefit from support with learning English, please make a referral by emailing the Adult Learning Team:
AdultLearning@aberdeencity.gov.uk



ESOL SQA CLASS

The Covid-19 pandemic hasn't stopped our English for Speakers of Other Languages (ESOL) learners from achieving SQA ESOL qualifications. Amira, Susan, Zennur and Sveta completed their ESOL for Everyday Life, National 2 in Speaking and Listening qualification just before Easter.

What started as an experimental project, "Let's see if we can do this" ended with great success thanks to the learners' strong motivation and hard work, despite the challenges of online learning, technology not always cooperating and our children often joining in.

The learners noted that their speaking has improved significantly and they are now less worried about speaking to other mums in the park or at school/nursery which shows that our work was not only about passing an exam but making a difference to their life here in Aberdeen.

Big congratulations to you ladies!

Thank you...

Craig Singer, Development Manager

Graham Donald, Community Development Officer/Acting Community Development Manager

Helen Polson, Family Learning Development Worker

Jane McCarthy, Adult Learning Tutor

Jill Bremner, Community Learning Worker Healthy Minds

Karen Quinn, Development Officer Adult Learning

Lesley Duffus, Adult Learning Literacies Coordinator

Pamela Maclure, Family Learning Development Worker

Ruth Hamilton, Family Learning Development Worker

Sandra Lawrence, Adult Literacy Tutor

Steve Murison, Education Coordinator, The WEA

Wilma Smith, Community Development Officer

...for your contributions