



WELCOME

Our cover photo, taken a few weeks back, shows some of the Stonehaven health walkers taking a stroll along the harbour as the morning mist begins to burn off. The warm days may be over now, but we still have weekly walks taking place in Stonehaven, Laurencekirk and St Cyrus. A great way to get the circulation going and have some social interaction to boot!

Walker or not, we hope you enjoy putting your feet up and having a read of this month's newsletter. If there's anything you'd like included in a future edition, do let us know.

PATHS FOR ALL & HEALTH WALKS

Paths for All is a Scottish charity which champions everyday walking. It has a Strength and Balance programme which combines simple exercises with advice on walking to help adults stay active and independent - see the leaflet [here](#). They would welcome any feedback on the leaflet and whether you find the exercises helpful. Please post feedback to Helen Wilson, Paths for All, Great Glen House, Leachkin Road, Inverness, IV3 8NW, or email to helen.wilson@pathsforall.org.uk.



If you're aged 50+ and would like to join in with any of our walks there's no need to book - just come along. The walks, in association with Paths for All, take place at the following days and times:

Stonehaven - Monday mornings, 10am from the leisure centre car park.

Laurencekirk - Wednesday afternoons, 2pm from the Masonic hall.

St Cyrus - Thursday mornings, 10am from St Cyrus hall.

Please note, walks are weather dependent and may be subject to cancellation.



We are currently looking for volunteers to join our friendly team of health walk leaders in Stonehaven, St Cyrus or Laurencekirk. Free training is provided by Paths for All. You can find out more about what a walk leader does at www.pathsforall.org.uk/wfh-volunteering. Alternatively, please contact us for information or to get a volunteering application form, on 01561 378130.

MOVING FORWARD, WITH YOUR HELP



It's been a wee while since our last newsletter was published, and it's great to see more groups and social activities restarting across the area. These include our own Past Times group for people living with dementia, gentle exercise classes and memory café, as well as our continuing social gardening groups and health walks.

As we look to move forward from COVID, we'd love to hear from you with ideas and suggestions for groups, activities and services, so we have included a short survey with the newsletter for you to complete and return. This will help us as we continue to restart groups and plan for new activities. Download and print at <https://mchln.org.uk/survey.pdf>, or contact us for a physical copy.

Thank you in advance for taking the time to complete the survey - we're looking forward to hearing from you. You can also contact us on 01561 378130 or office@mchln.org.uk with your suggestions.

THE APPEAL OF MURDER MYSTERIES

As winter approaches, many of us look forward to cosy nights in front of the fire with a blanket, a snoring dog, a cup of hot chocolate, and... a good, blood-filled murder mystery.

Why are so many people so keen on murder mysteries and why do we find them somehow comforting?

It's definitely true that murder mysteries are one of the most popular genre for our own library readers. The book most borrowed by adult readers in Mearns area in 2020 was Ann Cleeves' *Wild Fire* followed by Peter Robinson's *Many Rivers to Cross* in second position and Linwood Barclay's *Elevator Pitch* in third. According to national data, thriller writer James Patterson topped the list for most borrowed author from UK public libraries for 13 years in a row!



Some psychologists* have suggested that our appetite for crime novels is linked to the success of children's fairy tales.

Think about some of the elements of a classic murder mystery: the murder, the murderer, the detective (or the person who does the sleuthing), the detecting process, and the denouement. As readers, we journey from fear to reassurance; something terrible has happened, there is fear and uncertainty, someone takes responsibility for solving the crime, the confusion is resolved and evil is overcome.

Psychologists suggest that children reading fairy tales travel similarly from fear to reassurance and that this can actually help children be less troubled by their fears and traumas.

Within a troubling world, maybe the comfort of the murder mystery is that it gives us hope. Would you agree?

Live Life Aberdeenshire's libraries across Mearns are open for limited borrowing or for Click & Collect services. Some have also re-started face-to-face Bookbug Sessions and groups. For the latest service information and times, look at the Live Life Aberdeenshire website or telephone the Live Life Aberdeenshire helpline on 01467 532929 (9am till 5pm Monday to Friday and 9am till 2pm Saturday). If you aren't already a library member, you can join online or via the helpline.

Fiona Dakers, Mearns Community Library

**Information taken from David Evans' article "Do you love murder mysteries? You're not alone. Here's why."*

SCOTTISH MUSICAL QUIZ

**How much do you know about the music of Scotland
and its performers?**

Q1. Which Proclaimers song starts with the words "My heart was broken"?

Q2. Which Scottish songbird had a major hit in the seventies with a song from the musical Evita?

Q3. Who wrote the iconic Scottish song Caledonia?

Q4. Who is lead singer for the Scottish band Wet Wet Wet?

Q5. What Scottish band had a number one hit with the Beatles song Ob-La-Di, Ob-La-Da?

Q6. Who was the kilted Scot who represented the UK at the Eurovision Song Contest?

Q7. Which Scottish legend enjoyed great success with songs like A Scottish Soldier, Campbeltown Loch and Donald, Whaur's Yer Troosers?

Q8. Which Scottish singing megastar played centre forward for the guest team at Alex McLeish's testimonial game at Pittodrie?

Q9. Who was the tiny lass from Rothesay, Isle of Bute, who won talent show Opportunity Knocks and became a recording star at 10 years old?

Q10. Who wrote Mull of Kintyre?

Quiz by Rod Summers
Answers on back page

WELL DONE PHILIP!

Volunteer driver and MCHLN Board member Philip Cooles recently ran the Edinburgh half-marathon to raise funds for us. Thank you Philip, we're very grateful for all your efforts.



PORTLETHEN SUPPORT PROJECT



Aimi Blueman from Aberdeenshire Voluntary Action is working on a project in Portlethen to promote successful hospital discharge, where people require support at home to help their recovery.

The idea is to identify the additional support a person requires and create a support network for these individuals for 8-12 weeks, which will enable them to make a full recovery and prevent them being readmitted to hospital.

Support activities might include help with transport, shopping, friendly chats, putting the bins out, walking the dog...anything that helps an individual come home from hospital!

As part of the project Aimi is looking to speak to people who have had experience of being discharged from hospital; she wants to hear all about the process of being discharged from hospital and the support you did or didn't receive when you got home.

You can contact Aimi directly at 07585 507524 or aimi.blue@avashire.org.uk. She will also be coming to Portlethen to speak to people so just let her know if you would rather meet face to face.



The project will run for two years and is being funded by NHS Grampian Endowment Fund and NHS Charities together; it is being run across the Grampian area with project sites in Aberdeen, Aberdeenshire and Moray.



MINI CROSSWORD

The crossword puzzle grid consists of the following numbered starting points:

- Across:**
 - [1] 10 squares
 - [3] 7 squares
- Down:**
 - [2] 4 squares
 - [4] 7 squares
 - [5] 3 squares
 - [7] 4 squares
 - [8] 5 squares

Across

- [1] Stonehaven castle
- [2] Drumlithie nickname
- [3] Home of Maggie Law
- [8] Transmitter

Down

- [3] Drumtochty and Esk
- [4] Raft race village
- [5] Cairn o' ?
- [7] St Ternan

Answers on back page

COBURG SANDWICH CAKE

A yummy vintage cake recipe from volunteer Liz Watson.



Ingredients

1/2 pound flour
3oz brown sugar
4oz margarine
2 eggs, beaten
3/4 tsp ground cinnamon
3/4 tsp mixed spice
1 tblsp syrup
3 tblsp hot water
1/2 tsp bicarbonate of soda
1/2 teacup sour milk or buttermilk

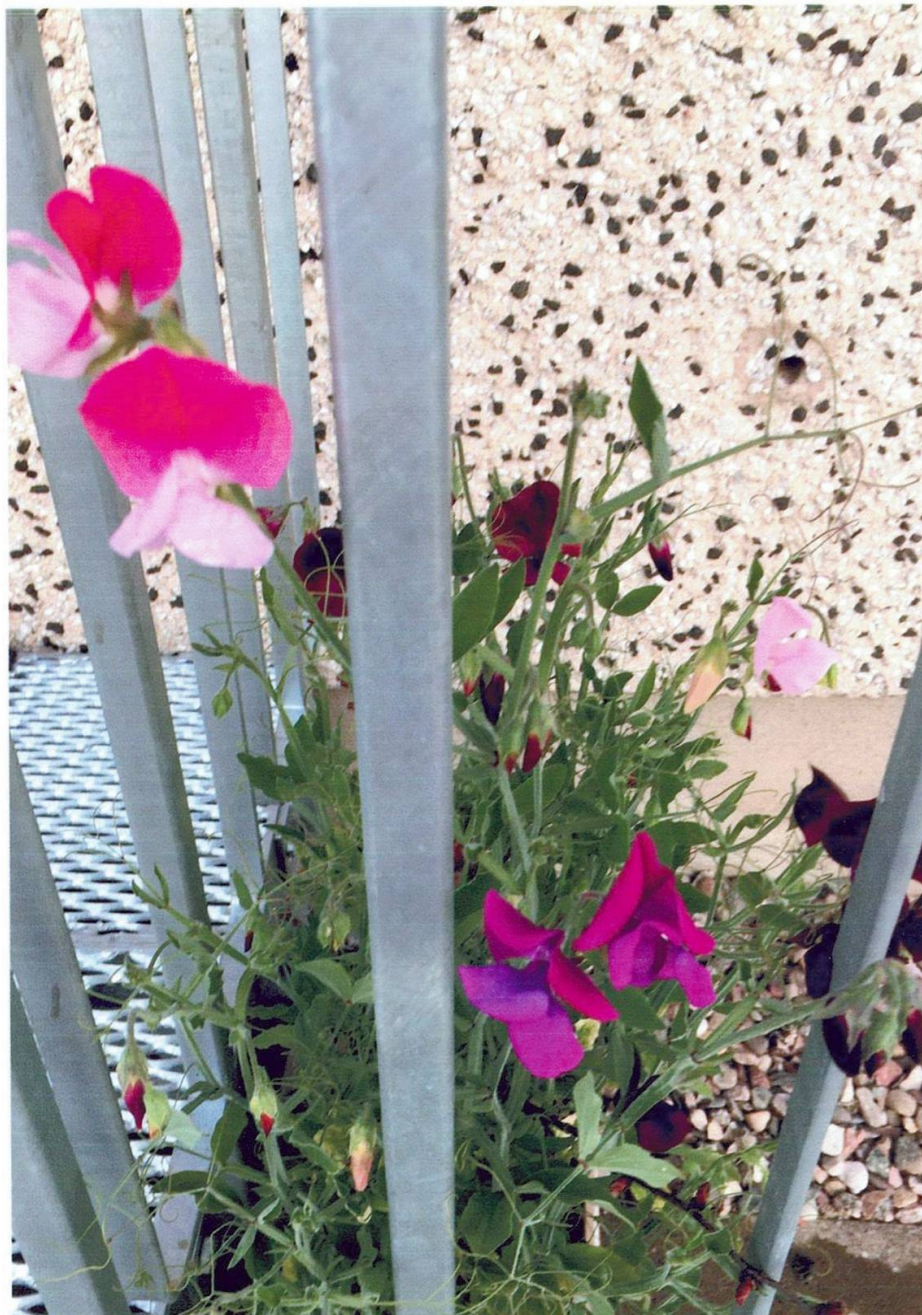
Method

Cream sugar and marg, then add eggs and flour alternately. Add spices then syrup melted in water. Dissolve bicarb in milk and add. Bake in greased sandwich tins in a hot then moderate oven for 20-30 mins. Cool on a wire rack then sandwich together with buttercream icing.

SEEDS SUCCESS!

A few months ago we enclosed seed packet gifts in our newsletter. Lorraine & William Hepburn from Laurencekirk received sweet peas, and have sent us this photo of the beautiful blooms that came up after they planted the seeds.

Aren't they lovely? We hope lots of you had similar success with your seed packets over the summer.



OUR NEWSLETTER

We hope you've enjoyed our newsletter. We welcome feedback, suggestions, and items for future editions. Contact us:

Phone: 01561 378130

Email: office@mchln.org.uk

Address: 44 High Street, Laurencekirk AB30 1AB

Website: mchln.org.uk

Facebook: www.facebook.com/healthylivingnetwork

NOVEMBER 2021 DIARY

Monday weekly: Stonehaven health walk, Laurencekirk gardening group.

Tuesday weekly: Portlethen gardening group, Past Times group, Laurencekirk.

Wednesday weekly: Stonehaven gentle exercise classes, Laurencekirk health walk.

Thursday weekly: St Cyrus health walk.

Tuesday 30th November: Memory café, Laurencekirk.

All subject to change. Please contact us to find out more.

SCOTTISH MUSIC QUIZ ANSWERS

1. Sunshine on Leith 2. Barbara Dickson (with Another Suitcase in Another Hall) 3. Dougie McLean 4. Marti Pellow 5. Marmalade 6. Kenneth McKellar 7. Andy Stewart 8. Rod Stewart 9. Lena Zavaroni 10. Paul McCartney.

MINI CROSSWORD ANSWERS

Across [1] Dunnottar [2] Skite [3] Gourdon [8] Durris

Down [3] Glens [4] Marykirk [5] Mount [7] Church

Thanks to the Scottish Government Wellbeing Fund for funding this newsletter, and to the content contributors.