



MEARNS AND COASTAL
Healthy Living Network



ANNUAL REPORT

[Company registered in Scotland number: 325854] [Scottish Charity Number : SC038980]

Mearns and Coastal Healthy Living Network—Chairperson's Report.

What a year it has been – a year of challenges met and challenges overcome -, a combined effort by the Team, our volunteers, members, supporters, partners, donors, and funders. The Board and I are grateful to you and them for your continuing to support Mearns and Coastal Healthy Living Network and for being part of the Mearns and Coastal family.

When we met for the Annual General Meeting (AGM) in November 2019, no one could have imagined how life would change before we gathered again for the AGM in February 2021. The 'COVID-19' pandemic, a virus few had heard of in 2019, dominated the year, and asked difficult questions of us all.

Our Response

Flexibility, determination, resilience, imagination, and a commitment to continue to work for the community were at the heart of Mearns and Coastal Healthy Living Network's response. We found new ways of working at home and in the office and new ways of meeting on-line when we could not meet in person. Teams and Zoom calls became surprisingly familiar and effective, thanks in no small part to Steve Coles and Lynn Moir's IT expertise.

We maintained essential services (transport, home delivery shopping, gardening, and handy person) and adapted them to ensure the health and well-being of clients, volunteers, and staff. To tackle increasing social isolation in the community we added new services to satisfy a growing need for keeping connected.

The creation of the telephone service enabled Mearns and Coastal Healthy Living Network to reach more people not on-line, as did successful participation in the 'Connecting Scotland' programme, through which we distributed IT equipment and training to help people get on-line. The 'Tea for Two' initiative was another imaginative way to combat social isolation and loneliness, to lift spirits, and boost local businesses who contributed to it.

We had to suspend group activities during lockdown to comply with government guidelines. As restrictions eased during the summer we resumed some activities to reduce social isolation, modifying them to maintain government requirements for social distancing and safeguard the health of participants.

Partners

We enhanced the impact of our efforts by working in close partnership with diverse groups and charities across the region including local Food Larders, Community Learning and Development, the Mearns Library, Pillar Kincardine, KDP, Kincardine and Deeside Befriending, Laurencekirk and District Rotary, the local National Farmers Union office, local schools, and Laurencekirk Artists Society.

Volunteers

Volunteers working closely with the team continued to be at the heart of our work in 2020. Volunteer drivers took clients to medical appointments, delivered prescriptions, and did clients' shopping for them. They also manned our telephone service and delivered initial and ongoing IT support for people signing up to the Connecting Scotland project. Gardeners helped to maintain folk's gardens.

We recruited new volunteers to take on the work of long-standing volunteers required by government to shield and reassigned some of our existing volunteers to new roles. The response to the recruitment drive was outstanding – testimony to the spirit of the community in which we live.

We issued revised guidance and personal protection to staff and volunteers throughout the year, consulting Aberdeenshire Health and Social Services and other partners as government regulations changed. We shared our knowledge and expertise with new charities set up to respond to community needs.

Outreach

We strengthened communications by modernising the Mearns and Coastal website, doing more on Facebook, and launching a well-received monthly Newsletter. We raised our profile in the local media and in the wider community. Mearns and Coastal Healthy Living Network featured strongly in initiatives to highlight the contribution of the Third Sector to community well-being. We were one of eight Scottish charities profiled in the 'Communities in Lockdown: Case Studies Report' submitted to the Scottish government, MPs, MSPs and local councils by 'Scottish Communities for Health and Well Being'. We also featured in KDP online videos, Aberdeenshire Third Sector Week and in Quarriers Aberdeenshire Carers Newsletter.

We continued to 'lend an ear and give a voice' to the interests of our clients and to remind decision-makers and the wider public of the true value of those we serve.

Funding and Finance

Covid-19 had a major financial impact on charities across the UK. Fundraising activities and other sources of income were severely disrupted. Demand for major grant funding grew. Mearns and Coastal Healthy Living Network also came under pressure, as we entered the final year of a generous five-year funding programme from the National Lottery Community Fund (TNLCF).

We were grateful to the TNLCF and their representative Suki Mills for their understanding throughout the year and willingness to extend the final deadline for their funding to us, which was a great help. Aberdeenshire Health and Social Care Partnership and the 'Tesco Bags for Life' scheme were also generous and flexible.

Securing new funding was and is a top priority. Jane Mitchell as Manager and Nigel Webster, Chair of the Funding Committee, led the funding effort strongly supported by Ed Garrett and other members of the Funding Committee.

Through their endeavours we received funding from a cross section of national and community funders to help our COVID-19 response: Aberdeenshire Council's Resilience Fund, the Corra Well Being Fund, Foundation Scotland Response, Recovery and Resilience Fund, the SCVO Well Being Fund, KDP Support for Communities Fund, the Robertson Trust, the Adapt and Thrive fund and Community Recovery Fund.

We also benefited from substantial donations from the Bank of Scotland Foundation, NFU Mutual, the Laurencekirk and District Rotary Fund, Laurencekirk Inner Wheel, St Laurencekirk Football Club, the Laurencekirk Artists Society, and individual donors. Without their donations we could not have done what we did or helped as many people.

The Finance Committee under its Chairman, our Treasurer Philip Cooles, did great work with Jane in managing finances throughout the year, preparing the Annual Accounts, and ensuring a regular flow of information to the Board to inform financial debate and decision making.

The Team

The operational delivery of our services is the responsibility of Jane and the team, Bernie Dawks, Lynn Moir, and Denise Morris. The Board and I want to thank them for their tireless efforts and great work in 2020 to deliver critical support to so many people and to ensure that Mearns and Coastal Healthy Living Network continued to serve the community despite the constraints of COVID-19.

The Board

I want to express my personal thanks to all my fellow Board members for their individual and collective contributions and for their wise counsel and advice. Nigel Webster, as Vice-Chair, was assiduous in his support. He, Stephen Coles, and Philip Cooles kept in close touch with the Team and provided an extra pair of hands, whenever the Team asked. Sheila Taylor and Phyllis Christie were strong 'voices' for our coastal communities

Thanks, and Farewells

It was with great sadness that we said goodbye to Ernest Thom, who died early in 2020. So much could be said about the contributions Ernest and his wife Irene made to Mearns and Coastal Healthy Living Network and to the other charities they supported, as we were reminded at Ernest's funeral.

Ernest continued his voluntary work for months after his cancer was diagnosed and during much of his treatment. Even after ill-health prevented his active participation, Ernest took a keen interest in those he and Irene had helped and what the Team and the Board were doing.

Today we are saying goodbye to Cathy Fleming, who has decided to step down from the Board after many years of service. Cathy was a founding member and a strong supporter. Mearns and Coastal benefited greatly from her contributions. Cathy has assured me she wants to keep in touch, and we are delighted that she will do so.

There is one other long-standing colleague, or should I say longest serving colleague, to whom I want to pay tribute: Ken Fairweather. Ken has served Mearns and Coastal Healthy Living Network as Chair of the Board, Treasurer, and ever-willing volunteer.

Ken stepped up without hesitation to help when Ernest died, as a co-opted member the Board and on the Finance Committee, benefiting both with his experience and understanding. He was also a wise source of advice for Jane and me. Ken will continue as a volunteer, but he is now taking a well-earned rest from Board level and committee responsibilities, leaving Ed Garrett as reference point for our charity's history. Thank you, Ken, for the service you have given us.

Conclusion

2020 was a busy year. A productive year. A year of learning lessons and applying them. A year of helping others. My warmest thanks to all of you for contributing to it. Now our focus is firmly on 2021 and the service Mearns and Coastal Healthy Living Network will offer to our community.

David Middleton

Chairperson

Mearns and Coastal Healthy Living Network

Mearns and Coastal Healthy Living Network — Why do we exist?

Why? - Objects & Principle Activity

- ◆ To advance the health and positive mental health of older people resident in South Aberdeenshire by supporting their continued independence within the community through provision of services, by relieving social isolation within the rural setting through social activity and through the provision of appropriate activity and involvement in active volunteering.
- ◆ To advance the citizenship of older people by encouraging involvement in planning and decisions about services, encouraging inter-generational skills sharing and by ensuring that older people's views are expressed and acted upon appropriately; to advance the involvement of older people in community development by encouraging active volunteering and by raising awareness of the value of older people's contributions.
- ◆ To advance education by provision and access to training and skills and by providing information about wider opportunities available.
- ◆ To provide a range of recreational activities for older people.

What? - Activities, Services & Support

- ⇒ Social gardening groups
- ⇒ Friendly Calls telephone service
- ⇒ Health walks
- ⇒ Newsletter
- ⇒ Pockets of Sunshine project
- ⇒ Afternoon Tea for Two project
- ⇒ Connecting Scotland project
- ⇒ Gardening & Handyperson service
- ⇒ Transport service
- ⇒ Home delivery shopping service
- ⇒ Prescriptions & post office deliveries

Our Year in Numbers

- ◆ We received more than **700** requests for support and advice; from people already using our services and new requests for help from older people, Care Managers, the Grampian Coronavirus Assistance Hub, families, friends, Community Mental Health Team, Community Substance Misuse Service, Salvation Army, Pillar Kincardine, K&D Befriending, Employment Support team and local food larders.
- ◆ We answered **364** requests to deliver prescriptions to households across the area.
- ◆ Despite numerous appointments being cancelled due to the pandemic, we have helped older people attend **195** healthcare appointments, including flu clinics and the new COVID vaccine clinics.
- ◆ During lockdown we received **89** requests to help older and vulnerable people get food and household shopping, providing a home delivery service for **32** clients on a regular basis.
- ◆ We answered **33** requests to deliver parcels and mail to the post office, and pick up stamps, so people could keep in touch with family and friends.
- ◆ **46** older people use our gardening service on a regular basis. We've also handled a variety of calls for the gardening and handyperson services.

Our Year in Numbers

- ♦ We signposted people and agencies **23** times to community-based support, including food larders, benefits advice and mental health support, as well as health advice and Council services.
- ♦ We distributed **50** digital devices and Mi-Fi units across South Aberdeenshire as part of the Scottish Government's Connecting Scotland programme.
- ♦ **51** older people receive a weekly call from our Friendly Call telephone service. Our volunteers have made over **1,100** calls since the service started in lockdown.
- ♦ **All this is made possible by the hard work and commitment of our fantastic volunteers. We'd like to thank our **70** existing volunteers, and the **42** new volunteers recruited since March 2020—we couldn't do it without you!**

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What we do: Services and Support-

Here to Help

Our Independent Living Project has been adapted since the arrival of the Coronavirus to become our Here to Help service. This includes help with transport, shopping, prescription delivery, garden maintenance and the handy-person service. Since March 2020 we have seen the numbers of people receiving support from these services more than double to over 250. At the height of the pandemic we suspended the minimum age criteria for anyone requiring support, ensuring we were able to provide services and support to all those who needed help at the time.

Transport Service -

The transport service is usually one of the busiest services covering, as we do, an area in South Aberdeenshire that has many smaller villages and settlements, and where travel is essential to access most services including healthcare and wellbeing services and support. In the months before the pandemic we saw the usual demand for transport, however this ceased in March when all but the most vital appointments were cancelled or postponed. As 2020 progressed we saw demand for this service return, and we are currently busy assisting people to attend appointments including those at the COVID vaccination centres, as well as hospital, GP, dental and chiropody appointments. We are grateful to our team of volunteer drivers who put in the hours and mileage to support this much-needed service.



"I used the transport service just the other week. This service is a godsend. The volunteer was a lovely lady. She took me up and took me home, it was just perfect." - Molly, transport client.

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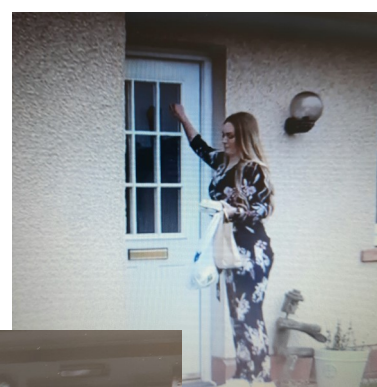
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Here to Help—Home delivery shopping service

Our shopping service has always been a vital service for older people, especially for those living in the villages across the area. When the first restrictions came into place in March 2020, we were acutely aware that there was a real risk of many older people suffering from geographical and digital-access related food poverty. As services moved online, we knew that many people would be adversely affected by this change. We adapted our home shopping service, putting new processes in place, including flexible payment systems, so no-one went without if they were unable to shop or bank online. This enabled people to have access to fresh and frozen produce and household supplies, and was a very busy and well-used service at the height of the pandemic when people were advised to stay at home or shield.



"Well, the past year has certainly been different for all of us and the shopping experience has changed, with face masks and hand gel now the norm. Shopping for people you don't know can be challenging, the list sometimes seem very vague. If you are collecting it personally you can ask for more information but if not, there is a bit of guess work involved, for example - loaf, have you seen how many loaves there are on supermarket shelves!!! Anyway, as the weeks go by and you get to know the clients a little better, it becomes easier. The contact with clients has been very important, sometimes the shopper is one of the few people or maybe the only person the client actually sees and we all know how important it is to see a friendly face and have a blether. On the whole I would say it has been a very positive experience, the slowing down of life and the local connections made have been very rewarding, hopefully for the clients as well as myself. " - Denise Morris, Support Worker.

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Here to Help - Prescription delivery service

Being able to access medicines and prescriptions is always important, but this was especially so for those who were identified as more vulnerable due to Coronavirus. This service has been very busy, with volunteers delivering prescriptions and also dropping samples to the Health Centres, ensuring people had access to the right medicines as soon as possible.

I'd like to write a few lines to express my gratitude for the prompt assistance I have received from the Network during these trying times.

For background, I am not in the "shielded" group of people but am in a "vulnerable" group due to existing conditions. As a result my GP has advised me not to go shopping for food or collecting prescriptions if at all possible.

I have managed to arrange most things in life to comply with this advice. The one area where I had difficulty was in collecting my regular prescriptions. On discussion with my Pharmacist they recommended I get in touch with Mearns and Coastal Healthy Living Network. The Network responded within the hour and I had a delivery via one of their volunteers that same day.

On checking the prescription I found that one item had not been dispensed. This was quite an important medication for my well-being and I was very concerned. I contacted the Pharmacy to clarify matters and the Network once again delivered the missing item same day.

I cannot explain what a relief this was to me. If this service had not been able to help I would have had to make a potentially dangerous trip in defiance of my GP's advice.

I am grateful to the Network and their volunteers. As well as the service I have used, I am aware that they offer other supportive services to this community. They are to be commended for it. - Sandy M

Here to Help - Gardening & Handyperson services

The Gardening service is always a busy and well-used resource, with many clients getting assistance with grass cutting, weeding and general maintenance every year. As people were advised to stay at home, having a garden that was a safe and enjoyable space was very important.

The Handyperson scheme is there to help with small jobs such as changing light-bulbs, putting up curtain rails and sorting washing lines. We've seen more unusual requests this year, including help to put bins out, delivering books, moving furniture and advice on retuning Freeview.

"So grateful for the garden help."

"Thank you for all the gardening help this year."

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Keeping Connected -

As all the groups were cancelled following the outbreak of Coronavirus, we developed a new range of services and activities to help combat the loneliness and social isolation faced by so many people over the past 11 months. We initially developed our new Friendly Call telephone service, followed by our newsletter. In August, as restrictions eased, we organised a huge Afternoon Tea for Two project to bring older people, families and neighbours together. We took delivery of 50 digital devices at the end of August through the Connecting Scotland project, and have been distributing those across the area. Finally, in collaboration with the Community Learning & Development team and Mearns library, we delivered a pilot "Pockets of Sunshine" project in the Mearns area which we hope to expand across Kincardine and Mearns in 2021.

Friendly Calls Telephone Service -

Our telephone service was started in April 2020, soon after the first Coronavirus pandemic lockdown. Our usual groups and activities had stopped due to the lockdown, and this was the case throughout the area. The telephone service was set up as a means of keeping in touch with clients, both old and new, and to provide a weekly friendly phone chat with the same volunteer each week.

To date a total of 51 people have used this service, which is currently being delivered by 13 volunteers, and overseen by a member of staff. The need for the service continues and the opportunity for a regular weekly friendly chat is much appreciated by our clients.

We sent each client using the service a feedback questionnaire form, which have been completed and returned to us. We are currently working in partnership with two business studies students from North East of Scotland College, who are on work experience placements with us, to compile an evaluation report based on the findings of the client feedback. - **Bernie Dawks, Project Worker.**

"As I live alone, and particularly during this Coronavirus debacle when some organisations I often attend are closed, it is quite comforting to know that at least one group is keeping "an eye" on me. I have long had a dread that when I do "snuff-it", no-one will know until someone complains that the place is full of bluebottles. Also, on one occasion something went wrong with my back and I could barely move or get out of bed, even today I have a very painful neck and have been applying a hot neck collar to it since Friday. So, the occasional 'phone call is a very useful service." - John S



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What we do: Services and Support- Keeping Connected - Our Newsletter

Our newsletter was launched in July 2020 after receiving funding from SCVO's Wellbeing Fund, and we're about to send out our 5th issue to our clients and volunteers. The newsletter is a lovely way of keeping connected with everyone. It's designed to entertain, invoke memories, give information about our organisation and others, and keep minds active!

Produced in-house, the newsletter contents come from clients, volunteers, Board members and the Team. We have had articles, recipes, paintings, games, puzzles and more, and are trying to encourage those who read the newsletter to submit items they'd like to share too.

The newsletter goes out mainly as a physical booklet, but can also be downloaded as a digital product from our website. It's been well received, with commenters saying how much they enjoy reading it. It's hopefully a wee bit of brightness during these rather dull days! - **Lynn Moir, Admin Support**



"The newsletter is most interesting" -
Audrey R

WELCOME

Welcome to the Mearns and Coastal Healthy Living Network (MCHLN) newsletter. It's a pleasure to introduce it and our charity to you. In this first edition we want to tell you about MCHLN, what we and our volunteers do to help our clients in Kincardine & Mearns, and how we have adapted our services during the Covid 19 crisis.

We have included poems and articles for light relief, a recipe to tease the taste buds and puzzles to tease the brain. We hope you enjoy this and future newsletters.

"Please send me your next newsletter, I enjoyed it so much" -

Gina A



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What we do: Services and Support-

Keeping Connected - Connecting Scotland

So many people, especially older people living in rural communities, were unable to access support as services moved online during the pandemic. In an attempt to address this digital exclusion, the Connecting Scotland project was created. We secured 25 iPads, 25 Chromebooks and 50 Mi-Fi units through this scheme, to distribute to older and digitally excluded people living in South Aberdeenshire. We developed training for "digital champion" volunteers, who supported older people get their devices and Mi-Fi set up, and continue to provide ongoing help and advice. To ensure we distributed the devices to those who would benefit most, we worked with other organisations and agencies, including Pillar Kincardine, K&D Befriending, What's on Bervie, the Community Mental Health Team and Employment Support team.

"It's been a pleasure to help out. Meeting up with some lovely clients and learning so many new skills in the progress has been very rewarding."

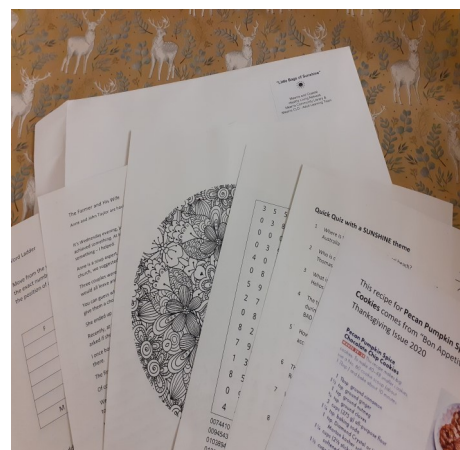
- Kathleen, Digital Champion

"My client is an avid reader. We downloaded the Libby app, and got him signed in using his library borrowing number. Two books by one of his favourite authors "borrowed" digitally. He is well chuffed. He was grinning from ear to ear when I left him and was away to get stuck in to the first book."

- Liz, Digital Champion

Pockets of Sunshine project -

This was inspired by Lumphanan Moving Picture's project. Working with Aberdeenshire Council's Adult learning team and Mearns library, we distributed 175 "pockets of sunshine" to older people living in the Mearns area at Christmas time. The pack contained a selection of puzzles, recipes, stories and newspaper articles from around the world. We hope to continue this partnership working, and send packs out to older people living across Kincardine and Mearns.



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What we do: Services and Support

Actively Involved - with each other and our communities.

Our social gardening groups in Portlethen and Laurencekirk, and our health walks in Laurencekirk, St Cyrus and Stonehaven, usually take place as regular weekly fixtures on our calendar of groups and activities. As lockdown restrictions eased over the summer of 2020, we carefully set about getting these groups restarted.

As the gardening group members are volunteers with the ScotRail Adopt-a-Station scheme, we had to comply with their COVID-related paperwork & procedures before returning to the station platforms, but this ensured we did so in a way that kept group members as safe as possible. The Laurencekirk group also garden at Benholm Mill, and the members spent many hours there bringing the weeds under control once restrictions eased, as well as looking after the planters at the Robson car park in Laurencekirk.

Although everyone taking part in these groups benefits from the physical activity involved, the benefit to mental wellbeing, especially after the period of lockdown as people came together again, was a driving force in restarting these social activities.



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We were delighted when the Portlethen social gardening group won the gold award in the Adopt-a-station of the year category at an online ceremony in November. The awards are hosted by ScotRail, and it was great to see the hard work and dedication of the group members recognised in this way.

The group adopted the train station 4 years ago and over that time have transformed the unkempt garden grounds into a beautifully vibrant and creative area. The planters provide a seasonal display of plants that provide beauty and biodiversity. The station area has also become part of the town's "edible trail" project and is a focal point for fruit bushes, flowers and herbs.

The group members meet to share gardening knowledge, skills and creativity, and lots of fun and laughter too! As well as enjoying the social aspect, group members are able to maintain and improve their physical and mental wellbeing through their involvement with the gardening group and the railway station project.

"I have been a member of the Portlethen Garden Group for a number of years now. As I am retired and no longer meet people with my job, it gives me a chance to get out and do something useful in the community and meet other people who are similarly at a loose end, and keep the railway station looking bright, tidy and welcoming to passengers leaving or alighting, or even a pleasant glimpse of colour for longer distance travellers as they whiz past."

- John S – Portlethen Social Gardening Group member



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People were keen to take part in the health walks again after months of lockdown restrictions, and it was great to make the most of the weather and get outside for physically distanced walks in the company of others. Our health walk leaders are all trained through the Paths for All walk leader programme, and their guidance and advice also ensured we could restart the walks in a safe way.

Anne and Ged, walk leaders with the Stonehaven health walk, were featured in a series of articles to celebrate Volunteer's week in June.

SPOTLIGHT ON ANNE & GED



Anne and Ged live in Stonehaven and have been married for 30 years. They have two grown up children, both married, and one granddaughter.

Anne and Ged are Volunteer Walk leaders for the Stonehaven Health Walk which is coordinated by the Mearns & Coastal Healthy Living Network. During normal circumstances Anne and Ged, with support from other volunteer walk leaders, lead one weekly health walk. In the winter months the walk leaders also lead a gentle exercise session in the local leisure centre.

During Covid-19 Anne & Ged recorded a virtual walk along the boardwalk and harbour in Stonehaven to be shared online and with other walkers, encouraging them to stay active, and stay connected while staying indoors. They have also been keeping in touch with walkers and walk leaders through WhatsApp.



St Cyrus Health walk - photo taken before Coronavirus restrictions



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through **provision of services, by relieving social isolation within the rural setting through social activity** and through the provision of appropriate activity and **involvement in active volunteering.**

To advance the citizenship of older people by encouraging involvement in planning and decisions about services, **encouraging inter-generational skills** sharing and by ensuring that older people's views are expressed and acted upon appropriately; to advance the involvement of older people in community development by **encouraging active volunteering** and by **raising awareness of the value of older people's contributions.**

To advance education by provision and access to training and skills and by providing information about wider opportunities available.

To provide a range of recreational activities for older people.

What we do: Services and Support

Actively Involved - with each other and our communities.

The Coronavirus and resulting lockdown affected us all, but many older people in particular felt increasingly vulnerable during the pandemic. This was due to both the increased susceptibility of older people to the virus, and also that some older people felt excluded and disadvantaged as services and support moved to online provision only during the height of the pandemic.

In August we were fortunate to receive funding to deliver Afternoon tea for Two to people across Kincardine and Mearns. As many older people felt increasingly isolated and lonely during the virus, we feel it was important to offer an opportunity to share the afternoon tea, with a family member, friend or neighbour, bringing people back together and re-engaging with their communities. We also took the opportunity to include health and wellbeing information from our colleagues in Public Health and local organisations, as well as information about the Connecting Scotland scheme we are involved in. We delivered just under 350 teas across the local area at the end of August. This was a huge piece of work but we know it made a big difference to so many people that received it.



"Just want to thank you all at Healthy Living Network for the wonderful Afternoon Tea this afternoon that was delivered to dad. He was really happy and enjoyed his tea. Please send our thanks to all that was involved. "

I just wanted to thank you and every single person involved in organising such a gorgeous afternoon tea. Mum was absolutely delighted and quite overwhelmed by it. I looked out her old-fashioned three tier plates and her best china and teapot and we had a wee party! It's lovely that so many people do lovely things like that for the community. There was enough to feed four!!!! and it was so beautifully presented. Thank you all once again. Regards Eileen

"Just wanted to say thank you for the lovely afternoon tea. Both my sister and I really enjoyed it. It was the first time we enjoyed a cup of tea together since lockdown."

"Delivering these scrumptious afternoon teas has been very rewarding. The level of gratitude that I received was quite humbling. I feel privileged to have been able to help out with this."

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What we do: Linking with Communities

Actively Involved - with each other and our communities

It has been difficult to build on our intergenerational work due to the restrictions imposed by Coronavirus, and these well-established links have been much missed. Despite the challenges, we have managed to work with pupils and staff at Laurencekirk and Marykirk primaries and Lathallan school on specific projects.

Last January, members of the Past Times group were entertained by pupils from Laurencekirk primary school as children across the school recited their poems for Burns night. It was a tough competition for the members to judge, but they thoroughly enjoyed their day at the school.

In March, just before lockdown, members and volunteers from the Past Times group were invited to Lathallan for an afternoon of coffee, cakes and song. We were also presented with a cheque for £3000 which our team of pupils from Lathallan won on our behalf through the Youth Philanthropy Initiative. We were absolutely delighted to accept the cheque, and were so proud of the pupils' effort on our behalf.

In November pupils from Laurencekirk primary took part in a competition organised by NFU Laurencekirk to commemorate Remembrance Day, which we were asked to judge. We were so pleased to have a selection of their drawings on display in our office windows.



In December we asked pupils from Marykirk and Laurencekirk primaries and Lathallan school to design handmade Christmas cards which we sent out to people with our Christmas edition newsletter.





THANK YOU

TO ALL OUR SUPPORTERS & PARTNERS

Laurencekirk Primary school Paths for All
 Marykirk Primary Lathallan School
 OM Body & Soul & Wellbeing AVA
 NFU Laurencekirk ScotRail KDP
 Laurencekirk Artists Society
 Catriona Komlosi St Laurence FC
 DC Thomson Laurencekirk Inner Wheel
 Laurencekirk & District Rotary
 Laurencekirk Pet Supplies

TO OUR FUNDERS: THANK YOU!

Your support truly makes a difference



Bags of Help



The Mearns and Coastal Healthy Living Network
is a company registered in Scotland.

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