



## WELCOME

February can be a bit of a mixed bag, with the days getting lighter, but the weather still unpredictable. However, many of us will have that welcome feeling of having turned the winter corner, with the promise of spring on the horizon.

Our photo shows some of our merry band at the Grampian Volunteer Transport Awards. From left to right - volunteer driver David, Project manager Jane, Board member Nigel, volunteer driver Ken, and volunteer driver Ismet. Read about our success inside.

## THE BIRD BATH AND A WEE TREAT

The photos on this page are from those who have taken part in the Health of the Sublime in the Mearns Project, funded by Creative Scotland. Find out more in the insert.



A pint of view...the spuggie. It's affa fine here. Fresh water, seeds, loads of shelter. Aye, there's a cat nearby, but we can fly to safety. Oh...I can spy some fine insects ower in the Apple trees...let's go see. **By Sandra Davison**



Some of the video cohort post-session enjoying the scenery and treats at Falls of Feugh.

**Photo credit: The Falls of Feugh Restaurant**

# GETTING AROUND WITH A2B

The A2B bus service, operated by Aberdeenshire Council, is open to anyone who needs door-to-door transport. All trips must be pre-booked. For further information call A2B on 01467 535333 and choose option 4 for general enquiries.

All supermarket runs are morning services - check with A2B for times.

**Monday** – Stonehaven Town Service 9am - 2.50pm  
Laurencekirk - Fettercairn - Luthermuir - Tesco Montrose  
Inverbervie - Stonehaven - Muchalls - Asda Portlethen

**Tuesday** – Stonehaven - Kirktown of Durriss - Kirktown of Maryculter - Asda Portlethen  
Drumlithie - Auchenblae - Tesco Montrose  
Catterline - Gourdon - Johnshaven - St Cyrus - Tesco Montrose

**Wednesday** – Stonehaven Town Service 9am - 2.50pm  
Portlethen Town Service 9.30am - 2.30pm  
Stonehaven - Newtonhill - Tesco Newtonhill

**Thursday** – Stonehaven Town Service 9am - 2.50pm  
Stonehaven - Netherley - Cookney - Cammachmore - Asda Portlethen  
Auchenblae - Fettercairn - Luthermuir - Tesco Montrose

**Friday** – Stonehaven Town Service 9am - 2.50pm  
Laurencekirk - Fettercairn - Luthermuir - Tesco Montrose  
Inverbervie - Gourdon - Tesco Montrose

# GRAMPIAN VOLUNTEER TRANSPORT AWARDS - WE WON!

We are delighted to announce that we recently won two awards for our volunteer transport services. The event, held in December, recognised individuals and groups from the Grampian Health and Transport volunteer sector who provide vital support for vulnerable and isolated people.

The first award went to our longest-serving volunteer, Ken Fairweather. Ken has been with the organisation since its inception in 2002! He's done all kinds of volunteer roles and was a Board member for a number of years. He still takes clients to medical appointments on a weekly basis. We're very proud of him, and very pleased he has been given this recognition in honour of his service.

We also won an award as the voluntary group organisation that has gone "above and beyond" in the vital support it provides for vulnerable people in the community.

Our thanks go to the organisers of the Grampian Volunteer Transport Awards 2022, and the people who voted for us. But most of all, we thank our transport volunteers, without whom we just wouldn't have a service to offer.



# TRANSPORT VOLUNTEERS REQUIRED



We are currently seeking volunteers to help with our busy transport service. Our volunteer drivers take older people to medical appointments, or to social wellbeing groups. It's an invaluable and welcome service for those who can't use public transport, or who don't qualify for patient transport.

A volunteer uses their own car (this doesn't affect your insurance), and we give you a mileage allowance and a bit for a cuppy while you're waiting to return. Clients may need transport to ARI, Woodend, KCH in Stonehaven, Stracathro, Ninewells and local surgeries and groups. It's flexible - you can choose to help out when it suits you, be that often or just occasionally. You can stick to local runs, or go further afield.

If you'd like to join our group of amazing volunteers, and make a difference to the lives of older people around the Howe o' the Mearns, we'd love to hear from you! Contact us at 01561 378130 (Mon-Fri 9.30am-4.30pm) or download a volunteer application form at <https://mchln.org.uk/volunteers>

## LINK WORDS

Find the missing word connection

1. SIGNAL \_ \_ \_ \_ OFFICE
2. OUTER \_ \_ \_ \_ \_ MAN
3. SANDY \_ \_ \_ \_ \_ BALL
4. SQUARE \_ \_ \_ \_ \_ ROUTINE
5. OFF \_ \_ \_ \_ \_ CLEAN
6. SAUSAGE \_ \_ \_ \_ \_ OVER
7. OLD \_ \_ \_ \_ \_ MARION
8. SHEEP \_ \_ \_ \_ \_ COLLAR
9. SOAP \_ \_ \_ \_ \_ SIGN
10. OPERA \_ \_ \_ \_ \_ MAID
11. STRAY \_ \_ \_ \_ \_ FLAP
12. OLIVE \_ \_ \_ \_ \_ PAINTING
13. STORMY \_ \_ \_ \_ \_ \_ \_ \_ BEATEN
14. SAILING \_ \_ \_ \_ \_ SHAPE
15. OAT \_ \_ \_ \_ \_ TIME
16. STRAW \_ \_ \_ \_ \_ BOX
17. SPORTS \_ \_ \_ \_ \_ HOUSE
18. SPINNING \_ \_ \_ \_ \_ DOG

**By Jean Leslie**  
**Answers on last page**

# SUDOKU

Fill the spaces with the numbers 1-9 once in each row, column and square block.

		2					3	1
	1	8				7	9	
								5
8				7		6	5	
		6	5	2	8			
7	4		9			1		
6	8	1		3				7
4		9			7			8
	5			1	4			

**Solution on last page**

# STONEHAVEN & DISTRICT TALKING NEWSPAPER ASSOCIATION

Two of the volunteers who produce the Talking Newspaper attended Stonehaven Lunch & Social Club recently to give an interesting talk to members on the free service they offer to the visually impaired.

This is a weekly service, covering all of Kincardine and Mearns. It is an audio version of local news and affairs, recorded and delivered to your home. There is also a playback device provided to all service users. If you or anyone you know might benefit from this free service please contact Joyce Esson at 07866 080536, or email [stonehaventalkingnewspaper@gmail.com](mailto:stonehaventalkingnewspaper@gmail.com)

## CO-OP FUNDRAISER REMINDER

We are part of the Co-op UK Local Community Fund, which helps charities generate money when Co-op members nominate them as their cause, then shop instore. The Co-op donates 1p for every pound spent. To select us as your cause, ask at your local store, or do it online at <https://membership.coop.co.uk/causes/66405>. You can become a member for just £1.

The great thing is that any Co-op you shop at, we will benefit. So if you have friends and family who also shop at the Co-op please pass on this information - the more people that select us as a cause, the more funding we'll generate to help us keep providing our groups and services!



## Portlethen Pastimes

**Portlethen Library, Bruntland Road,  
Portlethen**

**Meets first Tuesday of the month,  
starting 7<sup>th</sup> February 2023 , 10.30 – 11.30 am**



A monthly group for people living with dementia and their carers. Join us to enjoy a chat, social activities and a cuppa. For further details, contact :

**Dee Cobban, Community Activities Organiser  
07825 546006 or email [dcobban@alzscot.org](mailto:dcobban@alzscot.org)**



We hold a similar event, the Brew and Blether café, on the last Tuesday of each month, 1.15pm - 3.15pm at the Masonic Hall, High Street, Laurencekirk. All welcome.

# DROP SCONES RECIPE

I love this recipe as it makes light fluffy drop scones that take me back to my granny making them for me as a kid – lots of butter, homemade jam and sticky fingers, delicious happy days. Gill Carnegie.

225g/8oz self raising flour  
1tsp baking powder  
25g/1oz caster sugar  
Pinch of salt  
2 eggs  
300ml/1/2 pint milk  
1tbsp melted butter



Olive Oil or oil and butter for frying (not too much as you do not want them to burn or be greasy)

Mix all the dry ingredients together in a large bowl.  
Then mix the wet ingredients together and pour over the dry.  
Whisk gently by hand – don't use a food processor as it gives it a rubbery texture

I find it best to leave the recipe to stand for 5 to 10 minutes before dropping a generous spoonful onto your hot pan or griddle top.

Do not flip over until you see the bubbles starting to gently pop.

I love them with lashings of butter and homemade strawberry or raspberry jam and a good big cup of tea.

## A RABBIE CELEBRATION



One of our gardeners, Mark Lumgair, was the piper at the Burns celebration at Stonehaven lunch club last month. David MacDonald was the Master of Ceremony and gave the Address to the Haggis. No.44 restaurant provided the meal. And a great time was had by all! Contact us if you'd like to find out more about the weekly lunch and social club.

## CONTACT US

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Thanks to all who have contributed to the content and production of this newsletter. Please contact us if you have content to share in future editions.

## SODUKO SOLUTION

9	6	2	7	8	5	4	3	1
5	1	8	3	4	2	7	9	6
3	7	4	1	9	6	8	2	5
8	2	3	4	7	1	6	5	9
1	9	6	5	2	8	3	7	4
7	4	5	9	6	3	1	8	2
6	8	1	2	3	9	5	4	7
4	3	9	6	5	7	2	1	8
2	5	7	8	1	4	9	6	3

## LINK WORD ANSWERS

1. Box;
2. Space;
3. Beach;
4. Dance;
5. Hand;
6. Roll;
7. Maid;
8. Dog;
9. Star;
10. House;
11. Cat;
12. Oil;
13. Weather;
14. Ship;
15. Meal;
16. Hat;
17. Club;
18. Top.