



MEARNS AND COASTAL Healthy Living Network



WELCOME

Welcome to the second Mearns and Coastal Healthy Living Network (MCHLN) newsletter. In this edition we have vintage and local scenic photos, guest articles, a chocolate-themed quiz, Stonehaven library news, gardening group updates and more.

We'd love to include some of your items in future editions, such as articles, recipes, new or vintage photos, or anything else you'd like to share. Contact details are on the back page.

A FETTERCAIRN WALK

by Jean Leslie

During lockdown one of the things I missed the most was my country walks. Now I'm back enjoying them again. It was nice to see the open spaces and that farming was still carrying on.

New life is also going on with the birds, deer and the "tame pheasant" my daughter has named Horace, who comes for breakfast, lunch and tea daily.

We are very lucky to live in such a beautiful part of the country. Here are a few photos from my walk around Fettercairn, hope you enjoy them.





MEET MAGS CORBETT

Hi, I'm Mags Corbett, Dementia Advisor covering South and Central Aberdeenshire and you can get in touch with me if you have dementia, know someone with dementia or would like to know more about dementia. I offer support, information, advice and a listening ear. Although our groups can't meet in the community for now, we can still



talk on the phone, offer video one to one calls and have small groups meeting for video calls. I also run some carers online groups.

We also have a local Facebook page called Alzheimer Scotland – Aberdeen and Aberdeenshire which has information about how to get in touch, ongoing activities, important information and fundraising ideas.

Our 24 hour Dementia Helpline is free to call at any time, the number is 0808 808 3000.

Like lots of people I'm working from home just now, and my working days are Monday to Thursday. You can contact me by phone on 01224 644077 or 07769366175, or email me at MCorbett@alzscot.org.



MCHLN UPDATES

Groups

Our Laurencekirk and Portlethen gardening groups are meeting again, following government guidelines on numbers and safety. The members are delighted to be back working at Laurencekirk and Portlethen railway stations, sprucing them up.

The St Cyrus walking group have resumed their summer outings, and we hope to get the Stonehaven and Laurencekirk walking groups up and running again soon.



Service Charges

Our service charges which were waived during lockdown are to resume on Monday 31st August. The charges allow us to give our volunteer drivers mileage costs, and continue our work as a small charity. The charges for transport and shopping services will be:

5 mile round trip - £3

25 mile round trip - £5

50 mile round trip - £10

50-100 mile round trip - £20

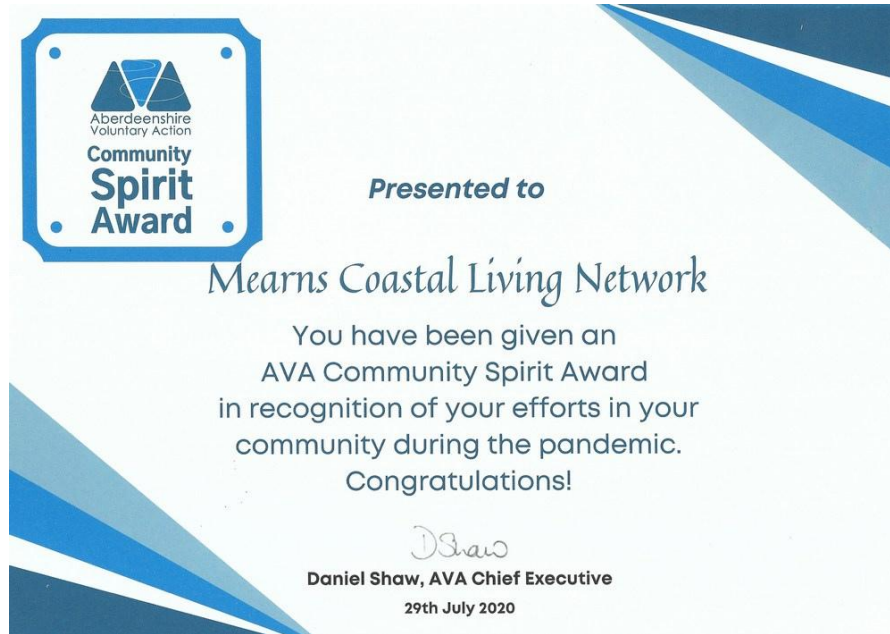
ST LAURENCE FC THANKS



We'd like to say a huge thanks to the players and supporters of St Laurence Football Club. In July, they did a 24-hour fundraiser, where each member of the playing squad ran for an hour to raise money for ourselves and another local charity. After a fantastic effort by all involved, we received a generous donation of £910 from the team.

St Laurence FC (The Saints) are a Laurencekirk club, founded in 1992. The image above, courtesy of chairperson David Easton, shows each of the players right after their charity run.

AVA AWARD WINNERS!



We are delighted to tell you that we are one of AVA's community spirit award winners. This award recognises local groups and individuals who have helped and supported their communities throughout the pandemic. Of course, we couldn't have won this without our amazing volunteers, so our grateful thanks go to all of them, not forgetting those who helped before lockdown as well.



READING WITH GRANDCHILDREN

You might remember a few years back there was a video of a Scottish grandmother reading *The Wonky Donkey* to her 4 months old grandson that made the news? That video had such an impact that the out-of-print book was actually brought back in to production!

Reading aloud with the young people in your family has incredibly positive benefits for you and for the youngsters with whom you're sharing stories. For your young family members, sharing stories aloud is reassuring, it's entertaining, it arouses curiosity, and it provides knowledge. It allows children to enjoy books they may not yet be able to read on their own, improving their vocabulary and increasing their attention span.



By associating reading with pleasurable feelings, reading aloud also builds a strong foundation for growing a life-long habit of reading for enjoyment, with the benefits of stronger educational attainment and improved health and wellbeing.

For you and the child, reading aloud together is a lovely bonding experience that provides reassurance and gentle one-to-one attention and it can be a springboard to meaningful conversations.

Also, experts say that there's no upper age limit for enjoying reading aloud... don't stop just because a child can read independently and do also consider reading aloud with other adults in your life. You'll reap the benefits brought from sharing as well as maybe improving your own knowledge. Make reading aloud part of your routine and create special lasting memories together.

Fiona Dakers, Mearns Library

NEW STONEHAVEN LIBRARY SERVICES

Click and Collect is now available for library members from Stonehaven Library. Book online or by telephone 01467 532929 (8.15am to 7pm Monday to Friday). Our booking system allows you to collect reservations, order pre-selected library book bundles containing 10 items, arrange a drop of your current loans and also pick up hearing aid batteries. More information at <https://livelifeaberdeenshire.org.uk/libraries>

For those people self isolating or having trouble getting out to the library we can arrange for the delivery of your book bundle. This service is restricted to people who are confined to their home. Please call staff on 01467 532929 to discuss your book selection and arrange a delivery time.

Service offers may change rapidly in response to changing guidance, so please remember to check regularly for the most up-to-date information.



CHOCOLATE QUIZ

Answers: chocolate bars, sweets or biscuits

1. New dress? You'll be asked to do lots of these (5)
2. This guy might scam you at golf, or tell you to "stand and deliver" (6)
3. Darius Rucker's Mama will rock you like one of these (5, 5)
4. The Italian Stallion (5)
5. Sounds like a container for milk products (5, 3)
6. Dark wizardry (5, 5)
7. Cliff was entitled to these, after his venture into Eurovision (12)
8. People trying to play Cupid (11)
9. A short break, usually taken to discuss tactics (4, 3)
10. This flightless bird loves the ice and snow (7)
11. Car and driver for hire (4)
12. Subject for discussion (5)
13. Travelling musicians (9)
14. King of the jungle (4, 3)
15. Someone of no fixed abode (7)
16. This hunter is after the price on your head (6)
17. Bus in two floors (5, 5)
18. You might have reason to thank these some day (5, 5)
19. Great with your roast beef (Sunday dinner) (6)
20. A 3 piece band (3)



QUIZ BY ROD SUMMERS

Answers on last page

KINCARDINE & MEARN'S MEMORIES



Stonehaven Thistle Cricket Club, 1987. The club will celebrate its 150th anniversary next year.



A group of golfers at Laurencekirk Golf Club, circa 1920s. The course was situated on the Garvock hill.

OUR NEWSLETTER

We hope you've enjoyed our newsletter. We welcome feedback, suggestions, and items for inclusion in 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

Don't want to receive this newsletter again? Let us know.

THANKS

Thanks to the Scottish Government Wellbeing Fund for funding this newsletter, and to those who have helped with its production.

CHOCOLATE QUIZ ANSWERS

1.Twirl; 2. Bandit; 3. Wagon Wheel; 4. Rocky; 5. Dairy Box; 6. Black Magic; 7. Celebrations; 8. Matchmakers; 9. Time Out; 10. Penguin; 11.Taxi; 12. Topic; 13. Minstrels; 14. Lion Bar; 15. Drifter; 16. Bounty; 17. Double Decker; 18. Lucky Stars; 19. Yorkie; 20. Trio.

