



WELCOME



Welcome to the latest edition of our newsletter, which features Autumn walking, garden visitors, group roundups, a classic fruit loaf recipe and fun activities.

Enjoy, and don't forget to send us your articles, photos, recipes etc. for future editions.



THE CHANGING OF THE SEASONS



Hello and welcome Autumn! Whether we like it or not - strange year as it has been, we are now getting closer to the end of the year. For me, I know when the year is drawing to an end when this little chap starts to appear, cheeky as you like at my patio doors as if to say “Hello I’m back again!” During the Summer, Robins head sometimes for the woodlands to build a new home and start a family.

Robins belong to Old World Fly Catchers and Chat family. They eat seeds, fruit, insects and of course the titbits we put out for them. They have the most beautiful tinkling song and are known to sing beside streetlights through the night. I can tell this is true! You know those nights when we can’t sleep? - if you relax - you may just hear the tinkling song of the Robin! Lie back, listen. I hope it lulls you into a lovely sleep!

Take care, keep safe and stay well.

Margaret-Anne Mackie



Butterflies enjoying the last of the summer blooms. Photos by John Shackleton of Portlethen Gardening Group.

DONATION NEWS

The Laurencekirk Artists Society has kindly donated £150 for use by our Past Times group. Although the group is not meeting just now due to restrictions, we look forward to using this money towards activities as soon as we can.

Many thanks to the society for their generosity.

HAVE YOUR SAY ON DEMENTIA STRATEGY

The Aberdeenshire Health and Social Care Partnership (AHSCP) have launched a consultation on the draft dementia strategy – ‘Making Connections’. Before creating the draft strategy, the Partnership engaged with people living with dementia, unpaid carers, professionals and other partners across Aberdeenshire.

Clients and MCHLN group members took part in the engagement workshops and online surveys last year, including members of the Past Times group and community members at the Mearns Memory Café, as well as staff and Board members.

The strategy aims to focus in on key priorities where progress is required specifically for the purpose of improving the lives of people living with dementia in Aberdeenshire. The 6 identified priorities are: Being well informed; Getting a diagnosis of dementia; Knowing who to turn to; Living well with dementia; Developing Health and Social Care Support for people living with dementia; Caring for Carers.

How can you get involved?

AHSCP are keen to know what you think of these priorities and whether you have any other comments. If you would like a copy of the draft strategy, or a paper copy of the survey to complete, please contact the MCHLN office on 01561 378130. Alternatively, they are available via:

<https://www.aberdeenshire.gov.uk/social-care-and-health/ahscp/engagement/dementia-strategy-consultation/>

The consultation will be open until Wednesday 28th October.

SMIDDY LOAF

A recipe from Margaret Curnow

8oz marg

2 cups water

1lb dried fruit

2 tsp bicarbonate of soda

1lb self raising flour

8oz soft brown sugar

1tsp each of ground ginger, nutmeg, mixed spice, cinnamon and cloves.

4 eggs, beaten

Put the marg, water and fruit in a pot and bring to the boil. Leave to cool then add all the other ingredients and mix well. Put into a 2lb loaf tin, or 2 1lb tins, and bake at 170C/350F/Gas mark 4 for 45 mins.



TACKLING BENHOLM MILL!

A few members of Laurencekirk gardening group have been hard at work lately, tackling the wild growth at Benholm Mill. The group usually meet regularly at Benholm to keep the place tidy, but of course that wasn't possible for several months this year. The group are looking forward to seeing their hard work pay off in restoring the garden to pre-lockdown condition.

Our social gardening groups in Portlethen and Laurencekirk meet weekly and are suitable for all abilities. If you have an interest in gardening and enjoy being outdoors, then please get in touch for more information.





WALKING QUIZ

How many can you get without resorting to Google?

1. "You'll never walk alone" was a huge hit for Gerry & the Pacemakers in 1963, but what 1945 hit musical did the song come from originally?
2. Walking songs
 - a) Who was just walkin' in the rain in 1956?
 - b) Who walked like a man in 1963?
 - c) Whose boots were made for walking in 1966?
 - d) Who walked on sunshine in 1985?
 - e) Who took a walk on the wild side in 1972?
 - f) Who walked like an Egyptian in 1986?
3. Who first demonstrated what was to become his signature dance move, the Moonwalk, in 1983?
4. In 1969, Buzz Aldrin and Neil Armstrong were the first men to set foot on the moon. Who travelled with them, but stayed in the command module, and so didn't get to walk on the moon?
5. Name the following Great Scottish Walks:
 - a) Milngavie to Fort William
 - b) Buckie to Aviemore
 - c) Melrose to Lindisfarne

**Quiz by Carole Jackson,
Stonehaven Health Walk Group**

Answers on last page.

COLOURING FOR RELAXATION



Let your creative side out with this
mandala. We'd love to see your
finished mandala!

STONEHAVEN WALKING GROUP RESTARTS



The Health Walk group restarted on a beautiful sunny morning in Stonehaven (the photo above is of a damper day!) and walking conditions were perfect. All of the group members and walk leaders enjoyed the walk and agreed it was good to be “back out there again”.

As the group cannot currently go to a local cafe for a hot drink after the walk, the group instead used a picnic area outside Stonehaven open air pool as a gathering place.

If you would like to join the Stonehaven Health Walk on Monday mornings at 10:00am, the meeting point is at the Stonehaven leisure centre car park (Open Air Pool side).

We also have health walks for older people running in St Cyrus and Laurencekirk. All of our walks follow the latest Covid-19 government rules and guidelines. To find out more, please contact us on 01561 378130.

CONNECTING SCOTLAND PROJECT

Would you like to connect with family and friends using video calls? Would you like to be able to shop online, listen to music, read books, learn or be entertained? Or access health information, appointments and public services from home?

Connecting Scotland is a Scottish government initiative which helps people get online and develop digital skills. They have given us fifty iPads and Chromebooks (with free wi-fi for several months) to pass on to older people living in Kincardine and Mearns. We can also provide support in getting started online.

To find out more, please give us a call on 01561 378130.

OUR CURRENT SERVICES

Transport service for healthcare appointments
Home delivery shopping service
Prescription deliveries
Post Office pick-up and delivery
Garden maintenance
Handyman service
A friendly call telephone service

Our services are provided by volunteers, and are for people aged 50+. Some services incur a small charge. If you would like more information about any of our services please call the office on 01561 378130 or email us at office@mchln.org.uk.

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

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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.

Walking Quiz answers

1. Carousel
2. a) Johnnie Ray - number 1 hit in the US and the UK b) The Four Seasons
c) Nancy Sinatra d) Katrina and the Waves e) Lou Reed f) The Bangles
3. Michael Jackson
4. Michael Collins
5. a) West Highland Way b) Speyside Way c) St Cuthbert's Way

