



WELCOME

Brambles have been ripening and the rowan trees have been heavy with fruit over the last few weeks, and there's a hint of autumn in the air now. But the summer brought temperatures higher than most of us have ever felt here in Kincardine & Mearns. Did you enjoy those days, or wish for a nice breeze to cool things down?

As ever, we have a mix of items in the newsletter that we hope you will find enjoyable and informative. Let us know what else you would like to see in future editions!

FOO'RE YE DEEIN?



Our Sunshine Club re-started in August at Mearns Community Campus, Laurencekirk, after a summer break. We were joined by Alistair Lawrie from the Community Learning Development team at Aberdeenshire Council who delivered a 'Learning the Doric' session which the ladies attending would agree was "baith interesting an fun".

We are looking forward to our floral (artificial succulents) art activity planned for early September, and our programme for the next few months is full of new and exciting taster sessions. See the poster on the next page for details.

If you are keen to learn something new, this group is the one for you!

TRY SOMETHING NEW!

Sunshine Club



**Thursday afternoon
2 – 3.20pm
Mearns Campus – GP2 room**

Call 01561 378130 for more information

25th August: Doric words and poetry

8th September: Flower art and language

22nd September: Gentle Yoga for Wellbeing

6th October: New skills challenge and books

20th October: Soap making

3rd November: Jewellery making



**MEARNS AND COASTAL
Healthy Living Network**

St Cyrus Church Friendship Club



A group some of you may be interested in joining:

The Club will restart on 7th September 2022 at 10am, and run every week until 21st December inclusive. 2023 term starts 11th January and runs until 5th July 2023 when we will have a summer break.

The Club venue is the St Cyrus Church Gallery which has an open plan kitchen, large screen Television and all ability facilities.

The current format is Morning Tea/ Coffee/Chat, followed by a Quiz, Gentle Exercises, Board Games and Lunch which comes from the St Cyrus School Kitchen. Personal IT support will also be on offer to any participants requiring assistance. We are open to any suggestions on additional activities requested by participants.

An outing is also planned in October 2022 and July 2023, destinations to be decided by members.

The cost is £1 per session including lunch.

Should you require any further details or require transport please contact Elizabeth on 01674 850161 or Marion on 07891117898.

THE OUTSIDE WORLD, AT HOME

Pictured below is one of the participants in our Health of the Sublime in the Mearns project, enjoying a Virtual Reality session. The project includes a variety of creative workshops. To discover more, and how you can get involved, please see the update on page 8, and the insert included with this newsletter.



RETRO SWEETIES ANAGRAM QUIZ

1. ENTICED OFFER _____
2. MOORS POOLS _____
3. UNHOOK HER CORD _____
4. STEADY NINEPIN _____
5. DIMMEST EGG _____
6. WENCH SUNG IT _____
7. CUE TASTY KILT _____
8. CARBON AROMA _____
9. BRUTE STUNT _____
10. FOLDED OWLS _____
11. SPEAR PROD _____
12. ALBA SURGERY _____
13. BALINESE LADS _____
14. HIS BACK WALL _____
15. FOUR PLAITS _____
16. ROB GETS POP _____
17. SPOOLED VCR _____
18. MINISTRONE TV _____
19. GLASS PEN _____
20. BEST WET COCOA _____

21. LYRES CHIRP _ _ _ _ _

22. ALAMO PRIVETS _ _ _ _ _

23. CLASSY GUNFIRE _ _ _ _ _

24. SHORT ENSEMBLE _ _ _ _ _

25. CIGAR MUSE _ _ _ _ _

SUDOKU

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

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

Quiz answers and Sudoku solution on last page

MEARNS PROJECT UPDATE AND INVITE

In our last newsletter, we introduced our partnership with Mearns-based artist Carrie Fertig on a new project, and invited all our clients, volunteers and staff to participate in Health of the Sublime in the Mearns. This project, funded by Creative Scotland, focuses on your experience of wellbeing in the natural world, whether from walks you take, sitting at home with the window open, or being in your garden.

The workshops will develop your creative skills through five different courses of tuition. Together we will build an online map of wellbeing in our area, and in year two, look at how climate change impacts our experience of wellbeing. All of the courses are free of charge.

We have just finished the first block of workshops, and invite you to join us for block two, which begins the week of 5th September. We thought we might let some of the block 1 participants let you know what they thought. So, in the included insert we hear from Ged Adams, Stonehaven walk leader, Sandra Davison of Laurencekirk Garden Group, and Sheila Lanning, Gentle Exercise Class Leader. They tell us about their previous experience, what they thought of the course, and give some wee examples of their writing. A sample piece by Sheila follows, and was part of an exercise where she wrote for just 10-12 minutes.

More information about block 2 workshops, including days and times, can be found in the newsletter insert. Please get in touch if you would like to book a place, or for more info.

REMEMBERING...

Last week, when the temperature was soaring and everything you tried to do was an effort, I took a walk along the banks of the river Cowie at Mineralwell Park. Under the dappled shade of the trees the water gently flowed, crystal clear, cool, refreshingly replenished and joyously never-ending.

How different it was in 1998 at Hogmanay. What a nightmare that was!

Stonehaven had experienced horrendous weather. Storm force, gusty, squally winds that you could almost believe might whip around your legs and send you toppling. We'd suffered a longish stretch of cold icy weather, when the ground had remained frozen, in fact deep frozen for seemingly eternity. When the rains came, they were not received well by the hard solid ground. The rain came and oh! boy! did it arrive. With a force that was hard to imagine unless you'd experienced it.

The river broke its banks. The water – so much water – came as an unfriendly torrent, over the banks, across the road without caring where it went, what it carried with it, what it destroyed in its path. The wind howled; the bare trees groaned. The rain plummeted from the skies with no mercy. The river was no longer a contained gentle pet but had metaphorized into an angry lion roaring as it found new land to call its own and stampede through the once serene parkland chasing onwards to the sea.

By Sheila Lanning

STONEHAVEN HAPPENINGS

We have just started a 6-week course in Stonehaven library for older people who want to learn basic computer skills. Our attendees will discover how to use their laptop, tablet or mobile phone; do emails; make Facetime, Skype and Zoom calls; stay safe online; and improve their general online skills.

We are planning another course to start in October. Spaces are limited, so to book a place, or for more information, please contact us at 01561 378130 or office@mchln.org.uk.



Older People's Forum: Do you, as a Stonehaven resident want to express your opinion on what's important for over 50s in the area? Do you wish for more opportunities for older people, or want your voice to be heard about local provisions, especially those regarding health and wellbeing? Have your say on what issues you feel are important now and for the future, at the first meeting of the Older People's Forum on Monday 19th September, 1.30pm-3pm at the library in Evan Street. Open to anyone.

NATIONAL EYE HEALTH WEEK

During National Eye Health Week, hearing and sight loss support agencies across Aberdeenshire are hosting a number of drop in events for the public between 19th and 23rd September. Anyone who is affected by a hearing issue or sight loss is invited to drop in for an informal chat. We also welcome family members or anyone supporting someone with sight or hearing loss.

This is a great chance to find out about the range of support available. Staff from the various organisations will be on hand to offer you information, advice and guidance. There's no need to book a place, just come along between 10am and noon, we look forward to meeting you then. For any enquiries telephone 01467 536700.

Aberdeenshire
COUNCIL



R N I B
Scotland



Aberdeenshire
Health & Social Care
Partnership



Sight & Hearing Loss Information Days



Do you or someone you know experience problems with their vision or hearing?
Drop into one of the sessions below to find out what help is available. Sessions run from 10am to 12 noon at the following venues, all welcome.

Monday	19 September	Banff	Deveron Community & Sports Centre
Tuesday	20 September	Inverurie	West Parish Church Hall
Wednesday	21 September	Banchory	Ternan West Parish Church Centenary Hall
Thursday	22 September	Stonehaven	Town Hall
Friday	23 September	Mintlaw	Macbi Community Hub



CONTACT US

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SODUKO SOLUTION

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

ANAGRAM ANSWERS

1. Cinder toffee; 2. Soor plums; 3. Horehound rock; 4. Penny dainties; 5. Midget gems; 6. Chewing nuts; 7. Lucky tatties; 8. Macaroon bar; 9. Butternuts; 10. Oddfellows; 11. Pear Drops; 12. Barley sugar; 13. Aniseed balls; 14. Hawick balls; 15. Opal Fruits; 16. Gobstopper; 17. Clove drops; 18. Everton mints; 19. Spangles; 20. Sweet tobacco; 21. Cherry lips; 22. Parma Violets; 23. Flying saucers; 24. Sherbet lemons; 25. Sugar mice.