



# MEARNS AND COASTAL Healthy Living Network



## 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.

Whether you know MCHLN well or are hearing about us for the first time, we hope you enjoy this and future newsletters.

# MEARNS AND COASTAL HEALTHY LIVING NETWORK - WHAT WE DO AND WHY WE DO IT

As a local Aberdeenshire charity, MCHLN works with communities and individuals, families and carers to support the health and well-being of older people in our part of North East Scotland and to enable them to live independently at home and remain involved in communities. We tackle social isolation and loneliness and do all we can to 'Lend an Ear and Give a Voice' to older people's views and interests and to challenge stigmas and perceptions too often associated with older age. We do a lot to help older people and families affected by dementia.

Partnerships and volunteers of all ages are vital for the activities and services we provide. We could not do what we do without our fantastic volunteers. They give generously of their time and talents in working with our small team of staff to deliver services, groups and activities. We work regularly with charities, local care homes and businesses, and with Aberdeenshire Council; and inter-generationally with the pupils and staff of local high schools and primary schools across our region.

We rely heavily on the generous support of funders and are deeply grateful for all the help we receive.

There is a high and growing demand for our services, and we know what a difference they make to people's lives. Resources are focused on what older people tell us is important. Normally this would include transport, shopping, gardening and help with jobs at home, as well as a weekly programme of groups and activities.



When the crisis began, we adapted our services and ways of working to keep our clients and volunteers safe and to ensure we complied with social distancing and other COVID 19 related requirements. We had to suspend group activities temporarily to protect regular participants, who were required by government to shield themselves, but we were determined to maintain and develop the other support we offer the local community and are pleased to say we have done so.

We recruited more volunteers to meet increased demand for drivers and shoppers to get food and collect prescriptions for clients. We introduced new services, including our popular telephone service, to help combat isolation and loneliness. A friendly voice and a good blether really can help.

We will continue to review how we work and what we do as lockdown eases and to evolve to meet changing needs and adapt to face new challenges. If you have need of our services, know someone who does, or are interested in volunteering for MCHLN, please contact us by phone at 01561 378130 or by email at [office@mchln.org.uk](mailto:office@mchln.org.uk) and we will be glad to help. You can also follow us on Facebook and Twitter.

**David Middleton, Chair, MCHLN**



# THE CALL OF THE WILDS ?

I can't explain the inward thrill  
Of standing on some towering hill  
Far above the heaving masses,  
Looking through some good field glasses  
Gazing at the rugged features,  
Craggy cliffs and mountain creatures.

Not for me, the city scene,  
The thronging streets of Aberdeen.  
Filled with hordes of crazy shoppers,  
Manic mums and teenyboppers,  
All desperate for the next big thing.  
Buying clothes, shoes and bling.

There surely must be better ways  
To spend your time and fill your days  
I feel the prospect quite appalling,  
To me the mountain top is calling  
"Come again" it softly speaks  
And stand among these lofty peaks.

**By Rod Summers, groups member**



# CHOCOLATE & GINGER TRAYBAKE

A delicious recipe from lunch club volunteer Liz Watson. Liz says "I enjoy baking, and back in the early days of my marriage I felt I had a lot to live up to as my late mother-in-law was a fabulous baker and a good home cook. This is her recipe."

”

I have been making this for as long as I can remember



## Ingredients:

Half a block of margarine

Half a large tin of condensed milk (ie: around 200g)

Large teaspoon of ground ginger

One packet of digestive biscuits (crushed)

250g of baking chocolate (melted)

## Method:

Slowly melt the marg and condensed milk. Add the ginger. Stir continually and don't let it boil. Once melted, add the crushed biscuits. The mixture should hold together. Press into a baking tray, cover with the chocolate and leave to set.



# BRAIN TEASERS

## Flowers Anagram

AIM EWE TWILLS

---

LOVELY FILTHY ALE

---

TO OFTEN GERMS

---

OLD FINGERS CHARM

---

SANITISES EVILDOING

---

NO HELMET VISIT

---

SWEPT A SEE

---

GRANDPAS SON

---

VEER LAND

---

RUIN GAME

---

LOG OF VEX

---

A TRAINS CON

---

I OVAL

---

AUNT PIE

---

DECENT SCOTS KNIGHT

---

**Anagram by Jean Leslie,  
Laurencekirk Gardening Group member**



## Sudoku

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

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

## A Trio of Riddles

1. What has a neck but no head, two arms but no hands?
2. If eleven plus two equals one, what does eight plus five equal?
3. The one who has it does not keep it. What is it?

*Brain Teaser solutions on last page.*

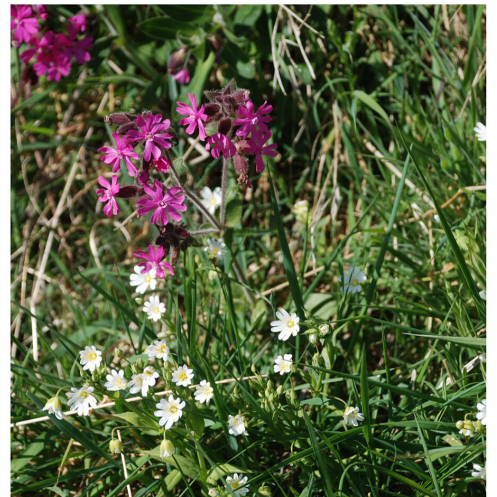


# A PORTLETHEN WALK, MAY 2020



When I came to Portlethen I used to explore the area and walked down to the cliffs each year for the first few years and never saw a soul down there. As it was a nice day today I thought I would take the current advice and go out, get some fresh air and exercise and give my camera an airing. Rather than not seeing a soul as usual, it seems that many people had the same idea and I met several people (at 2m distance) and even some I knew!

**John Shackleton,  
Portlethen Gardening Group member**





# LITTLE DUCKLINGS

Did you know? Only solid white ducks hatch yellow ducklings, as do white hens, white egrets, white doves etc. I have never seen live ones myself, only beautiful photographs and that is what inspired me to paint these little beauties!



I am a local artist and a founder member of The Laurencekirk Artists Society and member of Coastal Colourists in Johnshaven. During these difficult times, like many people I have been unable to meet with my friends and fellow Artists, and so I have turned a small corner of our conservatory into my own little “Studio”!! In other words, a clutter of paint brushes, pads, pencils etc. This is where I can lose myself for a few hours, block out any worries and cares I may have and come out of it feeling calmer and happier. I hope you too have a small corner you can creep into, metaphorically speaking of course! and emerge feeling better.

Meantime Stay safe and Keep well.

**Margaret-Anne Mackie,  
Phone Contact volunteer**

# HOW WE CAN HELP

As we continue to follow government guidelines, cancelling our usual weekly groups and activities, we are still offering the following services across Kincardine and Mearns –

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

If you, or anyone you know would like more information about any of these services please call the office on 01561 378130 or email us at [office@mchln.org.uk](mailto:office@mchln.org.uk).

As our lunch clubs, exercise group, social groups, memory café and film club can't meet at this time, we are exploring the idea of trialling online groups, giving people the opportunity to have a blether over a cuppa in the comfort of their own home. We will be in touch with group members over the coming weeks with more information.





## A FRIENDSHIP POEM

Friendship is a special gift  
Just knowing someone's there  
When we need a little help  
Our burden they will share  
It's good to have someone, who,  
In sunshine and in rain,  
Knows all our little faults,  
Yet likes us all the same.

Poem shared by volunteer Barney



# OUR NEWSLETTER

We hope you've enjoyed the first edition of our monthly newsletter. We welcome feedback, suggestions and items for future editions. Contact us:

Phone - 01561 378130

Email - [office@mchln.org.uk](mailto:office@mchln.org.uk)

Address - 44 High Street, Laurencekirk AB30 1AB

Website - [mchln.org.uk](http://mchln.org.uk)

Facebook - [www.facebook.com/healthylivingnetwork](http://www.facebook.com/healthylivingnetwork)

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

## USEFUL LINKS

Age Scotland information and advice - 0800 12 44 222

Quarriers carer support Aberdeenshire - 01467 538700

M4D Radio, 24/7 music to stir memories - [m4dradio.com](http://m4dradio.com)

## THANKS

Thanks to the Scottish Government Wellbeing Fund for funding this newsletter. Thanks also to those who have helped with its creation and content.

### Brain Teaser solutions

Flowers Anagram:

Sweet William; Lily of the valley; Forget me nots; French marigolds; Livingstone daisies; Love in the mist; Sweet peas; Snapdragons; Lavender; Geranium; Foxglove; Carnations; Viola; Petunia; Night scented stock

Riddles:

1. A shirt    2. The same, 1pm    3. A gift

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