



# MEARNS AND COASTAL Healthy Living Network



## WELCOME



Spring is upon us, and it's been lovely seeing the cheerful splashes of yellow from the daffodils around our towns, villages and gardens.

This issue we're feeling proud, with a look back at what we achieved for our clients last year. We also have news of our upcoming Kiltwalk fundraiser - a Laurencekirk treasure hunt!

A guest article tells the history of a Mearns wood, and there are the usual puzzles and snippets of news and information that we hope you find useful and entertaining. Enjoy!

# MCHLN ANNUAL REPORT

We held our first online AGM in February this year. As well as electing our Board members, we also produce an Annual Report for the AGM. This highlights the activities and services we have delivered over the past year, and we would like to share some of this in this edition of the newsletter.

As everyone knows, 2020 was a challenging year. At Mearns and Coastal Healthy Living Network, we adapted existing services and developed new activities to support the health and wellbeing of older people living in K&M.

We maintained essential services including transport for healthcare appointments, home delivery shopping and the gardening and handy person services. We also included new services such as prescription deliveries and Post Office pick up and drop-offs.





To combat the increasing social isolation in the community we added new services to satisfy a growing need for keeping connected. The creation of the Friendly Calls telephone service enabled Mearns and Coastal Healthy Living Network to reach more people who were not on-line, as did successful participation in the 'Connecting Scotland' programme, through which we distributed IT equipment and training to help people get on-line.



The 'Afternoon Tea for Two' initiative was another imaginative way to combat social isolation and loneliness, to lift spirits, and bring families, friends and neighbours together after months of separation. We also launched this newsletter in July 2020. Produced in-house, the newsletter contents come from clients, volunteers, Board members and the Team. We have had articles, recipes, paintings, games, puzzles and more, and are trying to encourage those who read the newsletter to submit items they'd like to share too. It's a lovely way to keep connected and share information.

We had to suspend group activities during lockdown to comply with government guidelines. As restrictions eased during the summer, we resumed some activities including our 3 health walks across K&M and our social gardening groups in Laurencekirk and Portlethen. These groups continued to meet weekly until the Christmas break, when lockdown once again meant all group activities had to stop.

We've shared on the next page some of the facts and figures that were collated for February's Annual Report which highlight how we responded to the challenges posed by COVID-19. As always, our thanks go to everyone who helps and supports Mearns and Coastal Healthy Living Network, including our Board, members, staff team, community partners and of course our fantastic volunteers!

If anyone would like to read the full Annual Report, please see the link at [mchln.org.uk](http://mchln.org.uk) or contact the office for a copy.





## OUR YEAR IN NUMBERS

- We received more than **700** requests for support and advice; from people already using our services and new requests for help from older people, Care Managers, the Grampian Coronavirus Assistance Hub, families, friends, Community Mental Health Team, Community Substance Misuse Service, Salvation Army, Pillar Kincardine, K&D Befriending, Employment Support team and local food larders.
- We answered **364** requests to deliver prescriptions to households across the area.
- Despite numerous appointments being cancelled due to the pandemic, we have helped older people attend **195** healthcare appointments, including flu clinics and the new COVID vaccine clinics.
- During lockdown we received **89** requests to help older and vulnerable people get food and household shopping, providing a home delivery service for **32** clients on a regular basis.
- We answered **33** requests to deliver parcels and mail to the post office, and pick up stamps, so people could keep in touch with family and friends.
- **26** older people used our gardening service on a regular basis. We've also handled a variety of calls for the gardening and handyperson services.

- We signposted people and agencies **23** times to community-based support, including food larders, benefits advice and mental health support, as well as health advice and Council services.
- We distributed **50** digital devices and Mi-Fi units across South Aberdeenshire as part of the Scottish Government's Connecting Scotland programme.
- **51** older people receive a weekly call from our Friendly Call telephone service. Our volunteers have made over **1,100** calls since the service started in lockdown.

All this is made possible by the hard work and commitment of our fantastic volunteers. We'd like to thank our **70** existing volunteers, and the **42** new volunteers recruited since March 2020 - we couldn't do it without you!





## LFC PLAYERS UPDATE



We got a couple of players back-to-front in our last edition, sorry! We've been given a couple more names and some information to add as well.

So, kneeling are Alan Taylor 2nd right, with Harry Lamont on the left and Willie Officer on the right. Standing are George Brown 2nd right and Murph Stewart in the goalkeeper's jersey. Standing on the right is Norman Torrie from Gawloch farm, who emigrated to South Africa in 1948. His sister thinks this photo might be from 1947.

Do you have any more names to add? Call us on 01561 378130 to let us know.

# DENLETHEN WOOD, LAURENCEKIRK

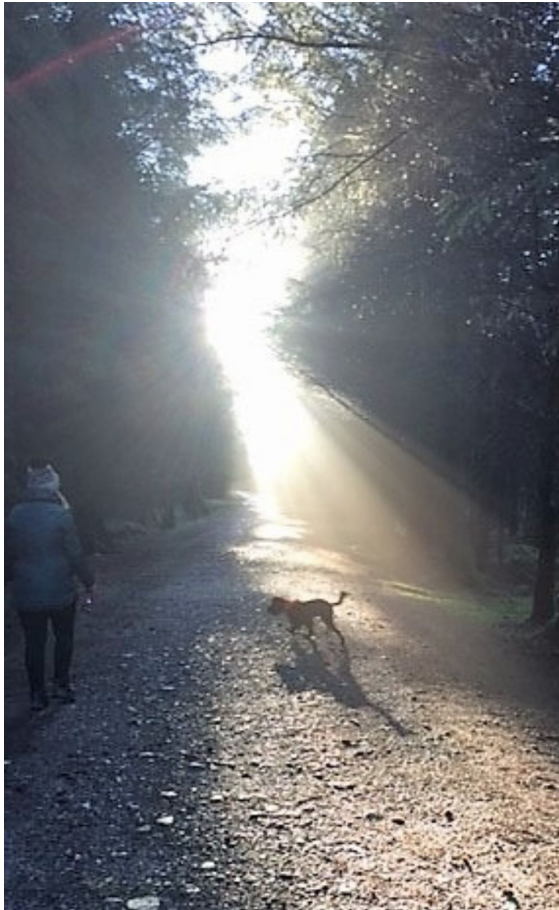


Helen Forrest from Mearns Community Library gives us the history of Denlethen wood, along with some photos she took on a March walk there with her dog Quinn.

I'm sure many Laurencekirk residents have appreciated more than ever in the past year having lovely Denlethen Wood to exercise their dogs in, have a stroll around, or to simply take in the wonders of nature which this wood has in abundance. I know I certainly have! So I thought it would be nice for folk to read a few facts and also learn some of the history of Denlethen.

It is a woodland of approximately 70 acres and is owned and managed by Forestry Commission Scotland with the help of Friends of Denlethen Wood. The trees are made up of mixed conifers, silver birch and also older broadleaved trees. If you are lucky you may spot rare red squirrels or a shy deer.





Two Laurencekirk brothers, Henry and George Laing, were part of the squad in 1870 that planted Denlethen. They later emigrated to New Zealand where they farmed extremely successfully, but in 1912 they returned to Laurencekirk where they bought Newton Estate. They sold off most of the estate but kept Denlethen Wood as it had so many good memories for them.

During World War 2 the wood was felled, but was later replanted by the Forestry Commission who owned it from 1945.

Within the wood are still parts of the old King's road which had been the main road from Aberdeen to London. The old curling pond is also still there, which up until 1939 was used by Laurencekirk curling club.

## NUMBER SEARCH

3	5	8	4	2	1	7	8	0	6	5	4	6	3	0
8	0	9	2	7	4	1	8	6	2	9	3	7	3	1
7	3	2	4	9	8	4	2	8	5	8	0	9	7	3
8	8	9	0	8	1	9	0	6	9	5	2	2	8	0
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1	8	2	6	7	7	3	7	3	3	8	4	1	1	0
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6	8	9	4	3	9	5	6	4	4	9	0	7	8	2
1	7	0	0	7	0	1	9	4	7	9	7	7	9	7
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8	3	6	3	4	6	6	1	4	0	9	4	7	2	0

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80927418

810089

8081149

103207247

305083

8940247

466140947

510349

1039503

544147

2140847



# UNSCRAMBLE THE BRITISH BIRDS

1. Good pie now \_ \_ \_ \_ \_

2. Hello mary mew \_ \_ \_ \_ \_

3. Raw pork wash \_ \_ \_ \_ \_

4. Old true vet \_ \_ \_ \_ \_

5. Truth less him \_ \_ \_ \_ \_

6. Chat hunt \_ \_ \_ \_ \_

7. Swap hours ore \_ \_ \_ \_ \_

8. Skin her fig \_ \_ \_ \_ \_

9. Cog burnt in \_ \_ \_ \_ \_

10. Moll mug con \_ \_ \_ \_ \_

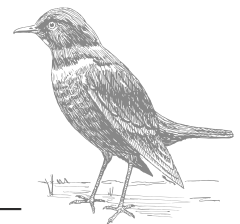
11. Bald brick \_ \_ \_ \_ \_

12. I am southern \_ \_ \_ \_ \_

13. Long aged eel \_ \_ \_ \_ \_

14. Heat pans \_ \_ \_ \_ \_

15. Yawl town \_ \_ \_ \_ \_



**By Jean Leslie**

*Answers on back page*



The Kiltwalk 2021 is taking place from the 23rd-25th April, and Mearns and Coastal Healthy Living Network have signed up as a registered charity with the event.

All sponsor money and donations are topped up by an amazing 50% thanks to the Hunter Foundation. Our manager, Jane, has signed up with friends to walk, cycle and ride the 26 miles. We have also organised a community event to raise funds – a walking treasure hunt around Laurencekirk – and we'd love to see as many people taking part as possible!

The hunt is open to anyone - teams, families, couples or individuals, and we are asking for a suggested donation of £5 per entry form.

The winning entry, drawn from a lucky dip of correctly answered forms, will receive a £25 voucher from Gannets in Laurencekirk.

It's simple to take part - pick up a copy of the treasure hunt form at Laurencekirk Post Office, or download it from [mchln.org/hunt.pdf](http://mchln.org/hunt.pdf). You can also phone or email us to have a copy sent.

To help ensure physical distancing is maintained, and so everyone can take part on a day that suits them, or to split the walking over a day or two, the walking treasure hunt will be open from 23rd April until 3rd May.

All answer sheets must be returned to the office by 4th May, and the winner will be announced on Friday 7th May.

So, put together a team with your family, or compete against friends. Don some tartan if you want, and enjoy a walk around Laurencekirk, hunting down the answers and raising funds for a local charity!

if you'd like to support Jane, then the link to her JustGiving page is at [facebook.com/MearnsHealthyLivingNetwork](https://facebook.com/MearnsHealthyLivingNetwork).





## HEALTH WALKS BACK ON

We're pleased to say our health walks have restarted after an easing of covid restrictions. These are low-level, sociable walks for anyone aged 50+ and of any walking ability. It's a chance to get some fresh air and have a wee blether at the same time!

We currently have weekly walks going on in St Cyrus, Laurencekirk and Stonehaven, in partnership with the charity Paths for All. The Stonehaven walk is on a Monday morning, Laurencekirk is Wednesday afternoon and St Cyrus Thursday morning. Each walk is led by designated walk leaders and follows current covid guidelines.

If you'd like to find out more about the walks and how to join in, please contact us at 01561 378130.

## A PACKET OF SEEDS FOR YOU

Our thanks go to Mearns Food Larder, whose joint application to the Asda Foundation has enabled us to purchase packets of flower seeds to include in this newsletter.

We hope you can find a space for them in your garden, and that they will bring a splash of colour later in the year for you to enjoy.

# GET MOVING WITH AGE SCOTLAND

Age Scotland has produced a series of videos showing fun ways people can move around more and sit less in their own homes. Categories include Bedroom Boogie, Living Room Laughs, Kitchen Capers and Bathroom Banter!

If you have internet access, these videos can be seen on YouTube - look for the Age Scotland channel and then their playlist "Around The House In 80 Days". If not, you can get a free DVD to play at home, featuring some of the movements. To get a copy or copies call Age Scotland's main switchboard on 0333 323 2400.



We're on YouTube too! Look for "Mearns and Coastal Healthy Living Network" to find out more about us, and to hear from some of our volunteers and the people they've helped.



## OUR NEWSLETTER

We hope you've enjoyed our 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.

## THANKS

Thanks to the Scottish Government Wellbeing Fund for funding this newsletter, and to the content contributors.

## BIRDS ANAGRAMS ANSWERS

1. Wood Pigeon 2. Yellowhammer 3. Sparrowhawk 4. Turtle Dove  
5. Mistle Thrush 6. Nuthatch 7. House sparrow 8. Kingfisher  
9. Corn Bunting 10. Common gull 11. Blackbird 12. House martin  
13. Golden eagle 14. Pheasant 15. Tawny owl.

## NUMBER SEARCH SOLUTION

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8	3	6	3	4	6	6	1	4	0	9	4	7	2	0