



# SEASON'S GREETINGS

Here we are again! The year has flown by as usual, and things aren't quite back to normal, but hopefully we're getting there.

Our grateful thanks to the volunteers, organisations, donators and all others who have helped our charity in 2021. This has allowed us to keep supporting older people in the Kincardine and Mearns communities. We wish all of you the very best for Christmas and 2022.



# BON VOYAGE BERNIE!

We're sad to announce that our longest-serving Team member, Bernie Dawks, is leaving us at the end of this month. But we're also happy for her, as she and her partner Derek are about to embark on the adventure of a lifetime, travelling around Europe and beyond in their camper van!

Since 2010, Bernie has been our Project and Development worker, setting up and running the Past Times group for people with cognitive difficulties, the Portlethen and Laurencekirk social gardening groups, several Health walks, and the Memory Cafe for people with dementia and their carers. And lots more! Her skills and knowledge have helped support and improve the lives of so many of our clients over the years, and we're immensely grateful and proud of her achievements.

Farewell, Bernie. We hope that your travels are amazing, you have the time of your life, and that you and Derek will find the time to send us postcards and updates of your adventures over the coming months! We'll miss you x

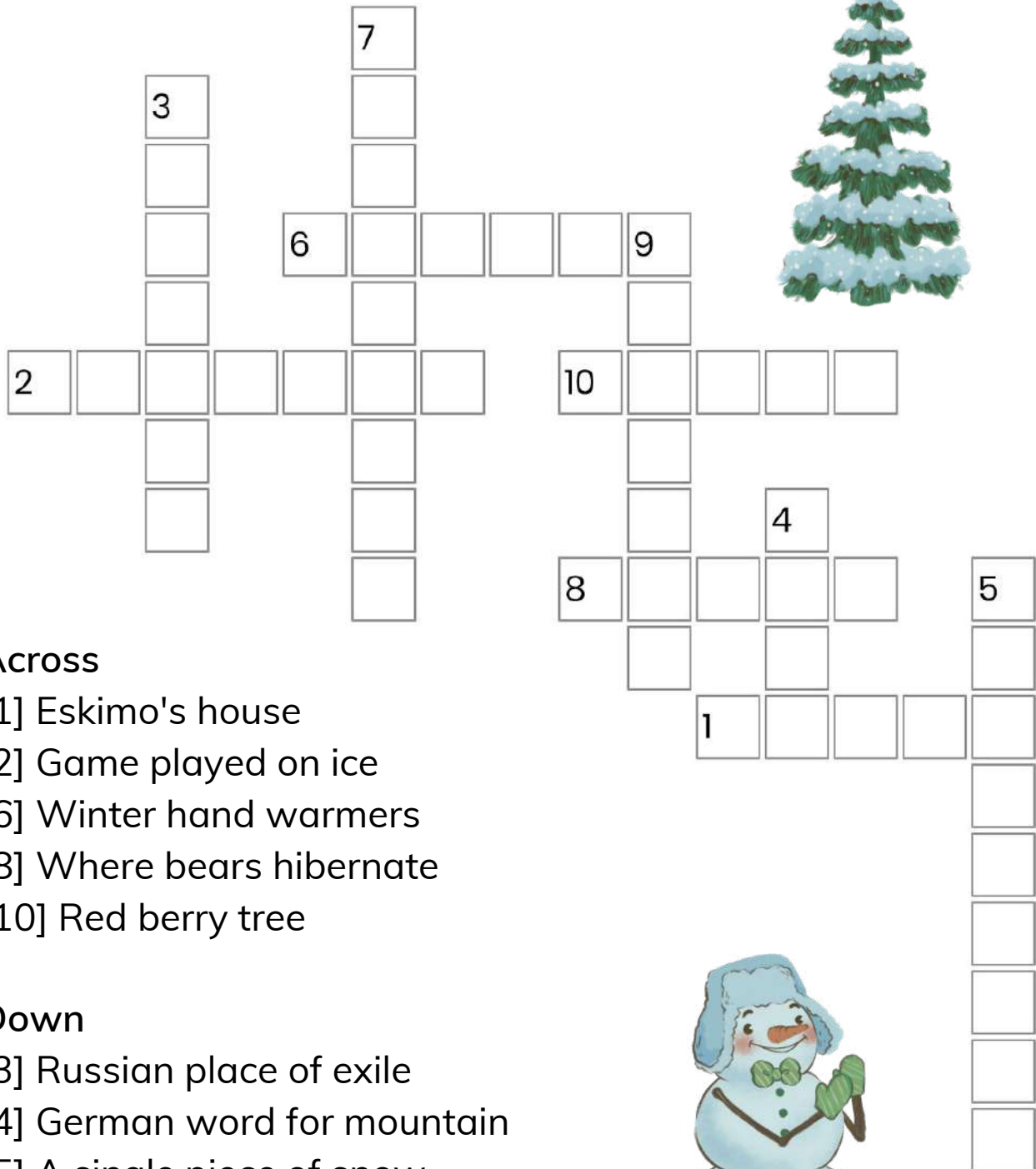


# ★ Bernie ★



# FESTIVE GAMES AND PUZZLES

## Winter Wonderland Crossword



### Across

- [1] Eskimo's house
- [2] Game played on ice
- [6] Winter hand warmers
- [8] Where bears hibernate
- [10] Red berry tree

### Down

- [3] Russian place of exile
- [4] German word for mountain
- [5] A single piece of snow
- [7] Snow landslide
- [9] He has a carrot nose

## Sudoku



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



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

*Solution on inner back page.*



# Christmas Carols and Songs Quiz



1. Which song opens with "Said the night wind to the little lamb"?
2. What wakes baby Jesus up in the song "Away in a Manger"?
3. "Oh little Town of Bethlehem, How.....we see thee lie"?
4. "Silent night, holy night, all is calm, all is....."?
5. What colour of Christmas did Elvis Presley have?
6. How many verses are there in "Away in a Manger"?
7. "Tidings of comfort and joy" are brought with which Christmas carol?
8. German based disco group Boney M had a number one hit in 1978 with which Christmas song?
9. What are the missing lyrics - "Ding Dong merrily on high, in..... the bells are ringing"?
10. Which carol contains the line - "Peace on earth and mercy mild, God and sinners reconciled"?

11. Which Christmas carol includes the line "Where a mother laid her baby"?
12. When did the 3 ships sail in on Christmas Day?
13. Which Christmas carol describing Mary's journey to Bethlehem has been recorded by Gracie Fields, the Beverley Sisters, Vera Lynn and Aled Jones among others?
14. What is fun to ride in "Jingle Bells"?
15. What type of tree is mentioned in "The 12 Days of Christmas"?
16. The lyrics "Let earth receive her King, Let every heart prepare Him room, And heaven and nature sing" are taken from which carol?
17. Which Christmas song includes the line "From now on, our troubles will be out of sight"?
18. What are the Kings following in "We Three Kings of Orient Are"?
19. Which Christmas song was sung as a duet by Bing Crosby and David Bowie?
20. "Oh Come all ye faithful, joyful and ....."?

*Answers on last page.*



## THANK YOU CO-OP!

This time last year we told you that we had been chosen as one of the beneficiaries of Stonehaven Co-op Local Community Fund 2021. We were amazed to be presented recently with a cheque for £6895 as a result! A very hearty thanks to the Market Square Co-operative and all their customers for this generous and welcome donation. It will be put to good use - watch this space!

## FIRE ALARMS HELP

New regulations mean that all Scottish households must have interlinked fire alarms by February 2022. Scottish Fire and Rescue (SFR) have issued advice on this. For council or housing association tenants, work is ongoing to make sure homes meet the new standards. For private tenants, landlords are responsible for the costs. Elderly or disabled homeowners may be eligible for costs support from Care and Repair Scotland. Care and Repair can be contacted at [careandrepairsotland.co.uk](https://careandrepairsotland.co.uk) or by calling 0141 221 9879.

SFR may be able to install interlinked alarms into owner-occupied homes where the individual or household is assessed as “high risk” through a Home Fire Safety Visit assessment process. If the person or household doesn't meet the criteria, SFR staff will still provide safety advice and information during their visit. Interim detection can also be supplied if the property has none.

To request a Home Fire Safety Visit contact Scottish Fire and Rescue on 0800 0731999 or text “FIRE” to 80800.

# BOOZY BREAD AND BUTTER PUDDING

This indulgent version of the traditional bread and butter pudding is a favourite in our house, especially at Christmas when the extra calories don't count! I prefer to use chocolate chip panettone rather than raisin. However, it can be made with whatever you have at hand, and is a great way of using up any leftover stale bread.

## Ingredients –

**Jane Mitchell**

unsalted butter for greasing  
350g Chocolate Panettone (stale is best for this recipe)  
200ml double cream  
250ml semi-skimmed milk  
3 eggs  
100 ml Baileys liqueur (optional)  
50g caster sugar  
50g milk/dark chocolate chips (optional)  
Icing sugar to decorate

## Instructions –

Preheat oven to 170c.

Butter the base of a shallow ovenproof dish with the butter  
Chop the panettone into small cubes (about 3cm) and place in buttered dish.

Mix the cream, milk, eggs, sugar and liqueur together and pour over the panettone. Sprinkle over the chocolate chips. Leave to soak in well for about 30 minutes.

Bake in the preheated oven for 30-40 minutes until the egg mixture is just set and the top is golden and crispy.

Dust with icing sugar, and serve with a dollop of ice cream or pour of cream, and your favourite Christmas film!

# THE CHRISTMAS LETTER

Did you have to do this as a child? A poem by Helen Leah Reed.

I'm always glad when Christmas comes, and yet I'd like it better;

If mother wouldn't bother me to write a Christmas letter  
To uncle John and Cousin Kate and dear old Grand-aunt Gray,  
And all whose presents come to me from places far away.  
Of course I love my presents, and if givers should forget her,  
No little girl, my mother says, need write a Christmas letter.  
For oh! my ink makes awful blots, though I try to do real well,  
And when you write them out of school, all words are hard to spell.

I mean to mind my mother, she's so kind I would not fret her,  
But when she says, "Stop playing, dear. Come, write this  
Christmas letter,"

That's just the thing I hate to hear, and if I dared, I wouldn't  
Remember how to hold a pen, I'd make believe I couldn't.



# SURVEY THANK YOU

Thank you to everyone who took the time to complete and return our survey which was sent out with the last newsletter. This has given us a useful insight into how much people know about our services and activities, and where we need to improve on making them known. We enjoyed reading your suggestions and ideas too, and will be moving forward with some of them over the coming year.



## SUDOKU SOLUTION

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

# CHRISTMAS CLOSING DATES

We will be closed from midday on Wednesday 22nd December, and will reopen at 9am on Wednesday 5th January.

## CONTACT US

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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)

## USEFUL PHONE NUMBERS

If you're struggling over Christmas, or at any time, there are people who can help at the numbers below. Availability may vary over the festive period.

Age Scotland helpline: 0800 124 4222

Silverline helpline for older people: 0800 470 8090

Samaritans (24/7): 116 123

## Crossword and Quiz Answers

### Crossword

Across [1] Igloo [2] Curling [6] Gloves [8] Caves [10] Holly

Down [3] Siberia [4] Berg [5] Snowflake [7] Avalanche [9] Snowman

### Quiz

1) Do You Hear What I Hear? 2) Cattle. 3) Still. 4) Bright. 5) Blue. 6) Three. 7) God Rest ye Merry Gentlemen. 8) Mary's Boy Child. 9) Heav'n. 10) Blue. 11) Once in Royal David's City. 12) In the morning. 13) Little Donkey. 14) A one horse open sleigh. 15) Pear tree. 16) Joy to the World. 17) Have Yourself a Merry Little Christmas. 18) Star. 19) Little Drummer Boy. 20) Hark the Herald Angels Sing.

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