



WELCOME



We're back after a bit of a gap! There have been many changes this year for us as an organisation, and in the outside world. Our ranks have swelled considerably, and we're excited about what the future holds for MCHLN.

In this edition, we hope to entertain, inform, exercise your mind, and maybe get you try something new and artistic!

Our cover photo from volunteer Carrie shows an eye-catching cloud formation, captured in the countryside.

MEET OUR NEW STAFF!

We're delighted to announce that we have 3 new members of staff! Here's a bit about them, in their own words:



SAM WILL

Hello, I'm Sam and I'm delighted to have recently joined the team. I've had an interesting few years of community work, where I have had experience of being a Social Prescriber and a Dementia Advisor. Previous to this I ran a cake decorating business from my home while looking after my young family.

Being a Project Co-ordinator for MCHLN has allowed me to put many of the skills I've learnt over the years to use - you might find me sharing baking tips with those we support and keeping the office in a supply of home bakes from time to time.

At MCHLN our aim is to keep older people living independently for as long as possible, this is something I know is important to people - I hope to contribute to making this an enjoyable time in their lives. I have had the opportunity to meet some of our clients and fantastic volunteers, and I look forward to meeting many more of you in time.

JOHN DUNCANSON



In a former life, I was a senior addiction worker at a residential drug and alcohol rehab - as well as a business development manager for several large corporations.

After 15 years with corporations, I joined MCHLN as I wanted to do something more meaningful - and help make a positive change for individuals within the community.

I work 2 days a week making funding applications and doing promotional activities to raise the profile of MCHLN - so we can reach and help more people.

LIZ RUSHMER

Originally a Yorkshire Lass, I have lived in the Mearns for 23 years. My childhood was spent travelling the globe as my father was in the Royal Navy. I attended my final school years in York, before starting an exciting career as a police officer.

My life has been dominated by my love of horses, dogs and the great outdoors. Presently, I am a part-time student of Counselling at Abertay University, something I believe will help me in my new role within MCHLN. I am excited about working with the team at MCHLN; looking forward to the challenges we all face together whilst moving forward from the hardship endured over the past two years.

LET'S MAKE SOMETHING THAT MATTERS TOGETHER!

Hi! I am Carrie Fertig, a Laurencekirk-based artist, your neighbour, and MCHLN volunteer. I am thrilled to announce a new project between MCHLN and myself, funded in the first year by Creative Scotland. Health of the Sublime in the Mearns is a two-year project that puts a focused lens on our personal experience of wellbeing and the sublime in the natural world, and the threat to that experience posed by climate change. I would love you to be a part of it.

What happens to our wellbeing, joy, peace, and satisfaction with our lives, when we focus on nature in new exciting ways? If we learn new expressive skills do we start to trust and have confidence in our unique voice, and that what we have to say is of value? Does practicing our creative expression, no matter what our age or limitations, and even if we have no experience, strengthen our communities and our place within our community? Together, can we bring about change for good using our new creative skills?

I invite you to participate in creative learning in one of 4 programmes: Sound, video, writing or poetry about what happens to us, and what we feel in nature, and art made in the landscape from materials we find there. Two MCHLN clients learning how to build their own immersive natural world environments in Virtual Reality will join us. Together, we are going to make an interactive map of our experience of wellbeing, joy, peace, and our community through the lens of being immersed in nature.

Your videos, sound recordings, out-in-nature art, and writing will produce a deeply personal, yet community-wide view of how important our lived experience of the natural world is to our wellbeing and spirit. In year two, an overlaying map of additional artworks made by participants will be made focusing on how that lived experience of wellbeing and the sublime is threatened by climate change. Our joy, peace, and happiness found in nature are inseparable from climate change. When we look at one, we are looking at both.

No artistic experience is needed. Zero. None. Artistic experience doesn't impact what you feel in nature. But we are going to give you the skills to express that creatively. This might make you think with fresh eyes about what art is, what it is for, and what an artist is. This project is about observing. Observing tiny wonders and large natural events outside. Observing tiny wonders and large natural events inside you. If you would like to be involved, you will make valuable contributions to the project. You will make connections with nature, your peers, your wider community, but most importantly, yourself, in new and surprising ways.

We are going to run a series of taster sessions in video, sound, non-fiction nature writing/poetry, and making art outdoors the week of the 20-24th June. I will join you at the groups and times below:

Monday 20th June at 10am: those Wonderful Walkers at the Stonehaven Health Walk.

Monday 20th June at 1:30pm with the Laurencekirk Gardening group.

Tuesday 21st June at 9:30am with the Portlethen Gardening group.

Wednesday 22nd June at 10:45am for the end of the 10am class and the beginning of the 11:15am class of Gentle Exercise at the Bowling Club in Stonehaven.

Wednesday 22nd June at 2pm Laurencekirk Health Walk at the Masonic Hall.

Thursday 23rd June at 10am St. Cyrus Health Walk at St. Cyrus Village Hall.

There will also be an online Zoom meeting on Thursday 23rd June at 2:00pm for anyone can't join one of the above listed groups. If you don't do Zoom, please call the office on 01561 378130 and we will find a way to support your participation. You will receive tuition and support to give you confidence in new skills or increase you skills where you have experience.

Following the taster sessions, we will run three cohorts each of the four main threads of arts activities: video, sound, writing or poetry, and sculpture or interventions in the landscape. These will run from:

27th June – 12th August 2022
29th August – 14th October, 2022
16th January – 6th March, 2023



Further information

I am very high risk for Covid, which is how I became a client of MCHLN when I moved to Aberdeenshire in July 2020. I will be wearing a mask and encourage participants to do the same. I will do everything possible to keep all of you and myself safe, and I will need your assistance in that. If you are vulnerable too, there are ways to participate that will ensure your safety. The tuition for many activities can be delivered through a smartphone. If you don't have a smartphone, we can supply you with one for the express purpose of this project. We particularly want to encourage participation from our clients, staff, and volunteers who may not be part of a regularly scheduled group. I hope you will be able to join our scheduled introductory Zoom meeting. If you can't, we would be happy to call you to hear what catches your fancy and how you might like to be involved. Please call the office on 01561 378130 and we will arrange a phone call to help you participate.

Participants will be asked to sign a consent form. You will be able to change your mind later at any given point.

Health of the Sublime in the Mearns is open to any client, volunteer, or staff member of MCHLN to participate in. No previous arts experience is needed, just an appreciation of the natural world. Please contact the office on 01561 378130 or office@mchln.org.uk for more information or email Carrie Fertig here: carrie@carriefertig.com.



WELLBEING IN THE NATURAL WORLD

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community
peace
introspection
stillness
learning
weather
outdoors

discovery
wellbeing
deer
seasons
trees
calming
joy

self worth
listen
birdsong
flowers
serenity
forest
garden

Solution on back page

BAKED TARRAGON CHICKEN

A super delicious, no fuss, no bother recipe

2 chicken breasts

2-4 sprigs worth of fresh French tarragon leaves torn from the stem (any other fresh herb works just as well. Try basil, parsley, thyme.)

3-4 garlic cloves, minced finely

1 or 2 lemons, the juice of

Olive oil

Salt

Pepper

Season the chicken breasts then place in a small glass or ceramic baking dish. Rub the minced garlic all over the chicken. Sprinkle the tarragon leaves over both sides of the chicken breasts. Squeeze over the lemon juice, then drizzle with olive oil. Bake at 180C or 350F, gas mark 4 for 20 minutes, maybe a little longer according to your oven. Delicious, and any leftovers will make for a great sandwich!



OUR SERVICES, GROUPS & ACTIVITIES

- Transport to medical appointments
- Transport to wellbeing groups
- Home delivery shopping service
- Accompanied shopping service
- Friendly phone chat service
- Garden maintenance



- Social gardening groups at Portlethen and Laurencekirk.
- Health walks, in association with Paths for All, in Stonehaven, Laurencekirk and St Cyrus.
- Past Times group for people with early stage dementia or memory problems, Laurencekirk.
- Gentle exercise classes in Stonehaven.
- Sunshine Cafe at Mearns Academy, to try out crafts.
- Mearns Memory Cafe, a free monthly cafe for people with dementia, their families, carers and friends.

We look forward to expanding and increasing what we offer around Kincardine & Mearns. Watch this space!

To find out more about our services and groups, or to join us as a volunteer to help with them, please contact us (details on the back page). Open to anyone aged 50+. Please note, some our services incur a small charge.

PAST TIMES GROUP

Members of our Past Times group got a bit crafty recently, making these fun plant pot people! If you know of anyone with memory problems who would benefit from weekly social contact and activities, please get in touch. The group meets weekly on a Tuesday in Laurencekirk and is open to older people around the Mearns. Activities include crafts, music, reminiscing and outings.



NEWSLETTER FORMATS

Would you prefer to receive this newsletter via email? Or read the latest issue on our website at mchln.org.uk/news? If so, please let us know to stop sending you the physical booklet. Please note, for digital issues the puzzles will need to be printed out before they can be done.

OUR NEWSLETTER

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

Phone: 01561 378130

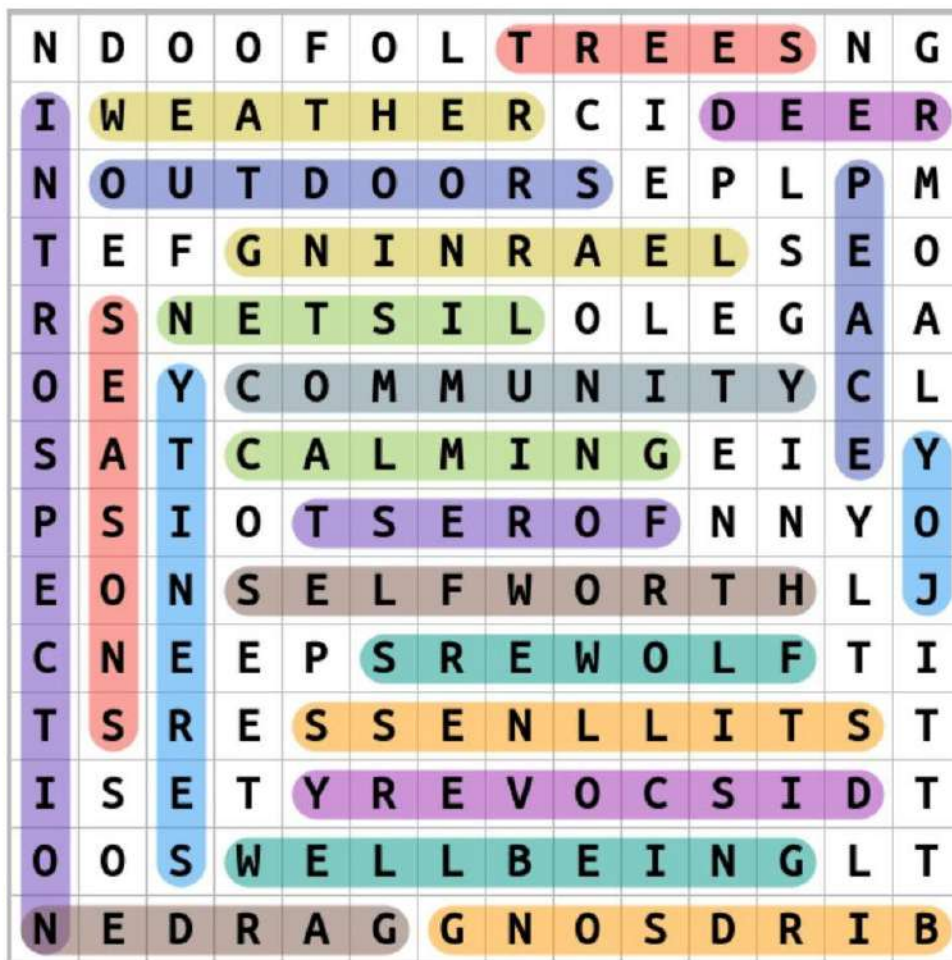
Email: office@mchln.org.uk

Address: 44 High Street, Laurencekirk AB30 1AB

Website: mchln.org.uk

Facebook: www.facebook.com/healthylivingnetwork

WORDSEARCH SOLUTION



Cover photo, recipe and word search puzzle by Carrie Fertig

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MCHLN, 44 High Street, Laurencekirk. Scottish Charity number SCO38980