



WELCOME



It seems to be taking a while to warm up properly this year, but hopefully it'll be better by the time you're reading this magazine. It's been lovely seeing the spring flowers though.

In March we welcomed a new member of staff, Jane Cross, who helps with the office administration, and transport, shopping and gardening services. But we also said goodbye to someone who, without whom, we wouldn't be the organisation we are today. More overleaf.

We hope you all have a lovely springtime.

A TRIBUTE TO ONE OF OUR OWN

One of our founders, Meg McKenzie, recently passed away. Colleague and friend Ed Garret gives this tribute:

"Meg was involved in the Healthy Living Network right from the start - in fact even before it started as a member of the Mearns Area Partnership which initially set up the project in 2002. She went on to be chair of the organisation for a number of years as well as being a leading member of the older people's forum locally. She guided the organisation through periods of change and development, giving it the firm foundation from which it continues to flourish today.

"She was great with people, with a strong sense and understanding of the K&M communities, which meant that the organisation always stayed closely connected to older people locally. Driving this all was a passion for supporting older people and making sure that their voices were heard. She will be greatly missed."



"Meg thoroughly enjoyed all her years of involvement with MCHLN, and had a great rapport with everyone."

Andy McKenzie, Meg's husband.

TRANSPORT FUNDRAISER LAUNCH

We've launched a Big Give webpage to help raise funds for our subsidised transport service. If you have access to a computer, and would like to make a donation, you can do so at: <https://rebrand.ly/mchln>

We're fundraising because our transport service is busier than ever - between January and March this year we made over 300 runs helping people attend healthcare appointments or wellbeing groups.

Our drivers are volunteers, generously giving of their free time and using their own vehicles. They are unpaid, but receive a mileage allowance payment (MAP) of 45p/mile. The current MAP rate is unchanged since it was set by the government a whopping 10 years ago.

Last year our volunteers drove just short of 25,000 miles, at a cost to us of £11,250. Those numbers are set to rise as we continue through 2023, with an ever-growing need. Donations will help us support the MAP and our volunteer drivers.

With such a demand for our service in the Kincardine & Mearns communities, we need all the help we can get! So if you or someone you know would like to enquire about volunteering - especially volunteer driving - please get in touch! It's such a rewarding thing to do for older people, and we owe a debt of thanks to our amazing volunteers for enabling this service.

A TASTY PUD FOR PAST TIMES GROUP

Past Times group members got stuck into making apple crumble recently! The recipe they used was:

650g cooking apples
2tbsp caster sugar
1sp cinnamon
110g self-raising flour
40g sugar
40g butter
2tbsp rolled oats



Heat the oven to gas 6, 200c or fan 180c. Peel and chop the apples, place into a large bowl and sprinkle with sugar and cinnamon. Transfer to a greased ovenproof dish.

Put the flour, sugar and butter into a mixing bowl and rub with your finger tips until it resembles breadcrumbs. Stir in the oats. Scatter onto the apples. Bake for 40-45 mins until golden brown and bubbling. Serve with cream or custard.



GENTLE, SOCIABLE WALKING

Restarted in Laurencekirk after a winter break, come and join us for the walk and a cuppy and chat afterwards! We also have weekly walks in Stonehaven on Mondays and St. Cyrus on Thursdays. Contact us for details.

LAURENCEKIRK SOCIAL STROLLERS

A weekly walk around Laurencekirk for people aged 50+



Suitable for all fitness level and walking abilities
Meet new people and get to know your village

Starting 3rd May
thereafter, weekly

WEDNESDAY
MASONIC HALL, LAURENCEKIRK
2PM

For more information contact us at:
44 High Street, Laurencekirk
Email: office@mchl.n.org.uk | Tel: 01561 378130
[facebook.com/MearnsHealthyLivingNetwork](https://www.facebook.com/MearnsHealthyLivingNetwork)

Registered in Scotland No 325854
Scottish Charity number SC038980

BRAIN-TEASER QUIZ

1. Captain Cook sailed which sea in 1768?

- a) Pacific
- b) Atlantic
- c) Arctic

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2. Percy Thrower was a famous British what?

- a) Gardener
- b) Sculptor
- c) Painter

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3. In which country would you find Mount St. Helens?

- a) Greece
- b) Wales
- c) USA

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4. In which city was 1948 film The Third Man set?

- a) Paris
- b) Rome
- c) Vienna

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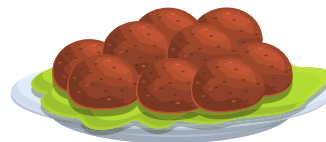
5. Which legume is the main ingredient in falafels?

- a) Peanuts
- b) Chickpeas
- c) Lentils

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6. Which 2 months are named after Roman Emperors?

- a) January and February
- b) November and December
- c) July and August



7. Fancy Smith was a character in which popular TV show?

- a) The Bill
- b) Z-Cars
- c) Dickson of Dock Green

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8. Who is the Patron Saint of Spain?

- a) St Patrick
- b) St Benedict
- c) St James



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9. Which of these sports has been played on the moon?

- a) Baseball
- b) Golf
- c) Hockey

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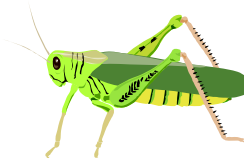
10. What is the rarest type of blood in the human body?

- a) AB Negative
- b) O positive
- c) B negative

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11. A fear of insects is known as what?

- a) Entomophobia
- b) Arachnophobia
- c) Allurophobia



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12. What food can survive unspoiled for hundreds of years?

- a) Chocolate
- b) Honey
- c) Toffee



Answers on the last page

HEALTH OF THE SUBLIME OPEN MIC



Join Health of the Sublime in the Mearns Open Mic Reading Friday 19th & Saturday 20th May for a relaxed evening/morning of wee tales of our experience outdoors and how spending time in the natural world benefits our wellbeing.

Led by author Janis Mackay, project leader Carrie Fertig, and volunteer Sandra Davison, these Aberdeenshire Wellbeing Festival events are open to all. Health of the Sublime in the Mearns is supported by Creative Scotland, and is a partnership between artist Carrie Fertig and MCHLN, offering free tuition in creative skills. The nature writing group begin the events with relaxed readings of writing that's come out of these workshops and then we invite you to read your own writing, if you wish, or from a favourite author on the theme of wellbeing in the natural world, up to five minutes in length, or just come listen and enjoy.

Light refreshments will be served but please bring your own cup to be filled.



Where:

Stonehaven Community Centre
Red Room 1st Floor
Bath St, Stonehaven, AB39 2DH

When:

6:30-8:30pm
Friday 19th May, 2023

Where:

Dickson Memorial Hall
Station Road
Laurencekirk, AB30 1BE

When:

10:30am-12:30pm
Saturday 20th May, 2023



TECHNOLOGY HELP!



In April 1973, Motorola employee Martin (Marty) Cooper made the world's first mobile phone call. At 2.5 pounds, the phone weighed around the same as a Chihuahua and was about a foot tall! The battery took 10 hours to charge and gave you 30 minutes of talk-time.

Born in 1928, Marty's 94 years old now - and has seen a lot of technological change in his lifetime. If you're feeling a little overwhelmed by technology, or would like some help with it, why not contact us about joining one of our free digital skills classes?

YOUR VOICE MATTERS

We will soon be carrying out a simple survey to assess our effectiveness - and we'd like some volunteers! The survey will consist of 14 statements - and all you have to do is score each statement from 1 to 5. It can be filled out by post, completed over the phone - or even by email - and it shouldn't take more than 10 minutes to do.

Any information supplied will be anonymous and will be used to support future applications for funding (which helps us keep doing what we do).

If you'd like to help us, please get in touch using the contact details on the back page of this newsletter and we'll talk you through what's required. Thank you in advance!

BOOZY FRUIT TREAT

Enid Thorndycraft has shared this recipe for a fancy treat. She says "I saw jars of these in a shop, and thought I'd try to do it myself. You will need:

A small can of tinned fruit.

200ml of alcohol of your choice - I use rum, brandy, whisky, sherry or port.

Sugar to taste.

An airtight jar.

Clean and sterilise your jar. Open the can of fruit (I used pineapple last time) and drain about two thirds of the juice into a pan. Add sugar to the pan and heat until it has dissolved. Put the drained fruit into the jar. Add your preferred tippie to the warm syrup; enough to cover the fruit. Pour the boozy brew over the fruit until all the fruit is covered. Tightly seal the jar, leaving a slight gap at the top between the liquid and the lid, and label. Infuse for 2-3 weeks, or even longer if you can wait! Then, just enjoy!"



WE'RE IN THE KILTWALK!

Our team, "The Halesome Haikers", are taking part in this year's Aberdeen Kiltwalk fundraiser. Anyone who would like to join us as a training companion, refreshment co-ordinator (tea and cake at the end!) or flag waver is most welcome.

If you'd like to join our team as a walker, please register at: thekiltwalk.co.uk/events. You can choose to do either the Wee Wander (3.1 miles) or the Mighty Stride (17.8 miles).

To donate any amount to the cause (thank you) please go to our team JustGiving page at:

<https://www.justgiving.com/fundraising/liz-rushmer2>

CONTACT US

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Thanks to all who have contributed to the content and production of this newsletter. Please contact us if you have content to share in future editions.

QUIZ ANSWERS

1. a) Pacific; 2. a) Gardener; 3. c) USA; 4. c) Vienna 5; b) Chickpeas; 6. c) July and August; 7. b) Z-Cars; 8. c) St James; 9. b) Golf; 10. a) AB negative; 11. a) Entomophobia; 12. b) Honey.