

# Mearns And Coastal Healthy Living Network

Scotland · Charity number SC038980

## Details

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|            |                                                          |
|------------|----------------------------------------------------------|
| Status     | Not Submitted                                            |
| Legal form | Company (the charity is registered with Companies House) |
| Registered | 2007-11-23                                               |
| Register   | <a href="#">View on the OSCR register</a>                |

## Contact

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|---------|--------------------------------------------------------------|
| Address | 64a High Street<br>Laurencekirk<br>Aberdeenshire<br>AB30 1BJ |
| Website | <a href="http://www.mchln.org.uk">www.mchln.org.uk</a>       |

## Activities

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**Activities:** 'It carries out activities or services itself'

**Purposes:** 'the advancement of education', 'the advancement of health', 'the advancement of citizenship or community development', 'the provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended'

**What the charity does:** Supporting the health & wellbeing of the over 50s in Kincardine & Mearns, Mearns and Coastal Healthy Living Network is a community-led charity that engages some 200 people a week via a 100-strong volunteer network, supported by a small staff team. Primarily, we are a peer-to-peer organisation – it's older people supporting older people. Our main aims are to support older people to live as independently at home as possible for longer, combat the effects of loneliness and isolation, improve mental & physical health & wellbeing and work against exclusions & inequalities. As well as facilitating over 590 social groups, and activities annually, MCHLN provides a heavily subsidised door-to-door transport service to aid attendance at healthcare and other appointments benefitting wellbeing, a much-needed shopping service, and a gardening service. Our activities and services are focused on the things that older people tell us matter to them, and which make a difference to their lives.

**Beneficiaries:** 'Older People'

**Objectives:** To advance the health and positive mental health of older people, resident in South Aberdeenshire by supporting their continued independence within the community through provision of services, by relieving social isolation within the rural setting through social activity and through provision of appropriate activity and involvement in active volunteering. To advance the citizenship of older people by encouraging involvement in planning and decisions about services, encouraging intergenerational skills

sharing and by ensuring that older people's views are expressed and acted upon appropriately. to advance the involvement of older people in community development by encouraging active volunteering and by raising awareness of the value of older people's contributions. To advance education by provision and access to training and skills and by providing information about wider opportunities available. To provide a range of recreational activities for older people.

### Geography

- **Main operating location:** Aberdeenshire
- **Geographical spread:** Wider, but within one local authority area

### Finances

| Period end | Income   | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2024-12-31 | £0       | £0          | -      | 7         |
| 2023-12-31 | £111,093 | £174,007    | -      | 7         |
| 2022-12-31 | £140,012 | £131,903    | -      | 7         |
| 2021-12-31 | £198,079 | £108,289    | -      | 4         |
| 2020-12-31 | £13,442  | £129,132    | -      | 4         |