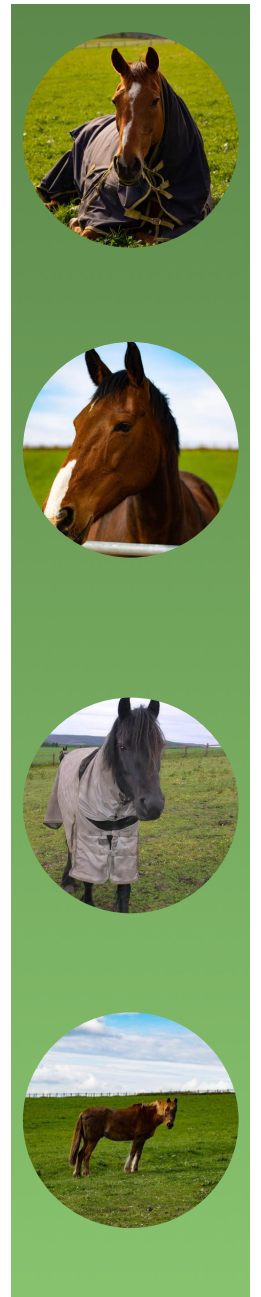


# Countrymen Club

at Touchdown Memorial Home for Horses

*July 2020 by Victoria Maclachlan - Outreach Initiative specialist*



## **Countrymen Club is a new project housed at Touchdown Memorial Home for Horses near Keith for men aged 50+**

It's a chance to get together, enjoy refreshments, and help out around the farm. There will be a choice of both indoor and outdoor activities on offer each week, including helping with the animals, DIY jobs, gardening, and arts and crafts amongst other things.

Unfortunately due to the lockdown, we've had to postpone the club's activities until it's safer for our members to be back on the farm. But in the meantime, we'd still like to support men in our community here in Morayshire, and thanks to Countrymen UK, we have developed an outreach programme.. We are here to help and some of the things we can offer are a point of contact and support, a listening ear, interesting farm information and provision of some outdoor based activity packs. Now more than ever we want to ensure we can support the gentlemen and their carers in our community throughout this isolating lockdown period.



**Did you know our farm is fully accesible?**

# Countrymen UK

Countrymen Clubs across the UK help to meet the challenges being faced by men who find themselves isolated because of deteriorating physical or mental health or changing social conditions, which may include: Dementia : Parkinson's : Stroke : Isolation : Injuries : Anxiety : Depression : Bipolar : Post Traumatic Stress : Alzheimer's : Chronic Pain : Cancer : Heart & Lung Conditions and others.

## 'Tails' from Touchdown

Now summer is here the 11 horses in our care are enjoying living outdoors and coming in for daily checks and a groom. Our groom Mel is now back off furlough and we are starting to cautiously welcome back our volunteers who as well as giving the horses lots of attention are assisting with painting and general jobs, which is much appreciated!

We hope to re-home some ex-battery hens in September so we will keep you informed of their journey and progress once they have arrived.

Fundraising has started for our new poly tunnel to be erected onsite , which will allow us all year round growing activities



## GET IN TOUCH

If you or somebody you know are interested in our Countrymen club please contact our Outreach Initiative Specialist Victoria:

07734822210

[info@touchdownmhh.org](mailto:info@touchdownmhh.org)

