



Community Connections

North Berwick Coastal

June 2021

To our members and volunteers having a birthday this month, we wish you a very

HAPPY

BIRTHDAY

The rose and honeysuckle are the birth flowers for June



NBiB: This sunflower self seeded in one of the station planters last summer.

Sunflower challenge P4

Just put one foot in front of the other *by Carol Stobie*

I used to see no point in 'going for a walk'. I'd never simply take myself out for a wander, and though I got into hillwalking once I met my second husband, my objective was never the Highland or Lake District panoramic views we'd achieve from the top - though okay, I appreciated them and took lots of photos! For me, it was always about good company and an extended, satisfying blether on the way. Not to mention heading straight to a cosy rural pub with a log fire and good beer afterwards, for further bledthers. It's true I could feel lots of endorphins coursing round my body, my head clearer and all sorts of benefits to the exercise I'd had, but it was never my objective.

Lockdown changed everything. That one daily permissible lunchtime walk with my home-learning son was a life-saver, a break I had to commit to in the midst of multiplying workload. A joy to breathe, chat, roam the beach or park, maybe post a birthday card. It did me all sorts of good. Now he's back at school, it takes more self-discipline, but I'm trying.

If you're anything like me, walking in company is a more motivating. But we know fine we'll feel all the better for even a solo walk, slowing down, spotting nature, taking that deep breath. Doesn't matter if it's only for five minutes down the block. We'll not regret it. Need evidence? I found some [here](#) for you.

- ⇒ 71% of people experienced a decrease in levels of depression after going out for a walk.
- ⇒ Doing a little exercise like walking is scientifically proven to make us happier.
- ⇒ 94% said that 'green exercise' like walking, gardening/conservation work improved their mental health.

Need help getting yourself out there? That's where we come in. We recently got several Community Connections volunteers trained with Paths for All as Buddy Walkers, ready to risk-assess a suitable route for anyone of any fitness level, qualified and insured to accompany you as you build up your walking routine and regain physical confidence after a tough winter. The new guidelines allow a few Buddy Walking pairs to meet up and walk together - and why not go for coffee afterwards? I might just see you there!

Community Connections



Cartoon: **Buddy Walks** - by Carol Stobie

Villages Outreach - As mentioned in the last newsletter, we are now making the effort to reach out to coastal villages and offer support wherever local groups or individuals are finding their own solutions to tackling social isolation. Many are motivated by the massive resilient efforts of last year and want to continue their involvement. We're talking to folk in Aberlady, Gullane and Dirleton, where exciting plans are afoot.

Maybe you've thought about developing a drop-in coffee session, Buddy Walks, a local newsletter or something completely different? It needs to be shaped by the folk in your own community, not led by us, but we can meet with you to share our experiences, lend a helping hand and maybe even support in a tangible way in the future. We are also always open to recruiting and training new volunteers from across the areas to take forward our work. If you live in other parts of North Berwick Coastal Ward and would like to have that kind of conversation, please get in touch with Carol.

PRIZE DRAW CONGRATULATIONS - Thank you very much to everyone who completed our recent Project Evaluation Survey and took part in the Prize Draw. We are happy to announce the five winners of £20 NB High Street vouchers are Christine Atkins, Liz Martin, Jenny Kellock, Linda Digney and Sheila Williamson.

National Volunteers' Week, 1st to 7 June 2021

To demonstrate just how much we value the quietly incredible behind-the-scenes work of our volunteers, here is a mention of just a few of this extraordinary team. We now have around 50 active volunteers supporting around the same number of members in various ways, particularly with telephone befriending, also helping with practical tasks, deliveries and newsletter work. They have to undergo a rigorous application process, Disclosure Checks, our Volunteer Training course and, in many cases, they have opted for extra training on Buddy Walks leading, mental health, dementia, etc. We have monthly online meetings and seek their views on how our work develops, as with the recent Project Evaluation Survey which many of you completed.

One special example of a Star Volunteer is Dorothy Kirkpatrick, who came up with the idea of the Scone Café at Abbey Church Hall, which ran very successfully from summer 2019 to spring 2020 and the unavoidable suspension of all gatherings. Who can say for sure if her amazing scones were the secret of our success? It's possible... though making friends, playing cards, enjoying occasional talks and workshops and hearing about opportunities to try out other new local activities might have had something to do with it as well. We hope it will be possible to revive Scone Café, in a covid-safe way, by this Autumn - our volunteers will be the key to that, as ever!

Carol and Lisa B would like to say a heartfelt thank you to Alex Graham and Peter Keeling, who volunteered as befrienders with us over the past year and have contributed enormously to the well-being of members they supported. They are each now moving onto new challenges and adventures, but we send them our warmest wishes for the future - you cannot imagine how much you have contributed to this project, Alex and Peter!

Community Connections

A Farewell North Berwick and Hello from Gourock, by Alex Graham



Hi Carol,

Here we are, on the top of Tower Hill Park where we've joined a group of regular dog walkers – you can just see a couple of them behind us with their dogs Dougal and Star. Missy's owner is taking the photo and Jura's owner is a lovely

lady I knew 35 years ago, and we met up again here a couple of weeks ago! She recognised me, it took me a few more seconds to recognise her! But we now meet up most days with the gang and so it's been great catching up on news about people I used to know and getting to know new people and their lovely dogs.

It feels very much that I've finally come home to where I belong, and I'm very much looking forward to seeing my daughter and granddaughter at the end of May – the English half-term. And with Lockdown easing, the town is beginning to open again as I'm sure it is where you are. Such a small thing, to sit down and have a coffee and a blether with friends – and that's just what the Scone Cafe offered.

I enjoyed the company of lovely people at those weekly gatherings, enhanced by Dorothy's scones! The coffee dates were just getting off the ground when the first Lockdown put an end to socialising. But with more and more of us being vaccinated, and the welcome easing of the most recent lockdown, many people will be looking forward to getting together again over a cuppa and for those newcomers to NBCCC, have that to look forward to. To those who know me, I will miss you, and I thank you for your care and friendship, but home is where the heart is and my heart is here, in Gourock. With Love and Best Wishes from Alex and Florrie XXXXXX

A Farewell from Peter Keeling

Hi Carol,

Thanks for your very kind email and words which are greatly appreciated.

Reflecting on your thoughts about the volunteering process, for me it was all about giving rather than receiving and through that everyone feels better about everything! I would also say that it is about getting to know your befriender and developing a friendship.

Your enthusiasm in keeping us all motivated is excellent and I am sure that Community Connections will go from strength to strength.

Thanks for allowing me to be a small part of the team and very best wishes going forward

Kind Regards
Peter

Well Done! Dirleton Good Neighbours for delivering such a warm and welcoming market on the Green - Sunday 23 May.

If you are interested to attend future markets please keep an eye out on the Dirleton Good Neighbours Facebook page or hear about it through Community Connections. "Its well worth a visit".



Dementia Awareness Week: 31 May- 6 June

Want to find out more about dementia? Want to do something to help? Dementia Awareness Week is upon us. Have a look Alzheimer Scotland's website: <https://www.alzscot.org/dementia-awareness-week-2021> or contact Michael Huddleston, Alzheimer Scotland Dementia Advisor for more information MHuddleston@Alzscot.org.

Join Dementia Friendly East Lothian along with guest **James McKillop** on 17th June to talk about Living with Dementia – link to register: <https://us02web.zoom.us/meeting/register/tZYvd-igrDstGtBTkgiZrKk8eKY8BvXbzHg0>

North Berwick in Bloom Sunflower Challenge

Sunflowers are stunning flowers which always bring a smile. Their bright yellow colour and the way they turn their heads towards the sun have led to lots of myths and legends about them but mostly, they are associated with good luck. Their colourful petals can be used to colour food and fabric and they have been used in traditional medicine to try and cure malaria or ward off smallpox. If you are feeling a bit down you can add some of the yellow petals to your bath water and it is said that this can cheer you up.

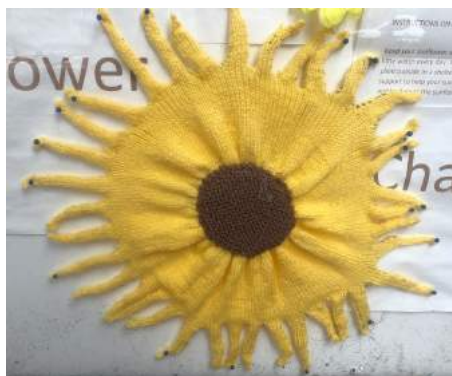
North Berwick in Bloom and North Berwick gardening club are running their sunflower challenge again this year. Over 200 sunflower seeds and seedlings will be given away to anyone who would like to join in and it is very easy to grow your own. The seeds can be planted in a pot or straight into the soil. They germinate in about 10 days and need to be kept in a light sunny place and given plenty of water.

There are full instructions on the NBIB website and competitions for the tallest, largest and best picture of 'sunflowers in my garden'. There is also a prize for the best crafted sunflower if you prefer knitting or painting.

All of the instructions and further details on how to join in are on the North Berwick in Bloom website <http://nbib.org.uk/aboutus/ourevents>



Pallet in front of Abbey Church



A knitted sunflower



Gazanias in the lodge

Community Connections - Carers Week 7th-13th June 2021

We like to give a shout out to all carers in this issue. We know that many of our volunteers and members are, or have been, unpaid carers for others who could not do without them. We realise it's difficult for carers to take time out, but we want to send all you carers (and former carers) our love, admiration and appreciation, and hope you know the we are only too glad to offer you our services wherever you can make use of them. For some of you, we may be able to take the person you care for out for a walk or coffee, so that you can take a little space for yourself. It might

be something you're not used to doing, but if it's safe and possible for us to arrange that together, please consider how much good it might do you.

I want to highlight one of our most treasured and beloved volunteers, much too modest to speak on her own behalf. CF got involved with Community Connections as a result of Carol's visit to the Carers of East Lothian peer support group for carers. She started attending our drop-in Scone Café for her own needs, after years of devoted caring at home (which can often lead to a sense of isolation), and soon it became clear she had lots

of potential as a brilliant volunteer, with thoughtful contributions to make at volunteer meetings and suggestions for how we could improve our service. At the height of Scone Café, just before lockdown, CF was skilfully leading a team of volunteers to run it without staff help. Since then, although her health has not allowed her to get out much, she has been a vital telephone befriender for two of our members, regularly submitting updates on their well-being. A carer of epic additional talents. We thank her from the bottom of our hearts.



Carers of

East Lothian

Carers of East Lothian - Carers Week

Carers of East Lothian are delighted to share the following events planned for Carers Week 2021 (events on page 6). If you are an unpaid carer and would like to register with us please phone 0131 6651035 or you can self-refer online through our website www.coel.org.uk. We have an available carer support worker to discuss our services and any support around your caring role Monday to Friday 10am-4pm. Please feel free to call us for more information.

Carers Week 2021 Online Resources - From Mon 7th to Fri 10th June, we will post a daily haiku (three line poem) and a personally meaningful song chosen by a staff member on our website and Facebook page. Website: <https://coel.org.uk/> Facebook: <https://www.facebook.com/coel92>

There will be something new to enjoy every day and we hope that you will share any haikus you feel inspired to write or songs that have kept you going this last year, with us, too. Please email your haiku and/or song suggestion to centre@coel.org.uk or leave a comment on our Facebook page.

Booking Instructions for events listed on page 6 - All events are FREE for unpaid carers but require advanced booking. To book a place on an event, please call us on 0131 665 0135 or email centre@coel.org.uk.

For events held on Zoom, you will need an internet connected device with a camera such as a smartphone, tablet or laptop to participate. We can help you to use Zoom (free video calling software) if you are not familiar with it.

For face-to-face events, you will be contacted by staff the day before the event, who will complete a brief Covid-19 risk assessment with you. (Continues on page 6)

Carers Week 7th—13th June: Event Planner



Pilates Pamper Package* - **Mon 7th June, 10 to 10:40 am** - Stretch and de-stress with an online Pilates class led by instructor Johanna Dollerson of Lark Pilates. All participants will be given access to a 7 day replay of the relaxation focussed session and be sent a lavender themed self-care kit to complete the pamper package. This event will be delivered on Zoom. *Please note you will be sent a health form to complete and return to the instructor by Mon 31st May to help keep you safe and comfortable during the Pilates class.

Just Sing! - **Tue 8th June, 1:30 to 2:30 pm** - Join us for an uplifting online singing session for carers facilitated by choir leader Anya Bisset. No previous singing experience necessary - the focus of this event is feeling good and having fun! This event will be delivered on Zoom.

Parent/Carer Name that Tune Quiz - **Tue 8th June, 6 to 7 pm** - A music trivia quiz for parent/carers hosted by COEL's fabulous Suzie Q. Please email [susang@coel.org.uk](mailto:susanq@coel.org.uk) by Fri 4th June the name of a song that keeps you going if you would like to see it featured in the quiz. This event will be delivered on Zoom.

Cockenzie House Afternoon Tea – **Wed 9th June, 2 to 4 pm** - Join us for a delicious afternoon tea in the marquee. This is an opportunity for you to enjoy some face to face company outdoors AND undercover in the beautiful gardens of Cockenzie House. Spaces strictly limited so please book ASAP.

Countryside Ranger Walk – **Thu 10th June, 10.15 am to 12.30 pm** - A guided walk in the Pencaitland/Ormiston area with countryside ranger Richard English who will share his knowledge of the local history and the wildlife we encounter along the way. Please wear suitable footwear for walking off-road. The walk will take about 1.5 hours going at a gentle pace. We will meet at the lovely new Rosearista Café near Pencaitland (EH34 5DH) at 10.15am for a 10.30am start. You're invited for a hot drink back at Rosearista at the end of the walk. This walk is dog-friendly so feel free to bring your doggy companion if you have one. Spaces are strictly limited so please

Carers of East Lothian is a charity registered in Scotland Charity Number SC027000



Caroline Foord shares with us her Sweet peas. She managed to plant them out as temperatures warmed.

"It's a surprise what colour they will be!"



Robina Brown could not resist sharing this photo of an oak tree on Dirleton Green.



Celebrating Communities works to bring joy back into communities through events and local projects inspired by the support, care and friendships that we have seen throughout covid. We meet on the third Thursday of the month at 10.30am on Zoom. Everyone is welcome to join us for an online chat. Register for our next conversation email maya@dfel.org, call Sue on 07727 883 881, or go to <https://www.celebrating-communities.org/join-a-conversation>

Seaside Singers is an inclusive monthly sing-a-long for all, with performances from local artists, and members of the community to bring us together in song. Performances are available online: <https://www.celebrating-communities.org/seaside-singers> - Keep an eye out for the June Summer Variety Sing-a-long. Email khlayre@dfel.org.uk to receive the performances directly in your inbox.

Bass Rock Community Group



Some of Community Connection volunteers are also members of the newly formed Bass Rock Community Group.

We are a group of volunteers who have formed to do 'hands on' work in the Community. Seven of the group are Rotarians who have left the traditional club and are now Rotarians through the Rotary Global Hub. There are many ways in this modern age to be a Rotarian! Some of the volunteers will join Rotary in July 1st this year. We are very much family orientated and would love to welcome others to join us either as a Rotarian or a volunteer.

The photos above show our litter pick this week but the Facebook page shows what we have managed to do so far with the Covid restrictions in place. Over the next few months we will be working with various groups throughout the town improving the environment for all to enjoy.

Please find us and like our [Facebook page](#). If you are interested in this group please contact Liz Martin initially lizmartin@sky.com or message us via Facebook.

June Wildlife Watch by Ruth Fraser

Summer has arrived! Butterflies are now abundant, breeding seabirds are back and early summer flowers are in full bloom. It's the month to enjoy the longer days and to see what wildlife you can spot when out and about...

Burnet moth—Scotland is home to a number of moths that are active during the day and many of them rival butterflies for their colour and beauty. A species you might encounter on a summer's walk is the six-spot burnet. Its striking black and red colouration makes it a great species to keep a look out for. It is Britain's commonest burnet moth, but in Scotland it is found mostly in coastal areas -lucky for us! It likes to fly in warm sunshine and is attracted to a wide variety of flowers. Look out for them feeding on nectar from knapweed and thistles in grassy habitats.



Six-spot burnet

Did you know?: The red spots warn of a deadly, self-defence secret, it can transfer toxins taken in from its caterpillar foodplants into cyanide.

Craigeith Island - Craigeith comes from the Scottish Gaelic Creag Lite meaning "rock of Leith" and at this time of year the island is absolutely teeming with sea life! From the shore it's hard to make out all the species living on the rock, but either using binoculars from the beach or if you're lucky enough to get closer via boat trips or paddling boarding, you will see thousands of sea birds (e.g. puffins, razorbills and cormorants) and a group of seals making the rock their home!



Razorbills swimming at Craigeith

Did you know?: The razorbill's closest relative was the great auk, which became extinct in the UK in 1840. It was hunted for meat, feathers, fat, and oil, and was finally driven to extinction by specimen collectors.

30 Days Wild: Can you do one wild thing every day in June? Join thousands of people all over Scotland taking part in 30 Days Wild with the Scottish Wildlife Trust:

<https://scottishwildlifetrust.org.uk/things-to-do/30-days-wild/>



Wildlife Anagrams

KEWLH
CEANBRAL
REYSECAROTCHT
SEGE E
LSAOPCL

Answers P10

North Berwick Youth Project, Beth Smith

At the start of the month we were very lucky to have quite a few days of sun which was great because we were still doing outdoor youth work. Friday after school club has been very popular. We meet the young people outside of school and head to Law View Park for a picnic lunch then spend the rest of the afternoon playing games such as rounders and hide and seek. Thankfully over the last two weeks we have been allowed to start indoor youth work again, which has worked out perfectly now that it feels like winter again! We have also been busy planning our Summer Holiday Programme which includes lots of exciting trips such as Blair Drummond Safari Park, Edinburgh Dungeons and Foxlake.



Scottish Seabird Centre

Get back to nature and indulge your love of wildlife at the Scottish Seabird Centre this summer.

In 2021, Scotland continues to celebrate its coasts and waters with a programme of activities and events which will shine a spotlight on these vital elements of the surrounding landscape. As part of the Year of Coasts and Waters, the Scottish Seabird Centre will host its first ever Marine Fest to raise awareness of the diversity of Scotland's marine environment and wildlife and the pressures facing them.

With a host of exciting partners, a series of outdoor and on-line events have been planned between **31 May and 13 June 2021**.

The Centre's stunning coastal location, overlooking the Firth of Forth islands, allows unparalleled access to the sea, coast and beaches. The surrounding waters and islands are of international importance for their habitats and wildlife, including the world's largest Northern gannet colony (Bass Rock). Marine Fest will make full use of this setting, including a mile of golden sand and rockpools full of fascinating wildlife. Outdoor activities will be supplemented by digital events which will be accessible to those unable to physically visit the Centre. Events include rock pooling, guided walks, citizen science, art, crafts, and interactive science shows.



Incorporating **World Environment Day** (5 June 2021) and **World Ocean Day** (8th June 2021), they will also explore the threats to the marine environment and steps people can take to help.

All of the events must be pre-booked and the full programme is available on their [website](#).



LIL (Lower Impact Living) and Caledonian Horticulture are delighted to support groups all along our beautiful coastline for a BIG BEACH CLEAN over the weekend Saturday, June 5th - World Environment Day and Tuesday June 8th which is World Oceans Day.

We aim to clean as much shoreline as possible along the entire coastline from Edinburgh to Berwick upon Tweed with the help of individuals, local community groups and volunteers. After the litter pick, Caledonian Horticulture will collect, sort, weigh, recycle or reuse the waste found.

How to get involved... Join the BIG Beach Clean [Facebook Group](#) to keep up to date with all the information, if you're not on Facebook please email kate@frmrecycling.co.uk for more information. Groups, individuals and families are welcome to get involved. Choose your beach - see our [Ether map](#) to see if there's a group coordinating "your" beach, or choose a spot that works for you. Join the [Facebook event](#) page. Dispose of your waste either with the local group, or help sort it directly at East Fenton Composting Site, EH39 5AH. SHARE your involvement, invite others along, take photos on the day.

North Berwick beach clean- Emily at the Scottish Seabird Centre will coordinate the collection of kit and drop off of waste **Sunday 5th June 12:00-16:00; Monday 7th 10:-16:00; Tuesday 10:00 - 16:00**. Area to cover Canty Bay—Yellowcraig beach. You will need your own gloves and face covering for collecting kit/returning waste.

**CELEBRATING
COMMUNITIES**

Dementia
friendly | EAST LoTHIAN
Curious | Connected | Active

**Digital Inclusion Pop Up
8th JUNE 2021, 3PM**

Digital Inclusion got serious during Covid and yet many people were even more excluded because they're not online.

We're having a pop-up conversation to share experiences, ideas and stories about digital inclusion - whatever that means to you! If you'd like to find out more or have your say, pop along. You can register to join us using this link:

https://us02web.zoom.us/meeting/register/tZ0qdOGppi0uHNEg3EeuQQjMimLdVsYL_DzL

Community Connections would like to gather some stories from our Members and Volunteers who have developed their digital skills.

Have you or someone you know recently started using an iPhone or joined a WhatsApp group; or perhaps you have been accessing a weekly church service or fitness class online; Or have you been connecting with family and friends virtually?

If you would like to share your experience we would love to hear from you. Your experience could encourage others to make connections and build digital confidence .

Please get in touch with Emma at newsletter@nbc-communityconnections.org or contact Carol Stobie by 14th June.

North Berwick Community Council



The North Berwick Community Council is made up of 12 volunteers who live or work in North Berwick. The main purpose of the Community Council is to find out the views and wishes of the community and clearly express them to the Local Authority or other relevant organisations while taking a view on what is best for the community as a whole.

NBCC is currently operating via zoom in line with the covid19 restrictions. We meet on the first Tuesday of every month at 730pm. If you wish to attend, please email our secretary, Kathryn Smith, for the zoom details. At the moment, we are looking into whether or not it will be possible to hold the Calder and Crawford Cup competitions this year. We had to cancel last year's event which was a huge blow as it was the centenary year for the Calder Cup. We are tentatively hopeful that this year's putting competition can go ahead. We are also looking into possible options to make the skate park more user friendly. Please get in touch if you have any suggestions of would like to get involved. Secretary@northberwickcommunitycouncil.org.uk

Wildlife Anagram Answers: 1) Whelk 2) Barnacle 3) Oystercatcher 4) Geese 5) Scallop



Health Walks have restarted with a Walk Leader, physical distancing will be maintained. Please get in touch for more information on the Health Walks. Health Walks will

take place: Monday - North Berwick – 1.30; Tuesday - Aberlady - 10.30; Wednesday - Dirleton - 10.00 For the full list of online classes and to find out what might suit your interests or the Health Walks please visit Ageing Well [website](#) or [Facebook](#) page or you can talk to Parvine Jazayeri, Ageing Well Coordinator on pjazayeri@eastlothian.gov.uk or call 07718 117585



6.30—7.30pm

MONDAY EVENING YOGA



**TRY YOUR FIRST CLASS FOR FREE!
THEREAFTER £4 PER CLASS / £40 FOR A BLOCK OF TEN**

**CONTACT NICOLA BOURKE TO BOOK IN
07766 174462**

**NICOLA_BOURKE@HOTMAIL.COM
WWW.EASTLOTHIANYOGASCHOOL.CO.UK**

A RANGE OF YOGA POSES, BREATHING PRACTICES AND RELAXATION TO PROMOTE HEALTH AND WELLBEING FOR ALL

Seated Pilates - Anyone interested in Seated Pilates from the comfort of their own home? Why not join our lovely instructor Tine Breusch on Zoom every Thursday from 10am for around 30-40 minutes. If you are interested please contact Tine at tine.breusch@gmail.com or call her on 07981961034. First class is FREE then each class will cost £2.



Fringe By The Sea is looking for friendly, energetic volunteers to support our team delivering this year's multi-arts festival. You'd be helping our event crew stage more than 150 events over 10 days from 6th - 15th August in locations around North Berwick.

Find out more about the volunteer programme at <https://www.fringebythesea.com/volunteering/> and email your interest or ask any questions at volunteers@fringebythesea.com



Community Links Worker for North Berwick and Gullane



Tara Broadfoot, Community Link Worker from **We Are With You**, is based in both the North Berwick and Gullane Medical Practices. Gullane every Wednesday and North Berwick every Thursday and Friday.

I can offer you a safe space to talk about issues that are stopping you living well and time to explore what changes and support you might need to help improve your health and well-being. All at your local surgery.

If you would like to be referred ask your GP, practice nurse or receptionist. They will explain how you make an appointment.

Community Connections - Behind the Scenes

Besides our more visible Befrienders, Buddy Walkers, the Scone Café team (in better times) and others mentioned above, it's easy to forget that our **Advisory Group and Board members** are all volunteers who devote many, many hours of their time to make this project work as safely, professionally and effectively as possible. It's a huge responsibility, and it's thanks to these behind-the-scenes volunteers that we have achieved charitable status, gained our own bank account, managed the transition to independence from our origins with the Health and Well Being Association and Carers of East Lothian, recruited our new Befriending Coordinator, established a paid Newsletter Editor position, put the best safeguarding procedures into place, gained local press coverage, created our latest flyer, built new partnerships and embarked on a major funding application for future project security - amongst many other achievements since they began last June! We salute you all here, with enormous thanks.

North Berwick Coastal Community Connections - *our current services*

Community Connections can now meet you for coffee, chum you along on a walk and help you make the most of your days this June - in a Covid-safe but very companionable way!



Time to venture back to the cafe and reconnect with others, or make new friends? Say the word and we can help. Just contact Carol or Lisa if you'd like some more company, conversations and connections in your life.

For weekly befriender phone calls and/or meet-ups: Contact Lisa Brownlie, Befriending Coordinator, on Tuesday or Wednesday mornings. Telephone 07862 694842. Email: befrienders@nbc-communityconnections.org



For the following services, contact Carol Stobie, Project Officer, on 07940 203380
Email: nbc-communityconnections@outlook.co.uk

- Buddy walks (weekly or one-off)
- Monthly newsletter subscriptions
- Coffee Connections (let us introduce you to new and veteran members at the Seabird Centre or other cafes)
- Volunteer applications

To send any contributions to our newsletter, email newsletter@nbc-communityconnections.org or contact Carol to arrange postal contributions.

North Berwick Coastal Community Connections has been funded by the North Berwick Coastal Area Partnership, National Lottery Community Fund, North Berwick Trust, East Lothian Council.

