



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

**HAPPY
BIRTHDAY!**

**The August birth
flowers are
gladiolus and
poppy.**

Community Connections

North Berwick Coastal

August 2021



'Bridge to Nowhere' Belhaven Bay by Robina Brown

Thank you Emma!

We can't thank Emma enough for her work on the Community Connections newsletter. Launched in a flurry early in Covid times, to help keep our members and volunteers feeling part of a family, it started life as 'Scone But not Forgotten', in honour of our suspended, much-missed drop-in Scone Cafe. It was put together with great flair and warmth by our volunteer Bex MacRobert and her daughter Lottie (11), and soon became a firm fixture. As their lives became busier, and the newsletter grew more time-consuming, Emma came along to join our Advisory Group and offered to take on the editing, as she had lots of relevant communications expertise.

Eventually this became a paid freelance role, and involved building relationships with regular contributors, new partners and the inclusion of great 'extras', from colouring-in sheets to North Berwick In Bloom seeds. Throughout its growth, Emma kept a firm focus on the needs of our members, particularly those who don't do digital! It's in fantastic shape for handing over to Ruth as Emma moves on, with our heartfelt gratitude for her professionalism, creativity and massive contribution to the growth of this project. - Carol Stobie, Project Officer



Thank you sunflowers for Emma

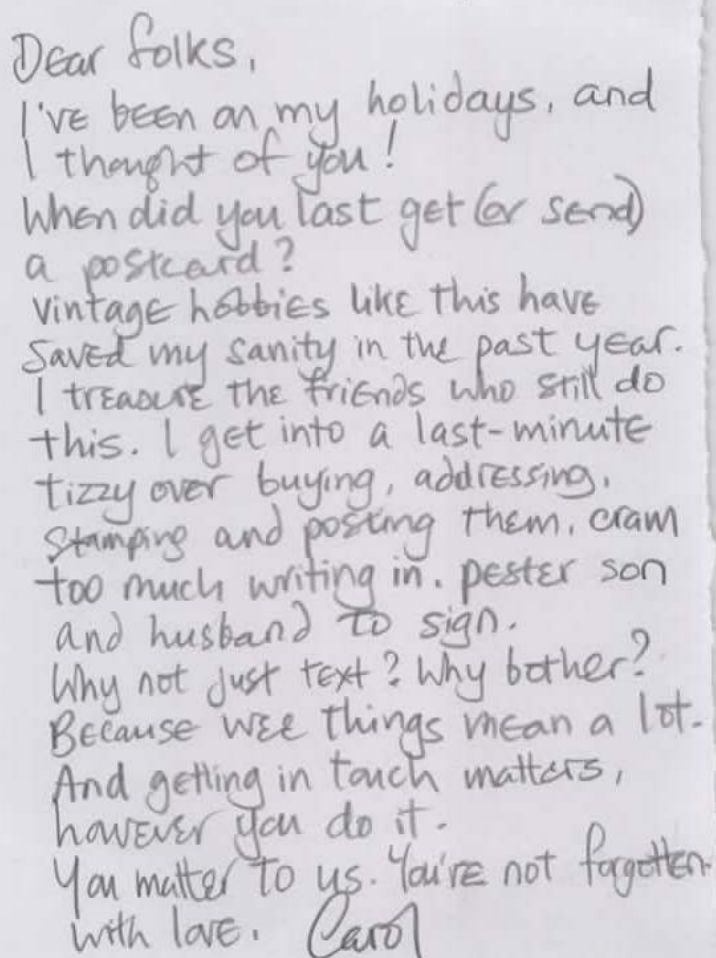


Ruth Fraser (left) Emma Papakyriakou (right)

Read our chat with Emma about her time as newsletter editor on page 7.

Ruth: I am delighted to have the opportunity to follow on from Emma's fantastic work on the newsletter. I have really enjoyed putting this article together. I hope you enjoy reading the features and hearing about the services and events available for our members and volunteers.

A Postcard From Your Project Officer - Carol Stobie



Dear Folks,
 I've been on my holidays, and
 I thought of you!
 When did you last get (or send)
 a postcard?
 Vintage hobbies like this have
 saved my sanity in the past year.
 I treasure the friends who still do
 this. I get into a last-minute
 tizzy over buying, addressing,
 stamping and posting them, cram
 too much writing in, pester son
 and husband to sign.
 Why not just text? Why bother?
 Because wee things mean a lot.
 And getting in touch matters,
 however you do it.
 You matter to us. You're not forgotten.
 With love. Carol

North Berwick Coastal Community Connections

We're a small local charity dedicated to creating good company, conviviality and social connections. Community Connections is open to referrals and self-referrals from anyone over 18, across the North Berwick Coastal Ward. We currently offer the following services:

Volunteer Befriending
Buddy Walks
Coffee Connections
Monthly newsletter

Could you be a Community Connector?

Volunteers are crucial to our work. Are you interested in joining the team? We provide full training, regular meetings and there is a great sense of team spirit. Please contact **Carol** on 07940 203380.

Befriending Update - Lisa Brownlie

Well, these last few months have certainly gone fast as I have learnt the ropes and enjoyed meeting the volunteers, members, staff and board members. I have been made to feel so welcome by the NBCCC community and feel privileged to be a part of it!

It has been a pleasure getting to know everyone, hearing their life stories, sharing a giggle and seeing befriending relationships flourish. Whilst I haven't managed to meet everyone yet, I do hope that will happen in the not too distant future. For the first time we have a waiting list of potential new members and we are looking to recruiting new volunteers! So, if you have a friend who may be interested please do pass on our info.

I have also recently taken part in train the trainer Dementia training and we hope to be able to offer this to our volunteers in the Autumn.

I hope everyone has managed to enjoy the weather we have had recently and I know this has been lovely for our Buddy Walkers and members to enjoy.





Celebrating Communities: Where we are and what comes next...

CELEBRATING COMMUNITIES

Dementia friendly
Curious | Connected | Active

EAST LoTHIAN



Celebrating Communities project which has been running since January to give space for conversations and help to support local projects and ideas. We used our July gathering to take a look back at some of these projects – you can watch the recording here: <https://www.youtube.com/watch?v=nLeUG6b6l7M>

We are very proud of what has been achieved, and a big thanks to everyone involved. We will be bringing the project to a close this month, but the conversations will continue, as will projects like **Seaside Singers**. More information can be found online: www.celebrating-communities.org Thanks to the Life Changes Trust for funding the Celebrating Communities project.

SEASIDE SINGERS:

We now have five performances on line and all can still be accessed for free via the website:

www.celebrating-communities.org/seaside-singers As we ease out of lockdown we hope that people come together in communal areas to enjoy singing. If you, or a family member, is in a care setting please encourage the activity co-ordinator to go the website and bring everyone together in song. July's performance was a local boy band. They are accomplished musicians and during lockdown shared their music with other family members to put a smile on their faces. We can provide song sheets for care facilities – just ask! For information about the performances, get video links by email, or would like to sing with us, please contact **Khlayre**: khlayre@dfel.org or phone **Sue** on 07727883881. Thanks to North Berwick Trust for funding the Seaside Singers project.

SEASIDE MEMORIES:

Over the summer we have been collecting seaside memories for a special local song-writing project. We are working with care facilities to gather memories of the sea and the seaside and the very creative Penny Stone is curating a song using the words and memories gathered. This will be recorded by Penny and other artists and will be brought to you in August's Seaside Singers performance. We hope to create a public display of the memories somewhere in North Berwick, where people can read and add their own!

Bass Rock Community Group: Active and Attractive!

North Berwick has a new group supporting the local community and working on local community projects. The **Bass Rock Community Group** was born out of the North Berwick Resilience Group in October last year. It is a group of individuals and families who want to put something back into their community but have limited time to do so because of family, work or other commitments.



Members of the Group joined Rotary on 1st July for the support and variety of connections it provides. This group, though, is part of a new Rotary initiative, very different and separate from the more "traditional" way of doing Rotary that most people know of. The Group meets twice a month on-line, for no more than an hour, and just gets out there and does things. The Group's main focus is "hands on" activities whether those benefit individuals, the environment or the community at large. Our Group's aims are to make Rotary active, attractive, very affordable and fun! We have already grown to 18 members.

Member Fiona Taylor says "As a Mum, I joined the Bass Rock Community Group as I wanted to get involved with my family in the community by putting something back and making a difference to the lives of those here and abroad. We are part of the modern Rotary family which provides us with lots of help and individual benefits. It's a great way to make new like-minded friends and we have great fun too!"



Member John Baird says "What I really like about the Group and why I am joining it - it's clear ethic is service to the community in a very active way with a highly enjoyable social approach. That's the ethic - in practice, on the ground, I love the way it can and is speedily very reactive - responding to any and all requests from community groups and individuals. Absolute bare minimum of un-necessary bureaucracy - minutes, meetings, points-of-order, etc. A 3-word line if you will: 'Service with fun' "



The Group has linked up with other groups in the town and hopes to link up with more so that we are talking to each other and hopefully helping each other for the greater benefit of our community. We also have a relationship with North Berwick Community Council, ELC and East Lothian Countryside Rangers.

Member Richard Rogers said "You can learn more about us and make contact by going to the **Bass Rock Community Group's Facebook page**. Come along and see what we do, have some fun

and if you like us, then join us in helping make a positive difference to our community! There are many other Rotary groups across East Lothian - Dunbar, Haddington, Longniddry, Musselburgh, North Berwick and Tranent, all doing Rotary in their own ways.



St. Mary's Priory by Euan Macmichael



This place i go to wash from mind
the endless chores and daly grind,
under natures showers unwind.

From fallen leave of aging trees,
and grass and bush and weeds and flowers
then beneath its orchard thriving trees
Surrounding garden paths conbind.

Forever peaceful and far from noise
of car and truck and crowded vaise
Surrounding Abbey walls conbind.

With all my worries closed with these
i start the mornow of with ease.

St. Marys Priory N.B

Euan Macmichael is a local writer, artist, Gaelic student, member of Community Connections and (most importantly) Jacobite.

The First Ever...North Berwick Coastal Walking Festival!

From **Friday 6th to Sunday 8th August**, the first ever **North Berwick Coastal Walking Festival** will be encouraging everyone to get out and explore what this beautiful area has to offer.

With a whole range of walks to choose from, right across the area, the Festival truly has something for everyone! The walks are mixture of self-directed (ones you can do whenever you like) and guided (you need to book a place on a group walk). There are walks that are "family friendly",



walks that are suitable for walkers and wheelers, walks where you can natter, walks for beginners and walks that are a bit more challenging! Whichever ones you choose, all should offer something just a little bit different, perhaps a new perspective or discovering places you didn't know were there!



All the self-guided walks have maps and walking notes that can be downloaded and followed. The Festival is delighted that there will also be audio narrations on most of the routes. All this will be available over the Festival weekend (6th to 8th) in August. In the meantime, check out our website:

<https://northberwickcoastalwalkfest.co.uk/> for a preview of the routes and to book:

Health Walks

<https://northberwickcoastalwalkfest.co.uk/map/ageing-well-health-walks/>

Twin Peaks Challenge

<https://northberwickcoastalwalkfest.co.uk/map/the-twin-peaks-challenge/>



Walking has been described as the "Superpower" we didn't know we had - a great way to keep physically active, and reap the positive benefits to our mental health that comes from taking the time to enjoy the outdoors. So, this may be the time to use your very own superpower and start walking (or wheeling!).

We feel sure you will be able to find just the right walk or walks for you and that you will feel part of the Walking Festival "community". We would be delighted if you wanted to share your walks, comments, photos, achievements etc. You can do this by email or through our social media. See website for details.



How is everyone getting on with their Sunflower Challenge?

North Berwick in Bloom and North Berwick gardening club are running their sunflower challenge again this year. Many of you will have received your sunflower seeds along with the June Newsletter (paper copies posted). We are delighted to see some sunflowers developing. If you would like further details please go to North Berwick in Bloom website:

<http://nbib.org.uk/aboutus/ourevents>



A chat with Emma Papakyriakou

How did you first get involved with NBCCC and the newsletter?

When I moved to North Berwick I was interested in attending the Health and Wellbeing Association meetings, given my Third Sector background in health and wellbeing I thought my experience might be of some use. This is where I found out about Community Connections and met Carol. I was already training as a perinatal mental health befriender with Aberlour at the time, as I was very interested in supporting people who experienced poor mental and the impact positive social connections have on well-being. So Community Connections was right up my street. When the project looked to develop the committee I jumped at the chance and offered to help with communications.



What did you wanted to achieve with the newsletter?

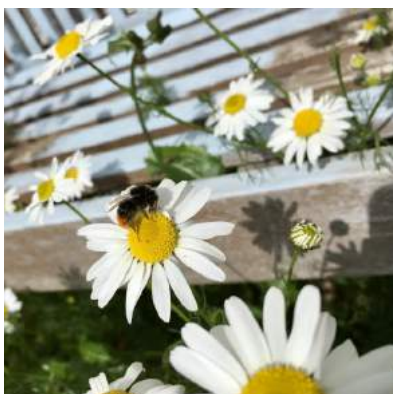
The newsletter started as the Scone Cafe closed its doors due to Covid. Carol and Bexx set it up so that members didn't feel they had been forgotten. When I took it on in June 2020 I wanted to continue what had been started but develop the sense of a virtual community for the project, for its members, volunteers and supporters. Not only was the newsletter a great way to promote Community Connections services, it gave a platform for other services, activities and events to be promoted too. It also provided a platform for the newsletter community to share stories, photos, recipes and all manner of content.

What did you enjoy most about it? And do you have any favourite aspects of it?

I loved building connections with those who contributed content each month, creating monthly themes, always focused around hope. Positive messaging was key and sharing ideas for things to do inside the home as well as how we could help people get outside their front door. Meanwhile navigating the limiting factors of Covid.

What do you think the value of it can be in the future?

Most importantly, always focusing the content on the audience the newsletter was intended for. You only every really know the true value or impact when you ask people for feedback. Something I feel strongly about and something I did early on with the newsletter. This gave the project the confidence that it was valued. People receiving the newsletter sent us lots of lovely feedback about editions they enjoyed. I was told how the newsletter coming through the letterbox lifted their spirits, how grandparents shared some of the stories with their grandchildren or as one volunteer said, it gave a focus to conversations over telephone befriending calls in lockdown. While the world develops digital at a rate that most of us struggle to keep up with, we should never underestimate the importance and value of traditional methods for building connections and communications.



A Message of Love by Betty



Betty enjoys contributing to Community Connections newsletter and shares a love of colouring-in with her friend Fin - this is her first canvas and a message to us all!

'Get Fit For Flora' Campaign

Margaret Kent, a friend of the NBCCC project, has set off on a journey to fundraise for her 2 year old granddaughter Flora.

"As part of **Get Fit For Flora Campaign** I have decided to try out wild swimming to raise funds for future treatment for my beautiful granddaughter Flora. Unfortunately Flora was diagnosed with stage 4 high risk Neuroblastoma at the beginning of April this year. I completed my first swim last week and I must say it was a wonderful experience. I am hoping to participate in a swimming challenge soon but I have to do a bit of training to build up some strength



If you would like to get fit this summer and help raise some funds for our gorgeous girl from Aberlady, please go to Flora's Campaign page below:
www.solvingkidscancer.org.uk/Appeal/flora

Photo Gallery



Our beautiful East and West Bay beaches
in the summertime by Ruth

August Wildlife Watch by Ruth Fraser

August, the days might be shortening but there is still plenty of wildlife about enjoying the warmth of our sunny August days. It's a great time to see what you can spot in and about North Berwick...

The Common House Martin



A common house martin sitting in its nest

As its name suggests, the house martin can be spotted nesting in the eaves of houses in our towns and villages. The name 'Martin' possibly comes from the French 'Martinet' or 'Martinette'. Also referred to as 'this guest of summer' as Shakespeare put it! At this time of the year, you can spot them in and about their mud nests. The nests take days to build and are often returned to and used in following years. Look out for house martins in late summer congregating on house roofs or whirling about meadows in large numbers ready for their long migration.

Did you know? House martins return from their African wintering ground to the same nesting sites each year.

Bass Rock Update



Bass rock up close, gannets everywhere!

The Bass Rock is at its peak in August. It is gleaming white, full of adult gannets and hungry guga (young gannets!). There can be up to 200,000 individuals on the rock at the moment. The Bass Rock gannet colony is the largest in the world.

Keep a look out: there are lots of fun activities taking place at the **Scottish Seabird Centre**, with Professor Egghead, back with his live science shows, this year themed around climate change. Great fun for all the family, laughs and learning guaranteed!

Get involved: Coastal wildlife walks, including sunset walks, are taking place over August and September. Join the Scottish Seabird Centre's Conservation Officer for a relaxing one and a half hour walk along the coast and learn about the seabirds, shorebirds and cetaceans that can be spotted around Scotland. Check their website and social media channels for more information: www.seabird.org



Get snapping: please send any photos of August wildlife that you capture, for us to share in the September edition.

Wildlife Anagrams

MRULUF

LEWAH

TEMIPL

HASTRFIS

GELAA

Fringe by The Sea 2021



Music, comedy, book, family, wellbeing events and more over 10 days in North Berwick, **6 - 15th August**. Here are some highlights to look out for:

Alan McLean The Emotional Ring: Mastery over Mystery Masterclasses, 11th of August

Recognising that a compassionate community is grown out of emotional wellbeing, we invited Alan McLean, to host two masterclasses during North Berwick Fringe by the Sea, to support our local community and others to learn more about their emotions, to enable them to support others better.

Dr Kathryn Mannix, 12th of August

The well-known author of the book, 'With the End in Mind,' will be 'in conversation' with Richard Holloway, well-known writer, broadcaster and cleric, to chat about the ideas generated by her book. 'With the End in Mind.' is a book full of stories about how ordinary people live while they are dying. They will explore and challenge us to rethink the big ideas about death and dying. The lovely musician Ruth Stapleton will support the event.

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.

Do you have space in your life and your home to support an adult?

Rachel Marshall
Bonzo Art

Shared Lives East Lothian is looking for new carers

We are looking for new carers to provide day support, short breaks or long-term live-in support to adults with a range of needs. Shared Lives Carers work from home on a self-employed basis. To find out more:

- visit www.eastlothian.gov.uk/sharedlives
- email sharedlives@eastlothian.gov.uk
- phone us on 01620 827 280

Shared Lives East Lothian
Share your life and your home

Wildlife Anagram Answers:

Fulmur

Whale

Limpet

Starfish

Algae

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 - 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

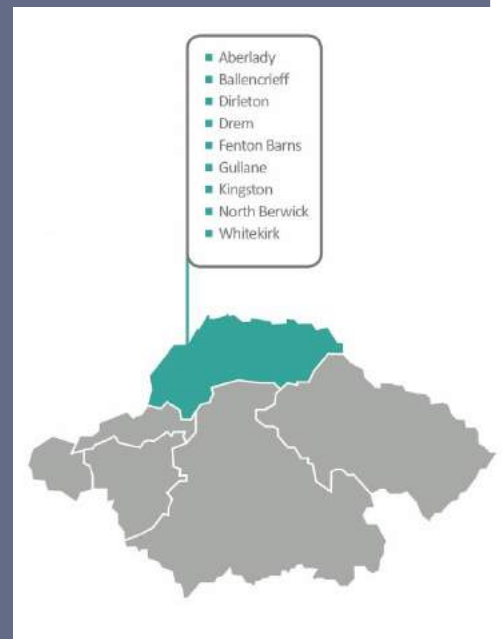


For the following services: contact **Carol Stobie**, Project Officer. Telephone 07940 203380. Email: nbc-communityconnections@outlook.co.uk

- **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.



September newsletter content request...

We welcome a range of content so please share your stories, your own photos, hobbies, news, as well as any events taking part across North Berwick and the Coastal Villages.

Please email **Ruth** at newsletter@nbc-communityconnections.org by **Tuesday 24th August**. Thank you.

*Be happy in the moment,
that's enough. Each
moment is all we need,
not more."*

Mother Teresa