

North Berwick Coastal Community Connections

First Annual Report

2019-2020



North Berwick Coastal Community Connections

First Annual Report, 2019-2020

Foreword

We are very pleased with the success of the pathfinder project CommUnity Connections. Many people have been supported and many others have given their time to help people to engage with community activities.

The project was initiated by the North Berwick Health and Wellbeing Association in 2018 and first-year funding for the project was approved by the North Berwick Coastal Area Partnership. We have been very well supported by the Area Partnership during the development stage and we are extremely grateful to Carers of East Lothian who agreed to manage the project finances for the first year and employ our project officer for two years. This initial support has meant that the project has had a secure start and helped it to gain further funding for another year from North Berwick Trust and The National Lottery Awards for All. A key part of the project has been the link with the team at the Health Centre, as partners in the project, who have hosted a weekly clinic for people who were suffering from the poor health effects of social isolation. Many referrals for support have also come from the wider community, showing that the project has a wide outreach.

During the COVID 19 lockdown the need for the project has been highlighted more than ever and the transition of the project to a telephone befriending service has been challenging and could not have been achieved without the support of the CommUnity Connectors, our project officer Carol Stobie and the management group.

Social isolation can lead to complete or near-complete lack of contact between an individual and society. Loneliness is a feeling of sadness or distress about being by yourself or feeling disconnected from the world around you. Both can have many negative health impacts. There is robust evidence that social isolation and loneliness significantly increases risk of premature mortality and can lead to depression and anxiety. There are many reasons why we can become socially isolated and lonely: bereavement, loss of confidence, hearing loss, recovering from illness and loss of mobility and many other reasons. Most of the people who use CommUnity Connections are older but social isolation and loneliness can have a negative impact upon younger people.

The next phase of the project, over the next year, is for the project to obtain charitable status and become an independent organisation with a board of trustees. While we have been allocated some funding from the North Berwick Trust for a further two years, as a

support to attract matched funding, the new management group will need to apply for further funding.

As co-chairs of the North Berwick Health and Wellbeing Association we have completed our three-year term and we are now required to stand down and make way for new energies and enthusiasm for the next stage of the project. We wish the new management group every success and we know that you will be in the safe hands of our project officer Carol Stobie. It has been a privilege to serve our community and we are very proud of all that has been achieved in the pathfinder year of the project. Exciting times are ahead for the project and we are sure that it will continue to make a difference to the lives of many people.

Tillie Baird and Deborah Ritchie

Co-chairs, North Berwick Coastal Health and Wellbeing Association

2019-2020



Dr Deborah Ritchie speaks at project launch, June 2019

The first year of Community Connections

The first section of this report covers April 2019 to March 2020, and the second refers to our Covid-19 response.

A) April 2019-March 2020

The Project Worker took up post in April 2019 and began the groundwork and networking in advance of the public launch. In June 2019 we launched, with over 60 attending and speakers from a range of local organisations, and sparked off many creative ideas for tackling isolation in the North Berwick area. A Community Connections Advisory Group, with representatives of local agencies and Volunteer Connectors, was soon formed and has met monthly until February 2020, but is currently on hold.

Working with Members – our methods include:

- Responding to referrals from health professionals and community members
- Following up with telephone calls, home visits, posted reminders/notes as appropriate
- Chumming clients to events (weekly activities, peer support groups, monthly events such as Trad Music night, Ageing Well Tea Dances, NB Movie Matinees etc)
- Encouraging new referrals to consider attending Scone Café on Mondays 1-3pm
- Encouraging clients and volunteers to meet at Beacon Lunch
- Launching Coffee Connections, small-scale coffee dates with two volunteer Connectors, encouraging individuals unable or not ready to attend Scone Café to reacclimatise to local outings
- One to one meetings and calls with experienced PVG checked volunteers, for members not ready or able to meet others or to leave home, with a view to building confidence and reducing barriers to later participation
- Introducing to key professionals (Carers of East Lothian, Tenancy Support Worker etc) as appropriate
- Involving and encouraging as potential Connectors
- Introducing to Connectors who can chum, dogwalk etc
- Encouraging local initiatives by Connectors (community garden, intergenerational meal)
- Blogging to encourage conversations
- Working on What's On/Community Listings to assist local networks and our own referrals
- Liaising with local agencies, churches, community and peer support groups to recruit Connectors/Welcomers, helping to increase their reach and inclusion of new members

2. Current projects/involvements

Scone Café: meets on Monday afternoons, 1-3pm, in Abbey Church Small Hall. Developed from Summer 2019 as our main launchpad for re-engaging isolated people into local outings and friendships. Free coffee, tea, scones, card games, occasional games, activities, taster workshops, guest speakers. Now led by a team of volunteer Connectors.

Community Garden: Lime Grove community garden – neighbourhood reclaiming of waste ground, led by Community Connectors inspired by our launch, with help from North Berwick in Bloom and others. Donations of equipment received; permission gained from Council for plans. Launched Autumn 2019. On hold until after lockdown.

Movies: NB Movies/Stepping Out monthly free matinees with food - now in partnership with Community Connections volunteers, who provide coffee and tea to participants, including many of our members. (61 attended January's showing.)

Monthly Trad Night – (c 25 at last) led by CC Connector (independently of this project, but working closely to involve our members). Growing in success and CC participation. Looking into other options for singing and playing locally, for those wishing daytime opportunities.

Library Games (Saturday Drop-Ins) - slowly building up CC members' participation, pre-Lockdown. Dog walking help would enable more would-be participants.

Beacon lunches – growing number of CC members now attending - CS seeking to engage more Connectors in this too. Spoke at Beacon Committee meeting, reinforcing their support and understanding. Free vouchers provided regularly for members in need.

Intergenerational Monthly Meals with North Berwick Youth Project – building up friendships between young people, who cook and serve meals and devise intergenerational quiz and other activities, and our members.

What to Do in North Berwick Coastal: new website launched, Facebook page imminent, printable function for those working with members who are not computer users. Currently building up database of local virtual activities, to build up awareness and participation for post-Lockdown.



Lime Grove Community Garden launch



Intergenerational Meal with NB Youth Project

3. Community Connectors

Crucial to the success of the project. 55 volunteer Connectors signed up at our June 2019 launch event. 96 are now on Connectors circulation list by agreement, of whom c 30 currently most active - previously in Scone Café and chumming, latterly in telephone befriending. Others are willing to stay in touch, circulate our information and contribute on an occasional basis. 5 are former Scone Café self-referrals who chose to become Connectors and contribute to a high degree, including the new Management Group structures. Scone Café is now run by a volunteer Connectors team, freeing the Project Worker to attend less regularly and focus on responding to new referrals.

Regular volunteer gatherings, one to one meetings and calls, plus latterly a weekly Volunteer Drop-In at St Andrew Blackadder Church, have proved effective, but are now replaced for the time being by Zoom meetings, emails and phone calls. We anticipate resuming face to face meetings later this year.

New volunteers have approached us since Covid-19. and their applications and PVG checks are to be processed soon.

Several Connectors have volunteered for the new Management Group, which we hope to launch with our AGM on 23rd June.

A Transition to Connecting:

Testimonial from Community Connections Participant

'From the beginning I know Carol from when I commuted to Edinburgh from the train to from North Berwick when Carol was on the train to. I was at the University of Edinburgh from 2002 till 2017 when I had to give up work due to health reasons and my contract ended.

I had met her again on the bus around East Lothian, I think Carol got off at Musselburgh but I can't remember exactly. Anyhow, we had remade the connection. She said at the time she had a new job and would be in touch.

After a little while I agreed to meet Carol in my home and she gave me a questionnaire to complete about my wellbeing and how I was coping with not being in the workplace.

I began to attend Scone cafe which was set up soon after it had started and met lots of supportive people and it was a chance to have some structure to my life.

I kept attending and eventually felt like partaking as a volunteer myself using my skills to chat to people and bake on a Sunday for the Monday afternoon. I baked from January till

early March, lockdown when I had found my energy levels had dipped a little and was wanting to be in the garden rather than inside.

I had met my befriender through the church and the connections project so it was an easy transition to support the project in a different way.

Hope this shows how I have developed and adapted as a person through the support of the project.'

- Connector and Telephone Befriender



*Dorothy, Scone Café's original Connector and
Queen of Scones, holds a Masterclass*

'Mondays are not quite the same just now at this time of lockdown, no scones to make in the morning and no meeting up with friends old and new in the afternoon. Initially I was just the 'scone maker' but now we really enjoy being part of the Scone Cafe. It is particularly nice for my husband to socialise with different people.'

4. Social Prescribing

Health service referrals took time to grow, helped by change of day for our Health Centre clinic and spending time talking to staff in the coffee area; visits to District Nursing team and to Physio & OT teams at New Community Hospital brought about new referrals. Plans for hosting a coffee morning and presenting at staff meetings currently on hold for Covid-19.

We note that any referrals are much more likely to be effective when directly referred (with permission) to Project Officer, rather than only given leaflets.



*Dr Flynn of North Berwick Health
Centre speaks at launch*

5. Member profiles

Total 57 members worked with, ranging from 19 to 97. 75% female and the largest age group is 70-79 for each gender. One third are health service referred, just under half are community referred, the remainder self-referred. Tables of member data are included below.

PROJECT STATISTICS

Table 1 Males by Age group

Gender	Age groups	Number	Percentage of Total
Male	80+	2	15%
Male	70-79	5	39%
Male	40-69	6	46%
Male	18-39	0	0%
Total		13	100%

Significant numbers of male clients reached and many now participating in Scone Café after slow start. Some clients experience shortage of options for men in local activities. There may be scope for new targeted initiatives post-lockdown.

Table 2 Females by age group

Gender	Age groups	Number	Percentage of Total
Female	80+	6	14%
Female	70-79	23	54%
Female	40-69	10	23%
Female	18-39	3	7%
	Age unknown	1	2%
Total		43	100%

Female clientele overall is a slightly higher proportion than would reflect general population, but this may suggest women are more able to express sense of isolation to others (such as GP) and to seek a solution.

Age spread observations: *As anticipated, referrals of older people form a high proportion overall. Significant numbers involved are over 80, many still very active. The friendships formed among older members are a significant part of our success, and they have been the ones likeliest to volunteer as Connectors.*

However, we need to correct the perception that we specialise in working with older people. We could respond effectively, with suitable arrangements in place, to younger clients

including perinatal mothers, for example. Fewer younger than 40 are referred to us. This could be increased by targeted work with health professionals and strengthening links with relevant networks.

Table 3 Referral Route

Source of referral	Number	Percentage of Total
Health professional	18	32%
Community Organisation	23	40%
Self-Referral	12	21%
Community Resilience (COVID)	4	7%
Total	57	100%

Health service referrals slowly growing – more targeted work with professionals has helped (see Annual Report).

Community referrals: rewarding numbers here, a high proportion of overall totals, reflecting outreach and networking from the start.

Self and relative referred: Good numbers, reflecting word of mouth, our promotional efforts and the effect of giving local talks. We could improve through further targeting of relevant networks (e.g. Carers of East Lothian) and other relevant links.

Community Resilience Group (Covid-19 volunteers): referrals are growing by the week, and good links have developed with this group.

Table 4 Presenting Problem

Reason for referral	Number	Percentage of Total
Dementia	2	4%
Bereavement	8	14%
Mental Health Issues	13	22%
New to the community	4	7%
Isolation	19	33%
Post stroke	2	4%
Post Fall	2	4%
Physical health condition/illness	4	7%
Other (alcoholism, post-breakup, carer)	3	5%
Total	57	100%

Dementia diagnosis: true number unknown and likely to grow. Further training being arranged for volunteers working one to one in this client group.

Bereavement: significant numbers, and crosses over with our Compassionate Communities initiative and events. We are arranging volunteer training and hope to commence bereavement support activities later in 2020 or early 2021.

Mental Health: significant numbers of clients with existing condition (anxiety, depression, OCD etc). Arranging volunteer training. Now augmented by Emotional Support back-up team to whom referrals of severe cases can be made.

New to community: small numbers - could improve through targeted outreach, leafleting and more effective social media work.

Isolation: general term for presenting problem with a variety of causes.

Post-fall & post-stroke: gentle exercise session offered Post-Scone Café, exploring links with other sources of relevant activities. Good links with Stroke Club. Plans to develop more links and potential partnership with Rest of Life exercise programmes, Ageing Well etc.



Soapmaking workshop at Scone Cafe

Table 5 Growth of Client Referrals

Number of clients per month

Month	Number of new referrals	Total number of clients worked with
Apr 2019	1	1
May 2019	1	2
Jun 2019	5	7
Jul 2019	3	10
Aug 2019	3	13
Sep 2019	7	20
Oct 2019	9	29
Nov-Dec 2019	15	44
Jan-Feb 2010	1	45
Mar 2020	7	52
Apr-May 2010	5	57 worked with in total
Discharged by April 2020	8	49 currently involved

Referrals grew steadily following project launch, especially once Scone Cafe was established and both Connectors and members could invite other acquaintances along.

Discharged clients include those choosing to move on for any reason, some having gained confidence to take up new involvements; one who decided our activities were not for her; some whose mental or physical health has deteriorated to a point where they feel unable to be involved and have had to suspend contact until a later stage; one who was hospitalised and subsequently moved to a care home where we were unable to sustain the contact; one who has died.

Table 6 Type of Support Offered/Outcomes: Pre-COVID 19

Type of Support	Number	Percentage of total
Scone café regular	18	35%
Signposted to other community groups & Peer Groups	10	19%
One to One and Housebound support	8	15%
Coffee Connections	2	4%
Transition to volunteer	6	12%
Discharged	8	15%
TOTAL	52	100%

Scone Café: *our launchpad, ideal for many clients to build up social confidence, make new friendships and create the habit of going out again. Strong mutual support and variety of activities, excellent volunteer support now leading this.*

Signposting to community and peer support groups: *good results, hoping to keep improving on these, once face to face activities resume. The proportion referred to Peer Groups (Cancer Support, Upswing Depression) could improve with the development of stronger links to other peer support groups. We hope to improve rate of referrals to these vital groups directly from health professionals by raising their awareness of local resources.*

One to one support and home visits *from experienced, PVG checked volunteers are offered to those clients unable or not ready to access Scone Café and not confident to meet in groups or leave home.*

Coffee Connections dates *in local cafes supported those wishing to gain confidence in accessing cafes and making new friends in a more intimate setting than Scone Café, and were just becoming established before lockdown.*

From Client to Connector: *a welcome development was the number of Scone Café self-referrals who have transitioned to become Volunteer Connectors, most of whom are now Telephone Befrienders and contributing to the shaping of the project's future.*

6. Compassionate Communities

As part of the Truacanta pilot project, selected as one of four finalists from across Scotland, we began working on the theme of bereavement and grief. The Project Officer obtained training in Seasons for Growth (a group programme which aims to build resilience and bring hope and confidence to adults who have experienced significant change or loss) and participated in a Bereavement Support Group in Port Seton with a view to inspiration for coordinating/ sparking similar work in North Berwick. The Health and Wellbeing Association also planned Fringe by the Sea events and the hosting of EASE (End of Life training for volunteers), all of which are on hold for the future.

7. Evaluation/ Key learning

We arranged a Story Dialogue date with community manager Sandra King and key participants sharing their story of involvement, outcomes and reflections, which is now on hold for later. We are collecting members' quotes meantime and will provide more evaluation data at a later stage.

GAPS IDENTIFIED: During the before Covid-19 Lockdown, our clients, volunteers and Project Officer regularly observed the need for the following gaps in local resources:

- Befriending project for the town (a small pilot project exists and works well within St Andrew Blackadder Church, but its resources allow it only to work with congregation members) was a major gap identified, and - as it turns out - we have begun to address this to some degree in the current situation
- Mental Health support needs extension – the Stepping Out project is well known and effective, but its waiting lists are full and there are few other options for those without financial resources
- Transport to Edinburgh hospitals & appointments is difficult for many
- There seems to be a shortage of clear, impartial guidance on options re hearing aids, personal emergency alerts and alarms, improving balance/falls prevention; social prescribing towards peer support groups and other community resources (see below).
- There is potential for greater partnership with other agencies on meeting the needs of the most vulnerable in our community. Groundwork has been carried out in the past year, and the current signs for post-Lockdown collaboration are encouraging.



North Berwick Library Games Drop-In

KEY PERSONAL ISSUES IDENTIFIED

For several clients, major barriers to participation include the following:

- Poverty is hidden and a stigma here in an apparently affluent community - coffee shops and some community activities can be prohibitively expensive for some individuals. Scone Café is free, although some choose to donate. We have Beacon lunch vouchers available from time to time, have arranged some free taster events and looked for the least costly options wherever this is an issue for members.
- Bereavement is a very significant issue for many members who first became isolated after the loss of a partner. We see the need for local partnership response, one to one and group support, training and cascading on approaches to building resilience in the face of loss (see our Compassionate Communities project).
- Dog care is an issue for many, e.g. if taking up Day Centre place, attending Beacon lunch or Library Games - dogs are excluded for good reason, but dog walking and occasionally dog transport is needed to overcome this barrier if the dog is used to regular company. We have worked to recruit Connectors with dog experience for helping out during Scone Café (which is dog friendly, but where members benefit from knowing their dog can have a good beach walk while their owners relax). We currently have a professional dogwalker as a volunteer, responding to those unable to get out with their dogs during Lockdown.
- Hearing loss and difficulties with hearing aids make it very difficult to participate in conversations at local events, including Scone Café. We invited a guest speaker from Action for Hearing Loss, who presented on their work and resources available, gave impartial advice and carried out hearing aid checks on the spot.
- Falls frequently lead to loss of confidence, the need for emergency alarms to seek help, the need for balance classes etc to help minimise future risks. We are building up links with Ageing Well, Rest of Life programmes and have held six very well-received Gentle Exercise, Balance and Mindfulness classes following Scone Café - now on hold.
- Low local awareness of nearby Peer Support groups such as for cancer, depression, stroke; we have worked to encourage health professionals to refer more patients to these and promoted awareness of the groups among members and local agencies. Our new website, What to Do in North Berwick Coastal, is in part a response to the need for more complete and up to date local listings of this type.
-



Trad music Night at the Masonic Hall

B) May 2020 Covid-19 Update

In mid-March 2020, we held our final Scone Café for the moment and informed all our clients we would be converting to Telephone Befriending. The majority of our current clients accepted this and the remainder are kept in touch by our new monthly, volunteer-produced Scone Newsletter. Members contribute ideas, recipes, tips and pictures and printed copies are delivered by volunteers to those not able to receive by email. This is warmly received and has proved a particularly important element of our current approach. We hope to continue this service in the future.

New referrals and new volunteers appear each week, thanks primarily to the Resilience Group volunteers and local publicity. This has brought the client membership up to 57 and counting. We anticipate many further referrals as the lockdown continues, and capacity may become strained at a later stage, but we try to respond to all situations brought to our notice.

This dramatic change in our way of operating has meant the drawing up of new policy documents, embarking on PVG police checks for the majority of our volunteers, the development and delivery of new training on topics from how to convert to telephone befriending to safeguarding and protection of the vulnerable, confidentiality and many other key issues that now apply in working primarily one to one - a very different landscape from our previous work towards bringing people together in groups. We hope the befriending relationships will maintain or build a feeling that our members are still part of a local family, and that they can draw on this at a later stage when face to face becomes possible again. Volunteers are supported by the Project Officer with regular phone calls and fortnightly Zoom meetings.

Mental Health during Covid-19

A short-term mental health team was formed to offer extra emotional support for people during the COVID lockdown in order to help people who experience new or exacerbated anxiety, depression and bereavement and would not be able to access other devices during this time. This work is time limited, to cover emotional support during COVID 19 only, and the team will be stood down after lockdown.

Table 6 COVID-19 Support Offered/Outcomes

Type of Support	Number	Percentage of total
Telephone Befriending allocated - existing clients	29	51%
Telephone Befriending allocated - new referrals from Resilience Group and others	3	5%
New monthly newsletter (email or print) - all clients but one accepted	Total 33	
Newsletter only (befriender declined/not yet confirmed)	24	44%
TOTAL	57	100%

All face to face activities suspended mid-March and all existing clients offered Telephone befriending (weekly or twice weekly) calls. 29 accepted and have been matched with Befrienders.

Since lockdown, Resilience Group makes referrals to Community Connections, of which three are now allocated Telephone Befrienders and one was directly relayed to Emotional Support back-up team.

Of clients declining Befriender, all but one agreed to receive monthly newsletter, which has been developed by volunteers and is delivered (using hygienic practices) to 24 who do not use email, the remainder receiving it digitally. We make it clear that the offer of a Befriender remains open should they wish to take it up at a later stage.

Overall Recommendations

Local Collaboration on a new scale: we identified a clear need potential for a much stronger network of collaboration between key local agencies, which has begun to emerge during Covid-19. Community Connections has the potential to contribute strongly to meeting more needs of the most vulnerable in respect of Emotional Support, which continues to be our focus, but capacity is currently strictly limited, without additional staffing.

Future leadership: the key to all this is the building of a new Management Group, with the imminent departure of the Health and Wellbeing Association Co-Chairs, Deborah Ritchie and Tillie Baird, who established and gained funding for Community Connections and have overseen it so effectively up to this point. We are recruiting for Office-Bearers and for Task Group participants who can work on particular projects and report to the Managers.

Becoming a Charity: one of the first tasks for the new Managers will be proceeding with the application to become a SCIO and stand 'on our own feet', enabling us to apply for more substantial future funding and other opportunities open only to charitable bodies.

Additional Staffing: Given the new challenges and opportunities which have emerged since Covid-19, a possible part of our future development could be the recruiting of additional staff to support the Project Worker. Tasks might include, for example, the maintenance and updating of records and databases, financial records, social media and other promotion, administering and maintenance of What to Do in North Berwick Coastal website, overseeing production and delivery of the monthly newsletter, and other areas which could be devolved to some degree.

Acknowledgements

I would like to thank Deborah Ritchie and Tillie Baird for their extraordinary work over the past year, and also Alex Hutchison, one of our most valued volunteer Connectors and Scone Café stalwarts, who has generously acted as Co-Chair alongside Deborah and Tillie over the period of our transition to a new way of working, but has now decided to step back from that role.

The support, line management, kindly advice and practical help provided by Andrew Tweedy and Sharon Byrne of Carers of East Lothian has been absolutely indispensable to our progress in this first year.

I'm also very grateful to our Advisory Group and to the North Berwick Health and Wellbeing Association, all of whom have been enormously supportive, encouraging and responsive.

This also includes wider partnerships, particularly our vital relationship with North Berwick Health Centre staff and other Health Professionals in the area who have responded to our call-out for referrals and provided invaluable feedback; also Beacon Lunches team and staff at St Andrew Blackadder Church; Stepping Out; NB Movies; North Berwick Youth Project;

Ageing Well East Lothian; staff at North Berwick Community Centre and the Connected Communities Team (East Lothian Council).

Some keys to the success of Scone Café have been Abbey Church and their kind offer of free space; North Berwick Volunteer Car Scheme, arranging and gently reminding our members of their lifts; devoted Connectors looking after our members; Dorothy the Queen of Scones, whose initiative it all was, plus our numerous wonderful guest bakers.

Many other individual supporters and collaborators, referrers, guest speakers, activity leaders, and other kinds of Connectors should be thanked, although we are unable to list each one here – please forgive us. You have been crucial to our success so far.

Aidan Strange deserves huge thanks for website, social media and much more.

Enormous gratitude also goes to our Volunteer Connectors, who have been at the centre of creating our convivial, welcoming ethos, at Scone Café and elsewhere. Many of you have reached out to help well beyond the call of duty! Most amazingly of all, you have stepped up when we might easily have collapsed as a project, offering to become Telephone Befrienders, a whole new way of working for nearly all of you. You've generously agreed to participate in all-new Zoom meetings and the Interim Volunteer Training currently underway, to complete new application forms and Befriender Agreements and undergo PVG checks. This was much more than you might have bargained for when you first became involved, so I couldn't be more grateful.

Our profound gratitude goes to funders who have enabled us to complete our first year and to plan for a second year of activities, including responding to Covid-19. They are the North Berwick Area Partnership, the North Berwick Trust and the National Lottery. None of this would have been possible without their generous support.

Finally, thank you to all our members - you are the reason we do what we do, and you make it worth the while.

I also want to say, that I am not afraid to be alone, with all the love and kindness that people are sharing with me. Thank you, North Berwick! – Project participant

Carol Stobie, Project Officer, North Berwick Coastal Community Connections

May 2020

APPENDIX 1

COMMUNITY CONNECTIONS PROMOTIONAL MATERIAL

North Berwick Coastal Health and Wellbeing Association

Part of North Berwick Coastal Area Partnership

North Berwick Coastal Community Connections

- Connecting people to local activities
- Offering one to one appointments, workshops and gatherings
- Creating conversations and collaborations
- Engaging volunteers to bring people together

**Interested? Like to take part?
Let's talk soon!**

**Carol Stobie
Project Officer**



North Berwick Coastal Community Connections

**Tel. 07940 203380 (Tuesdays and Thursdays)
nbc-communityconnections@outlook.com
northberwickhealthandwellbeing.co.uk**

North Berwick Coastal Health and Wellbeing Association

Part of North Berwick Coastal Area Partnership

Community Connections - What We Do

- we connect with compassion and reduce isolation
- we help people take part in what interests them and make new friends
- we signpost to local activities and services that will help - maybe yours?
- we host Scone Cafe (Mondays 1-3 at Abbey Church) and other local gatherings
- we're recruiting connectors and welcomers from key groups in the North Berwick area
- we work with local networks and groups who want to maximise their outreach and inclusion
- anyone can refer people to us (with their consent)!

Contact Carol Stobie, Project Officer

Tel. 07940 203380

Email nbc-communityconnections@outlook.com

(Mondays, Tuesdays and Thursdays)

APPENDIX 2

GUIDANCE NOTES TO NORTH BERWICK AREA NHS STAFF FOR SOCIAL PRESCRIBING REFERRALS:

- 1. Patient expresses sense of isolation/disconnection from community (temporary or long-term) - causes may include bereavement after-effects, depression, chronic illness/disability, recent house move, family changes, job loss, financial problems, relationship break-up, etc*
- 2. On prompting, patient expresses interest in being supported to connect with local groups/classes/activities/social gatherings/events*
- 3. Patient receives **NBCCC flyer***, understands what's offered by project – please advise that Carol can meet one to one, discuss what interests them and help connect them into relevant activities, or introduce them to a volunteer who can do the same; but that we're not a counselling or befriending service*
- 4. Patient gives consent for contact details to be passed to Carol Stobie of North Berwick Coastal Community Connections (NB privacy statement/consent form available on request)*
- 5. Please either email or complete form available from reception, with short briefing note - reason for referral, name and contact number for Carol and leave this in her tray at Reception.*
- 6. If next clinic is some time away, please ask Reception to call Carol to advise that a new referral awaits – alternatively, email to ask Carol to call in/contact reception for details. Carol has no access to medical records and will store contact details securely*
- 7. Carol will follow up with patient and later provide update to staff who referred and copy to Clinical email address to be attached to patient records.*
- 8. Health Centre to track subsequent visits to GP etc for purposes of evaluation later in project - see Practice Manager.*

**NBCCC flyers should be available to all staff in offices and from reception. Please request top-ups if supplies run out!*

Please note: This guidance was issue early in the project and will be reviewed for later in 2020.

APPENDIX 3

Lime Grove Community Garden: a project sparked by Community Connections

At the launch of Community Connections, Carol asked us all to think about what we had in the community, what was missing & needed and what we could do about it. I realised the street I lived in is particularly isolated due to its location, with many elderly and disabled people. I suggested there was a small plot of council land that had potential to be a community garden. After coming back from my summer holidays, I had a number of emails from other people from the meeting offering to help with the idea. I did a door to door survey and 99% of neighbours loved the idea, and many of them wanted to get involved in some way. After a little persuasion the council agreed and also agreed to put a wheelchair access path in if we could find the material. Dandara were happy to help with this.

Hey presto - we now have a path and are ready for the community with the help of North Berwick in Bloom's advice to create an inclusive space for young and old to sit, chat, grow, plant and spend time together; with raised beds for older residents and wheelchair users to be able to garden easily; a wild corner for children to learn and play; and a space where the whole community can come together. Just getting to this point has already got people out of their houses and talking, with neighbours from the top of the street meeting neighbours at the bottom for the first time. We have now planted the seeds and made it possible for people to create something special on their doorstep.

Rebekah MacRobert, Community Connector and Lime Grove resident



three bags full, thanks to help from

North Berwick in Bloom

APPENDIX 4

Scone Newsletter: Scone but not forgotten

Since lockdown we realised it's more important than ever to keep in touch with the wonderful Scone Cafe group, many of whom were isolated before lockdown. It seemed an obvious choice to do a monthly newsletter, encouraging members to send in poems, recipes, quotes, pictures and more. I have enjoyed putting it together and making it a bright and cheerful as possible, hopefully creating some balance in the sea of current bad news. The aim is to keep people connected and letting them know we are still there even if we cannot see each other. Carol has a wonderful way with words and always adds her piece of magic to finish the newsletter off beautifully. Members are beginning to be inspired to write their own articles and poems to add to the newsletter. We hope it will continue to help the members and volunteers connected.

Bex, Scone News editor



Scone Cafe Newsletter

'Scone but not forgotten..'

Good Morning and Hello to all Scone cafe members. We wanted to keep in touch with everyone of you and we will endeavour to do some kind of newsletter, every M. We welcome any help with this, If you have an idea or a picture, poem, quote, or recipe that you would like to share, you can phone, text or email that idea to us, we can add it to the next newsletter. Bex and Lottie here to start us off....

Basic Scone recipe

- 50g Butter
- 200g Self-raising flour
- 1 tbsp White caster sugar
- 125ml Milk



- Preheat the oven to 220°C (200°C fan, gas mark 6).
- Line a baking sheet with parchment.
- Rub the butter into the flour, until the mixture resembles breadcrumbs.
- Stir in the sugar and salt.
- Make a well in the centre of the mix and stir in the milk.
- Stir until the mixture is even and the dough comes together.
- Turn out onto a floured surface and shape into a rough square about 3 - 4 cm thick.
- Transfer to the prepared baking sheet.
- Brush all over with milk and score into 9 rough squares. Bake for 15 minutes until golden and cooked through. Cool on a wire rack. Serve warm or cold plain or with jam and cream.



Nisa
North
Berwick
Home
Delivery
Service
Every day
8am to 4pm
Call:
895775



NHS
advised
chair
exercise.
Upper
body twist

www.nhs.uk/live-well/exercise/sitting-exercises/

No matter how much I love cake..... I would never desert you..

How Did the Scone thief get away?
He absconded..

Did you know.....you can Just take the leftover green/spring onion roots, drop them in a glass with enough water to cover them, and move the onions around so the roots are pointing down. Make sure you change the water out once every couple of days so they don't get greasy. Within about a week you'll have a brand new set of green onions



Happy Easter picture by 11 year old Hana



Our profound gratitude goes to funders who have enabled us to complete our first year and to plan for a second year of activities, including responding to Covid-19. They are the North Berwick Area Partnership, the North Berwick Trust and the National Lottery. None of this would have been possible without their generous support.

- Carol Stobie, Project Officer, Community Connections



North Berwick Coastal Community Connections, c/o North Berwick Community Centre, 8 Law Road, North Berwick EH39 4PN

Tel 07940 203380/ email nbc-communityconnections@outlook.com