



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

**HAPPY BIRTHDAY!**

One of the December birth flowers is the narcissus, which represents good wishes, hope and wealth.

# Community Connections

North Berwick Coastal

December 2021



*'Magical Snowy Law' by Ruth Fraser*

## Merry Christmas One and All!

Everyone at Community Connections would like to wish all our members, volunteers, and supporters so much joy during this season and all through to the New Year. We'd like to thank you for all the support you have given us throughout 2021. Christmas is a time to count our blessings and be grateful for them, and we are incredibly grateful for the support the project receives. We hope you enjoy this festive issue - full of articles, updates, and upcoming events, all finished off with a touch of Christmas cheer!

- Ruth Fraser



**WE ARE ONLINE!** We can proudly announce that our very own Community Connections website is now live and you can see it here, at [www.nbc-communityconnections.org](http://www.nbc-communityconnections.org) You (or perhaps friends and family with an iPad they can show you?) can now find out the latest on our activities and events, apply to make a referral or become a volunteer, share local opportunities and much more. We also have a Facebook page now, at [facebook.com/northberwickcoastalcommunityconnections](https://facebook.com/northberwickcoastalcommunityconnections)

... for those who like that sort of thing! If you do, please 'like' it, follow, share posts with others, and spread the word. And we'd love to hear your thoughts and suggestions for both, as we're just evolving them!

If you're not connected but want to see these and learn how they work, ask and we can have a volunteer show you. Never fear though, the dedicatedly un-digital are still central to our services and will never be out of the loop, thanks to our print newsletter and work mobiles.



## Craft Your Own Christmas with Community Connections

What does Christmas mean to you this year? I can't write objectively about this, with my ridiculously huge collection of Christmas CDs, DVDs, and books, and occasional lectures on Christmas customs. Just call me Christmas Carol. But Covid 2020 stymied my beloved parties, concerts, and pantos, deprived us even of a sister's visit, and broke my heart. This year I hesitate to plunge back into the pandemonium, or even to plan much.

The earliest known roots of our celebration lie in pre-Christian, sun-worshipping, the rule-breaking Roman Feralia, and Celtic Solstice celebrations, marked by bonfires and divination. These midwinter rituals to ensure the sun's return became overlaid with Christian significance and the exquisite story of a child's birth. But medieval Scotland exulted in Norman-influenced processions, street carnivals, banquets, "daft days" of role-reversal and mischief. In pre-Reformation cathedrals, you'd see the election of Boy Bishops for the season, even dancing in church - imagine! But then came the 16th c Reformation and its campaign to root out corruption and



paganism, which led to cries of "Cancel Christmas!" in Scotland. You could be punished for public partying like a pagan (or Roman Catholic, seen as much the same by then) – yet secret festivities continued in parts of the Highlands and Islands. Christmas went underground here, and so we pragmatically transferred many communal midwinter customs to our more secular Hogmanay. That's why New Year has been much more of a publicly celebrated festival than Christmas in Scotland for some 500 years, and it's why we do the world's biggest Street Party. (Or we did...)

In the 18<sup>th</sup> c, Robert Chambers could still record the 'guisards' who'd appear in homemade costumes at Scottish doors to sing, carouse and cause mayhem, hoping for hospitality and pennies, at Christmas, New Year, and other annual festival dates.

By the early 19c, Christmas had become associated with charity and "good works", remembering the poor. Christmas was evolving from public carry-ons to a private, domesticated affair, and not only in these islands. Gradually the Scottish middle classes adopted "English" customs to some degree - including the Germanic Christmas tree, Christmas pudding, and crackers - but Christmas was not declared a public holiday here until 1958, so it still signified much less here than in England.



*Street Carol Singing with added ukulele and mince pies, Balfour St, North Berwick*

Our ideas of Christmas were greatly shaped by the phenomenal success of Dickens' *A Christmas Carol* (1843), and many of us visualise a sumptuous Victorian feast with gigantic turkey and parlour games. Later, through the impact of radio, film, and television, we fell under the cultural spell of the American Christmas – always snowy, sweet, and sentimental. I can't resist 'It's a Wonderful Life'. The later 20<sup>th</sup> century saw even Scots indulge in Christmas works nights out, lunches, parties. And we too were seduced by an exponential rise in commercialisation, as shops developed a longer period of anticipation and Christmas shopping. The focus now is on family and on conspicuous gift-giving, the ideal Christmas portrayed on glossy magazine covers promising 'Your Best Christmas Ever', or in the big-league TV adverts. These can have a hollow ring if you're (unwillingly) alone, struggling for money, recently bereaved – or even just battling with expectations (external or self-imposed) that you should create the 'perfect' Christmas.

*-continued page 3*

## Craft Your Own Christmas with Community Connections *continued*

And of course, Covid knocked everything sideways for Christmas 2020.

Here at Community Connections, you'll find we are partial to gatherings and wee celebrations – though we'll still be taking care, for good reason. Seasonal rituals have a profound value, reconnecting us with the rhythms of nature, revisiting valuable memories, reaffirming our roots, values, and relationships, restoring perspective.

Yes, there may be pressures on us. But we can also choose to ignore the adverts and go quietly underground, to 'keep safe' and snuggle indoors for a while - or maybe share the season with just one or two folk we trust. The Scottish concept of 'coorie-in' is now even glamourised in glossy publications.

Why not strike a graceful balance between coorie-in and conviviality? Some days of hibernation with a hot water bottle and good books, to quiet the mind, by all means - but over the season you could also still join us for **Scone Café** or **Coffee Connections**, and even have a **Winter Wander** with us, to bring roses to your cheeks. Say the word and you can be part of this wee family during the season. We wish you a Braw Christmas, however you spend it.

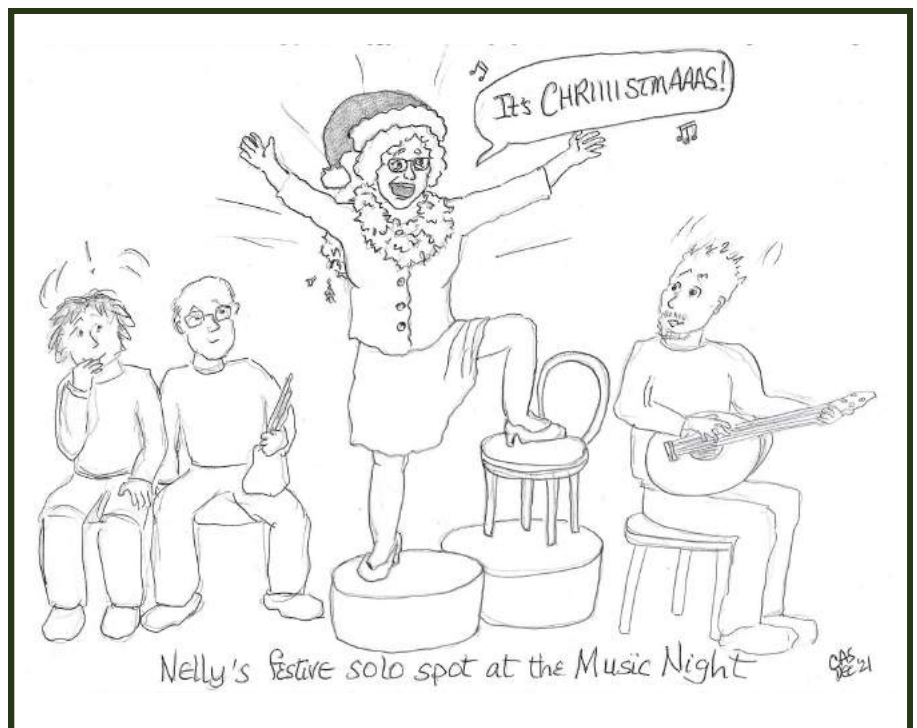
- Carol Stobie (Project Manager)

*'For it is good to be children sometimes, and never better than at Christmas, when its mighty Founder was a child Himself.'*

- Charles Dickens, A Christmas Carol



*Santa, an elf and a pirate (by Carol Stobie, with thanks to Rachael Valentine Gray)*





### Befriending Update - Lisa Brownlie

I can't believe it's the last newsletter of 2021! Since I joined NBCCC back in February, I have really enjoyed getting to know lots of you through my role as Befriending Coordinator. Looking back over the year, my favourite highlight of 2021 has been finally being able to meet face to face with people, what a difference it can make!

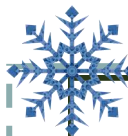


I have also really enjoyed finally getting along to the Scone Café. I have heard so much about this since I started, and particularly how tasty the scones are and I FINALLY enjoyed the most delicious treacle scones ever! Thank you, Dorothy!

Since finding out about the successful funding bid, I have been busy meeting our volunteers for support and supervision and starting to take on the role of supporting our Buddy Walkers as well as our befrienders. I can honestly say that I have so enjoyed getting to know our amazing volunteers over the last few months. And thank you for all the fabulous work you do, we really could not do it without you.

Looking towards Christmas, I'd like to wish you all a happy Christmas and new year. It's a time of year when I will be spending time with friends and family. And this year, I am looking forward to having a family Christmas, games will be played, food will be enjoyed, and lots of laughs had by us all!!

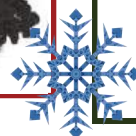
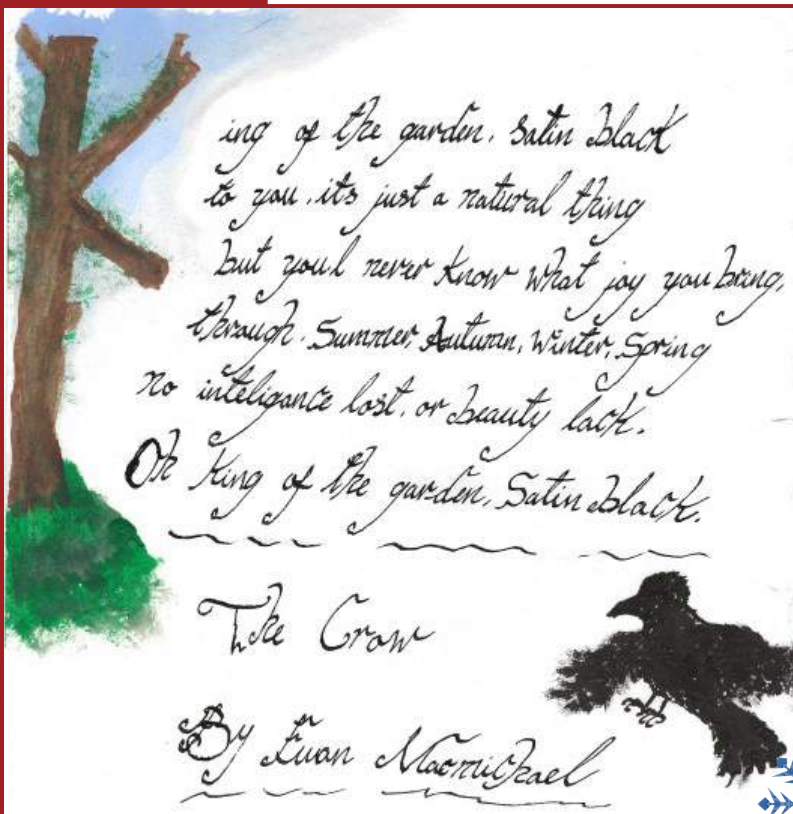
Looking forward to seeing you all in 2022!!



### In the Bleak Midwinter

Christina Rossetti

In the bleak midwinter  
Frosty wind made moan  
Earth stood hard as iron  
Water like a stone  
Snow had fallen  
Snow on snow on snow  
In the bleak midwinter  
Long, long ago  
Angels and Archangels  
May have travelled there  
Cherubim and Seraphim  
Thronged the air  
But only his Mother  
In her maiden bliss  
Worshiped the beloved  
With a kiss  
What can I give him?  
Poor as I am  
If I were a shepherd  
I would give a lamb  
If I were a wise man  
I would do my part  
But what I can I give him  
Give him my heart



### The Beacon

A year before lockdown, the Beacon celebrated 25 years of providing an open door for chat and a light lunch to anybody and everybody looking for a bit of companionship or to meet up with friends. Soup, sandwiches, and home baking were provided and served by an army of volunteers every Thursday in St Andrew Blackadder Church hall. Proceeds were given to many local charities and groups.

Then came lockdown, but the good news is that the Beacon is open again to all. It is a bit different from before: the menu has been simplified, masks are to be worn unless seated, waitress service only, fewer tables, more widely spaced, and payment by donation. But it still has the same warm welcome, good food, and friends (old and new) to chat to.



Do come along and give us a try. **The Beacon is open each Thursday from 11am to 1pm in St Andrew Blackadder Church Hall.**

The Beacon Service of approximately 20 minutes long has also resumed and is held in the Chapel at 1pm.

### The Wicked Witches of North Berwick!



We are delighted to announce that our #spooktacularNB scene raised a whopping £1066.90 for Flora's treatment and £800.88 for the RNLI North Berwick. The Wicked Witches want to say thank you to everyone for their generosity and support. Sending lots of best wishes to Flora and her family, and we look forward to taking Flora out on the paddle board next year.

- Emma Papakyriakou and Ruth Fraser







### North Berwick groups' joint Remembrance display

With the support of Royal Mail, the town's pARTicipate arts group, and Bass Rock Community Group, a 'poppy field' of pebbles has been installed outside the old telephone boxes on North Berwick's High Street. The pebbles have been painted by P5 and some P4 pupils at Law Primary, children in the After School Club (part of East Lothian's ELOSCN 'out of school network'); and North Berwick Beavers.

The Compassionate Communities display of over 150 inscriptions recalling much-loved family members and friends will continue alongside the poppies during November. Everyone is welcome to add a name to the wall of names or place a painted pebble in the space provided.



Beautiful photo taken from Tynninghame by Liz Martin



'Ocean View' in its new home in the North Berwick Trust Park  
- photo by Robina Brown

## Meet the NBCCC Board

### Robert Burgon



#### What is your role on the board?

*'I am one of the two Co-Chairs. This simply means that I chair some of our meetings and work with the other trustees as we address the strategic aims of the charity and ensure that we meet the requirements of our funders.'*

#### What would you say you're most passionate about?

*'Music has always played an important part in my life- whether listening on the radio, attending live concerts, or playing (I play piano and am a church organist). My musical tastes range from classical through to progressive rock- the most recent concert I attended was to hear Steve Hackett (formerly of Genesis).'*

#### What do you enjoy most about being on the NBCCC board?

*'I enjoy being part of a project which has such an important role to play in addressing social isolation and loneliness in our community and working with our dedicated and enthusiastic staff team and fellow trustees in addressing this issue.'*

#### Where is your favourite place to spend the day in East Lothian?

*'Having been born and brought up in the town, I might be slightly biased, but, in my view, North Berwick is hard to beat. We have so many opportunities to walk and to enjoy nature, whether along one of our amazing beaches or in the countryside.'*

#### And lastly, what is your favourite book?

*'The hardest question of all! I read between 80 and 100 books each year and can't possibly single out one book as my favourite. However, I really enjoy crime novels and think that anything written by Ann Cleeves or Val McDermid would feature in my list of favourites.'*

### Donna McArdle



#### What is your role on the board?

*'I am one of the two Co-Chairs'*

#### What would you say you're most passionate about?

*'I have always been passionate about good food, cooking, people, and communities. I am passionate about supporting the NBCCC project and its fantastic team to do the great work it's doing.'*

#### What do you enjoy most about

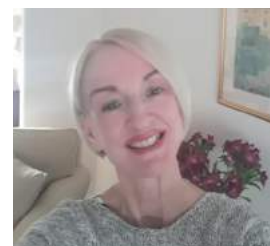
#### being on the NBCCC board?

*'Supporting the staff and seeing how they nurture everyone.'*

#### Where is your favourite place to spend the day in East Lothian?

*'I love Tynninghame beach and being close to the coast.'*

### Liz Weir



#### What is your role on the board?

*'I am Secretary to the Board.'*

#### What would you say you're most passionate about?

*'I love languages and learning new languages. Also love gardening and acquiring new plants.'*

#### What do you enjoy most about being on the NBCCC board?

*'The feeling that I can contribute something to the community which I joined 5 years ago.'*

#### Where is your favourite place to spend the day in East Lothian?

*'Lots of places, but especially my garden on a sunny day.'*

#### And lastly, what is your favourite book?

*'Have a few favourites, but current favourite is Suite Française by Irène Némirovsky.'*



Meet the NBCCC Board *continued*

Becky Everett



**What is your role on the board?**

*'I am the safeguarding trustee.'*

**What would you say you're most passionate about?**

*'Throughout my working career I have been motivated by a desire to deliver high quality care to adults and children. I feel strongly that we all have a role to protect the vulnerable in society.'*

**What do you enjoy most about being on the NBCCC board?**

*'The opportunity to meet others with a similar viewpoint and share ideas working together to create a great asset for the community.'*

**Where is your favourite place to spend the day in East Lothian?**

*'The beaches in East Lothian are beautiful, but equally I enjoy the peace and quiet of walking in the Lammermuirs.'*

**And lastly, what is your favourite book?**

*'There are many, but a recent good read was 'Where the Crawdads' Sing' by Delia Owens which is soon to be made into a film I believe.'*

Bill Brown



**What is your role on the board?**

*'Trustee and Treasurer'*

**What would you say you're most passionate about?**

*'Making a difference to the community I live in, in the small ways I can.'*

**What do you enjoy most about being on the NBCCC board?**

*'The interactions with the mixture of personalities and different experiences that constitute the members of the Board and management team.'*

**Where is your favourite place to spend the day in East Lothian?**

*'Being new to East Lothian, I love all the coastal walks but if pushed, I would have to say Seacliff harbour has to be up there, with Tantallon Castle as a back drop.'*

**And lastly, what is your favourite book?**

*'Controversial I know! I don't read many actual books but I am an avid reader of crime thrillers on my kindle. I have recently read and reread (unusually) The Beekeeper of Aleppo by Christy Lefteri.'*



**NORTH BERWICK TRADITIONAL TUNES AND SONGS**

Musicians, singers and listeners welcome!

Thursday 9th December 2021  
8.00-10.00PM

North Berwick Rugby Club  
Dunbar Road EH39 4DG  
FREE admission

For more info contact 07899957545  
or  
eddiemcf1953@hotmail.com







The Centre is  
open daily from  
**10am to 4pm**

Closed only on  
Christmas Day  
and Boxing Day.



### Scottish Seabird Centre Events - book via website [www.seabird.org/events](http://www.seabird.org/events)

The Scottish Seabird Centre is participating in VisitScotland's Great Days Out campaign, allowing visitors to enjoy **50% off** Discovery Experience entry over the winter season.

The Scottish Seabird Centre has recently launched an exciting new programme of events and activities coming up during December, sure to brighten up these darker months ahead. More details are below:

#### Forthline Project Art Exhibition

Wednesday 1 December to Sunday 5 December, 11am to 3pm

More than 100 artists, crafters, and creatives have come together to produce this breath-taking illustrated story of the Firth of Forth coastline, bringing history, communities, wildlife, and fears for the future together into an exquisite series of multimedia squares. Conceived during the dark days of winter lockdown, this project combines the passionate reflections of over a hundred different people about a part of the Forth coast that is special to them. A long storyline of enmeshed crafted memories and visions of the Forth has emerged, linking the Fife, Edinburgh and East Lothian coasts, biodiversity, people and communities. Entry to this exhibit will be free, but donations are welcomed.

#### Author Talks – Kirstin Innes

Friday 3 December, 7 to 8pm

In our first author event, novelist Kirstin Innes talks to Jennifer Crichton of *The Flock* about her second book *Scabby Queen* as well as the newly published *Brickwork*. Sweeping across five tumultuous decades in British politics, from the miners' strike to Brexit, *Scabby Queen* is a tantalising portrait of a woman who defies the norm.

*Scabby Queen* is nominated for the Saltire Society's Scottish Fiction book of the year, 2021. Tickets, £8 per person.

#### Festive Eco Wreath Workshops

Monday 6 December & Thursday 9 December, 6.30pm to 8.30pm

Join Sandy Branches to design your own floral festive eco-wreath in this fun and relaxed workshop. You'll learn how to construct a wreath using locally sourced dried flowers and foliage with lots of winter earthy materials and dried fruits. With professional guidance and tips along the way, this is a lovely, festive way to spend a winter evening. Tickets: £30 per person. This includes all materials to create your very own festive wreath.

#### Live Music at the Scottish Seabird Centre

7 December, 7.30pm

Join us for a fantastic evening of live music with rock band *Fired*, followed by jazz quartet *Jazz Cafe*. This is a fundraising event organised by the Seabird Centre volunteers in support of children's education and activities at the Scottish Seabird Centre.

## December Wildlife Watch by Ruth Fraser

It might be cold outside, but winter is still a great time to be outdoors and see wildlife. It becomes easier to spot woodland creatures once the trees have shed their leaves, migratory birds arrive for the winter months, and shy coastal animals might become more visible as fewer people are around to disturb them.

### Holly



Holly is a well-loved shrub that provides shelters for many bird species and gives hedgehogs a cosy place to hibernate during the winter. Holly is dioecious, which means that male and female flowers occur on different trees. The female plants produce berries, but only if they are fertilised by pollen from a male plant. The mistle thrush is known for guarding holly berries during the winter to prevent other birds from eating them. Holly branches have long been used to decorate homes and are popular Christmas decorations.

### Hedgehogs



Hedgehogs are one of the UK's best-loved animals. Sadly, this spiky little mammal is in serious decline. While it is difficult to monitor hedgehog numbers, it's believed that since 2000, their population could have halved in rural areas and reduced by a third in urban areas. Hedgehogs are lactose intolerant. Milk should never be left out for them, only water.

#### Wildlife Anagrams

RSPWHARWAOK

ESIPN

COLTPEA

AROC

OLME

(answers on page 12)

**Get snapping:** please send any photos of December wildlife you capture, for us to share in the January edition.

## North Berwick Music Night

Hi everyone, as you will have seen from the last couple of newsletters there has been a poster about the music night at the North Berwick Rugby Club. It started just over two years ago, with six people on the first night and gradually increased, including participation by some members of the Community Connections, including Carol.

Due to the pandemic, it came to a halt. Then it restarted in October and is going from strength to strength, with over forty people coming along. Tunes and songs are a bit of a mixture now, so it has moved on to encompass other genres. Some members of NBCCC are coming and adding to the evening. If you want a lively evening of music and songs please come along, even better if you would like to contribute a song.

- Eddie McFadzean





## Love a garden? You're invited to share this one!

Lime Grove Community Garden has come on a lot recently, and a huge amount since the start of the project, inspired by Carol Stobie and the Community Connections launch meeting in 2019, which brought like-minded people together.

Previously a neglected patch of waste ground, there will soon be a complete garden for all to enjoy, with wheelchair access and planting boxes at the correct height for standing or sitting to garden, benches to sit on, and a wildlife section encouraging bees and insects.

We hope to create a space for people to come, meet new people, sit and enjoy the view, weed, plant, water, and grow, and help tackle isolation within our community.

Going forward, the garden will need to be maintained and we hope to ask people to give a little and take a little, whether that is donating a plant, pulling a few weeds, watering a tree or two, and taking some herbs, apples, plums, rhubarb or vegetables. We would like people to use the garden in the way that works for them.



We aim to encourage lone walkers and walking groups to come, sit, relax, share a flask of tea - and pull a few weeds and water a plant or two on their journey. Keep us in mind and maybe pop along to see how we are doing on your next walk this way!



- Bex and the Lime Grove community garden bunch



## Santa Claus is coming to town on Thursday 9<sup>th</sup> December

Mr & Mrs Claus will leave NB Sports Centre on their magical sleigh at 5.30pm. Use the QR code to see their route!

There will be singing from NB Gospel choir, home baking, hot chocolate and mulled wine in the Harbour from 6.45pm. We hope our special guests will arrive at the Harbour at 7.30pm.



Destination / Route	Approx arrival time
Sports Centre Car Park	5.30pm
Gilsland Grange Playpark Will stop here for 10 minutes	5.40pm
Stevenson Walk Will stop here for 10 minutes	6.00pm
Meikleham Nook	6.10pm
Lauder Rambling	6.15pm
Heriot Riding	6.20pm
Pilgrims Way	6.20pm
Wotherspoon Green We will stop here for 10 minutes	6.25pm
Dall Hallow	6.35pm
Grange Rd	6.40pm
Lochbridge Rd	6.50pm
Gilbert Avenue We will stop here for 10 minutes	6.55pm
Couper Avenue	7.10pm
St Baldred's Rd	7.15pm
Ship Inn	7.25pm
North Berwick Harbour	7.35pm
**Please note times are approximate	



The celebration of Twelfth Night (the traditional last day of Christmas) is a custom that has largely died out now but at one time there was a bigger party on Twelfth Night, 5<sup>th</sup> January, than on Christmas itself.

Twelfth Night used to be marked by the baking of a special cake. In Britain this was a dense Fruity Cake laced with spices, remembering the kings who came from the east and whose day, Epiphany, is commemorated on 6<sup>th</sup> January. In France, Twelfth Night Cake, or Galette des Rois (cake of the kings), is a pastry tart filled with an almond paste. Although the cakes are different, a common tradition links them. It has been the custom to bake into the cake favours in the shape of a pea and a bean. The man who found the bean in his slice became King and reigned for the evening. Likewise, the woman who found the pea was Queen. Sometimes the baker would take great care when placing the favours in the cake and designate half the cake to be the male side and half to be eaten by females. If however the favours were just tossed into the mixture then, if the pea or bean were found by the wrong sex, it was that person's prerogative to choose the person to be King or Queen! A similar custom exists in France but latterly the bean, la fève, has been replaced by a porcelain figure in the shape of a character from the nativity scene.



225g (8oz) plain flour  
1 teaspoon cinnamon  
1 teaspoon ground ginger  
¼ teaspoon freshly grated nutmeg  
4 eggs  
3 tablespoons brandy  
225g (8oz) unsalted butter  
225g (8oz) caster sugar  
225g (8oz) sultanas  
225g (8oz) raisins  
225g (8oz) currants  
75g (3oz) blanched almonds chopped  
1 dried pea  
1 dried bean

1.) Preheat the oven to 150°C, gas mark 2. Grease and base-line a 10" tin. Tie a double thickness of brown or newspaper around the tin to help prevent the cake overcooking on the outside.

2.) Sieve together the flour and spices. Lightly beat together the eggs and brandy. Set aside.

3.) Cream together the butter and sugar until light and fluffy. Gradually add the eggs and brandy to the cake mixture, stirring well between each addition. Carefully fold in the flour, fruit and nuts. Finally don't forget to mix in the pea and bean!

4.) Tip the mixture into the prepared tin and level the surface. Bake for about 3 hours. A skewer inserted should come out clean if the cake is cooked. If it looks as if it's getting too brown, cover with a double sheet of greaseproof paper or foil. Allow to cool on a wire rack. Dredge generously with sifted icing sugar. Serve with a Gold Frill around the edge or make a gold crown to sit on top.

- Elizabeth Hinds

photo credit <https://grandmaabson.blogspot.com/>



Fiery sky - taken by Robina Brown

I saw a star as it fell  
From the sky  
Caressed by my fingers I sit and  
Sigh  
What will I wish for Will my  
Dream come true  
Instead I gift my wish to you



- A poem by Cilya 29/9/08

## Wildlife Anagram Answers:

Sparrowhawk Snipe Polecat Orca Mole

### Walking and Talking with John

I only met John Evans earlier this year, I was his Buddy Walker, but even in this relatively short time, I was fortunate to share many interesting, thoughtful, and happy moments with a lovely man. John had been a resident in North Berwick for over 35 years, originally moving here to work at the Torness Power Station, and although always proud of his Welsh roots, his heart was in North Berwick where he was a valued member of the community.

John had been active throughout his life playing rugby right into his forties and although less able to tackle the more strenuous pursuits in recent years he liked to walk every day and our walks together took us on various routes around the town. Wherever we went we would inevitably meet several people along the way who knew John and we would stop for a chat to discuss the latest news from the town! He also liked to stop for a coffee (and a cake!) when the route allowed, always insisting to pay which was typical of his generosity in kind and in spirit.

John had a view on most things and always tried to look on the positive side of life, counting his blessings and being thankful for the support and love he felt from his family and friends. John was a lay reader and an active member of Abbey Church, where he will be greatly missed by all who knew him. I always looked forward to my weekly walks with John, talking about whatever was happening in the world, or in North Berwick (!). Our thoughts and prayers are with Rosemary and the rest of John's family, we will all miss him but are thankful to have known someone with a real sense of joie de vivre.

- Andrew Pendleton

### Community Connections over Christmastime

#### SPECIAL FESTIVE EVENTS:

- ★ **Quilting Creations** NBCCC volunteer Linda displays some beautiful creations by the Law Quilters - you might be inspired! Wednesday 1<sup>st</sup> December 1-3pm at Scone Café, Abbey Church Small Hall.
- ★ **Classic Christmas Movie and Mince Pies** with Community Connections - come and enjoy a movie classic with us on Tuesday 7<sup>th</sup> December, 1-3pm at North Berwick Rugby Club, Dunbar Road, North Berwick.
- ★ **Christmas Crafts with Bex** - come and make your own (or enjoy watching) on Wednesday 22<sup>nd</sup> December 1-3pm at Scone Café, Abbey Church Small Hall.
- ★ **Community Connections Winter Wander:** a gentle New Year stroll, fresh air and uplifting chat with Robina and Ann, Wednesday 5<sup>th</sup> January, 12.15. Meet inside Lodge Entrance Gates (opposite Alanda's) and finishing up at Scone Cafe. Please sign up for this walk as early as possible with Carol (before 16<sup>th</sup> Dec) or Robina.
- ★ **Community Connections meet-ups continue over the festive season. You can join us at:**
  - Coffee Connections** at the Seabird Centre (Tuesdays 2-3pm including 28<sup>th</sup> December)
  - Scone Cafe** at Abbey Church (Wednesdays 1-3pm including 29<sup>th</sup> December)

Please tell us, ideally by 16<sup>th</sup> December if possible, if you'd like to come to these, so we'll look out for you! But it's possible to turn up too.

## Community Connections - *current services*

Community Connections can meet you for coffee, chum you along on a walk and help you make the most of your days, right through the seasons - 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.

### Current Services Offered:

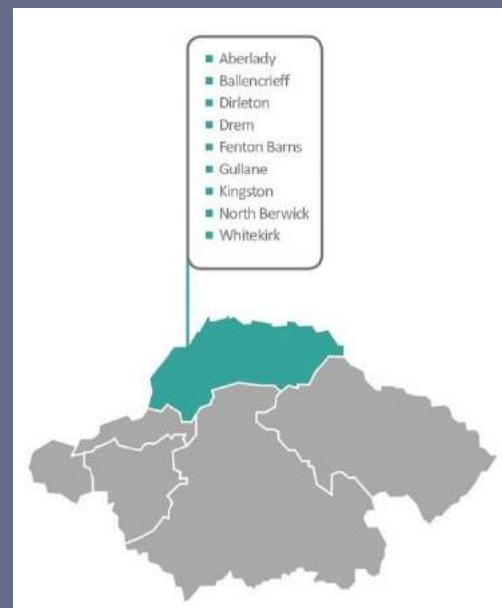
- \* **Scone Café weekly drop-in**
- \* **Coffee Connections at local cafes**
- \* **Befriending calls or meet-ups**
- \* **Buddy Walk**
- \* **Chumming to local activities like Music Night or Beacon**
- \* **Community Connections Monthly newsletter**

For the following services, contact **Carol Stobie** (Project Manager) on 07940 203380  
Email: [nbc-communityconnections@outlook.co.uk](mailto:nbc-communityconnections@outlook.co.uk)



- Gatherings, Coffee Connections, Scone Cafe and drop-ins
- Partnership activities and outreach
- Monthly newsletter subscriptions
- Volunteer applications

For Befriending or Buddy Walks services, contact **Lisa Brownlie** (Befriending Coordinator) on 07862 694842 on Tuesday or Wednesday mornings  
Email: [befrienders@nbc-communityconnections.org](mailto:befrienders@nbc-communityconnections.org)



To send in contributions to our newsletter, or to arrange posting to your address, contact Ruth Fraser at [newsletter@nbc-communityconnections.org](mailto:newsletter@nbc-communityconnections.org)

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.



### January 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 place across North Berwick and the Coastal Villages. Please email Ruth at [newsletter@nbc-communityconnections.org](mailto:newsletter@nbc-communityconnections.org) by the 5<sup>th</sup> January. Thank you.

*'Maybe Christmas' the Grinch thought "doesn't come from a store" "Maybe Christmas, ... perhaps... means a little bit more."*  
- Dr Seuss