



# Community Connections

North Berwick Coastal

July 2021

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

**HAPPY**

**BIRTHDAY**

**The July birth flowers are Larkspur and the water lily.**

**(Image credit [Garden Know How](#))**



*Photo of one of the North Berwick Law ponies by Emma Papakyriakou*



## **Where wild and beautiful things grow by Emma Papakyriakou**

The Community Connections newsletter often features seasonal flowers and vegetables through photographs, North Berwick in Bloom updates and Rock and Bird's colouring in sheets. Each month I take lots of pictures of garden flowers just in case I need to add colour within each edition. Thankfully some of our readers send pictures, so I have rarely needed to use my own but I decided to share with you some recent photos.

I have become aware that I am particularly drawn to wild flowers and dare I say it... weeds. It is not just what grows wild but where they grow. The farmer's verge, within the tarmac on the cracking pavement along the roadside or on the side of a tree trunk or stone wall. I walk most evenings with friends or the kids and always notice the ever changing verges along my route. I have come to realise that I might actually like wild flowers the most. My daughter spotted a dandelion clock and did what any child would do. She blew it until it told her the time. It was buried between stinging nettles, docken leaves (Bitter Dock) and sticky willow (Cleavers). As I watched her I appreciated these weeds for all the childhood memories they hold, and I am sure something we all share.



## Community Connections July Update by Carol Stobie

### Coffee Connections - Out into the World again

Coffee Connections is our way to get folk out socialising again, reconnecting with others and creating new friendships. Up till recently this meant just two or three folk informally meeting up at their favourite cafe, with initial help from Carol, and this continues. However, we thought we'd try some regular slots to allow for more of a rhythm and meeting different folk week to week. So we're piloting this with the Scottish Seabird Centre on Tuesdays - CEO Susan Davies and her staff and volunteers could not be more supportive and we thank them hugely!

So far we've held four Coffee Connections sessions at the Seabird Centre - it's central, has fantastic views and lots of space; if the weather's good you can sit out on deck, dogs are welcome and the disabled access is good. It's been joyful to see the smiles of recognition and the welcoming of new faces - many of us haven't been out much since last March and this means a lot. Starting small to keep it manageable, we are inviting folk bit by bit and carefully sticking to Covid guidelines to keep everyone safe. If you have a Buddy Walker or Befriender, they may be able to chum you along for the first visit. Or we can arrange to meet you at the door. Parking's a bit busy, but you can get dropped off



by taxi or a relative, and we can come down to meet you at the bench by the ruined Kirk.

It's already getting very busy towards summer holidays and tables can't be reserved, so **you must let us know in advance if you'd like to come!** Then we can table-plan and arrange for you to sit with other members/volunteers for a good chat.

We're looking into additional options for the future as this seems a great model.

Scone Cafe drop-ins will hopefully reappear later this year. **Call Carol on 07940 203380 if you're interested in taking part in the Coffee Connections Seabird Centre meet-ups or smaller coffee dates.**

### Could you be a Community Connector?

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

**Volunteers** are crucial to our work and we would be unable to offer these services without them. We now need more volunteers as the demand for our services is rising!

Have you reached a point where you'd like to be a part of something bigger and help with our work of connecting others? Maybe you would be interested in helping with some of the above areas of work, depending on what feels right for you? Several of our greatest volunteers originally came to us for their own needs as members, and have since evolved to volunteering!

We provide full training, regular meetings and support, and we conduct Disclosure Checks on our volunteers, for the safety of everyone. There is a great sense of team spirit, good humour and mutual support among our 50 or so current volunteers.

**GET IN TOUCH...** Are you interested to explore opportunities for volunteering with Community Connections? Contact Carol on 07940 203380 or full details on the last page.

## Community Connections July Update

### Villages Outreach

Very exciting things are developing in Aberlady and Gullane, following our outreach zoom meetings in recent weeks. There is no shortage of local energy and desire to connect members of the community together, and Community Connections is ready to support these wherever we can.

Kathy Allan from Aberlady tells us a bit more about their developments:

*“The nascent Community Connections Aberlady team are delighted to announce that we are planning to open our own pop-up ‘Scone Café’ from mid-August. Our two fantastic village pubs—Ducks and the Old Aberlady Inn—have generously offered their support to our initiative aimed at connecting the more isolated members of our community. Both have offered to host us on alternate months, and will provide tea, coffee, scones and cakes to guests invited by the Community Connections team. We really cannot thank them enough for their support and are very much looking forward to getting started. If you know of anyone who might benefit from attending our Scone Café, when it gets up and running, please contact, Kathy Allan on 01875 850 478 or [kathyaberlady@btinternet.com](mailto:kathyaberlady@btinternet.com) Thank you!”*

**CELEBRATING COMMUNITIES: WHERE WE ARE AND WHAT COMES NEXT - THURSDAY 15th JULY 2021 – 10.30am – 12 noon**

**CELEBRATING COMMUNITIES**

**Dementia friendly**  
Curious | Connected | Active

EAST LOTHIAN



July marks 7 months of Celebrating Communities and we'll be taking a look back at the journey and what might come next. We'll hearing from Celebrating Communities projects and get up to date on conversations we've been having on digital inclusion, physical activity and get news from different communities. Everyone is very welcome to join in. If you've got a project or something to share, let us know. With thanks to the Life Changes Trust for funding the Celebrating Communities project. To come along, please go to the website, [Register here](#).

**SEASIDE SINGERS:** Online performances - Monthly online variety performances that are free and available to all: [www.celebrating-communities.org/seaside-singers](http://www.celebrating-communities.org/seaside-singers)

We now have four performances online and all can still be accessed via the website. As we ease out of lockdown we hope that people might come together in communal areas to enjoy the 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. We can provide song sheets for care facilities – just ask! **July's performance** will bring in a local boy band who have now been performing together for a couple of years. They are all really accomplished musicians and during lockdown have shared their music with other family members to put a smile on their faces. For information about the performances, get video links by email, please contact Khlayre: [khlayre@dfel.org](mailto:khlayre@dfel.org). Or phone Sue on 07727883881.

Over the summer we are also working on a song-writing project. We are working with care facilities to gather memories of the sea and the seaside and will be working with the very creative Penny Stone to curate a song using the words and memories gathered. This will be recorded by Penny and other artists and will be part of the legacy of the project.

**Live Events:** Seaside Singers on tour! We will be travelling around participating care facilities in North Berwick to bring music and joy to residents with performances in gardens and through windows! With thanks to North Berwick Trust for funding the Seaside Singers project.

## Sharing Digital Stories

Celebrating Communities are exploring people's experiences of accessing and using digital devices and the benefits experienced connecting with family, friends or activities online. Community Connections' very own share their stories:

### Barbara's digital story:

- 1) How long have you been using a digital device for? *Since the 1980s. I was at Teacher Training College in 1970 and did a Computer course as an extra – we didn't have access to a computer, we wrote programs, in Cobol I think, which clerks transferred to punched tape which they fed into the computer.*
- 2) What do you use to access the internet or groups? *Laptop (HP Pavilion 14), Smartphone (Samsung Galaxy J6) and Apple iPad – in that order.*
- 3) What motivated you to learn to use something digital? *In the 1980s I was Editor of the newsletter of the local branch of the Inland Waterways Association, using a portable typewriter to produce 'skins' which were then fitted onto a Gestetner and copies produced by turning the roller with a handle – ink everywhere! One of my friends got a small personal computer, complete with printer for £350 (I think it was a Sinclair but I haven't found it in a search) and when we saw what it could do, we got one too. What a blessing compared to the old system! Two of my grown children had computers at home, for their work, and ridiculed my 'toy' computer! Eventually one of them passed down a computer they were replacing, and I was into the mainstream!*
- 4) How did you learn to use your digital device? *It had a manual, but was very simple and my kids helped by phone if necessary. At one time I was going to a Square Dancing Class and dropping my husband Ron off at a Computer Class first; one evening the Square Dancing was cancelled, so I went to Computers – and enjoyed it much better, so did that in future. When we moved to Cyprus in 2000 I joined a Computer Club which had some members who were expert in IT, so they gave interesting talks at the weekly meetings and were available with assistance or advice whenever required. As I became more competent I was able to teach beginners myself, though I could only do that for a short time because I had Windows XP on my laptop (the old tower was long gone!) and beginners with new laptops had Windows 7, of which I knew nothing.*
- 5) Have you got a positive story about using a digital device? *I was delighted to be able to type out recipes and the easily arrange them in alphabetical order, within Folders like Fish, Veggies, Cakes etc.*
- 6) How would you encourage a friend / neighbour to try a digital device? *I am currently encouraging my friend Sarah to use Facetime, and I hope she will progress from there – with help from her daughters and me!*
- 7) Is there anything else you would like to share about your experience that might help others to give digital a go? *I was so fortunate in being in at the beginning and learning with IT as it grew – so I have no idea what it must be like to start now! But my cousin got an iPad when she was about 82, soon became competent, and still uses it at 90 – so I know it can be done!*

### Kathleen's digital story:

- 1) How long have you been using a digital device? *Since 2002*
- 2) What do you use? *I started with a Computer then moved to iPhone & Tablet*
- 3) What motivated you to learn? *It was a challenge*
- 4) How did you learn to use your digital device? *My son taught me on computer then trial and error*
- 5) Have you got a positive story about using a digital device? *I bought an iPhone to make my life easier. One example, now I can return items bought online at the Post Office by showing a QR Code on my phone instead of going to the library and printing the Returns Label then going to Post Office.*
- 6) How would you encourage a friend / neighbour to try a digital device? *Apart from talking on WhatsApp for free you can also challenge each other at different games which can be a nice change from watching television*
- 7) Is there anything else you would like to share about your experience that might help others to give digital a go? *It's great to prove to the younger generation that you CAN teach an "Old Dog New Tricks"*

## Farewells and Musical Adventures

*Sunrise, sunset, sunrise, sunset  
Swiftly fly the years*

*One season following another  
Laden with happiness and  
tears*

'Sunrise, Sunset', from the musical *Fiddler on the Roof*, 1964 (Composer Jerry Bock, lyricist Sheldon Harnick)



(Photo credit Trisha Smith)

Time to unzip the ukulele bag, sit down in Auntie Helen's old armchair and start practising. It's the last song I worked on with my music tutor, Andy Brown. A wedding song, poignant with the life of a small community about to be changed forever. It reminds me of my late mother, reflects how fast time passes, how children grow up and fall in love... and we lose folk, too.

Last week the High Street was lined with folk shaking bells and applauding the Star Trek-themed funeral cortege of one of the town's most-loved folk, taken much too early. I started online ukulele lessons with Andy last summer – always a glorious, stress-relieving moment at the end of my working week. We'd dis-



cuss our love of musicals, medieval Christmas carols, 1940s American jazz numbers, and laugh about all kinds of things. I'm a poor pupil, but slowly gained confidence and skill, thanks to his patience and encouragement.

A generation of North Berwick kids have been taught by him - this may be their first great loss. He'd jingle about in shorts and sandals all year round, Hagrid-like and hairy, a cheery smile for all. (Someone's put bells round the neck of the wee Binocular Man by the Seabird Centre, for Andy.) He was prodigiously talented on many instruments and made people and animals of all ages feel special whenever he visited. I wish I'd had more time with him - we all do. It feels so abrupt.

So how to honour him? We need to rejoice in music. Listen, sing and dance. We can even sing in church again now (if through masks!). Dust down the old guitar. No instrument? Get out your old albums. Turn on the radio and sing along. We love hearing from you - write in and tell us what music

means in your life, your favourite songs. Why not make that Desert Island Discs playlist?

Sunrise, Sunset will always remind me of Andy. I'll play and sing it with a wee lump in the throat. He and I chatted about a future where music sessions and local Trad Nights may start again, my yearning to be able to slip in and play alongside others. It's exciting to hear the Gullane Community Ceilidh Band, great friends of this project, will be playing at Fringe by the Sea this summer - 10th August 3-5pm – don't miss that! Community Connections also hopes to revive musical events later on.

Meantime, I'll commit to keeping the music going. I'm hoping to find others to play with, tune into, learn their tunes and share mine - as we all need to do with each other in some shape or form! Thank you for those lessons in life, Andy. We won't forget you.

**Carol Stobie, Project Officer**

## Caroline Foord takes on the Sunflower Challenge

28 May (pic 1&2) - "Challenge accepted" and "seeds planted" ...6th June (pic 3) - "they have germinated! I'm feeling good about it"



7th June (pic 4)- "These are my sunflowers" / 16th June (pic 5) - "Two have developed strong stalks and I watch over them as best as I can".



Elsewhere in Caroline's garden coldframe (below left) radish and lettuce (middle) spinach below right) coriander



## North Berwick in Bloom by Libby Morris

### 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 (with paper copies posted). Further details on how to join in go to North Berwick in Bloom website <http://nbib.org.uk/aboutus/ourevents>

Repurpose Fish Box --Join us in creating a display of mini-planters in and around North Berwick and enter the NBiB Fish Box Challenge - A gardening competition for all. Have fun creating a floral display for yourself or in the town whatever your age or ability. The Challenge: Repurpose old used polystyrene fish boxes and create summer displays throughout North Berwick.

Once your box is planted up, place it in your front garden, water and tend your plants and when it's looking its best, drop us an email with a photo and show us what you have created, especially if you have used plants which are at their best early in the season. Feel free to re-plant or replace your box with late summer or autumn blooms. To watch a video explaining how to do it, please click on this link

<https://www.northberwickinbloom.org/fish-box-challenge-2021> and see some examples already planted at Home Hardware in Kirk Ports in front of the Abbey church.



# NBYYP

## NORTH BERWICK YOUTH PROJECT

After lots of hard work and dedication we finally have a new logo! We were very lucky to have David and Judith, of Booth Creative, on board. They kindly volunteered their time to create our new logo as well as receiving help from group of young people from the high school.

In a previous update we mentioned our NBHS John Muir Award Hub group who were working on transforming the Abbey Care Home courtyard. This group have now finished their award and were presented with their certificates. We are so proud of all their hard work and delighted to received feedback saying how excellent a job they did.

We are currently very busy organising our summer programme. This includes lots of exciting activities including trips to Edinburgh Dungeon, Foxlake, Blair Drummond and BBQs on the beach! We were delighted to receive funding as part of the Councils Summer of Play, which means we can offer a fun-filled summer programme for free. *Beth Smith*



*Robina Brown captures beautiful reflections looking out to Fidra and Lamb.*

## Community Connections' New Newsletter Editor



Ruth Fraser (left) Emma Papakyriakou (right)

This July Community Connections newsletter will be Emma Papakyriakou's last edit before handing over to Ruth Fraser.

Emma, "I have really enjoyed developing the newsletter over the last year and helping to build connection (through print) between the project, the members, volunteers and this amazing place where we all live.

Over the summer I will be focusing on co-ordinating the volunteers at Fringe by the Sea, enjoying the summer with the kids and welcoming a new puppy into our family.

Thank you to everyone who has helped build amazing content each month, it has been much appreciated and I hope

you continue to share stories, photographs and what is on with Ruth each month"

Ruth "I am delighted to have the opportunity to join the NBC Community Connections project, following on from Emma's fantastic work on the newsletter. It's such a great way to connect members, and I'm looking forward to sharing news and events from around our community".

If you are interested to feature content, articles, arts and crafts, recipes or things happening in the community over the coming months please contact Ruth via the project newsletter email on the last page or speak to Carol or Lisa.

### Simpsons Special Care Babies

Good evening all our lovely supporters!

The unit has been in touch and they are in need of knitted cardigans for the babies. Stock is high of blankets and hats, but if any of you knitters would like to send in cardigans, they would be gratefully received (in any colour!) If you're interested, the pattern can be found here: <https://bit.ly/34Ed6uJ> (Also found in postal newsletter envelope).

We thank you for all your support and knitting skills! Finished items should be sent directly to the Neonatal Unit at the following address:

Neonatal Unit (Ward 110), Simpson Centre for Reproductive Health, Royal Infirmary of Edinburgh, 51 Little France Crescent, Edinburgh, EH16 4SA

Your items will be stored and isolated for 72 hours prior to use. Please include your name and address, as staff will wish to acknowledge receipt of your items.

**The Scottish Seabird Centre** are delighted to be holding events as part of the Edinburgh Science Festival. There are 4 Rockpool ramble events, from 26 to 29 June, based in North Berwick.

The events are perfect for anyone with an interest in marine creatures, wearing wellies and spending time outdoors! More info and booking here: <https://www.eventbrite.co.uk/e/edinburgh-science-festival-2021-rockpool-rambles-tickets-153989754501>

Over the summer, look out for some fun activities at the Scottish Seabird Centre, when Professor Egghead will be back with live science shows, great fun for all the family. There will also be storytelling and puppet shows throughout the summer holidays. Check their website and social media channels for more information. [www.seabird.org](http://www.seabird.org)

## July Wildlife Watch by Ruth Fraser

July brings long summer days which are full of life. A perfect time to keep a look out for bees, butterflies and other amazing insects flit from flower to flower and to listen out for baby birds chirping at their parents for food.

### The Common Eider



An eider duck creche near the boating pond.

The eider duck is the UK's heaviest and fastest flying duck. *Somateria mollissima*, the common eider's scientific name, means 'softest down body'. Humans have been using eider down since around the 7th century! Males are easily identified by their pristine black and white plumage whereas female eiders are brown. At this time of year, keep a look out for groups of eider ducks (called crèches) containing one or more female eiders and lots

of ducklings in their care. The ducklings are very vulnerable at this stage, but crèches provide safety in numbers and help the females keep the group to more sheltered areas.

**Top spot:** If you head to the far end of North Berwick's East Bay, and round to Daisy Island there is a group of eider ducks which use the area to look after and raise their chicks.

### Hawthorn



Hawthorn blossom

When hawthorn begins to bloom it is a sign that spring is turning into summer. It's a beautiful sight passing by hawthorn bushes in full bloom, with their abundance of delicate white flowers. In Celtic mythology it is one of the most sacred trees and symbolises love and protection. They belong to a genus of shrubs called the *Crataegus*, derived from the Greek word *krátys* meaning hard or strong. The plant provides a rich habitat for all kinds of wildlife, from hawthorn shield bugs and various species of small birds, to wood mice and slow worms that shelter in the thorny thickets.

**Did you know?:** In J. K. Rowling's Harry Potter series, Draco Malfoy's wand is made from hawthorn wood!

**Get involved:** Sustaining North Berwick's Wildlife Gardening project has got off to a great start! The initiative has been set up to create a wildlife friendly garden network in our town. Already around 40 people have signed up to commit to devoting at least one area of their garden to nature. Lots of tree saplings and wildflower seeds have been given out and soon there will be an online map showing all the gardens involved in the project. Please tell any friends and family to get in touch if they want to be part of the North Berwick wildlife garden network at: [kduncanm@yahoo.co.uk](mailto:kduncanm@yahoo.co.uk) A huge thanks to Caledonian Horticulture for donating the native trees to the project.

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



### Wildlife Anagrams

R A B G E D

R E D E

Z I L A R B L O R

P E N D S I P A R

F U O W O D R F

**Family Fun Day!**  
Sunday 4th July

**The BIG Hare Reveal**  
Be the first to meet the Hares before they go LIVE on the trail and get the opportunity to speak to the artists first-hand about their designs!

**Leuchie House**  
Morning Session 10am - 12pm  
Afternoon Session 1pm - 3pm  
(advance booking required)

£10 per adult  
£5 per child  
Under 5s go free!

Giant slide & Pouncy castle  
Giant games & Carnival stalls  
Inflatable assault course  
Arts & crafts

Book here  
[www.leuchiehouse.org.uk/get-involved/fun-day](http://www.leuchiehouse.org.uk/get-involved/fun-day)  
[www.thebigharetrail.co.uk](http://www.thebigharetrail.co.uk)

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The Big Hare Trail

**FRINGE BY THE SEA**  
**BACK FOR 2021**  
6-15 AUGUST 2021  
SEE YOUR FAVORITE ACTS

Music, comedy, book, family, wellbeing events and more over 10 days in North Berwick, from 6th-15th August. Scotland's freshest fringe!

Check out the latest acts and book your tickets

<https://www.citizenticket.co.uk/events/fringe-by-the-sea-2021/>

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

Coastal Communities Museum is open once again with a new exhibition. We also have lots of interesting features and activities:



**Admission is by advance booking only.** Entry to the museum will be in half hour slots from 11.15am – 3.15pm. Last visit ends at 3.45pm.  
Please make a booking by calling [07859 460943](tel:07859460943) or emailing : [bookings@coastalmuseum.org](mailto:bookings@coastalmuseum.org)

Scotland has dedicated 2021 to the celebration and appreciation of its plentiful coasts and waters. The Coastal Communities Museum is participating with a special show of seaside postcards, some of which have never been on display before, along with historic stories of the coast and its people. <https://www.coastalmuseum.org/exhibitions/wish-you-were-here>

Welcome to Object of The Month, a new way to enjoy the Coastal Communities Museum. We will be selecting some of our most interesting objects and artefacts to share. <https://www.coastalmuseum.org/object-of-the-month-1>



We have lots of fun activities on offer to keep people active and moving. We are also pleased to announce that some of our classes have resumed face-to-face. Attached to the newsletter is a list of activities on offer.

For the full list of online classes and to find out what might suit your interests or the Health Walks please visit Ageing Well [website](#) or [Facebook](#) page or you can talk to:

Parvine Jazayeri, Ageing Well Coordinator on [pjazayeri@eastlothian.gov.uk](mailto:pjazayeri@eastlothian.gov.uk) or call 07718 117585

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

Monday - North Berwick - 1.30

Tuesday - Aberlady - 10.30

Wednesday - Dirleton - 10.00



We are now open for hires at North Berwick and Portobello for pre-booked hires. We will wear a mask for the duration of the hire and all equipment will be sanitised before and after each hire. As much as possible we will comply with physical distancing requirements. We can't wait to welcome you back to the beach! Please phone 03001112112 to book or email us at [info@beachwheelchairs.org](mailto:info@beachwheelchairs.org)

**Volunteer with us?** We are volunteer run. If you would like to find out more about volunteering with us please contact us using either phone or email as above.



#### Easy Iced Tea (2 servings)

- 2 tea bag
- 2 tsp golden caster sugar
- 2 tsp runny honey
- Squeeze of lemon / slices of lemon
- 2 orange slice
- Mint leaves
- Ice
- Two cups of boiling water

Step 1: Add the tea bags, sugar, honey and two cups of boiling water to a jug. Leave for 10 minutes to infuse then discard the tea bags. Chill until ready to serve.

Step 2: Stir in the lemon juice, lemon slices, orange slices and mint leaves. Fill the jug with plenty of ice and stir again.

Step 3: Fill a glass with ice then pour over the ice tea. Serve with a little extra honey if needed.

#### Greek Salad

- 4 large tomatoes cut into wedges
- 1 cucumber, peeled, deseeded, roughly chopped
- 1/2 red onion thinly sliced
- 1 tsp oregano
- 85g feta cheese, cut into chunks
- 4 tbsp Greek olive oil



Add all ingredients together, stir and flake the feta cheese on top.



A paddle boarder's view of North Berwick by Emma Papakyriakou



## North Berwick Coastal Community Connections - *our current services*



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

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

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

**For the following services, contact Carol Stobie, Project Officer, on 07940 203380 Email: [nbc-communityconnections@outlook.co.uk](mailto: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](mailto:newsletter@nbc-communityconnections.org) or contact Carol to arrange postal contributions.

- Aberlady
- Ballencreeff
- Dirleton
- Drem
- Fenton Barns
- Gullane
- Kingston
- North Berwick
- Whitekirk



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.

