



# Community Connections

North Berwick Coastal

January 2022

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

**HAPPY BIRTHDAY!**

One of the January birth flowers is the snowdrop, which is a symbol of rebirth and overcoming obstacles in life.



*'Swan reflections at Gosford Estate' by Ruth Fraser*

## Happy New Year from North Berwick Coastal Community Connections!

We would like to wish all our members, volunteers, and supporters a very happy new year. Much like starting to compile the first newsletter of 2022, it feels like the new year is the turning of a blank page for us all. I'm not one for new year resolutions but I do like the feeling of a fresh start, a chance to maybe be a bit more organised, attempt to be a bit fitter, and eat healthier, but we'll see how that all goes! I would like to take time to think about what I would like to get out of the year. After the last couple of years, I feel our expectations have been lowered, but maybe that's no bad thing. Covid times have brought into focus what is most important; health, family and close friends, and finding happiness in simple things around us. For me, at this time of year, it's the lengthening of daylight. It brings a lot of happiness, noticing it becoming that wee bit lighter each week. As a sun, and summer, fan, we're heading in the right direction!

Date	Sunrise	Sunset	Length of day
Sat, Jan 1	8:39 am	3:49 pm	07 hrs 09 mins
Sat, Jan 8	8:36 am	3:58 pm	07 hrs 22 mins
Sat, Jan 15	8:29 am	4:10 pm	07 hrs 41 mins
Sat, Jan 22	8:20 am	4:24 pm	08 hrs 03 mins
Sat, Jan 29	8:09 am	4:38 pm	08 hrs 29 mins

Looking forward to Burns Night also brightens the January blues, partly because I have a Burns birthday! So it's haggis cake all round (!) and a recital of my favourite Burns poem: O my Luvie is like a red, red rose that's newly sprung in June. O my Luvie is like the melody that's sweetly played in tune. So fair art thou, my bonnie lass, so deep in luvie am I. And I will luvie thee still, my dear, till a' the seas gang dry. Till a' the seas gang dry, my dear, and the rocks melt wi' the sun. I will love thee still, my dear, while the sands o' life shall run.

- Ruth Fraser



## Find Festivity and Connect Where you Can

How was your Uphalieday? What about your Handsel Monday, Feast of the Holy Innocents, or Plough Monday? Did you take down the decorations on Epiphany?

You might have gathered I'm fond of folklore and, if I had my way, would like to revive many old traditions. When it comes to January festivals, we tend to think of the relatively modern Burns Night (25<sup>th</sup>), which started only 220 years ago when our national poet's friends began to celebrate his memory through haggis, whisky, speeches, song, and (latterly) ceilidh dancing. I'm all in favour - though may not see one of these for a year or two.

I'm a Christmas Carol at heart, so taking down our beautiful tree decorations always breaks my heart - though at least we'll no longer be battling our cat every night, as he climbs inside the tree, chews on the fairy lights and attempts to hurl every single decoration to the floor. It's nearly as bad as his recent psychotic attacks on the new printer.



Can you spot Mungo in the tree?!

Since I do the tree-dressing, I've realised my husband and son should do the dismantling, since it's less likely to bring them to tears. Perhaps it's that nearly

every decoration has a poignant memory or a wee story behind it - surely at least one tale for every week of this, [Scotland's Year of Stories](#).

For example, those embroidered-felt Kings, from my English-teaching days in Budapest 30 years ago; one of the snowiest winters I've experienced. That Burns Night, I found myself amongst 200 Hungarian Burns fanatics in a community centre, who praised him as eloquently, sang, and ceilidh-danced as well as any Scots. I made some friends for life that year, though I didn't learn much more than how to order a half-kilo of plums at the market.

Last night (5<sup>th</sup> January) is also known as Auld Yule in some remoter places. I observe the modern-day 25<sup>th</sup> December Christmas, but if I'd been born into medieval nobility I could have started the festivities on first November and carried on till second February - if only! Sadly, we're expected to bin the tree and resume work around now, but at least Christmas Day is now a public holiday (only since 1958, in Scotland). To honour Uphalieday / Twelfth Night, we consumed the last of the Christmas pudding. My husband discovered the dried bean in his portion, was crowned Bean King for the evening, and got to choose the board game (Trivial Pursuit, Music Edition), played while watching the last of the holly branches burn on the fire.

(A muddle of ancient rituals.) There was no party for my friend who turned 60 on Christmas Eve. Instead, I handwrote him a letter reminiscing about our forty-year friendship and how meeting him had led to so many wonderful things in the rest of my life (surprisingly therapeutic, with a coffee and cake). We'd a Zoom Quiz with families we'd normally spend Hogmanay with, and I've phoned a few old friends over the season.

Plans must keep changing, as our Community Connections services sadly had to this Christmas - and many gatherings must wait a bit longer. We miss you, and look forward to when we can invite you together again at Scone Café - once it feels safe enough and we have enough volunteers emerging from isolation!

**Happily, we can restart our Coffee Connections and Buddy Walks from now!** Meantime, let's cherish any opportunity for human connection - whether striking up a chat at the doorstep, phoning someone out of the blue, or reviving the art of letter writing, with a thank-you to someone kind. And don't forget to celebrate St Mungo's Day on the 13<sup>th</sup> of January. Our cat is called Mungo. Did I say Saint?...

Our love and blessings go out to all of you, so send us your stories this year and stay in touch. You are not forgotten.

- Carol Stobie (Project Manager)

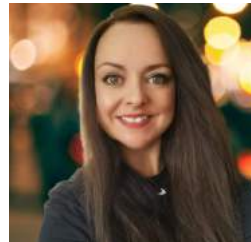


### NEW TEAM MEMBER!

We're so pleased to welcome **Lyndsey Gdulewicz** as our new Administration and Communications Assistant.

Lyndsey is on [admin@nbc-communityconnections.org](mailto:admin@nbc-communityconnections.org) and will soon have a work mobile for you to reach her on, once her induction is complete.

Hi, I'm Lyndsey and I'm your new administrator who will be the friendly voice on the phone ready to receive enquiries.



I live locally with my husband, little girl, and our rescue puppy Ollie. We enjoy long walks in the countryside exploring our beautiful surroundings. I also spend some time volunteering for my friend's charity which promotes creative arts for homeless people giving them a healthy expressive outlay and the chance to connect within their community.

I'm very much looking forward to my new role and contributing to this wonderful initiative.

### Befriending Update - Lisa Brownlie

Happy New Year to you all. Here's hoping for a safer and less restrictive 2022! For me, the new year signifies new beginnings and I am really looking forward to what this year will hold for NBCCC.



I would like to say a huge welcome to Lyndsey, our new admin and comms administrator. We are excited to have her as part of our team and to be moving into this next stage of the project together.

Good news! The waiting list is back open. If you know of anyone who may benefit from our 1:1 service, please do get in touch with us!

Our Buddy Walks and Befriending service continues to go from strength to strength, and again I give thanks to our amazing volunteers and their commitment to our members.

We are delivering our Volunteer In-house Training at the start of February for all our new volunteers. If you know of anyone who would be interested in volunteering with us, let us know.

Moving forward, I am hoping to share with you some testimonials from our volunteers and members about the service. If you are a member or volunteer and would like to contribute, just drop me a wee line.

### Things to look forward to in 2022

- \* **Winter Olympics**  
Beijing will host the Winter Olympics this February, 109 events set to take place over 15 disciplines – from curling to bobsledding.
- \* **Queen's Platinum Jubilee**  
Queen Elizabeth II's 70-year reign will be marked with a weekend of festivities from 2 – 5 June 2022.
- \* **World Cup**  
The Fifa World Cup, is taking place in Qatar and kicks off on 21 November. 32 teams will battle it out across 64 matches.
- \* **TV**  
The second series of *'Bridgerton'*, season five of *'The Crown'*, Dolly Alderton's *'Everything I Know About Love'* and Adam Kay's *'This Is Going To Hurt'*.
- \* **Book releases**  
The 2022 reading list is mega; kicking off with another brilliant work from author Hanya Yanigahara, titled *'To Paradise'*.

### A very Merry Christmas Champaign

We would like to say a big thank you to everyone involved in the 2021 Christmas Campaign! From the Bass Rock Community Group for making and baking over 180 gifts, the S1 North Berwick High School pupils (led by Lottie MacRobert) for making nearly 200 Christmas cards, the Law Quilters for creating beautiful quilts, through to the North Berwick Coastal Community Connections volunteers and supporters for making lots of deliveries! A pat on the back for all involved, what a collaboration!



A special thank you to Bex for her enthusiasm and effort coordinating the cards, treats, and deliveries, not to mention turning her summer house into a Santa workshop in the days running up to the deliveries! Thank you!



### North Berwick Christmas-themed bonnets!

We really enjoyed spotting the two red Royal Mail post boxes sporting Christmas-themed 'bonnets' thanks to the efforts of Community Council chairman Judy Lockhart-Hunter and friend Linda Digney. They spent hours making the crocheted post box 'toppers' for Quality Street and St Baldred's Road after being inspired by seeing similar creations in other parts of the country.



## The Law Quilters

During the 1980s a small group of like-minded North Berwick women who enjoyed needlework, met regularly and The Law Quilters was created. Since then, the group has met on Tuesday afternoons and on the third Saturday of the month during term times.

From its beginning, The Law Quilters have presented an exhibition every two years until 2009, when a decision was made to hold the exhibitions every three years. Money raised from sales at these exhibitions and coffee mornings has been donated to many national, and local charities, some receiving more than one donation over the years. The Quilters are actively involved in donating quilts to Project Linus and over 1000 quilts have been made for terminally or seriously ill children and young adults. They have also made cushions for the sitting room area at the Sick Children's Hospital Edinburgh. The Edington Cottage Hospital in North Berwick has also received lap quilts.



As well as quilting the ladies also knit and knitted hats for new-born babies (approximately 2500 over the past four years) which have been handed into the following maternity units: Simpson Memorial, Edinburgh Borders General Hospital, Melrose Ninewells, Dundee Queen Elizabeth Hospital, Glasgow St. Johns, Livingston. Heart-shaped Breast Cancer cushions made by the quilters are also given out at the Western General Hospital Edinburgh, to ease discomfort after surgery, and knee rugs and cushions for the sitting room at the Breast Cancer Unit in the Western General Hospital have also been donated. Perhaps you have also seen some of the wall hangings made and donated by the quilters which are hanging in the following local buildings: North Berwick Community Centre, North Berwick Swimming Club, North Berwick Seabird Centre, North Berwick Primary School and the Covid 19 Wall Hanging for the North Berwick Museum.

During the 2020 and 2021 Covid 19 lockdowns, The Quilters have been unable to meet collectively, however, that has not stopped their work and they continue to make and donate quilts and other items. At Christmas time 2020, the group was delighted to be able to donate 14 quilts to Coastal Community Connections and this year they donated a further 10 quilts to the group for distribution locally.

The group moves forward with the times but one of the core things for the group is their ability to help others, along with friendship and supporting one and other. They are a very special group of ladies.

- Linda Digney



Thanks to recent National Lottery Community Funding, North Berwick Coastal Community Connections is recruiting for this new post (readvertisement):

### Compassionate Neighbours Coordinator

The deadline for applications is Thursday 27th January, 4pm. Please see our website and Facebook page. Do let Carol know if you have any difficulty with accessing this.

Please note that the St Andrew Blackadder Church have decided to keep the Beacon closed until February, due to the current Covid situation. They hope to open again as soon as safe to do so.

I am sure many of us have begun 2022 with a sense of uncertainty about what this year will bring for us individually, for our family and friends, and globally. We have all been challenged on so many levels over the last two years that it can be daunting to think that we have to hang in there, for a bit longer, as we face another difficult January.

Many of us will have made and perhaps already have broken our new year's resolutions. It is quite a common tradition in the Western World but also found in Eastern traditions. Originally, people would make promises to their Gods at the start of each year to return what they had borrowed and to pay their debts. It has been a common practice for many religions over the centuries. The Romans began each year by making promises to their God Janus, for whom the month of January is named. Medieval knights took the 'peacock vow' at the end of the Christmas season to reaffirm their commitment to chivalry. Many Christians at the watchnight service would prepare for the year ahead by praying and making these resolutions.

In a survey in 2014, 35% of people who failed in keeping their resolutions admitted that they had set unrealistic goals. People were more likely to succeed if they made small goals.

As I get older I am less keen to

set myself new resolutions! It feels like a time of life for accepting myself as I am and forgiving myself my flaws! However my goals for 2022 are hopefully nourishing and pleasurable:

- To knit more
- To paint more
- Walk every day
- Bike ride often, but only in good weather
- Swim at least once a week, and in the sea when it is warmer
- Stand outside barefoot everyday and feel the ground
- No moaning about other people when I feel let down
- Be kinder to others and myself
- Say good morning or hello more

I will let you know how I get on but if I fail I can always try again next year! Let me know how you get on.



At times during this pandemic, I have felt a sense of optimism about how things could change. Surely after such a shared global shock, we would want to make positive changes towards a fairer and more equal and balanced world. We would value even

more the strength and importance of our communities, our friends and families, and the importance of those small acts of kindness.

During the many walks during the pandemic, I can't tell you how much I enjoyed people always saying good morning or hello as they walked by. It doesn't happen so often now and I miss that contact and acknowledgement, as I now walk along the beach.

At other times I feel pessimistic about our capacity and willingness to act together for the common good. So I guess I need bucket loads more of optimism, and hope, and kindness. There are so many examples of this goodness right here where we live. Key workers and volunteers who go the extra mile to help someone in need, to find a positive solution to problems, and to be imaginative in creating new ways of supporting people in our community.

So, if I could make one new year's resolution for us all, one that we could perhaps stick with for longer than January, it would be to think about how we could offer those small acts of kindness that can make a real difference to someone and to appreciate and acknowledge all those people who willingly give their energy and time to our community.

- Deborah Ritchie

### Five in a Row

Local rowing crew 'Five In a Row' are currently rowing across the Atlantic Ocean! The crew is rowing in 2-hour shifts, 24 hours a day as they race other crews in the 2021 Talisker Whisky Atlantic Challenge, chirpily described as "The World's Toughest Rowing Race". It is a 3,000-mile row from La Gomera in the Canaries to Antigua in the Caribbean. They have a specially designed boat for the journey which will also be their home for 5-6 weeks. They will be rowing unsupported, carrying all of their food, and supplies on board, and face up to 40ft waves, sleep deprivation and using a bucket as a toilet!



They are undertaking this challenge to help to support Reverse Rett, a small UK-based charity focused on medical research to help those who suffer from Rett Syndrome. Crew member Ross's daughter, Eliza, has Rett Syndrome and he has been actively involved with the charity since her devastating diagnosis at the age of 3. Although Eliza developed normally as a baby, she started to regress at around 18 months and after a year of medical tests, she was diagnosed with Rett Syndrome. Doctors said she would soon lose the ability to speak and wouldn't be

able to sit up, use her hands or feed herself. She would likely never learn to walk, would develop epilepsy, scoliosis, and breathing problems. She is now 10 and sadly a lot of these disabilities have slowly taken away her independence.

Reverse Rett fund medical research for therapies to alleviate symptoms and also research to ultimately cure this condition. Clinical trials are imminent, and gene therapy could free Eliza from the effects of Rett Syndrome and allow her to have a brighter and more independent future. If you would like to support the team, the Justgiving page is:

<https://www.justgiving.com/fundraising/Ross-McKinney6>



I saw it floating from  
The tree  
A little feather just from me  
Was it an angel from the sky?  
Or one of my relatives  
Saying Hi.



- A poem by Cilya 11/3/19



An orchid for the  
new year  
- photo by Robina  
Brown

## COMMUNITY CONNECTIONS SERVICES - LATEST UPDATE

**BUDDY WALKS** – We’re happy to announce that one-to-one Buddy Walks will resume from Monday 10 January, carefully following the normal Covid guidelines, especially social distancing. Masks are not required, though do wear them if that feels safer for you.

**COFFEE CONNECTIONS** – we will resume these small meet-ups from Tuesday 18 January, 2-3pm at Seabird Centre. Please let Carol know if you can join us for some good company and New Year Cheer. We’ll observe a maximum of three households per table, following current advice.

One-to-one coffee dates with volunteers can also resume. For all these, we must all carefully follow Covid guidelines, **especially social distancing, and mask-wearing** when moving around the venue. Please find out and follow the venue’s own guidelines!

**SCONE CAFÉ** – our drop-in gatherings at Abbey Church are still suspended for the moment, but we’ll review this at the end of the month. We hope we might be able to resume in February or March. We are a little short of Scone Team volunteers and need to recruit more, plus two Co-ordinators to run the team.

**PLEASE STAY SAFE** - there is no pressure to meet face to face until you are ready! We know that many volunteers and members will prefer to stay at home meantime. We aren’t making any home visits, but weekly volunteer phone calls can be a great tonic, so get in touch with Lisa if this is what you’d like.

**MAKE IT A CHEERIER YEAR WITH COMMUNITY CONNECTIONS!** Could signing up for a Buddy Walker or Befriender (or becoming one!) be a good new year’s resolution for you? It’s easy - give us a call!

**Winter Wander:** we’re sorry that this walk with Ann & Robina had to be postponed. Robina’s broken knee plus the Covid uprise made it somewhat impossible! But we plan an uplifting group walk in spring... so please stay tuned.



### HEALTH AND WELLBEING WALKS

(ADULTS OF ALL AGES WELCOME)



DAY	TOWN	TIME	MEETING PLACE	DURATION	
<b>Monday</b>	Haddington	10.00am	Outside The Aubigny Sports Centre	10 week blocks	<p>For more information on the walks and their start dates please contact Parvine, Ageing Well Coordinator on <a href="mailto:piazayeri@eastlothian.gov.uk">piazayeri@eastlothian.gov.uk</a> or 07718 117585</p> <p><b>*Please note that everyone needs to fill out a new walker form before attending*</b></p>
	North Berwick	13.30pm	Entrance to the Lodge Park <b>(last Mon of the month meet at Church Road bus stop)</b>	Weekly – ongoing	
<b>Tuesday</b>	Prestonpans	10.00am	Outside Prestonpans Community Centre	10 week blocks	
	Dunbar	10.30am	Outside The Bleachingfield Centre	Weekly – ongoing	
	Aberlady	10.30am	The Sea Green <b>(last Tues of the month meet opposite Gullane library)</b>	Weekly – ongoing	
<b>Wednesday</b>	Musselburgh	10.00am	Outside Musselburgh Sports Centre	10 week blocks	
	Dirleton	10.00am	Outside The Castle Inn	10 week blocks	
<b>Friday</b>	Dunbar	10.00am	Outside The Bleachingfield Centre	10 week blocks	
<b>Saturday</b>	Musselburgh	10.30am	Outside Musselburgh Sports Centre	10 week blocks	






CHANGES Friendly Walks





The Centre is  
open daily from  
10am to 4pm

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

**20 January 2022**

### Seabird Socials – Kirstin Innes Author Talk

Time: 7 - 8pm

Venue: Scottish Seabird Centre, The Harbour, North Berwick, EH39 4SS

The next 'Seabird Social' welcomes award-winning Scottish writer Kirstin Innes. Kirstin will be talking to Jennifer Crichton of The Flock about her second novel Scabby Queen as well as the newly published Brickwork: A Biography of The Arches, co-authored with David Bratchpiece.

Tickets are £8

**23 January 2022**

### Coastal Wildlife Walk

Time: 10 - 11.30am

Join our Conservation Officer for a relaxing 1.5-hour wildlife walk along the coast to find out more about the seabirds, shorebirds, and cetaceans that can be spotted around Scotland. These walks are for adults (16+) and friendly, quiet dogs, on a short lead are welcome.



### New Community Clean-Up Hub

Volunteering your time to clean up the coastline is a great way to help improve marine habitats, protect wildlife, and a chance to enjoy our amazing beaches. In 2022, the Seabird team is excited to partner with Keep Scotland Beautiful to launch a new Community Clean-up Hub at the Scottish Seabird Centre.

The aim is to make sure that anyone who wants to help people and wildlife by cleaning up the coastline can access the kit that they need.

Call 01620 890202 or email [conservationprojects@seabird.org](mailto:conservationprojects@seabird.org) for more information and to book your kit.

There are also organised beach cleans throughout the year and new opportunities to engage in citizen science projects like WDC's Shorewatch, keep checking their website and social media for more information.



### January Wildlife Watch by Ruth Fraser

Though we're still in the midst of winter, the days are getting longer, and there is still plenty of wildlife to look for and enjoy in January.

#### Snowdrops



Snowdrops are such a welcome sight in the winter. They are not native to the UK, but it is unclear when they were first introduced. It is thought that they might have been planted as an ornamental garden plant as far back as the early 16<sup>th</sup> century! Under bare winter trees, these hardy blooms are a symbol of hope and resilience. And a welcome reminder that spring is just round the corner, make sure you keep an eye out for them.

#### Robins



The UK's favourite bird, with its bright red breast, is easy to identify. Robins sing nearly all year round, and despite their friendly façade, they are in fact a fiercely territorial creature and are highly effective at driving away intruders, even larger ones. Listen out for their delightful musical song, flute-y in nature and pitched higher than that of a blackbird.

Wildlife Anagrams

LYELHOMEWAMR

LOVE

RTUSNNTOE

WOL

OTSAT

*(answers on page 11)*

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

#### North Berwick Youth Project Update

Just before Christmas, we launched our very own NBYP Recipe Book. We run a weekly digital cooking group, so the recipes include our favourite dishes that we have made during these sessions. These include 'Linus' Lush Chorizo and Sausage Rolls', 'Max's out of the blue fish pie', and chocolaty truffles. The recipe books are currently on sale in Whynot? for £6.50. All proceeds will go directly to the Youth Project.



Unfortunately due to Covid, we cancelled our Christmas Holiday Programme. It was a very difficult decision to make but definitely the right one. We did however continue some of our well-being walks just before Christmas and took a small group to the Gosford Winter Wonderland.



We are very excited to be getting back into the North Berwick High School this year. We haven't been able to deliver sessions since the pandemic started! We will be delivering mental health and emotional well-being sessions to all S1 pupils. We will also be running a Covid resilience group which we are currently developing.

We're looking forward to another busy, yet fun-filled year at NBYP!



## Robert Burns for Covid Times

It wouldn't be right not to quote Burns in this January issue. But aren't some of his lines more spookily accurate than ever just now? Poetry crystallises like little else. We already knew he was a kind of green activist before his time:



**I'm truly sorry Man's dominion  
Has broken Nature's social union,  
An' justifies that ill opinion  
Which makes thee startle  
At me, thy poor, earth-born companion  
An' fellow-mortal!**

**To a Mouse**

If ever we faced our broken union with nature, COP 26 showed us how vital that is now. Determination and commitment are needed from us all, even in our smallest actions and interactions.

**But Mousie, thou art no thy lane,  
In proving foresight may be vain:  
The best-laid schemes o' Mice an' Men  
Gang aft agley,  
An' lea'e us nought but grief an' pain,  
For promis'd joy!**

**Still thou are blest, compared wi' me!  
The present only toucheth thee:  
But Och! I backward cast my e'e,  
On prospects drear!  
An' forward, tho' I cannot see,  
I guess an' fear!**

**To a Mouse**

How's that for summing up our feelings just before Christmas, and the endless cycle of tests, isolations, and broken plans? Many of us are reeling from losses and disappointments and worried for the future. These emotions are nothing new, as Burns shows us from the 18th century. But let's refer to the world's most-sung song at Hogmanay (even if only via the telly), to remember that our human connections matter most of all:

**For auld lang syne, my jo,  
for auld lang syne,  
we'll tak' a cup o' kindness yet,  
for auld lang syne.**

**Auld Lang Syne**

(It's about lasting friendship, and drinking a toast to our shared memories, if you're wondering.) And I find it helps to be reminded that hope and compassion are the keys to survival, in these times as in Burns':

**Then let us pray that come it may,  
As come it will for a' that,  
That Sense and Worth, o'er a' the earth  
Shall bear the gree an' a' that.  
For a' that, an' a' that,  
It's comin yet for a' that,  
That Man to Man the warld o'er  
Shall brithers be for a' that.**

**A Man's a Man for a' That**

And there, in a poetic nutshell, is why Community Connections does what we do.

- Carol Stobie

**Wildlife Anagram Answers:**

Yellowhammer Vole Turnstone Owl Stoat



**The NBCCC team:**

For general enquiries, newsletter subscriptions, or signing up for our activities, contact **Lyndsey Gdulewicz**, Administration and Communications Assistant, on email: [admin@nbc-communityconnections.org](mailto:admin@nbc-communityconnections.org)



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

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



For the following one-to-one services, contact **Lisa Brownlie**, Befriending Coordinator, on 07862 694842 (Tue or Wed morning) or email: [befrienders@nbc-communityconnections.org](mailto:befrienders@nbc-communityconnections.org)

- Befriending (weekly calls or meet-ups with a volunteer)
- Buddy Walks (any length, any speed fine!) with a trained volunteer



For newsletter matters, contact **Ruth Fraser** at [newsletter@nbc-communityconnections.org](mailto:newsletter@nbc-communityconnections.org)

- To send in contributions for the newsletter (we'd love your stories, pictures, recipes, quotes, letters, practically anything you'd like to share with other members!)
- Deadline for February newsletter: **20<sup>th</sup> January**



**Current Services Offered:**

- \* **Scone Café weekly drop-in (ON HOLD UNTIL FURTHER NOTICE)**
- \* **Coffee Connections at local cafes (RESUMES 18 JAN)**
- \* **Befriending calls or meet-ups**
- \* **Buddy Walks**
- \* **Chumming to local activities, when available**
- \* **'Community Connections' monthly newsletter**

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.



*'The new year stands before us, like a chapter in a book, waiting to be written'*

- Melody Beattie