



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

HAPPY BIRTHDAY!

One of the July birth flowers is the delphinium. It represents positivity, delphiniums are cheerful flowers to brighten up someone's day!

Community Connections

North Berwick Coastal

July 2022



'Colourful scene across to the Bass Rock' Ruth Fraser

To Friends, Old and New

As World Friendship Day approaches NBCCC is taking time to think about the ways friendships brighten our lives. From old friends who are a treasured link to the past to new friends like those made through the NBCCC team of members, volunteers, and staff. The International Day of Friendship takes place on the 30th of July and is a day when friends from all over the world show appreciation for one another. The variety of cultures worldwide means that no one celebrates this day the same, and that is marvellous in itself. The beauty of all friendships, whether old or new, is that each one is unique from the last. The UN proposed that the power of friendships can inspire peace efforts between peoples, countries, cultures, and individuals and can link up communities. The day encourages peace, happiness, and unity.

In any life, there is of course ebb and flow to friendships. Sometimes, the friendship keeps afloat no matter what the storm blows in. Other times, friends drift apart. And in those cases it's worth trying to find peace in honouring what that friendship used to be and the importance it played in a certain stage of our life, even if it didn't last for all our life. Friendships might be temporary at times, but each friend you meet can add lasting happiness to your life.

- Ruth Fraser

'The great thing about new friends is they bring new energy to the soul.'

- Shanna Rodriguez



A Friendship in Letters, R.L. Stevenson & J.M. Barrie edited by Michael Shaw

A collection of letters between the two, many unseen until this research, shows the wide literary connections at the time. Reading makes one feel part of the scene. A great friendship sadly not face to face. A dip in and out of book that will make you smile. No need to rush. Just enjoy the humour, the vocabulary, and their views of events.

- book review by Wilma Shaw

Friendship's Quirky Beginnings

Friendship is the key to my survival.

When lockdown came, we couldn't predict which friendships would survive or thrive. For many, it profoundly affected the balance of our networks. Covid broke my heart, destroying the point of my life - bringing people together was what I thought my whole purpose was. Though our volunteers were wonderfully adaptive and generous, I became very low and very stressed. Weekly phone calls with a London-based retired community worker friend, Cwti, helped save my sanity.

In 1986 we met, improbably, via a monk at the Taizé ecumenical community in Burgundy, France. I went there to recover from a terrible break-up and spent a healing week as a volunteer 'facilitator' of international discussion groups. Brother Stephen, learning that I was moving to Dundee, immediately said I must contact an amazing woman there called Cwti. I did nothing about it. Two weeks later, that same woman (less shy than me) rang and introduced herself, having visited Taizé the week after me and received my details from Brother Stephen (a true Community Connector). It turned out we had both enrolled for the same postgraduate community education course at Northern College. Did I need accommodation? Within days, I was a new member of the

Steeple Flat - where Calum too had enrolled on that course. The keys were mine, the rental cheap, the agreement to share in communal meals where possible, and agree to welcome anyone in need of support and a chat. I'd landed in a legendary Dundee institution, where generations of community-minded young folk had lived, including Ricky Ross, lead singer of Deacon Blue. I dined off that story for a few years while they were filling stadiums... though he'd left there years before me, pre-fame. 1986-87 was an incredibly valuable year of personal growth, learning, and the development of lifelong friendships. I stayed in Dundee for three unforgettable years, starting my first community work job, taking part in Dundee Rep community drama, and enjoying a stormy relationship with a Dundee youth worker, until my return to Edinburgh.



Cwti and I were now great friends, vigorously debating what community work should be about and whether one should live within the neighbourhood where we worked - she insisted we should, I said definitely not - until starting this job with Community Connections in 2019! We both left Dundee to pursue adventures in other places, but kept in touch, though meet-ups were infrequent. Our Lockdown phone

calls reinforced that bond, allowing me to pour out the pain and frustration of the lowest times. A seasoned community worker who understands exactly what I do, she listened patiently as an incredibly sympathetic sounding board, despite being at times relatively trapped in a small gardenless London flat, a retired woman of limited means having to take great care to protect her health, running the gauntlet of unvaccinated citizens and unmasked crowds of younger folk, her partner living across town - while I had a family and spacious beach available.

Her recent weekend visit was a complete joy, the hugs incredible. She's a favourite with my husband and son. We had singalongs, played games, coaxed her into rediscovering tennis, and dragged her to beaches very different from her local Lido. And all thanks to Brother Stephen, who shaped our connection profoundly.



Think back over how you made some of your dearest friendships - you'll have stories like this one. Treasure their serendipity. Then come and join us at Scone Café to make some new ones! There's always room for more.

- Carol Stobie (Project Manager)

'Distance means so little, when someone means so much.'

- Tom McNeal



SCONE WALKING

- the new group walk!

Want to get back into walking? We've long wanted to start a group walk, and now it's a reality. Come and join us for a short, gentle stroll along Elcho Green on Wednesdays. We meet at Abbey Church side entrance, 2 for 2.15 departure, and return at 2.45 for scones and coffee (of course)!

Please let us know if you'd like to come. We'll just need your name, number, relevant health conditions, and emergency contact, and then we're off and running. Well, walking. Slowly, mindfully savouring the conversation and the sea view. All mobility levels are welcome. Sound good? Get in touch with Lyndsey on 079157 19342 or talk to us at Scone Café on Wednesdays to find out more.



Befriending Update - Lisa Brownlie

With the mixed weather we have been having I hope that our members and volunteers have still enjoyed their walks together. I was delighted to see the Scone Walk piloted last Wednesday and look forward to being part of it soon.

With this month's theme being about friendship, I have been thinking a lot about the friends I have made over the years. Some I still keep in touch and others I have sadly lost contact with.

I do have one friend who I have been friends with for over 40 years. We were neighbours when I lived in Eyemouth until I moved away aged four. We lost touch until we bumped into each other 5 years later in Eyemouth swimming pool. Since then we have never lost touch, despite never having lived in the same place. We used to write to each other, plan weekends together, we have been at each other's 3rd, 18th, 21st, and 40th birthday parties as well as hen dos and weddings! We have a lot of shared memories and could tell a lot of stories about each other!

Our life journeys have taken us through many happy and sad times, and I feel really fortunate to have such a supportive friend. Here's hoping we will be at each other's 90th birthdays!



'A true friend never gets in your way unless you happen to be going down.'

– Arnold H. Glasgow

Friendship Throughout Life

There are two North Berwick Coastal Community Connections volunteers who are currently participating in [EASE](#) training, prior to further training with St Columba's Hospice, with a view to becoming compassionate neighbours.

"Compassionate Neighbours volunteers are matched with people who may share similar interests, hobbies and geography, in the hope of developing genuine, caring friendships; which will ultimately change the lives of those who come together and strengthen the communities they live in." ([St Columba's Hospice](#))

Relationships need nurturing in order to grow and should be attended to with love and care, like a vulnerable seedling, watered with empathy and kindness. As we grow older, we invariably change our place of work, we embark on new learning, develop interests and hobbies, and might seek new challenges, to stimulate and motivate us. We might become ill, lack energy, become despondent and all these changes can enhance and improve friendships, or create a barrier, depending on our response.

During EASE training we were put into groups of 3 and participated in an Active Listening activity. We had been asked to each prepare a short talk on something we were familiar and comfortable with, and each took a turn to be speaker, listener, and observer.

Feedback from the observers was unanimous: when consciously actively listening, attention was focused on what was actually said. Facial expressions mirrored amusement, sadness, and inquiry, all the while allowing the speaker to continue. There was no interruption.

Too often we fall into the habit of 'I talk, you listen, you talk, I listen' but are we really listening? Are we asking questions for clarity of understanding? Are we inviting our friend to say more or looking for the gap that allows us to interject with what we intend to share? Too often, there is little sense of an evolving conversation, because we don't actively listen.

Try it when you meet up with a friend, no matter how well you know them. Allow for silence, and try saying: tell me more about that, but be prepared to really listen. Don't interrupt. Active listening is a skill many of our relationships would benefit from.

When catching up with a friend, give them thinking space, recount what they say, ask for more detail and if your turn doesn't come, don't worry, you have cemented your friendship by giving of yourself. Your friend will feel listened to.



- Charli Prime
(Compassionate
Neighbour
Coordinator)

July Celebrations

• Alice's Day: 2nd

The annual celebration of the classic children's book Alice's Adventures in Wonderland by Lewis Carroll.

• World Chocolate Day: 7th

Celebrations of all things chocolate!

• The Open Championship: 11th - 17th

Marking its 150th year this year, the major golf championship will be held on the world-renowned Old Course, at St Andrews in Scotland.

• Commonwealth Games: 28th July - 8th August

An international multi-sport event involving athletes from the Commonwealth of Nations. It is taking place in Birmingham this year.

• Global Tiger Day: 29th

An annual celebration to raise awareness of the plight of tigers and the urgent need for tiger conservation.

• Plastic Free July: 1st - 30th

Join millions of people in reducing their plastic waste.



'Many people will walk in and out of your life, but only true friends will leave footprints in your heart.'

- Eleanor Roosevelt

Friendship.

My oldest friend Heather and I played together as toddlers in St John's, Newfoundland, where I was born in 1962. My family moved back to Scotland in 1974 and we lost touch. In 1990 I made a long-awaited trip to see my birthplace, looked up the local phone book and found her folks still lived in Chestnut Place. They told me she just happened to be visiting from Alberta, so we were able to meet for the first time in 16 years. My second return, this time with my husband Neil and son Finlay, was in 2016 - again, my friend was luckily visiting her old Dad at that time. She generously took us out to dinner, and it was a joy to reminisce with my last living link with our Canadian childhood.

- Carol

A very special memory for me...

When we went into lockdown at the beginning of CV19 in 2020 I became a volunteer with NBCCC. As we couldn't meet up with people face-to-face in the early days. Carol asked if I would like to be a befriender on the phone. The answer of course was yes. Carol put me in touch with my first befriender. I greatly enjoyed our chats once a week. Listening and speaking with someone who I had never met before was amazing. Eventually, we were able to meet face-to-face, which was amazing, especially in such difficult times. The rest is history....since then we have become good friends and see each other regularly.

- Robina

Reconnecting with former colleagues

As a Board member (and ultimately Chairman) of an international organisation, I had the privilege of travelling all over the world over a 20-year period. On those visits I met many lovely people from other countries. It is now 11 years since I retired from that role and, with the exception of occasional emails, I have had very little contact with former colleagues- until the Covid pandemic and the widespread use of Zoom. This technology has allowed me to have Zoom sessions with three colleagues in Calgary (Canada), Cleveland (Ohio, USA), and Perth (Western Australia) once every three months. We time these sessions so that it is late at night in the UK, late afternoon/early evening in the USA and Canada, and early the next morning in Australia. We share memories of previous travels and, in particular, our love for Malbec wine (which 3 of us discovered on a visit to Buenos Aires, Argentina). Although we might not meet again, it is so good to see and catch up with each other once again.

- Robert

East Lothian Crime Festival 2022**Made to be Broken with Emma Salisbury**

**Tuesday 5th July - 6pm
North Berwick Library**

Celebrated local crime writer Emma Salisbury will be joining us to talk about her highly anticipated new book 'Made to be Broken'. The eighth book in the DS Coupland series is dark, gritty and full of suspense.

To book a free place call North Berwick library on 01620 827827 or email northberwick.library@eastlothian.gov.uk

www.eastlothian.gov.uk/once-upon-a-crime

East Lothian Crime Festival 2022**Cybercrime with Craig MacFarlane**

Thursday 7th July - 7pm North Berwick Library

Retired digital forensic analyst Craig MacFarlane will be giving a talk about his career as a cybercrime investigator and answering questions.

To book a free place call North Berwick library on 01620 827827 or email northberwick.library@eastlothian.gov.uk

www.eastlothian.gov.uk/once-upon-a-crime



Join us for a

Time for Crime

at Gullane Library

Unsolved Case Files puts you in the shoes of a cold case detective. Can you solve the crime...or has time truly run out?

To book a timeslot call 01620 827827 or email gullane.library@eastlothian.gov.uk

ONCE UPON A CRIME

East Lothian Crime Festival 2022

1st - 31st July

②

Done dressing, young Angus set out
 Tae shaw his Grandad,
 Well noo lad, the auld man said.
 yee fare look the part o a wee highland man
 That aw folk's could tell,
 noo go thank yeer Granny
 for she'll be fare proud o the man yee become.
 So what would yee like tae do the day
 then lad, the auld man would say,
 would yee like tae go see the auld men in grey
 Can we really, said Angus with the joyest of tears
 for to him were just stories
 past down through the years.

Part 2 of a tale by Euan Macmichael. Part 1 was featured in the May issue. Euan is a local writer, artist, Gaelic student, member of Community Connections and (most importantly) Jacobite.

Buy Baobabs for Barbara's 90th

The Baobab tree does **EVERYTHING!**
All its parts — fruit, leaves, roots etc — are edible, nourishing, and will also provide a cash crop. The tree itself will counteract climate change.



This year, 2022, I will reach the age of 90, and to mark the event I intend to climb North Berwick Law (left) which rises 168m from its car park. In doing this, I hope to raise enough for at least 90 Baobab trees in sponsorship. Please support me at www.justgiving.com/Barbara-REID4

TREE AID has been working since 1987 in remote and isolated communities in Africa, where people live in extreme poverty and have little food, money or opportunity to improve their lives.

We help communities to plant trees to grow their way out of poverty and hunger. The communities we work with learn to use the produce that trees provide for food and to earn some income.

We work with communities to raise understanding of the importance of trees and how they protect the environment, not just for today but for future generations. The trees they grow help to create more stable local environments, reducing the risk of flooding and drought, and halting the cycle of poverty and hunger.

We work with partners at all levels from village to government to make sure the voice of the poorest is at the centre of forestry policy. We work in Burkina Faso, Ethiopia, Ghana, Mali and Niger and have helped more than 500,000 people across Africa grow more than 10,000,000 trees. In Africa, trees mean life.



ABOUT BARBARA

I am in my 90th year, registered blind, severely deaf and have such poor balance that I usually need a walker for support, but I thank the Lord that my bones, joints, muscles and internal organs are all in good condition—I checked with my doctor before undertaking this Challenge! I am very concerned about the effect that climate change is having everywhere in the world, but especially in vulnerable parts of Africa, where once-fertile, cultivated, land has become desert. So I challenged myself to climb North Berwick Law, with the help of some stalwart friends—just in case!

Well done Barbara!

NBCCC are delighted to share the news that Barbara made it to the top of the North Berwick Law in just over 2 hours!

A massive well done to Barbara! She should be very proud, she's raised over £2,000 (so far) and inspired more people to get out walking!



There's still time to donate to her brilliant cause:

<https://www.justgiving.com/fundraising/barbara-reid4>



East Lothian Walking Routes

We have been working with [Go Jauntly](#) to pilot the promotion of walking and individual East Lothian routes through their mobile app. I'm very pleased to say that this has now [officially launched](#), with an initial group of 10 new walks added to their app around Dunbar, Haddington, North Berwick, Musselburgh, Pencaitland and Prestonpans / Cockenzie. This is a mixture of longer walks and some shorter, more family-friendly, versions. More walks will be added over the coming months and we will be looking to try out new activities, such as community treasure hunts.



Go Jauntly is [free to download](#) and use and is available for both iOS and Android devices. Our walks sit alongside other functions within the app such as regular challenges, route planning and a walk Journal.

The aims of this work are to raise awareness of paths around the county, provide more information on those routes and encourage people to walk for short local trips. In order to get the most out of it, we would like feedback from as many users as possible, so I would be grateful if you ***could share this information to any relevant groups that you work with, encouraging them to send feedback on the app, or individual walks, to me by email.***

We would also like to form a Go Jauntly User Group for the duration of the pilot, which will help us to develop new routes and determine how the app could be used going forward. Please let me know if you, or anyone in any of your communities, would like to join this.



- Chris Milne, Behaviour Change Officer | Sustainable Transport

cmilne@eastlothian.gov.uk

East Lothian Council

Eco Fashion Show

Bass Rock Community Group, Save the Children (the North Berwick charity shop) and teachers from North Berwick High School collaborated to put on a spectacular Eco Fashion show. It showcased the amazing work of NBHS pupils - Nic Cairns, Fiona McCulloch, and Jean Waddell. Art and Design teachers supported the pupils' art projects - taking old, unused, discarded clothes items and turning them into dramatic costume masterpieces to be modelled by pupils of NBHS.

It was an evening of two halves with Bass Rock organiser, Valerie McAdam's hosting the first catwalk of the evening, she described the clothes on the models that were for sale, all sourced from Save the Children's North Berwick charity shop and clothes and accessories donated by kind locals.

The successful night raised over £800 to be split between all 3 groups with the High School Eco Committee deciding to donate their share to the Save the Children Ukraine appeal.



Photos by HARRY JACKSON PHOTOGRAPHY

To get in involved or find out more about the **Bass Rock Community Group** find us on Facebook and drop us a message.



KEEP THE HEID is
a **safe** place to **talk**
for people living in and around Haddington

The café takes place **every Friday** evening
at **The Trinity Centre, 5 Church Street, Haddington.**

We are open from 7pm for tea, coffee and cake
with main session starting at 7.30pm

Sessions are completely free.

Email: KeepTheHeidCafe@gmail.com

Phone: **07548 136575**  or find us on Facebook

THE TRINITY CENTRE
5 CHURCH STREET,
HADDINGTON, EH41 3EX

Haddington & Levenmouth
Area Partnership



What happens at the café?

Each session will start with a short meditation. Don't worry if you've never done meditation before - there will be someone to lead. Then there is an opportunity for everyone to talk or just listen if you prefer. Keep The Heid is designed as a safe space to talk about your worries and stresses, it is not an advice service. Weekly sessions are free. There will be free tea, coffee, and cake from 7pm with main session starting 7.30pm at

THE TRINITY CENTRE, 5 CHURCH STREET, HADDINGTON.

Anyone aged over 16 is welcome.

If you have any queries email KeepTheHeidCafe@gmail.com
Phone **07548 136575**  or find us on Facebook.



**NORTH
BERWICK**

TUNES AND SONGS

Musicians, singers and listeners
welcome !

Thursday 14th July 2022
8.00-10.00PM

North Berwick Rugby Club
Dunbar Road EH39 4DG

FREE admission and bar available
For more info contact 07899957545
or
eddiemcf1953@hotmail.com

 Find us on:
facebook.



Gullane Eco Group Beach Clean takes place **Sundays 6-8pm**. Litter pickers and bags are available at the beach car park from 6pm. It would be great to see anyone who wants to join us there. Even if you just come along one week for one hour that would help enormously!

July Wildlife Watch by Ruth Fraser

Summer is in full swing. Wildflowers are blooming, butterflies flitting, and crickets buzzing. Lots to see when out and about this month.

Foxgloves



Foxgloves are some of the most recognisable wildflowers. The tallest foxglove ever is reported to be over 11 feet, and each stem can produce up to 75 flowers, releasing up to two million seeds. The inside of foxglove flowers is covered in dark brown spots which act as a guide for bees, showing up really well under ultraviolet light, directing them inside the flower to the nectar, and to collect pollen. Their name comes from the idea that the flowers are the right shape for foxes to wear on their paws.

Guillemots



Guillemots chicks have started to fledge from the islands in the Firth of Forth. Guillemots lay a single egg and incubate it under their feet (similar to penguins). After 20-21 days the male will call the chick down from the tops of the cliffs. It is a massive leap into the unknown as the chicks are not fully winged. They leap off the cliff tops and into the sea below, which is why they are called 'jumplings'.

Wildlife Anagrams

HISSUFN
ASWRLU
NETIBTR
DWOCOCOK
RELDA

(answers on page 11)

Sadly, Avian flu has been confirmed in East Lothian.

Report live injured or ill birds to Scottish SPCA on 03000 999 999. Report dead birds to Defra 03459 335577.

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



'Blooming June'



photos by Jennifer Nisbet



Coastal Wildlife Tour 1 July at 11am

Join our Conservation Officer for a relaxing 1.5 hour wildlife tour along the coast to find out more about the seabirds, shorebirds, and cetaceans that can be spotted around Scotland. Learn more about bird ID, starting with the basics and covering some of the most iconic species found around the Scottish coastline. Everyone is welcome to ask questions, share their knowledge and experiences, or simply unwind and enjoy the wildlife. More info: www.seabird.org/events/wildlife-tour

**OUR PLASTIC OCEAN**

By international award-winning photographer Mandy Barker, addresses the current global crisis of marine plastic pollution.



4 JUNE - 20 AUGUST

Recommended £5 donation

Impressionsgallery

Our Plastic Ocean by Mandy Barker is an Impressions Gallery touring exhibition. Image © Mandy Barker / courtesy Impressions Gallery.

www.seabird.org Registered Charity 50029527

**Exhibition: Our Plastic Ocean**

4 June to 20 August

The exhibition by international award-winning photographer Mandy Barker, addresses the current global crisis of marine plastic pollution. Barker collects debris from shorelines across the world and transforms them into powerful and captivating images.

Exhibition will be shown in the Seabird Centre Boat Office
Recommended donation for entry £5:00

Self - Led Beach Cleans

Beach clean kits can be borrowed from the Scottish Seabird Centre, any day from 10.00 and 16.00. Volunteering your time to clean-up the coastline is a great way to help improve marine habitats and protect wildlife. Email conservationprojects@seabird.org or call 01620 890202 to request your kit.

**Summer Fun!**

6 July to 28 August

We've got a fun-filled programme of activities to keep all the family entertained over the Summer holidays.

Professor Egghead is back and we are happy to bring two exciting live science shows this year: Climate Sale and SucSeed. For younger children, we have a puppet show and marine-themed storytelling sessions. Please book tickets via Eventbrite for each show. Each event must be pre-booked.

More information on our website: <https://www.seabird.org/events>

**Connect with NBCCC!**

We welcome you to our friendly gatherings:

Coffee Connections: Tuesdays 2 - 3pm at the Seabird Centre

Scone Café: Wednesdays 2 - 3.30pm at the Abbey Church Hall

A warm welcome awaits you.

**Wildlife Anagram Answers:**

Sunfish Walrus Bittern Woodcock Alder



The NBCCC team:

For general enquiries, newsletter subscriptions, or signing up for our activities, contact **Lyndsey Gdulewicz**, Administration and Communications Assistant, on 07915 719342 (Tuesdays, Wed morning and Fri morning) or email: admin@nbc-communityconnections.org

For the following services, contact **Carol Stobie**, Project Manager, on 07940 203380 (Tuesday - Thursday) or email: nbc-communityconnections@outlook.com

- Gatherings, Coffee Connections, Scone Café, 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

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

For Compassionate Neighbours services, contact **Charli Prime**, Compassionate Neighbours Coordinator, on 07360 587369 (Tuesdays) or email: compassionateneighbours@nbc-communityconnections.org



For newsletter matters, contact **Ruth Fraser** at newsletter@nbc-communityconnections.org

· Please 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 August newsletter: 19th July



Current NBCCC Services Offered:

- * Scone Café weekly drop-in
- * Coffee Connections at local cafes
- * 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.



*"In the cookie of life,
friends are the chocolate
chips."*

– Unknown