



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

HAPPY BIRTHDAY!

One of the June birth flowers is the rose or "The Queen of Flowers".

The meaning of the rose depends on its colour, though is generally known to signify love, beauty, honour, faith, and devotion.

Community Connections

North Berwick Coastal

June 2022



'Seacliff beach' Ruth Fraser

A time to say Thanks

Volunteers' Week takes place 1-7 June every year. It's an annual celebration of the contribution millions of people make across the UK through volunteering. And a great chance for NBCCC to recognise the fantastic contribution volunteers make to our community and say thank you. We are incredibly grateful for our volunteers and all their help to make NBCCC the success it is.



Feeling grateful for our volunteers got me thinking about gratitude and the part it can play in our lives. Gratitude can make us happier, healthier, and more settled in ourselves. It's the appreciation of the valuable and meaningful things in our lives. Dr. Emmons has been studying gratitude for almost ten years. His studies have shown that practising gratitude can increase happiness levels by around 25% and that people who practise gratitude tend to be more creative, have a stronger immune system, bounce back more quickly from adversity, and have stronger social relationships than those who don't. He points out that *"To say we feel grateful is not to say that everything in our lives is necessarily great. It just means we are aware of our blessings."*

I've recently started to write a journal to record the things I feel grateful for, it's early days but I already

'Once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack.'

– Germany Kent

feel a sense of calm and happiness after I have written down a quick summary of the day and the things I felt grateful for; a favourite song on the radio, a walk in the sunshine, hearing from an important person in my life, or a happy memory which popped into my head that day. I know I won't write in it every day but perhaps a few times a week will help to achieve the benefits that gratitude can bring.



- Ruth Fraser

Midsummer Madness and Grateful Glows

Can you believe we're drawing near to the mid-year? 21 June is the Summer Solstice and the beginning of three months of glorious, uninterrupted sunshine in Scotland (of course).

I'm feeling intensely grateful for the beach, the lengthening light, the folk round about me - in much greater abundance than there have been for the last couple of years.



But a more modern celebration than the Solstice, Volunteers' Week, has me reflecting on how grateful I feel for the folk at the core of our service. I've been lucky enough to gather a brilliant staff team around me at Community Connections since last spring, with the help of some generous funders.

They are all absolutely first-class professionals. But we couldn't run the service alone. I know they join me in sending appreciation, admiration, and boundless gratitude, from the bottom of our hearts to our extraordinary team of over 50 volunteers - without whom we could never deliver a fraction of the services we do, nor meet the needs of well over 100 folk so far.

They're a fascinating bunch, from a variety of ages and backgrounds. Some have been with us from the beginning in 2019, and others joined us only in recent months. Early on, they were mostly part of the Scone Café team. Over half of those who trained as Telephone Befrienders (a Covid-era extension to keep in touch with vulnerable members) have also trained as Buddy Walkers, an incredibly useful string to their bow. Others focus on quiet backroom support tasks, and some brave souls have taken on the huge responsibility of Charitable Trustee positions on our board. We have Coffee Connectors at the Seabird Centre on Tuesdays, the welcoming Scone team on Wednesdays, and others who help out from time to time with anything from baking to cardmaking to the Christmas Campaign. Still others, within our partner organisations, will help bring others into the fold and can chum you along and introduce you to new activities to help boost your confidence.

They include some incredibly skilled and experienced professionals and many are perennial contributors to their community in dozens of ways beyond Community Connections. We also have a very special group of folk who started off as members referred to our services, but loved the interactions at our gatherings and

gained the confidence to apply and train as volunteers with us. We get a real kick out of this!

Becoming a volunteer also gains you a whole new network of friendships, and we've seen them turn up together at the Tunes and Songs night, at fundraising events, and at Fringe by the Sea. They are all folk who have known isolation, loss, illness and other setbacks, and have lots of empathy. But wherever they go, they have a hoot and light up the room with their smiles. They share a love of life and determination to spread loving compassion. It's infectious.

So I think our CC volunteers deserve massive applause and should be allowed to go absolutely bonkers at the Summer Solstice. Wield torches to ward off evil spirits and welcome the summer? Jump over bonfires? Stay up all night on the Law to see the sunrise? I wouldn't put it past some of our lot!

Want to meet them, get involved, join their number? Just say the word. We're looking to increase our numbers and you'll be warmly welcome. Gratitude has no limits.

- Carol Stobie (Project Manager)

'Gratitude is one of the sweet shortcuts to finding peace of mind and happiness inside.'

- Barry Neil Kaufman



Look out for the jubilee-themed post box toppers, like this one on Fidra Road! It was knitted by Pat Christie and more of them will be appearing for the Queen's platinum jubilee.

Health and Care Advice Guides

Would you like some super-useful copies of various Advice Guides for older people from [Independent Age](#), available in multiple copies? Carol ordered too many of these back before Covid and we have no space for them! They are genuinely interesting and useful to us all.

Please pop into Scone Cafe on a Wednesday 2-3.30pm (why not have a scone and coffee while you're there?) and our volunteers can show you the boxes we have stored on hall cupboard shelves (on a temporary basis).



Befriending Update - Lisa Brownlie

With Volunteers' Week just round the corner, it is the perfect time to give a huge shout-out to all our wonderful volunteers. Their support, commitment, and dedication never cease to amaze me. Watching a relationship develop between a volunteer and a member is always lovely to see. I feel privileged to be able to share the growing relationship and trust building with them both, and the resulting physical confidence in walking can be quite incredible. I also know there are a lot of laughs and good fun along the way!!!

I know I speak for all the staff team in saying that we really could not do this without the support of the volunteers and we all would like to say a huge THANK YOU.

Thinking about this week's theme around gratitude, most of the time what I am really grateful for is just the little things; sitting in my garden, listening to my children play with the sun beating down, really is lovely. Or when my favourite song comes on the radio when no one is home and I can sing at the top of my voice and enjoy the music!! It's easy to take the simple things for granted, but it is important to take the time to appreciate them.

I'm reminded of this every week at our Scone Cafe when I see the enjoyment both volunteers and members get from the simple pleasure of enjoying a cup of tea with a delicious sweet treat.



'Gratitude paints little smiley faces on everything it touches.'

— Richelle E. Goodrich

Celebrating Life and Death

There is much to be grateful for as leaves continue to unfurl on trees and bushes filling our senses with scents and sights from the multitude of flowers bursting open.

I love mayflower blossom, cow parsley, and bouncy bluebells nestling among pinks, purples and oranges of tulips, geranium and primula peering from hedgerows and standing proud in well-tended borders.



For me, spring is the perfect time of year because the air is warming up, the sea is significantly warmer than 2 months ago, and I am naturally energised and hopeful.

In May, I participated in an enlightening session hosted by St Columba's Hospice, focusing on specific rites and rituals when members of Sikh, Muslim, Jewish, and Buddhist communities die. Each faith or religion follows traditional steps to ensure that the soul is free to go, the

remaining body is treated with care and dignity, while the family receives support, love, and respect for their grief.

I have had a few conversations with friends and family about the need to articulate our wishes before death inevitably takes us away.

There is nothing to be afraid of, and by speaking honestly and open-heartedly, with tenderness and compassion, we can have the send-off we all deserve. I have written my will and in it detailed instructions of how I want my life to be celebrated.



Participating in the Malcolm Goldsmith Lecture featuring Kathryn Mannix in conversation with Richard Holloway, was another enlightening moment for me. Kathryn has a gentle, welcoming, and warm approach when discussing death and dying and I am taking great pleasure from reading her book: *With The End In Mind*, a collection of family stories, and tender

conversations about death and dying.

I have been watching 'This is Us' on Prime Video, and as one of the characters begins the end of their life journey, the family finds themselves having to make very difficult decisions about what is best for their care, living arrangements, and last wishes. The main character alleviates some of this pressure by writing a detailed, comprehensive plan of how things are to be decided. Ultimately, this allows the family to enjoy the remaining life left to live.



Have a great month, be well, live your best life, plan for your unique end, and don't be afraid to have a tender conversation.

- Charli Prime
(Compassionate Neighbour
Coordinator)

*'Gratitude is the fairest
blossom which springs
from the soul.'*

- Harry Ward Beecher

We're celebrating our amazing NBCCC volunteers during this year's Volunteers' Week! Find out more about some of our volunteers as you read their answers to the questions below:

- 1.) How long have you volunteered with NBCCC and in what ways?
- 2.) What do you enjoy most about being an NBCCC volunteer?
- 3.) Where is your favourite place to spend the day in East Lothian?
- 4.) And lastly, what is your favourite book?



I enjoy being a volunteer at Coffee Connections and Scone Cafe. I've met lots of lovely people and love hearing their stories and we always have a good laugh. My favourite book is anything written by Ian Rankin.

-Janet

I have been a volunteer for about 2 years, both coffee connection (one-to-one) and scone cafe. I enjoy chatting to people. My favourite places are Reykjavik and Brisbane. Favourite book is "*Mariana*" by Susanna Kearsley.

-Margaret

I have been volunteering for a few months now. I enjoy making new friends and seeing people respond positively to their experiences created by NBCCC. So many favourite places but I love Gifford, especially the bleaching field and wee burn running alongside it with the pungent smell of wild garlic, and completing the day

with afternoon tea in The Tweedale Arms. My favourite book is '*Birdsong*' by Sebastian Faulks.

-Ann



I joined our project at the beginning of the Covid outbreak. Enjoyed having the opportunity to be a befriender to some lovely people on the phone in the early days of Covid. Better still when you could meet up with them in person. Also have greatly enjoyed being a 1-1 buddy walker to lovely people who wanted to get out and about for some fresh air. Enjoyed Coffee Connections at the Seabird Centre. It has been a great way to introduce people to one another and make new friends and have a laugh together. The Scone Cafe has also been an amazing place to meet new people at the Abbey Church on Wednesdays. I love going to see my extended family in Turkey in the Autumn...temperature still 25°+. Love walking on our beautiful beaches, especially at sunrises and sunsets. We have amazing skylines here. Not much time for book reading... been trying to create a garden. Thank you all for being such a great team of volunteers and new friends.

-Robina



I have been a volunteer for approximately 9 months. I enjoy meeting people and helping if needed. My favourite place in NB is the beach and picking up pebbles and sea glass. Favourite book is "*The Celestine Prophecy*".

-Joyce



I have been volunteering for nearly a year. As a buddy walker, I enjoy making a difference to someone's day through providing

company and fresh air. My favourite place is West Fenton Farm and the surrounding countryside, as seen from horseback. My favourite book is '*The Heart's Invisible Furies*' by John Boyne

-Niamh



North Berwick Library Groups

Bookbug Sessions (under 5's) - every Thursday at 10.30am. Due to current restrictions these must be booked in advance in person or by telephone.

- Cancer Support Group -second Thursday of the month at 10.30am
- Morning Bookgroup - last Tuesday of the month at 10.30am.
- Tyne and Esk Writers- first and third Tuesdays of the month at 2pm.
- Lego Club - alternate Fridays 2.30-3.30pm (under 8's to be accompanied by an adult)

We are also looking to start a craft group from the beginning of June on a Monday.

Gullane Library Groups

Bookbug sessions (for under 5's)- every Tuesday at 11.00am. Please note that due to current restrictions booking by telephone or in person is essential.

- Games Club - every Friday at 2.30pm to 3.30pm.
- Knit and Natter - every Monday at 10.30am to 12.00pm
- Lego Club - every Friday at 3.00pm to 4.00pm
- Monday Book Group - every second Monday 2.00pm to 3.00pm
- Tuesday Book Group - every second Tuesday 3.00pm to 4.00pm

NBCCC are welcoming new volunteers!

Please get in touch to find out more about joining the team.

Being a volunteer is a great way to connect with your local community. We have a super group who are ready to welcome new faces.

There are so many ways you could help. There is no minimum contribution, just whatever you can manage.



[Home Start East Lothian](#)



Bee Happy

Insects make the world go round. They pollinate crops and wildflowers, recycle dung, and dead leaves and animals, control pests, help keep the soil healthy and are food for many other animals. It is worrying that insects are in decline, but we can help them. Here are some of my favourite flowers to plant to help the bees.

• Foxglove



• Alliums



• Salvia



• Cosmos



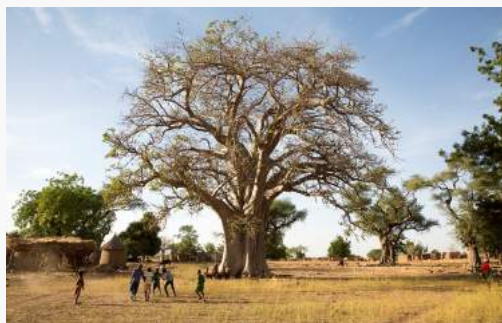
Buy Baobabs for Barbara's 90th

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!

Dementia Awareness Week

Dementia Awareness Week (DAW) 2022 will run from Monday 30 May until Sunday 5 June. The aim of the week is to raise awareness of dementia and help improve the lives of people with dementia, their families and carers. This year's theme is '**Let's Prevent, Care, Cure dementia together**' and over the week there will be a series of events, including our Tea & Blether campaign which will run throughout DAW.

<https://www.alzscot.org/DAW2022>



ANNOUNCING: CALL FOR ART 2022

People who have personal lived experience of mental health issues are invited to submit an artwork to the 10th [Out of Sight Out of Mind](#) exhibition, held in October 2022, at Summerhall in Edinburgh.



You can take part as an individual or as a group. Artworks can be in any media and one artwork per person can be submitted. Last year people showed paintings, sculptures, drawings, installations, films, animations, sound works, photographs, craft, and more. There is money available for art materials.

You are welcome to respond to this year's Scottish Mental Health Art Festival theme: Gather, however this is not a requirement. This October we will also be celebrating the 10th year of the exhibition.

North Berwick Harbour Trust Association and North Berwick Community Council

The Queen's Platinum Jubilee

Fête: 1.45–5pm

Beacon Lighting: 9.30-10pm

Thursday, 2nd June 2022
North Berwick Harbour



NBCCC will have a stall at the Fete!

Community Connections

Reconnect 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!



MUIRFIELD RIDING THERAPY

THE BIG BARN DANCE

Saturday 4th June



Tickets - £15 adults, £5 children.
Book online:
www.eventbrite.co.uk/e/33109095217
or scan the QR code.

www.muirfieldridingtherapy.org.uk Registered charity: SC 018624

**Muirfield
Riding Therapy**

"The more grateful I am, the
more beauty I see."

— Mary Davis

Relay For Life Dunbar

25 June 2022

Hathel Sports Centre, Cedar Road,
Dunbar, EH42 1RF



Join us as we unite to honour survivors of cancer, celebrate a year of incredible fundraising, remember all those affected by cancer with our special Candle of Hope ceremony and show that together we will beat cancer.

Sign up at cruk.org/relay



What is Relay For Life?

Cancer Research UK's Relay For Life celebrates the power of community fundraising in the fight to beat cancer. Teams of friends and family fundraise for life-saving research then unite as a community to honour everyone affected by cancer and celebrate the progress made in research.

How can you join our Relay Heroes?

We're absolutely determined to continue our vital research to create better treatments for tomorrow, but we need your help today. By starting or joining a Relay For Life team, your fundraising will make a difference and together we will beat cancer.

Sign up at
cruk.org/relay
0300 123 1026

Registered with
FUNDRAISING
REGULATOR

What happens at the Relay?

- Each Relay is organised by a dedicated local volunteer Committee to deliver an incredible night of celebration and remembrance.
- We start by honouring survivors of cancer on special guests.
- Enjoy a variety of games and music from local performers. There's something for the whole family to enjoy.
- Meet our Cancer Research UK's ground-breaking science.
- A Candle of Hope ceremony gives us a moment to reflect and honour everyone affected by cancer.
- A closing ceremony celebrates our achievements and inspires us all to continue the fight to beat cancer.

Your local volunteer Committee will keep you updated with plans for your event.

Together we will beat cancer

Celebrate.
Remember.
Fight back.



the Big Fit Walk

We're going for a walk and everyone's invited

FREE

- Raffle
- Tea/coffee and refreshments after the walk
- Information about other walks and activities in your area

Come along and try out Nordic Walking – suitable for all abilities

Starts 11.45am

Join us on a **Big Fit Walk** led by Volunteers from Ageing Well.

We'll start from The Bridge Centre, 11 Poldrate, Haddington, EH41 4DA

Registration 10am, **10.30am start**

On **Sunday 19th June, 2022**

Choose between a

Buddy walk – 1-1 walk

Bronze – 30 minute walk

Silver – 45 minute walk or

Gold – 60 minute walk

No need to book but for more information:

Telephone Parvine at Ageing Well on 07718 117585 or email pjazaveri@eastlothian.gov.uk

Or telephone Diann at Connected Communities on 07970 189338 or email dgovenlock@eastlothian.gov.uk

Be active, get healthy, have fun!

The Big Fit Walk is free, easy and lots of fun – especially when you bring a friend. Young, old, fast, slow – it doesn't matter.

It's not a race, it's about having fun and staying healthy. Fresh air, a walk and a chat. Hey, it could become a regular thing.

And the best bit?

Everyone – absolutely everyone – is welcome.

See you there!

www.pathsforall.org.uk/bigfitwalk

Join the big conversation. We'd love to see your photos and hear your stories. You can share them with us on social media.

[@pathsforall](https://twitter.com/pathsforall) [PathsForAllScotland](https://www.facebook.com/PathsForAllScotland) [pathsforall](https://www.instagram.com/pathsforall) #bigfitwalk

**paths
for all**
FOR A HAPPIER
HEALTHIER SCOTLAND

**Dementia
friendly**

**Rotary
Haddington**

**East Lothian
Council**

Paths for All Partnership is a registered Scottish charity No. SC022555. Copyright ©2018 Paths for All

The Big Fit Walk is Paths for All's annual walking campaign which encourages people to walk together during June (or any month) and celebrate the benefits of being physically active. People of all ages and abilities are welcome to join this event.

All the information is on the poster but we will be offering 4 different types of walks to suit everyone's needs. You do not have to book in advance but we do ask you turn up at 10am sharp to register. The event will be starting and finishing from the Bridge Centre in Haddington where there is a lot of FREE on street parking. There will also be tea, coffee and refreshments and a chance to try Nordic Walking, if this is of interest. We have made this event on a weekend to allow more people to attend i.e. families etc. – ANYONE of ANY age and ANY ability is welcome.

I hope to see some of you on 19th June!

– Parvine

June Wildlife Watch by Ruth Fraser

As spring turns to summer, new life flourishes from butterflies and blossoms, to baby birds and summer migrants, there's lots to look out for during June.

Exmoor ponies



The Exmoor pony is Britain's oldest breed of native pony. In 2013, seven Exmoor ponies arrived at North Berwick Law, as part of a new project of conservation grazing. The Law had suffered from the overgrowth of coarse grasses and gorse since grazing was discontinued over a decade before. Two new ponies joined the herd in 2021. Exmoor ponies are hardy animals, they have an extra fleshiness on their brows, called a "toad eye" which helps them in windy and rainy conditions.

Swallow



The swallow is easily recognised by its blue inky feathers, red chest, and long forked tail. They feed on airborne insects and can be spotted diving through the air to catch their prey. Their numbers have declined in recent years due to a reduction in nesting habitats and a lack of insects. We can help by putting up swallow nest boxes and creating garden habitats to boost insect numbers.

'We can complain because rose bushes have thorns, or rejoice because thorns have roses.'

– Alphonse Karr

Wildlife Anagrams

GMRLIODA

IHELNC

RENENCGFIH

KHWA

ZLRIAD

(answers on page 11)

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

The [Bass Rock Community Group](#) and St Andrew Blackadder Church are doing a litter pick **Sunday 5th June**. Meeting at the Rugby Club Car Park, North Berwick, at 2pm and picking in various locations.



Tunes and Songs Night at the North Berwick Rugby Club

Community Connections were out in force at this, the best-yet turnout for the much-loved local live music event, Tunes, and Songs. At least ten of us there were either volunteers or members of the project, and several of us bravely performed for the friendly crowd! We heard everything from traditional Irish, French, and Scottish tunes to jazz, Proclaimers to Corries. Members of the Gullane Community Ceilidh Band delighted us with their set. The bar was busy and the blethers were brow. As Project Manager and perennial ukulele beginner, I felt it



was my duty to show that even someone as basic and mistake-ridden as me is welcome to perform (or at least, nobody stops me). 'I Got Rhythm' might not be strictly true of me, but the words express my gratitude for this event and everyone who makes it happen. "Who could ask for anything more?" But listeners are also vital, so even if you're not yet ready to grab the mic or dust down the old guitar, just come along and join us - you'll be part of a great atmosphere and make new friends on your wavelength. See you there on the second Thursday of the month.

Next Tunes and Songs Night: Thursday 9th June, 8-10pm, at the North Berwick Rugby Club.

Scottish Seabird Centre

Marine Fest at the Scottish Seabird Centre

Dive-in to Marine Fest at Scottish Seabird Centre **4th-12th June**. There will be foodie pop-ups, music, author & family events plus trails, workshops, and the stunning Our Plastic Ocean exhibition.

All details for Marine Fest can be found here:

www.seabird.org/events/56

Some highlights from the programme:

[Sea Kayaking Adventures with Robin Lloyd Jones](#), **6th June**

Join Booker prize-nominated author, Robin Lloyd Jones, to hear about his amazing sea kayak adventures around the magical west coast of Scotland. There will be opportunity for Q&A and book signings. Argonauts of the Scottish Isles will be available to purchase at the event.

[Sea Change wine tasting](#) and beach clean, **7th June**

Join the Sea Change team to sample a variety of their delicious wines and take part in a beach clean, by the Scottish Seabird Centre.

[Coastal Wildlife Tour](#), **8th June**

Join our Conservation Officer for a relaxing 1.5-hour wildlife tour along the North Berwick coast to celebrate World Oceans Day! We are delighted that, thanks to the incredible work of the team at [Beach Wheelchairs](#), all of our coastal wildlife sessions are now accessible for wheelchair users (subject to availability).

[Fashion Revolution with LIL](#), **9th June**

Get set for summer and restyle your wardrobe with the most sustainable fashion available. Grab your friends, declutter your wardrobe and join Lower Impact Living for a glass of fizz and fashion swish - find the perfect outfit or fab shoes for the price of your ticket.

[North Berwick in Bloom Coastal Wildflower Walk](#), **9th June**

A team of passionate volunteers keep North Berwick's floral displays looking tip-top and in award-winning shape. Join the North Berwick in Bloom team for an easy, guided walk on flat ground, looking at the many wild flowers that grow on the local coast.

[Meet the Scientist – Marine Rescue with BDMLR](#), **8th June**

Chelsea Knight is the assistant coordinator for the British Divers Marine Life Rescue for Edinburgh, Lothians, and the Borders. BDMLR are a UK-wide non-profit charity dedicated to rescuing injured and stranded dolphins, whales, seals, and porpoise. Learn about the different marine mammals found in the Forth and how to appreciate them responsibly as well as the highs and lows of rescues past and present. Chelsea will also cover how you can get involved and become a marine mammal medic yourself.

[Speed Sketching by the Sea](#), **5th & 12th June**

Inspired by our stunning coastal location, you will learn speed sketching skills with Mark, the Edinburgh Sketcher. From close-up studies of shells and plant life to sea views out to Bass Rock, you will create a number of drawings in ink and watercolour. All materials supplied.

[Aberlady Moonshine Orchestra](#), **12th June**

Enjoy the relaxing sounds of jazz and blues by the sea with Alan McLay, John Donoghue, and Charlotte McMillan of the Aberlady Moonshine Orchestra playing a mix of standards, contemporary songs, and originals.



Wildlife Anagram Answers:

Marigold Lichen Greenfinch Hawk Lizard



The NBCCC team:

For general enquiries, newsletter subscriptions, or signing up for our activities, contact **Lyndsey Gdulewicz**, Administration and Communications Assistant, on 07915 719342 (Mon morning, Tuesdays 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 (Monday afternoon or Tuesday morning) 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 July newsletter: 21st June

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.



"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely."

— Roald Dahl