

Community Connections

North Berwick Coastal

May 2022



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

HAPPY BIRTHDAY!

One of the May birth flowers is lily of the valley. It represents sweetness, humility, and motherhood.

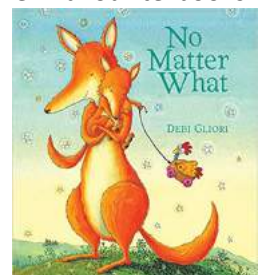


'Blue sky and cherry blossom' Ruth Fraser

A Sense of Belonging

Belonging is, of course, that feeling of connectedness to a group or community. It's the sense that you're part of something. Such a simple word for a huge concept. A sense of belonging is a human need, like food and shelter. Some find belonging in a church, some with friends or family, and some online via social media. Some feel a connection with only one or two people. Others see themselves connected to people all over the world, to humanity. When we feel we have support and are not alone, we are more resilient, often coping more effectively with difficult times in our lives. North Berwick Coastal Community Connections is here to help provide that sense of belonging in our local community.

It's National Share a Story Month and the 2022 theme is belonging. They wanted a theme to help children find their place in the world of books, stories and imagination. Belonging is that powerful sense of being in the right place at the right time and books can provide this as much as a friendship group, club, or team. Look out for our NBCCC team sharing their favourite books throughout this issue. I'll start with a favourite of mine that I loved reading to my children. 'No Matter What' is a beautiful book all about a mother determined to prove that her love for her child is limitless. "Does love wear out" said Small, "does it break or bend? Can you fix it, stick it, does it mend?" "Oh help," said Large "I'm not that clever I just know I'll love you forever".



- Ruth Fraser

Maytime and Mistakes

Welcome to May and (arguably) to summertime! Yes - I'm talking about folkloric festivals just gone by again.

I hope you didn't miss [Edinburgh's Beltane Fire Festival](#) on my account - it's back after two years of going online, thanks to Covid.



'This year's event, on Saturday April 30, will once again offer a modern interpretation of the ancient Celtic holiday Beltane, where traditional communities marked the end of Winter with their own fiery rituals... The Beltane Fire Festival is the largest event of its kind in Europe. It tells the story of the transition from Winter to Summer, which can only happen when the Green Man, an archetypal figure in folklore all over the UK, dies and is reborn. He does so in order to shake off the last remnants of Winter so that he can join the May Queen, a goddess figure, as her consort.' - The Scotsman, 10th March



This brought back memories of my younger self in 1990s Edinburgh when I delighted in late-night revelry, merriment, and folklore fusions. At nearly 60, I might not have the energy now, and like many of you, I'd hesitate to join a crowd where up-close mayhem and mischief might be afoot.

And yet my wee family and I took the risk last night of attending a concert at the Usher Hall, filled with absolute joy, nostalgia, and a fresh appreciation of The Divine Comedy, one of the cleverest and most accomplished pop music acts of recent decades.



We did have masks on entry, and this was a little more sedate than Beltane shenanigans, though we may have stood up and cheered for the encore ('National Express' was the crowd's favourite hit). Live music is such a long-lost luxury that I'd initially resisted the expenditure and the possible risks. And travelling into town for a night out was the last thing I felt like doing after an intensive day of report-writing. But in the end, the sheer life-affirming spirit of it all, and the pleasure of seeing our teenage son's shared

delight in the music we love repaid the effort many times over.

There's even a little philosophy to gain from Neil Hannon's lyrics, at times. His most recent single, [The Best Mistakes](#), lingers with me:

Well, I have made my fair share of mistakes

I'm not an angel, but then again I'm no fake

And I don't regret a single day

They were the best mistakes I've ever made.



I hope this resonates with you as it does with me. Giving in to anxiety and tiredness, to miss last night's joyful gathering would have been a real mistake.

I hope you too can overcome hesitations and misgivings to join us soon - whether at Scone Café, Coffee Connections, the Beacon Lunch, or Eddie's Tunes and Songs Night - or maybe we can chum you to another opportunity you've been thinking of or missing. It's time for us to step out again into the light.

- Carol Stobie (Project Manager)

Carol Runs Down Dementia

Over the month of April, Carol ran her usual plodding rate three times a week, but during this time it was to fundraise for Alzheimer’s Research, a cause close to her heart and her family.

If you’d like to support her, it’s not too late! See [this link](#) or get in touch with Carol on 07940 203380.



Carol's favourite book -

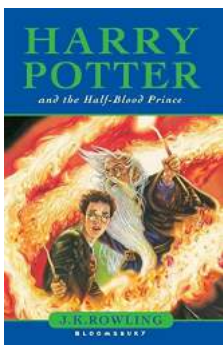
I'm cheating here as it's more of a scrapbook: my late Mum's 'Book of Beautiful Things', begun in the 1980s - her favourite copied-out poetry, quotations, scraps of ephemera, the handwriting of each member of the family. It means the world to revisit and take comfort from this, 20 years after her death.

Befriending Update - Lisa Brownlie

And just like that.... it’s May! Back to work with a bang after 2 weeks on holiday visiting family in Texas. We had a fantastic time and it was so busy that this was the first holiday I’ve had when I didn’t manage to read a book. I usually manage to read three or four.



I have always loved reading and as a child I would look forward to going to the library to choose my allocated three books. I would enjoy picking up each book, looking at the cover, reading the synopsis, and would start to read them as soon as I got home, losing myself in a whole different world. It's a passion I have tried to share with my children.



I struggle to choose a favourite book as I have so many, but I would say that I really enjoyed reading the Harry Potter series in my late 20s. I vividly remember when my son was 4 months old and book 6 came out (Harry Potter and the Half-Blood Prince). I was so excited and would try and sneak in reading it whenever I could, in between feeds and nappy changes!! The books totally captivated my imagination, taking me to a completely different world, it’s complete escapism.

And the joy continued when my son began to enjoy the books too. We would curl up in his bed and read a chapter each night. This was such a precious time for us and we would both look forward to finding out what was going to happen to Harry, Hermione, and Ron. It really was such a special bonding time and later we would snuggle up to watch the films together and enjoyed a trip to the Harry Potter Studios near London.

I am really looking forward to sharing the experience with my daughter in the next couple of years and hoping she will enjoy them just as much as my son and I did.

Demystifying Death - Charli Prime

Demystifying Death (2-6th May) is a national social movement to encourage everyone to gain a greater insight into the value of talking about and accepting death in the family and in the community. Demystifying Death week is about **giving people knowledge, skills, and opportunities to plan and support each other through death, dying, loss and care**. Since the first death awareness week back in 2013, each May, people across Scotland organise local events giving people the chance to talk about death, dying, and bereavement.

Across the North Berwick Coastal Ward, we welcome an inclusive, whole-hearted, and compassionate approach to death and dying, regardless of one's beliefs, faith, or spiritual affinity. You can find more information about national events here [Good Life, Good Death, Good Grief: Demystifying Death Week 2022](https://www.goodlifedeathgrief.org.uk) (goodlifedeathgrief.org.uk).

By continuing to raise awareness and offering shared learning for volunteers, we can support each other in thoughtful, compassionate ways, especially for those who are at end of life.

If you have a close friend or family member who is at end of life, here is some sound advice for offering support:

- be proactive and try to avoid 'let me know if I can do anything'. Although this phrase sounds well-intentioned, the recipient will not get in touch, because we are unaccustomed to asking for help in our society.
- Instead, try popping round with a loaf of bread and some tea and milk, for example, or phone while you're in the supermarket. That way the intended recipient will respond with what they would really like.
- Take support for yourself from local and national organisations – you do not have to face the loss of a loved one alone.
- Be patient and understanding: we all have our own way of dealing with illness, grief, and loss, so be accepting of rituals, desires and attitudes.
- Finally, aim to maintain a safe psychological boundary to protect yourself and reduce over-dependence on each other.

Volunteering Opportunity

We are actively recruiting volunteers to be trained as compassionate neighbours. North Berwick Compassionate Community & Faith in Older People are delighted to have confirmed free online EASE training in May/June 2022 for those living in the North Berwick Coastal Ward.

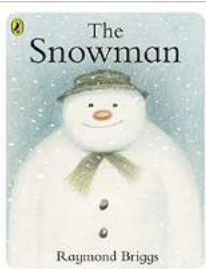
Sessions are online and will take place on 31st May, 7th June, 21st June, and 28th June from 10:00 – 12:00 with additional reading and tasks. Be prepared to dedicate up to 3 hours a week over the 4 weeks.

Further information about this vital role can be found on the [Truacanta](https://www.truacanta.org) website.

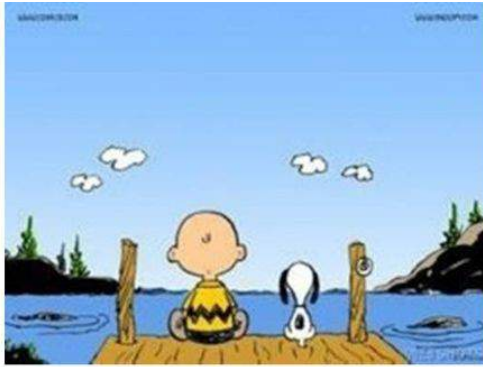
If you are interested in participating, please email **Charli Prime**:

compassionateneighbours@nbc-communityconnections.org

or call/text 07360 587369



The Snowman by Raymond Briggs immediately sprang to mind when thinking of a story that played an important part in our family life. Not only was it a favourite for my daughters when they were growing up, but as a teacher I would regularly read or share the film version with all ages and stages. An underlying theme for me is one of great joy, fun, and adventure, but also recognising that at some point we have to let go, keeping precious memories to sustain our loss. We will all experience loss at some point in our lives, but by generating joyful memories and holding these as precious, we can keep learning and growing.



People come into your life for a reason, a season or a lifetime.
When you figure out which one it is,
you will know what to do for each person.

When someone is in your life for a REASON,
it is usually to meet a need you have expressed.
They have come to assist you through a difficulty;
to provide you with guidance and support;
to aid you physically, emotionally or spiritually.
They may seem like a godsend, and they are.
They are there for the reason you need them to be.

Then, without any wrongdoing on your part or at an inconvenient time,
this person will say or do something to bring the relationship to an end.
Sometimes they die. Sometimes they walk away.
Sometimes they act up and force you to take a stand.

What we must realize is that our need has been met, our desire fulfilled; their work is done.
The prayer you sent up has been answered and now it is time to move on.

Some people come into your life for a SEASON,
because your turn has come to share, grow or learn.
They bring you an experience of peace or make you laugh.
They may teach you something you have never done.
They usually give you an unbelievable amount of joy.
Believe it. It is real. But only for a season.

LIFETIME relationships teach you lifetime lessons;
things you must build upon in order to have a solid emotional foundation.
Your job is to accept the lesson, love the person,
and put what you have learned to use in all other relationships and areas of your life.
It is said that love is blind but friendship is clairvoyant.

— Unknown



Sunset from Grange Road - photo by Robina

May Celebrations

- **May Day: 1st May**
An ancient festival marking the first day of summer. Dances, singing, and cake are usually part of the festivities.
- **May Day Bank Holiday: 2nd May**
A bank holiday in the UK and Ireland.
- **Star Wars Day 4th May**
May The Fourth Be With You!
- **International Nurses Day 12th May**
Held on the birthday of Florence Nightingale to mark the contributions that nurses make to society.
- **World Fair Trade Day 14th May**
World Fair Trade Day has the goal of promoting the principles and products of fair trade.
- **World Bee Day 20th May**
The purpose of World Bee Day is to raise awareness of the importance of pollinators, the threats they face, and their contribution to sustainable development.
- **International Day for Biological Diversity 22nd May**
United Nations sponsored a day for the promotion of biodiversity issues.

Eco Fashion Show

The Bass Rock Community Group along with Save the Children and North Berwick High School will be holding an Eco Fashion show on **Friday 27th May at 7 pm at North Berwick Community Centre**. The show will feature pre-loved clothes and upcycled outfits made by the pupils at the High School.

Come along and see that you can look amazing without spending a fortune on new clothes while also benefiting the environment. Many of the outfits will be available to buy on the night along with accessories. Tickets are £5 or £10 for a family (two adults and up to three accompanied children) available in advance from the Save the Children shop in the High Street or the Bass Rock Community Group Facebook page.



Warning

When I am an Old Woman I Shall Wear Purple
 With a red hat which doesn't go, and doesn't suit me.
 And I shall spend my pension on brandy and summer gloves
 And satin sandals, and say we've no money for butter.
 I shall sit down on the pavement when I'm tired
 And gobble up samples in shops and press alarm bells
 And run my stick along the public railings
 And make up for the sobriety of my youth.
 I shall go out in my slippers in the rain
 And pick the flowers in other people's gardens
 And learn to spit
 You can wear terrible shirts and grow more fat
 And eat three pounds of sausages at a go
 Or only bread and pickle for a week
 And hoard pens and pencils and beer mats and things in boxes
 But now we must have clothes that keep us dry
 And pay our rent and not swear in the street
 And set a good example for the children.
 We must have friends to dinner and read the papers.
 But maybe I ought to practise a little now?
 So people who know me are not too shocked and surprised
 When suddenly I am old, and start to wear purple.

by Jenny Joseph



A huge thank you from all of us at NBCCC for thinking of us while you swiped your membership card at Co-op!

The Co-op Local Community Fund raised £207.71 to date for NBCCC!
 We really appreciate it.



Covid Testing in Scotland has changed

How and where to get a test

You no longer need to regularly test with a lateral flow device (LFD) if you're well and don't have coronavirus symptoms. Find out more about at [NHS Inform](#)

[Inform: Coronavirus \(COVID-19\): Testing in Scotland](#)



- LFDs are no longer available to collect at test sites or in pharmacies
- if you are eligible you can order free LFDs online or call 119 - find out more at NHS Inform
- if you have covid symptoms: you still need to isolate and book a free PCR test - read about testing on NHS Inform
- if you are visiting a hospital or care home: please take a LFD test first to help protect others - you can order a free test online before your visit or call 119
- if you are identified as a close contact: you can take daily LFD tests for 7 days instead of self-isolating if: a. you are under 18 or b. you are fully vaccinated - read the self-isolation guidance on NHS Inform

A great way to get to and from our Scone Café and Coffee Connections:

NEED A LIFT ?

Registered Charity
SC 006385
Visit: nbvcs.com

North Berwick Volunteer Car Scheme

Clients	Drivers
<p>Are you a resident in the North Berwick area, and find it difficult to travel to local services (eg to doctor, dentist, bank, shops), or to Haddington Community Hospital, or to Belhaven Hospital, Dunbar?</p> <p>Just call Bex on 07536 388 753. We can provide transport for a return journey, door-to-door.</p> <p>There are no formalities, just call between 9am and 12pm, Monday to Friday.</p> <p>The more notice you give, the easier it is to arrange – our drivers are all local volunteers.</p> <p>As examples, our suggested donation for a return trip within North Berwick is £6, and for a return trip from North Berwick to Haddington or Dunbar is £15.</p>	<p>You are a driver and car owner with a little time to spare to help residents in the North Berwick area who would otherwise find it difficult to travel to local services.</p> <p>Could you help our clients once a week (or more, or less frequently), purely as and when you are available?</p> <p>The service covers journeys within the North Berwick area, and to Haddington and Dunbar hospitals only, and we can offer a mileage allowance for distance run per journey.</p> <p>If you would like to discuss the possibility, then please call the number below.</p> <p>We look forward to hearing from you.</p>

Call: Scheme Co-ordinator Bex on 07536 388 753, between 9am and 12pm, Mon to Fri.
 Email: nbvcscheme@gmail.com Find us on: [facebook](#) Visit: nbvcs.com

NBVCS is a completely local, voluntary organisation, maintained through drivers' time, and clients' & others' donations.

Secretary: Hugh Trevor, 894924



North Berwick Memorial Garden
- photo by Robina

What a happy little sole
 Found herself a bit o coal
 Did not put it in the fire
 As for luck she did inspire
 So in the pocket it did go
 With a wish for luck you know
 Will my little charm aspire
 Instead of burning on the fire

- A poem by Cilya 9/05/18

SEATED AEROBICS

Suitable for all levels, particularly if you have joint/balance issues
Have fun and meet new people



**Mondays (starting 21st March)
Longniddry Parish Church
2.30pm - 3.30pm**

£4 per class (please bring exact change)

SIGN UP REQUIRED (Limited spaces)

To book your place or for further information please contact Grace:
Email: turnbull.grace@gmail.com Mobile: 07720 527834



(Photo taken pre-pandemic)

East Lothian Weekly sessions
MECA gym hall,
Haddington Rd, Musselburgh
EH21 8JJ
Mondays 2.30 – 3.30

It is also possible to join via Zoom
£4/2 or what you can afford (no-one is excluded)

Open to anyone with a lung condition or breathless due to long covid in East Lothian. No singing experience needed. Improve your breathing and connect with others by singing in a fun and relaxed environment. Videos of warm up and breathing exercises are also available on our website to sing along to.



Contact: Jane Lewis jane@gn.apc.org 07519 582130
www.warblers.org.uk

Welcome back this summer!



NORTH BERWICK TRADITIONAL TUNES AND SONGS

Musicians, singers and listeners welcome!

Thursday 12th May 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

THE X5 bus service which connects North Berwick to Edinburgh city centre will return this summer. Lothian Buses suspended the X5 service, which links North Berwick, Dirleton, Aberlady, Gullane and Longniddry with the Capital, at the beginning of the coronavirus pandemic. The service will recommence on June 6 and will run an hourly service every Monday to Saturday, terminating at Frederick Street in Edinburgh city centre.

15.05.2022
NORTH BERWICK
ARCHERFIELD WALLED GARDEN

5K & 10K
RUN, WALK OR SPECTATE
SIGN UP NOW

CHILDRENS 1K RACE
BOUNCY CASTLE
FACE-PAINTING
LIVE MUSIC
STALLS

Eliza
PARIS STEELE

SENIOR MOMENTS!

Inclusive dance for fun, fitness + well-being for the young at heart



Seated or standing

"Good music, good moves, good fun"

50's 60's 70's > today's favourites

HADDINGTON BRIDGE CENTRE -	Tuesday 9.45am
ABERLADY VILLAGE HALL	Tuesday 11.30am
DIRLETON KIRK HALL	Tuesday 1.30pm
PRESTONPANS COMMUNITY CENTRE	Thursday 10am
MUSSELBURGH EAST COMM CENTRE	Thursday 11.30am
MACMERRY MINERS CLUB	Thursday 1.30pm

For more information
TEL: 01875 811 801 or
07711761165

andrea.mannion@btinternet.com
www.seniormomentsdance.co.uk

DANCE - LAUGH - SING - ANYTHING GOES

Job Fair

Find out about careers, volunteering and apprenticeships in and around North Berwick!

North Berwick Community Centre

Friday 6th of May 2022

1pm - 3pm

Everyone welcome!



NBCCC will have a stall at the fair!

Once Upon a Highland Home ①

Grandad, coming from a corner bed said
 a little voice,

Who were the auld men in grey
 at now, said his Grandad, the auld men in grey
 were giant compared to little boys.

Then now had to sleep yee must lay
 for come the morrow reach will yee
 the age o ten



and wae yeer new present's go oot and play.

Angus awoke the next morning in great cheer
 for there beside him lay a new
 bonnet and plaid



a bonnet just like the one that Grandad wears
 and the hand waven kilt his Granny made.

Part 1 of a tale by Euan Macmichael. He is a local writer, artist, Gaelic student, member of Community Connections and (most importantly) Jacobite.

May Wildlife Watch by Ruth Fraser

May feels like summer is knocking on the door. Birdsong is in full force, flowers have emerged, and trees are once again covered in green leaves. There is plenty to discover this month.

Dandelion



The dandelion is a common meadow herb of the sunflower family. Their toothed leaves look like lion teeth due to their jagged edges or 'dent de lion' in old French, which is where the name dandelion comes from. It is the only flower to represent the three celestial bodies; the yellow flower resembles the sun, the puffball relates to the moon, and the dispersing seeds are like the stars. Their flowers are rich in pollen and nectar, providing a great source of food for pollinators.

Bees



World Bee Day takes place on the 20th of May, and it aims to spread awareness of the significance of bees. They're incredibly important; every third spoonful of the world's food relies on bees and other pollinators. And many species are now endangered. We can help by letting our garden (or part of it) go wild, planting more bee-friendly plants, and avoiding using pesticides.

Wildlife Anagrams

M P A T I A G N R

E R E N R I D E

D A E S E W E

D L E A E N R V

C L I R O S B S L

(answers on page 11)

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

Weekly Health Walks

Ageing Well Health Walks happen in North Berwick each Monday at 1.30 and meet at the Lodge entrance. Many Community Connections members have got involved in these to build up their strength and mobility post-Covid, and find they love it!

You can choose a longer walk if you're fairly fit, or a gentle half-hour stroll on flat ground, heading for coffee pretty soon afterwards. For more information on the walks and how to take part, please **contact Parvine, Ageing Well Coordinator** on pjazayeri@eastlothian.gov.uk or [07718 117585](tel:07718117585)



A free online course:

Coastal Birds
 Saturday 21st May
 11am - 12.30pm

A beginners guide to coastal birds, from the chip stealers to the deep divers



TCV The Corporation of Volunteers
 Supported by NatureScot
 #JoinInFeelGood

Dirleton Market on the Green 2022

11 AM - 3 PM

3 APRIL
29 MAY
31 JULY
25 SEPTEMBER
27 NOVEMBER

Dirleton Village Green, East Lothian



Scottish Seabird Centre - Dates for your diary



Marine Fest 4 - 12 June 2022

Marine Fest is back for 2022 and better than ever. A programme of fun and thought-provoking events, exhibitions, workshops, trails, exclusive experiences, puppet shows, live science, and even a “Lil Sustainable Fashion Revolution” will run from 4 – 12 June 2022.

This year's programme has been designed to help visitors and locals alike to get involved in protecting Scotland’s marine environment and address the impacts of climate change.

With activities suitable for all ages and pockets, you will be able to enjoy internationally acclaimed exhibits, the launch of East Lothian's first citizen science trail, wellbeing events, new and exclusive snorkelling experiences, ethical dining, wine tasting, boat trips, pioneering community-led projects, rockpool rambles, science busking and lots more family fun.

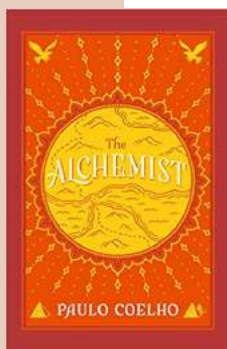


Find out more about what we have planned [HERE](#) and keep an eye on our website for more details: www.seabird.org/events

Drop-in beach cleans

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. This year, the Seabird team has partnered 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 for more information and to book your kit.



My favourite book is The Alchemist by Paulo Coelho. My father-in-law gave me a copy not long after I met my husband 15 years ago. It's battered and bruised now after many reads. It's a book that has stayed with me and I'll always keep it. I'm looking forward to passing it on to my daughter when she is old enough to read it. No other book has made me stop in my tracks and really think about my behaviour, dreams, and goals before. It's had a profound effect on me and changed my outlook on life.

- Lyndsey Gdulewicz

Wildlife Anagram Answers:
Ptarmigan Reindeer Seaweed Lavender Crossbill



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.co.uk

- 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 June newsletter: **19th May**



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.



"Act as if what you do makes a difference. It does."

- William James