

Community Connections

North Berwick Coastal

August 2022



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

HAPPY BIRTHDAY!

One of the August birth flowers is the gladiolus. It represents strength, integrity and infatuation.



'Further afield; the shores of Loch Garten' Ruth Fraser

Never Give Up!

The 18th of August is officially Never Give Up Day! It's a day dedicated to encouraging a mindset of determination, which helps us to get through all of the difficult challenges that life throws our way. It is about motivating and inspiring ourselves and others, as well as remembering the people that have never given up on us. Here are some tips to help you master the art of never giving up:

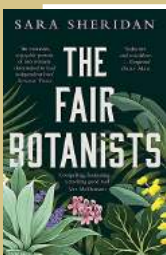
- Pausing when we need to, instead of quitting – resting is a powerful weapon.
- Surrounding yourself with resilient people can make a huge difference.
- Motivate yourself – figure out what works for you. It could be watching, listening, or reading motivational material, for example.
- Choose to be positive – this doesn't mean that you have to be happy all of the time but rather trying to focus on the good things that surround us.

On the 18th, it's a chance to remind ourselves that everyone is going through something, that we should all be proud of ourselves for not giving up when times are tough, and to remember that support is here whenever you feel overwhelmed.

- Ruth Fraser

'It doesn't matter how slow you go as long as you don't stop.'

- Confucius



The Fair Botanists, Sara Sheridan

'Could one rare plant hold the key to a thousand riches?'

The Fair Botanists is a super novel led by the factual development of the current Royal Botanic Gardens in Edinburgh. A good read acknowledging the influences of women of the period despite society's view of the female role/ duty/ capability.

- book review by Wilma

Regathering: Seasons and Reasons to Gather and Celebrate

'Lughnasa... a Gaelic festival marking the beginning of the harvest season. Historically... observed throughout Ireland, Scotland, and the Isle of Man... held on 1 August, or about halfway between the summer solstice and autumn equinox.... one of the four Gaelic seasonal festivals, along with Samhain, Imbolc, and Beltane... named after the god Lugh. It inspired great gatherings that included religious ceremonies, ritual athletic contests... feasting, matchmaking, and trading... during a very poor time of the year for the farming community when the old crops were done and the new ones not yet ready for harvest.'

<https://en.wikipedia.org/wiki/Lughnasadh>



We're travelling through Ireland, at a season for festivals. I'm relishing folkloric museum displays on Irish traditional festivities. Publicity pops up online for Edinburgh Fringe shows (the world's biggest arts festival, part of my life since the 1980s). I'm excited that Community Connections will be part of this year's Fringe by the Sea. Neither festival is just for tourists - many locals revel in

them. Harvest festivals will soon be prepared at churches, and meantime St Andrews' Lammas Market, a rare surviving echo of those ancient Lughnasa celebrations.

Gatherings, events, parties and bringing people together – it's been the point of life for me, my purpose, and most of my work, since my student days 40 years back. I loved those late-night lock-ins, singing in Cork pubs on that long-ago study trip here.

But this time, the prospect of negotiating a crowded city street or visiting a famous, tourist-thronged Irish pub made us hesitate a little. We've sidestepped these since 2020, and our teenage son was unsure of it all. So although I love the people-watching, the Guinness, and the nostalgic buzz of strangers striking up conversation, we soon retreated to quieter quarters.

It's rational to be wary of crowds now. Covid finally caught us too, the other month. We've recovered well, being lucky with our health. Staying careful is still wise, to protect loved ones and those we work with. And yet - mind and body are so deeply connected. For mental well-being, there is nothing so healing or exhilarating as connecting with others, making new friends, wee conversations with strangers. If we don't go out and mingle a little, we risk losing social and

physical confidence. The pandemic has done that to many of us. But Community Connections is all about helping with that - let's work together to restore this fundamental human gift.

As for festivals - why take part? Well... to take joy in art, live music, humour, and the power of words. To reconnect with our culture, our ancestors, the seasons, and natural cycle. To remind ourselves that hard times and chaos come and go, but that we survive and resurface. To remember that kindness, courage, mutual caring and resilience will always be there among us, and that's worth celebrating.

So – whether one to one or wider, let's find a balance that feels ok for you. Come have a chat at our Fringe by the Sea stall on Sunday 7th August (Bloom and Wild tent 2 -3.30pm - scones promised). Stay tuned for our Reconnection Conversations, starting this October. Help us reconnect, gather and celebrate, on whatever scale you like! Let's sprinkle a little Lughnasa magic.

- Carol Stobie (Project Manager)

'Courage doesn't always roar, sometimes it's the quiet voice at the end of the day whispering 'I will try again tomorrow'.'

– Mary Anne Radmacher



Connect!

Drop in to meet the North Berwick Coastal Community Connections team during this year's Fringe by the Sea.

Isolation and loneliness impact many. Find out about what's going on locally to help isolated adults connect to local networks, gatherings, new friendships, and purposeful activities.

Sunday 7th August
Bloom & Wild Tent,
Lodge Grounds
2pm - 3.30pm
(Drop In)
FREE



Come and see us hosting the wonderful GP and writer, **Dr Gavin Francis**, whose book is so very relevant to our work.

Community Connections – Dr Gavin Francis

Wednesday 10th August

Lodge Stage, Lodge Grounds

1pm-2pm

£6

Doctor and writer Gavin Francis joins North Berwick Coastal Community Connections, a group tackling social isolation, for a special festival discussion touching on the topics of Covid, community, and convalescing, the focus of his most recent book 'Recovery – The Lost Art of Convalescence'. Gavin is a Fellow of the Royal College of Physicians of Edinburgh, and a Fellow of the Royal College of General Practitioners. He lives in Edinburgh, where he also works as a GP.



<https://www.fringebythesea.com/scones/>

Determination

Almost everything we do in life requires a degree of determination from taking our first steps, to learning to read, write, walk, run, dance or sing.

Whether we have an internal driver, the support of friends, family, or caregivers, being determined to progress in life, challenging ourselves as needed, demands focus and perseverance.

Now into my 5th month with NBCCC, I have met an incredible array of determined people: from an octogenarian climbing the Law, altruistic volunteers offering companionship to those who are isolated, to the trustees, board members, and employees. We are all determined to deliver a worthwhile experience for our service users, which has been made possible, because of the hard work of those who believe in compassionate care and support in the community.

Our Compassionate Neighbour team is growing, and we now

have 3 successful matches. When visiting our most recent nominee, I was greeted with warmth and hospitality, despite their declining health. They are determined that they will live the very best life has to offer until their time comes to die. They will welcome a compassionate neighbour into their home, and share stories from a life well lived, with someone who will listen with empathy, patience, and kindness.

If you believe you have what it takes to be a compassionate neighbour, please contact me, Charli Prime, via email, details of which are on the last page of this newsletter. There is a strict recruitment process, including Disclosure Scotland checks and bespoke training.

These sandcastles caught my eye early one morning, and represent how determination can create temporary joy, as well as lasting memories.

- Charli Prime
(Compassionate Neighbour Coordinator)



August Celebrations

• **Commonwealth Games**

The international multi-sport event will be held in Birmingham between 28th July - 8th August.

• **Rice Pudding Day: 9th**

Yes, this really is a thing. Enjoy some rice pudding today!

• **World Elephant Day: 12th**

A day to bring attention to the urgent plight of Asian and African elephants, to share knowledge and positive solutions for the better care and management of captive and wild elephants.

• **World Photo Day: 19th**

World Photo Day is an international photography event that celebrates the passion for photography in our communities.



Beautiful wildflowers growing in the Lodge

'We must remember that one determined person can make a significant difference, and that a small group of determined people can change the course of history.'

- Sonia Johnson

SCONE CAFE We're thrilled to welcome new faces and old friends to our Scone Café (Wednesdays 2-3.30, Abbey Church Hall). Board games now available again and, as ever, Dorothy's famous scones.

SCONE WALKING – NEW! You can also join us for a gentle wee saunter in good company along the gorgeous Elcho Green above West Beach, with our new group walk, Scone Walking (Wednesdays 2.15-2.45pm, meet 2pm at Abbey Church Hall). There's still time for a cuppa when you get back!



COFFEE CONNECTIONS continues at the Seabird on Tuesdays (2-3pm) and we've ventured back out onto the deck lately, to get the wind in our hair. Just look out for the bright green Coffee Connections sign at our table - or ask Lyndsey if you prefer someone to meet you outside.

BEACON LUNCHES We might also see you at the divine Beacon lunches (Thursdays 11-1, St Andrew Blackadder Church - voluntary donation), run by volunteers there for over 25 years – you will find Carol and Lisa there most Thursdays 12-1 for the wonderful soups and cakes!

NEED A LIFT? No problem – contact our friends at North Berwick Volunteer Car Scheme for a regular lift with a friendly volunteer driver, for a voluntary donation. Contact Scheme Co-ordinator Bex on 07536 388 753, between 9am and 12noon, Monday to Friday.

BUDDY WALKS Our one-to-one Buddy Walks continue to be so popular that there's a waiting list for now. Please note that our new group walk, Scone Walking (see above) is a great option for you meantime – just let us know if you'd like to try them.

BEFRIENDING Usually a weekly chat with one of our friendly, PVG-checked volunteers. Phone calls are possible if you prefer. We encourage you to get out for coffee together when you can, and later on you might like to meet some of our other members. But home visits are now possible again, if that's what you need at the moment. Get in touch with Lisa if one to one support is your preference for the next few months, until you feel ready to meet others again.

**We're delighted to connect with you in any way that feels right for you.
Just get in touch and we'll discuss your needs.**

Befriending Update - Lisa Brownlie

What lovely weather we have been having lately, although for me it has been too hot at times and I found myself hiding indoors. I hope you all managed to enjoy the weather and keep safe at the same time.

I have struggled with this month's theme around determination, trying to think of a time when I was determined to do something, and achieved or didn't achieve it. Life can throw us some curve balls sometimes and I feel that through my own sense of determination, I have accomplished many things I wouldn't have thought possible. An example is my diploma in Counselling Children and Young People. I was working part-time, had a young son, and was organising my wedding at the time. I found this very challenging but I was determined I would finish it. And I did! It took a little longer than planned but I finished and I was delighted, not only gaining a qualification in something I felt passionate about but also completing it when I had faced a lot of challenges along the way.

I wondered if you can think of a time when you were determined?



'The greatest oak was once a little nut who held its ground.'

- Unknown

Before yees head off said his Granny
We prepared yee some lunch,
a flask o' soup, some bread wae ham, and apples
an' wrapped up in a bunck,
noo button up lad, for them coo's that there
lay
Say there's rain on the way and it be heavy too.
The Auld Men in Grey as Grandad
would tell me,
were auld ruined hooses in long flowing grass
When seen from a distance, their low sloping gables
were like sagging shoulder,
and their chimneys were heads from a part.
Their windows were eye that saw many faces
Their doors were their mouths that breathed in
fresh air, oh these auld men in grey be there.

Part 3 of a tale by Euan Macmichael. Part 1 was featured in the May issue, and part 2 in July. Euan is a local writer, artist, Gaelic student, member of Community Connections and (most importantly) Jacobite.

Family Sandcastle Competition North Berwick West Beach

Sunday 7th August from 2 to 4 pm
Meet at old anchor, Elcho Green
£5 entry, cash on arrival

Prizes for best designs:
Person/character
Castle, Animal
and age group prizes



Buckets and spades at the ready! Families are invited along to the West Beach to take part in a sandcastle competition.

All teams must include one child aged 12 or under and there will be prizes for under 5's, 5 to 8 years and 9 to 12 years

There will also be prizes for the best person/character; the best animal and of course the best castle made from sand.

Refreshments will be provided by NBYP



**NORTH BERWICK
25th International
HIGHLAND GAMES**

Saturday 6th August 2022
Gates open at 9am

Pipe Bands • Highland Dancers
Heavy Events • Stalls & Crafts
Food and Refreshment Marquees

East Lothian Pipe Bands and Highland Dancers
Parade in Quality Street at 6.30pm
www.northberwickhighlandgames.org

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: SC025837

Seabird Centre

Lothian Disability Sport

ageing well

Archery

With the support of Ageing Well, Lothian Disability Sport would like to offer you the chance to come along and try Outdoor Archery within the enclosed grounds of Seton Engineering. No experience necessary as qualified instruction will be available along with all equipment being provided.

We shoot every Wednesday Afternoon from 1330 -1530 within the walled garden at

Seton Engineering
Seton Gardens
Longniddry
EH32 0PG

Scan the QR Code for directions.

For further information or to register your interest please contact Ryan Johnston at lothiandisabilitysportarchery@gmail.com

Please note that enclosed footwear must be worn i.e. no open toed sandals.
There is a charge of £5 per session with the first week being free to come and try.

Lothian Disability Sport Archery Group is all inclusive

'You cannot swim for new horizons until you have courage to lose sight of the shore.'

- William Faulkner

August Wildlife Watch by Ruth Fraser

August brings an abundance of wildlife, from butterflies and birds to beautiful wildflowers. There is a lot to look out for this month.

Cosmos



There are over 20 annual and perennial varieties of cosmos, which are part of the aster family and are related to sunflowers and daisies. They come in a wide variety of colours and sizes (from barely 1 ft tall to reaching 6 ft). Cosmos is native to Central America where it grows wild, especially in Mexico. The word cosmos in Greek means orderly, beautiful, and ornamental. The seeds from the annual variety of cosmos can be saved for the next year. After the petals have fallen off, cut the stem and hang it upside down to dry.

'Like the first crocus stubbornly blooming amidst the winter snow, may you be blessed with determination.'

– Joanne Kaattari

Hermit crabs



Hermit crabs are crustaceans (they are related to lobsters and prawns). However, unlike other crab species, hermit crabs do not have their own shell or carapace. Instead, they live inside the discarded spiral shells of other species, from winkles to whelks, hence the name 'hermit'. Despite their name, hermit crabs are not solitary animals. They can live in large colonies of

100 or more, where they often sleep piled up together and can even work together to find food.

Wildlife Anagrams

LGORDCSET
RETGE
WIWLLOL
EAGRSASS
RWTIONFWLE
(answers on page 9)

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

Remembering Together

Remembering Together East Lothian is a COVID-19 Memorial project led by Greenspace Scotland, the Scottish Government and East Lothian Council.

Phase One involves a series of free community activities:

- offering safe spaces for conversations about our experiences of the pandemic
- working with processes in ways that open us up to self-reflection and creative thinking on the concept of memorial

Sign up for all activities is through the Brunton Theatre Box Office or you can email rememberingtogether@eastlothian.gov.uk

There are two workshops taking place at the North Berwick Community Centre:

22nd August 12:30 -14:30 - Reflections on Values, Interests use Hands as a portal to look inwards and outwards.

29th August 12:30 -14:30 - Evocative Objects.

The participants of workshops will then be invited to engage in a conversation and all ideas will be used to generate a community response to a lasting memorial for East Lothian.



Help improve your mood and reduce stress

COLD WATER THERAPY SESSIONS AT WEST BAY BEACH, NORTH BERWICK.

FREE 8 week course running Saturdays 20th Aug - 8th Oct funded by North Berwick Coastal Area Partnership.

Making the most of the beautiful beaches of East Lothian, we are offering this cold water immersion course to provide adults of all ages with a safe and supportive way to access the health benefits of cold therapy. This course is open to adults of all ages in the North Berwick Area with no previous experience necessary.

To qualify for a free place you must live within the North Berwick Area Partnership: Aberlady, Ballescreeff, Dalston, Diem, Foston Burn, Gullane, Kington, North Berwick or Whitebirk. If you live outside of these areas you can still attend the course but may need to pay - please email us to discuss.

For more information search 'Chill East Lothian' on Facebook, email eastlothian@chilluk.org, or scan the QR code to register.



Chill East Lothian
www.chilluk.org

We're absolutely honoured and delighted to announce our recent grant from North Berwick Trust, of £21,900 towards our new **Stronger Connections** mental well-being project.

We'll soon be announcing several exciting new partnership activities, to help meet the needs of folk whose mental well-being has been under strain. Some of us in the area have found Covid sharpened our struggles with mild to moderate depression, anxiety, stress, bereavement, the challenges of parenting - or with trying to recover from difficult episodes of these kinds. Our plans are for peer support groups that help with these, so stay tuned.



Exhibition: Our Plastic Ocean, 4 June - 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. The exhibition will be shown in the Seabird Centre Boat Office. Recommended donation for entry is £5.00



Summer Fun! 6 July - 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](https://www.eventbrite.com) for each show. Each event must be pre-booked. Kids go free with adult ticket £2.50.



Events in partnership with Fringe by the Sea, 5 - 14 August

We are delighted to be running events as part of the brilliant Fringe by the Sea. From Meet the Scientist and Rockpool Rambles to Seaside science sessions and puppet shows, we have something for everyone.

Full details for each event can be found on our website: www.seabird.org/events/61



Jazz Evening, Thursday 25 August 7.30pm

Join us at the Scottish Seabird Centre for a fantastic evening of jazz music featuring Martin Kemp, Alastair Burnet, and friends. The Seabird café will be open for drinks and light refreshments. This is a fundraising event organised by the Seabird Centre Volunteers. Tickets £10, available from the information desk at the Scottish Seabird Centre or via www.seabird.org/events



Self-Led Beach Cleans

Beach clean kits can be borrowed from the Scottish Seabird Centre, any day from 10am and 4pm. 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.

Wildlife Anagram Answers:

Goldcrest Egret Willow Seagrass Twinflower



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, Scone Walking 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 Sept newsletter: 18th Aug



Current NBCCC Services Offered:

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



"Just remember that a mountain is not taken down in one big scoop but is done by taking one small chuck away at time."

– Byron Pulsifer