



# Community Connections

North Berwick Coastal

October 2022

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

**HAPPY BIRTHDAY!**

One of the October birth flowers is the cosmos.

Cosmos' symbols are innocence and love, but can also speak to balance, beauty, joy, and modesty.



'Sunset across the bay' - Ruth Fraser

## Embracing Autumn

As the days get shorter and the nights draw in, October is the month to break out the jumpers, boots, and pumpkin recipes. It's also a chance to celebrate Hallowe'en, have a break from school for the half term (17<sup>th</sup> - 24<sup>th</sup> of October in East Lothian), and get creative with the Big Draw Festival. The [Big Draw](#) is a month-long festival of drawing activities for young and old alike. As Dr. Curie Scott explains *'Drawing helps in different ways. As a displacement activity, it reduces our focus on pain and negative thinking. There is a greater freedom, and joy too, in making a mark not tightly bound by rules.'* The 2022 Big Draw Festival theme, **Come Back To Colour**, is a love letter

to each other and the world around us. The theme encapsulates what they hope will be a rediscovery of the vitality, health, care, and vibrancy in everyone's lives after what has been a challenging last few years. Find out more and get involved at [thebigdraw.org](http://thebigdraw.org)

*'It's the first day of autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!'*

-Winnie the Pooh,  
Pooh's Grand Adventure

## Celebrations in October

- **Black History Month**

A month devoted to education about the history of Black people and the celebration of their contributions to history.

- **World Dyslexia Awareness Day**

A day for awareness of the issues faced by those with dyslexia. 4<sup>th</sup> October

- **World Singing Day**

A global sing-along, a catalyst for human connection through the international language of music. 15<sup>th</sup> October

- **Diwali**

The Hindu festival of Lights is celebrated with fireworks, decorations, and feasting. 25<sup>th</sup> October



- Ruth Fraser

It's been a time of harvest festival, of loss, reflection, sorrow, and memories of people we treasured. I happened to be in London and watched thousands of people queuing quietly to honour the Queen. Although no big fan of the institution, I respect that in these seemingly cynical, post-religious days, we still seem to find comfort in ritual when it comes to these significant threshold moments.

I've had a permanent lump in my throat ever since that news struck. Maybe she reminded me of my late mother, with her sense of dedication and service to others.

I also know her family and close friends will be consumed by grief for some time to come, and that it will not ease in a straightforward, predictable way. We are suddenly hit by reminders while doing something as small as making a cup of tea, maybe coming across that teaspoon they bought us or always insisted on using.

Red-tinged great oaks in Regent's Park, falling leaves further burnished into Autumn than ours are yet in Scotland, seemed to fit with the public mood. They remind us that loss is part of the endless cycle, an inevitable

letting go and resting, yet already renewing underground and a prelude to growth and spring blossom in just a few months' time. But let's appreciate it for what it is now, and not try to hurry or wish the grieving and loss away. We need to go through it, take time for it, and allow others to take the time they need too.

In a few months' time Community Connections, in partnership with Compassionate Communities, plans to offer a monthly Bereavement Support Group, hoping this may be of help to people finding their loss hard to bear.

Sharing our stories, whether around the fireside, over a café table, or on the phone, can be one of the most effective ways to relieve the ache of loss.

A recent radio feature struck me as a simple but effective way to share memories and comfort one another. Listeners were asked to text or ring the programme telling of a memento, an object that they keep and treasure just because of that person (someone they have lost) that it brings back for just a moment. So I suggest the same to you now! For our next issues, why not tell us the story, and send us a picture, of

your memento of a loved one it connects you to? We'd love to share your story.

For now, here is my own picture of an [Apostle teaspoon](#) inherited in a set (one missing, sigh) from my mother.



It seems these were often given as Christening gifts, from the 15th-17th century in particular. They remind me of afternoon tea with Mum and the fact that she made these occasions so special with her painstaking attention to guests' comfort, remembering the way they took their coffee, and serving their favourite cake. I miss those times - and still use the spoons.

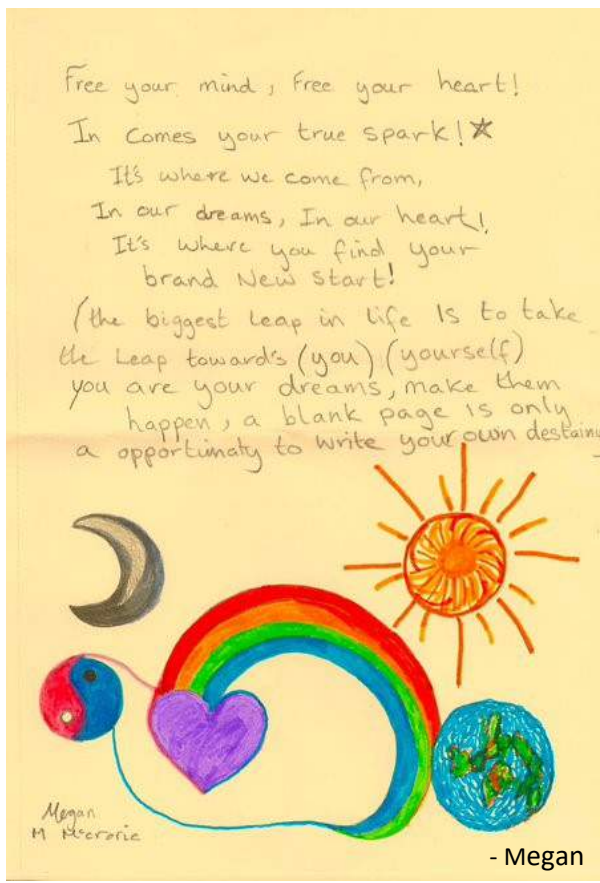
As the nights grow longer, please join us for a cup of tea, a scone, a walk, or a chat - it's what we're here for, and what we humans thrive on in every season.

-Carol Stobie (Project Manager)

Nelly is away on an adventure holiday and not available for this month's cartoon! Our apologies!

### Community Connections Get Creative!

In the last newsletter, we invited you to share ways you enjoy getting creative. We loved seeing all the different ways you relax and enjoy being creative. Here are some examples.

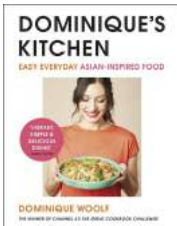


- Megan



- Margaret

I like to cook recipes from cookery books and sometimes adjust the recipe slightly with things from my fridge! I recently bought Dominique's Kitchen and cooked shitake mushrooms with hoisin sauce using spring onions and courgette. I tried some Japanese noodles and Chinese five spice. I found it to be a lovely experience to try new things and the buckwheat noodles in my cupboard were from the high street as I shop both nearby and from the supermarkets.



Dominique Woolfe was the winner of Jamie Oliver's cookbook challenge on Channel 4 which I enjoyed watching. She has a food company and you can buy some of her things from Sous Chef.

- Caroline



*'There is no better time than the autumn to begin forgetting the things that trouble us, allowing them to fall away like dried leaves.'*

-Paulo Coelho



## End of Life Aid Skills for Everyone

Autumn is a time for learning new skills, whether that means baking, painting, or enhancing your knowledge base, it's time to get creative as the darker nights draw in.

End of Life Aid Skills for Everyone (EASE) is a public education course aimed at people who want to be better able to support friends, family, and neighbours through caring, dying, and grieving. The course welcomes adults of all ages, experiences, and walks of life.

EASE Online is delivered via the open-learning platform Moodle and the video-conferencing software Zoom over four weeks.

There are four modules – for each module, you have a week to work through reading, films, and activities in your own time, before meeting your fellow participants via Zoom for a facilitated group discussion.

We estimate a time commitment of up to 3 hours per week. You can find out more information on the [EASE website](#).

The course starts with an online Welcome Session via Zoom on Tuesday 18<sup>th</sup> October from 6-7pm. You'll then have a week to work through each module with the weekly Zoom discussions on the following four dates:

**Tuesday 25<sup>th</sup> October 6-8pm**

**Tuesday 1<sup>st</sup> November 6-8pm**

**Tuesday 8<sup>th</sup> November 6-8pm**

**Tuesday 15<sup>th</sup> November 6-8pm**

All course participants are expected to have worked through the course materials and contributed to the online discussion forums before each weekly Zoom discussion.

If you would like to book a place on the course or find out more information, please get in [compassionateneighbours@nbc-communityconnections.org](mailto:compassionateneighbours@nbc-communityconnections.org)

Find your happy place with us.

- Charli Prime  
(Compassionate Neighbour Coordinator)



### Pumpkin Muffins

#### Ingredients

225g plain flour  
2 tsp baking powder  
100g caster sugar  
50g light brown sugar  
2 eggs  
125g slightly salted butter  
200g pumpkin puree  
1 tbsp ground cinnamon  
75g chopped walnuts or  
160g chocolate chips



#### Method

1. Heat oven to 200°C and line a muffin tin with 12 cases
2. Mix flour, baking powder, cinnamon and sugars in a bowl
3. Add walnuts or chocolate
4. Melt butter
5. Add puree, eggs and butter to dry mix. Whisk for 1-2 minutes until combined
6. Bake for 15 minutes or until golden and risen
7. Take out of oven and cool
8. Enjoy!





**NBCCC Current Services:**

- SCONE CAFE** Wednesdays 2-3.30pm, Abbey Church Hall. Board games and Dorothy’s famous scones.
- SCONE WALKING** Wednesdays meet 2pm Abbey Church Hall for a gentle saunter along Elcho Green.
- COFFEE CONNECTIONS** Tuesdays 2-3pm, Seabird Centre. Look out for a green sign at our table.
- BUDDY WALKS** One-to-one buddy walks continue to be so popular that there’s a waiting list for now.
- BEFRIENDING** Usually a weekly chat with one of our friendly, PVG-checked volunteers. Get in touch with Lisa if one-to-one support is your preference 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.**

*NEED A LIFT? North Berwick Volunteer Car Scheme offers regular lifts with a friendly volunteer driver, for a voluntary donation. Contact Bex on 07536 388 753, 9am - 12noon, Monday to Friday.*

**BEACON LUNCH** We might also see you at the Beacon Lunches run by St Andrew Blackadder Church on Thursdays 11-1pm, voluntary donation.

**#ANDYSMANCLUB**

**SUICIDE IS THE BIGGEST KILLER OF MEN UNDER 45  
1 MAN EVERY 2 HOURS**

**ALL OUR GROUPS MEET MONDAY 7PM EXCEPT BANK HOLIDAYS**

**TO FIND YOUR NEAREST GROUP VISIT OUR WEBSITE  
WWW.ANDYSMANCLUB.CO.UK**

**JOIN THE CONVERSATION**

- info@andysmanclub.co.uk
- andysmanclub
- andysmanclubuk
- @andysmanclubuk

**#ITSOKAYTOTALK**

**We are a peer to peer support group for men.  
Come have a brew and a chat!**

**#ITSOKAYTOTALK**

Andy's Man Club is a Registered Charity in England and Wales (1139647) and a Company Limited by Guarantee, registered in England and Wales (1131832)

**GULLANE APPLE FESTIVAL**

**Sunday, 9th October 2022**

**Gullane Village Hall  
2 – 4 pm**

A community event where you can try our fruit press and share recipes and ideas

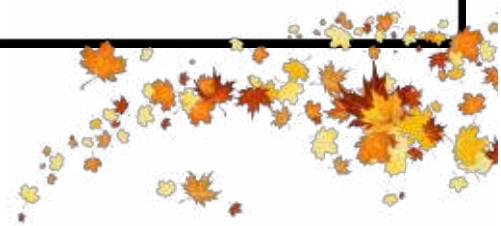
*If you have apples to spare, bring them along and take a turn to use our apple press - empty clean plastic bottles are also useful to take away delicious fresh juice!*

Teas, coffees, home baking  
Entry by donation

Contact/info: Clare Covers 07799 417975

*'October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book.'*

**-John Sinor**





21st - 28th  
October

## North Berwick's

# WINDOW WANDERLAND

Connecting people and communities, transforming streets into magical outdoor galleries!

Window Wanderland is a family-friendly event for all ages & abilities, where you can walk around North Berwick to enjoy self-made lit-up window displays.

Wanderland bring neighbourhoods together, reduces social isolation, and inspires creativity.

Windows are to be lit up between 18:00 & 21:00 from Friday 21st to the 28th October 2022 for people to see. A free Map is available online and for print out!

Take part and sign up today on our website & receive your free emailed welcome pack: [www.windowwanderland.com/event/north-berwick-2022](http://www.windowwanderland.com/event/north-berwick-2022)



Sign up here





## Energy Costs - Taking Action

Do you want to know more about any of the following?

- how to keep people warm
- how best to save energy
- how to keep your own home warm
- where to go for advice on insulating your home, renewable energy etc

Then come along to hear from Home Energy Scotland and share thoughts and ideas with others in your community.

<b>When:</b> Monday 3rd Oct - 7.30pm	<b>Where:</b> St Andrew Blackadder's Church North Berwick
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### Details:

Windows are to be lit up between 18:00 & 21:00 from Friday 21st to the 28th October 2022 for people to see. A free Map is available online and for print out!

Transforming your windows with paper cutouts and backlit for the best effect. No need to be Artist!

Have some fun with your families, friends, and neighbours. For inspiration, "how-to" videos pictures and more check out NB Window wanderland website and social media.

Take part and sign up today on our website (Qr-code front page) & receive your free emailed welcome pack: [www.windowwanderland.com/event/north-berwick-2022](http://www.windowwanderland.com/event/north-berwick-2022)

Follow for more information:

 NorthBerwick WindowWanderland  
 nbwindowwanderland



<b>Organised by</b> 	<b>Kindly sponsored by</b> 	<b>Supported by</b> 
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# Tea Dance



## North Berwick Rugby Club

Will take place each month on a  
**Wednesday 2:00pm-3:30pm**  
*(Only £1 for refreshments)*

**Dates:**  
 28<sup>th</sup> Sept 2022  
 26<sup>th</sup> Oct 2022  
 30<sup>th</sup> Nov 2022

Dust off your dancing shoes and come join us.

You can come along as an individual, with a friend, or even take your spouse or partner – all are welcome to attend!

Call Parvine, Ageing Well Coordinator on 07718 117585 or email [pjzayari@eastlothian.gov.uk](mailto:pjzayari@eastlothian.gov.uk) if you would like more details.



## The Writers Club

### Befriending at Changes

Do you enjoy writing or reading? Want to start a new hobby or reignite an old passion? Join our Writers Club at Changes, where we write creatively, share personal projects and engage in a variety of reading. Be a part of a dynamic, supportive, and creative group.



Register your interest:

[info@changeschp.org.uk](mailto:info@changeschp.org.uk) or call 0131 653 3977

**DO YOU WANT TO FEEL BETTER?  
 HAVE MORE ENERGY?  
 FEEL LESS STRESS?  
 SLEEP BETTER?  
 WHY NOT TRY QI GONG**



Qi Gong is easy self-care for your mind, body and spirit. Qi Gong is a no-impact form of exercise suitable for all levels of fitness. All moves are done standing or seated for those with limited mobility. No special equipment or clothes required.

**Classes start Tuesday 4 October**  
**Where?** North Berwick Community Centre  
**When?** Tuesdays 6-7pm  
**How much?** £4  
 Book your place by emailing [enquiries@burning-brightly.co.uk](mailto:enquiries@burning-brightly.co.uk) or call Suzi on 07791 627 818



EVERYONE IS WELCOME!



## North Berwick Volunteer Car Scheme

### Fundraiser Coffee Morning



**Saturday 15th October 2022**  
**10am - 12noon**

## Abbey Church

Home Baking, Raffle, Pin the tail, prizes - Table sales & more....



NBVCS is a local charity, supporting elderly and infirm residents to appointments - we run on donations only and all drivers are volunteers - please support us by sharing our information and donating if possible.

Find us on Facebook

Call Bex: 07536 388 753

Email: [nbvcscheme@gmail.com](mailto:nbvcscheme@gmail.com)



Registered Charity SC 006385

### October Wildlife Watch by Ruth Fraser

October is nature’s last hurrah before winter sets in. It’s a time to enjoy the changing colours, and to spot returning migrating birds and foraging squirrels as they prepare for winter.

*‘Every leaf speaks bliss to me, fluttering from the autumn tree.’*  
-Emily Bronte

#### Soprano pipistrelle bat



Scotland's most common bat. Look out for their characteristically erratic flight, as they are busily feeding on small insects around woodland edges, near water, or in our gardens and parks. A single soprano pipistrelle can eat up to 3,000 insects in one night. With its wings folded, it is small enough to fit inside a matchbox! As with all bats, the best chance of seeing them is around sunset.

Wildlife Anagrams

DSCHEULK  
DEELR  
UCUAYTELP  
PTNDEOSARK  
UHILDEBGS

(answers on page 9)

#### Starling murmurations



One of the most magnificent spectacles in nature’s calendar is the starling murmurations that grace our skies in autumn. Starlings group together for safety in numbers – predators such as peregrine falcons find it hard to target one bird in the middle of a hypnotising flock of thousands. Early evening is the best time to see them across the UK.

**Get snapping:** please send photos of October wildlife you capture for us to share in the November edition.



Beautiful rose - photo taken by Caroline Foord in her garden

#### Try something new this October

Today it need not be one or the other. If you use a computer, smartphone or tablet you can access all it via several free apps.



East Lothian Council Libraries can make the links for you and will support you, friends who are more digitally literate will help you, if you already use something like an Alexa you are halfway there. [“BorrowBox”](#) allows you to read or listen to books of every genre. “Libby” is one of the connections the library can get you and there are thousands of books, ebooks, audiobooks, magazines, and comics. All for you to enjoy free of charge! Fact or fiction, science, politics, poetry, and prose are all free to you in your own home.

Although burying myself in books has been a lifelong passion having one read via audiobooks is such a relaxing experience. It accompanies me through the tedium of household tasks. There’s a sense of indulgence about sitting listening to a chosen book read by a recognisable actor’s voice.

Try it.  
\*\*\*\*\*

- Wilma Shaw



### Positive Currents Exhibition: Forgotten stories and future voices of the Firth of Forth (daily until 20 November)

The Scottish Seabird Centre has joined forces with the team at the Scottish Fisheries Museum to create an exciting new exhibition celebrating the spectacular natural history and heritage of the Forth estuary.

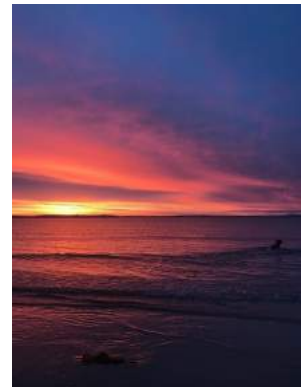


The Firth of Forth, along with its coasts and islands, has a rich multi-layered history and a wealth of stories to tell. From wildlife to industry and landscapes to human relationships, many of those stories continue to be relevant to our present and will influence our future.

Admission to the exhibition is free entry to the [Discovery Experience](#). Open daily, 10am - 5pm. Last entry 3:40pm. More information at [www.seabird.org/events](http://www.seabird.org/events)

### Sea and Sunset Wildlife Tour – 4 October, 5.30pm to 7pm

Join our Conservation Officer for a relaxing 1.5-hour wildlife tour along the coast to find out more about the seasonal 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. The sun should set towards the end of the tour, so we'll keep our fingers crossed that the sky stays clear! Everyone is welcome to ask questions, share their knowledge and experiences, or simply unwind and enjoy the wildlife.



©Brenna Stewart

We are delighted that, thanks to the incredible work of the team at Beach Wheelchairs, all of our coastal wildlife tours are now accessible for wheelchair users (subject to availability). To discuss available equipment and book a session to coincide with this event, get in touch with the Beach Wheelchair volunteers on: [info@beachwheelchairs.org](mailto:info@beachwheelchairs.org) or give them a call on 0300 111 2112. They have a range of adapted manual wheelchairs and an all-terrain power wheelchair that can be used both directly and with attendant controls. They also have a hoist. The experienced volunteers will chat through options with you to make sure you get the best experience possible. A helper or carer assisting a wheelchair user can come along to this event for free - please select the Wheelchair Helper/ Carer ticket option when you book.

These tours are for adults (18+) and cost £7.50 per person. Friendly, quiet dogs are welcome, but we ask they are kept on a short lead throughout.

To book, visit [www.seabird.org/events](http://www.seabird.org/events)

### October Family Fun! 15 – 22 October

We've got a fun-filled programme of activities planned to keep the family entertained over the October holidays. Professor Egghead is back with his interactive live science shows, Climate Sale and SucSeed. We have a series of family-friendly drop-in activities as part of your Discovery Experience visit and we're thrilled to be showing the Royal Scottish National Orchestra's new film Yoyo & The Little Auk.

Children are FREE but must be accompanied by a paying adult (£2.50 per adult ticket).

To book, visit [www.seabird.org/events](http://www.seabird.org/events)



### Wildlife Anagram Answers:

Shelduck Elder Eucalyptus Pondskater Shieldbug



**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](mailto:admin@nbc-communityconnections.org)



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



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

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



For newsletter matters, contact **Ruth Fraser** at [newsletter@nbc-communityconnections.org](mailto: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 November newsletter: 21<sup>st</sup> Oct

**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.



*'Autumn shows us how beautiful it is to let things go.'*

-Unknown