



Community Connections

North Berwick Coastal

November 2022

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

HAPPY BIRTHDAY!

One of the November birth flowers is the peony.

Peonies can symbolise prosperity, good fortune, and happiness.



'The sun rising over the Law' - Ruth Fraser

A Time to Remember

As autumn begins to slip into winter, we are taking time this month to remember lost loved ones. The 'To Absent Friends' festival takes place across Scotland from the 1st to the 7th of November. It is an excuse to remember, tell stories, celebrate, and reminisce about those who have died. North Berwick Compassionate Community will be holding an event as part of the festival on the 2nd of Nov (pg. 5). Also, of course, there will be events taking place on Remembrance Sunday this month, an opportunity to remember the service and sacrifice of all armed forces (pg. 10).

November can also be a time for change and preparation. It's time to give your bedroom, wardrobe, kitchen, and mind a declutter. Getting rid of the things we don't need can be therapeutic, be it clothes or beliefs holding us back. When we have less, we have more space and energy for the truly important people and things in life. My plan is to take on my wardrobe this month. I am looking forward to taking a bag (or two) to a charity shop and heading into the winter feeling lighter and brighter. - Ruth Fraser



Celebrations in November

• Guy Fawkes Night - 5th Nov

A celebration of the gunpowder plot conspirators' failure to blow up the Houses of Parliament.

• Remembrance Day - 11th Nov

A day to remember members of the armed forces who gave their lives in conflict. The date was chosen to commemorate the end of the hostilities of the First World War.

• World Kindness Day - 13th Nov

A day to celebrate and promote kindness in all its forms.

• Buy Nothing Day - 25th Nov

Held to coincide with Black Friday, this is an international day of protest against consumerism.

• FIFA World Cup - 21st Nov to 18th Dec

Held every four years, the 22nd World cup will be held in Qatar.

"You hated the land and the coarse speak of the folk and learning was brave and fine one day; and the next you'd waken with the peewits crying across the hills, deep and deep, crying in the heart of you and the smell of the earth in your face, almost you'd cry for that, the beauty of it and the sweetness of the Scottish land and skies."

- Lewis Grassic Gibbon, Sunset Song

I've been snuggling under the duvet in a woodland Perthshire cottage, rereading Sunset Song, a 1930s classic of Scottish literature. Writing about it was a highlight of my high school career at Turriff Academy, Aberdeenshire. My teenage son read it on holiday and it's a joy to share the experience - the copy is my husband's, so it links all three of us and we look forward to watching the 1971 TV version currently available on BBC I-Player. It's a uniquely vivid depiction of a young woman's upbringing and emotional development on a rural northeast farm, not unlike those I lived amongst in the 1970s. It's the

perfect read for an Autumn evening. No longer a young woman as when I first read it, my Perthshire break was part of my 60th birthday celebrations. I was delighted that so many friends came and went on convivial visits to share meals, take walks, and enjoy fireside blethers, even songs, a board game, or a quiz.

Everyone mentioned the joy of hearing melancholy raindrops on the roof as we drifted off to sleep. (Yet it didn't rain much of the daytime, fortunately.)

I thought of folk I wished were still around for the celebrations (my parents, and those friends taken too soon), of those I'm worried for (tests and hospital appointments abounding), of others living too far away to be with us. I will speak and think of them in the days ahead and honour some with pebbles at our Absent Friends event at Elcho Green on 2nd November.

I'm so glad and a bit proud that we at Community Connections gained funding and launched our vital Compassionate Neighbours project this year, with the

excellent Charli at its helm. You may meet her soon at the pebble event, at Scone Café on 9th November, or at other times.

Please get in touch with Charli if you are curious and maybe would like to get involved, come to future activities, or even join her brilliant volunteer team.

Our emotions will be so varied and so mingled this November. Why not share yours with others, and gather with us in good company?



"There were lovely things in the world, lovely that didn't endure, and the lovelier for that... Nothing endures."

- Sunset Song

-Carol Stobie (Project Manager)

Befriending Update - Lisa Brownlie

I will be leaving the post of Befriending Coordinator on the 3rd of November.

I have thoroughly enjoyed my time at NBCCC and will miss working with you all. It has been a real privilege and joy working with our volunteers, members, board members, and my colleagues. My most memorable moments have been watching friendships and relationships develop once members and volunteers have been matched. It really is heart warming to see this and I hope that these relationships continue to develop.

Thank you all for welcoming me in to the NBCCC family with open arms and making my time in the job so special.



We are going to miss Lisa very much. We'd like to thank her for all she did for NBCCC and wish her all the best.

Community Connections Remembering Loved Ones

In the last newsletter, we invited you to share a treasured item which brings back happy memories of a lost but not forgotten loved one. Here are a couple of examples:

My late aunt and newspaper cut-out from about 1935 (Haddingtonshire Courier). I still have her brooch. She had polio from 1950.



- Margaret

This beautiful bird ornament was my Granny's (Christina Miller). It sat on her fireplace in her bungalow in Arbroath. I often visited, either by car with the family or by myself by train and we would sit and chat and listen to Scottish country music. The bird now sits on my kitchen window ledge and I think of her every time I do the dishes. It's almost 20 years since my Granny passed away but she's in my thoughts every day. Our loved ones live on in us, our thoughts and love. And that passes on through generations. I love that my daughter is called Anna Christina after my Granny.

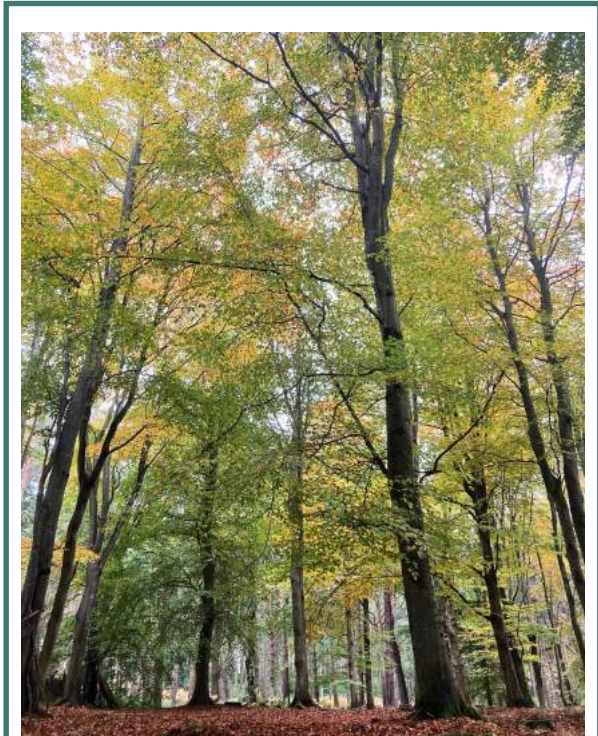


- Ruth



CAS Nov '22

"Winter is an etching, spring a watercolour, summer an oil painting and autumn a mosaic of them all"
 - Stanley Horowitz



Binning Wood in all its Autumn glory - Ruth

Volunteer Opportunity: Trustees, North Berwick Coastal Community Connections

We are recruiting for the coming year's Board of Trustees. As you are one of our supporters, we'd be very pleased to hear from you if you might be interested!

The Opportunity

Community Connections Trustees work with our staff team on vision and strategy, helping our local social isolation charity to grow, thrive, connect and collaborate with others – creatively meeting an expanding range of local needs.

The Board of Trustees' current roles are Co-Chair, Secretary, Treasurer, Safeguarding Officer - and potentially others, depending on your interests and skills. Some of these are likely to be vacant from November 2022.

Benefits to volunteer

The sense of playing a vital part, becoming part of something worthwhile and well-attested in its benefits to members' wellbeing and integration in the community; building strong networks in the community - particularly among those working with vulnerable adults in the area; meeting new people committed to sharing their time and skills with one another.

Commitment

Time commitment is negotiable, but monthly or bi-monthly meetings are expected in the early stages of training new Trustees. Hybrid meetings are now possible, with Zoom connections where necessary.

Skills & Experience Required

Commitment to and clear understanding of the NBC Community Connections project's work; experience of staff or volunteer management, governance/charity trustee roles, or similar activity are desirable though not essential; ability to advocate for us to others. Experience of small voluntary organisations and/or fundraising would be especially helpful.

Taster available: we can arrange for you to meet an existing Trustee to hear about their experience of this work and what it's like.

Training available: introduction to Community Connections services, good practices, safeguarding etc, prior to arranging specialist board member training through Volunteer Centre East Lothian. We provide opportunities for volunteer peer support, mentoring, gatherings and CPD.

What happens next?

If, after finding out more from us, you are interested in standing for one of the roles, we will follow up to arrange an interview and explain more detail of the opportunities, requirements etc. If you're accepted, we follow up with PVG check, reference requests, and connecting to training as soon as possible.

Our AGM takes place this year on **Thursday 17th November**, 6.30pm online. Trustees' elections will take place as part of this meeting.

Please get in touch with Carol by Thursday 10th November if you are interested in any of these positions! We look forward to hearing from you.

- Carol Stobie



I would like to thank the Board for agreeing that my attendance at the PHPCI (Public Health Palliative Care International) conference in Bruges this year would be beneficial.

I was asked by Caroline Gibb from Truacanta the following questions:

What was your favourite moment of the conference (or the whole trip)?

For me watching the lanterns float on the canal basin was incredibly moving during the Great Crossing Festival (De Grote Oversteek). Not only did I share my own grief, but I also was given a sense of belonging, something that bereavement doesn't often achieve. Participating in this event inspired Deborah Ritchie and me to organise something similar in North Berwick during Absent Friends Week 1st - 7th November 2022.

Exploring Bruges was also a joy.

Did you have a lightbulb moment?

Pieter Deknudt (Belgium) 'Towards a warmer mourning culture: Reveil' What resonated with me was the power of starting small, being consistent, and keeping faith that communities will respond. Pieter started a movement to celebrate the loss of loved ones with concerts in local graveyards, and this has spread across the country. The website is reveil.org and you can select an English version.



What was your biggest takeaway?

There can be no 'one size fits all'. Neither a top-down model nor a bottom-up model is enough on its own. Sustaining communities towards a compassionate approach needs professional support, and funding. We require to have energy, focus and commitment.

What were you most proud of?

Hearing about the Truacanta projects across Scotland, recognising our own approach to participation, sharing and taking ideas from the groups, and connecting in person.

What did you bring back to your community?

A renewed sense that we can achieve a positive outcome towards developing a compassionate community.

What are your next steps?

Maintain momentum for compassionate communities and continue to build our team of Compassionate Neighbours.

- Charli Prime (Compassionate Neighbour Coordinator)

**North Berwick Compassionate Community
ALL WELCOME**



Absent Friends Week is an annual festival held across Scotland at the beginning of November each year to remember our absent friends who have died.

Please do join us for a moment to remember your loved ones who have died.

We will be lighting candles and writing the names of people who have died on pebbles on Wednesday 2nd November at 3.45pm- 4.30pm at Elcho Green.

We will have a few words and place the pebbles together before taking them back to the sea.

Please bring your pebble and a battery operated tea-light in a jam jar. We will have some available on the day as well.



NBCCC Current Services:

SCONE CAFE Wednesdays 2-3.30pm, Abbey Church Hall. Good company & 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 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.

North Berwick Youth Project Update

We have been very busy recently at NBYP. At the start of October, we had our AGM showcasing all the fantastic work that has been happening over the last year at the youth project. We recently launched our new Outdoor group, Out'n>About, over the last month we have been going down to Herbspace, where we have been picking delicious apples, identifying different types of trees and herbs, working in teams doing scavenger hunts and making mandalas out of different natural objects we found in the garden.



We are also getting ready for our October holiday programme which includes trips to Edinburgh Dungeons, the cinema and a spooky Ghost tour of Edinburgh, we can't wait! We are very fortunate to have been awarded funding from Better Breaks which will allow us to take a group of 8 young people away on a weekend residential to Ardroy Outdoor Centre in Lochgoilhead during the October holidays. It will be an action-packed weekend of Outdoor Education.



I lost my best friend in October 2018.

I met him in Berlin when he was sleeping rough. One day I was crossing the courtyard to my new flat and he came bounding out of the bushes right up to me. We stood gazing at each other for a long time and my heart melted into a puddle at his paws. He was being fed by a neighbour who had nine Persian cats and would not set foot in that lion's den. So he moved in with me and changed my life forever. Never has another living creature made me collapse in a heap on the floor with laughter. Take a fake mouse on the end of a fishing line tied to a stick and whirled around the perimeter of my living room. Sometimes the mouse went under the low divan sofa and he would fling himself, on his side, full pelt underneath and get stuck every time. It never deterred him, he knew his human would come to the rescue by pulling him out gently (in fits of laughter) by his hind legs. We lived on the 5th floor and at the very first light he would yank my hair with his tiny front teeth "Let me out! It's dawn and the birds are chirping YUM!" So numpty here would plod down five flights to let him out the door at the bottom. Up and down up and down, in winter he'd be out for 5 minutes and then want back in again. What luxury when we moved to the ground floor with a cat flap!

Above all else, we loved going out on daily walks. Despite his busy cat flap, each day he stood at the door looking from it to me

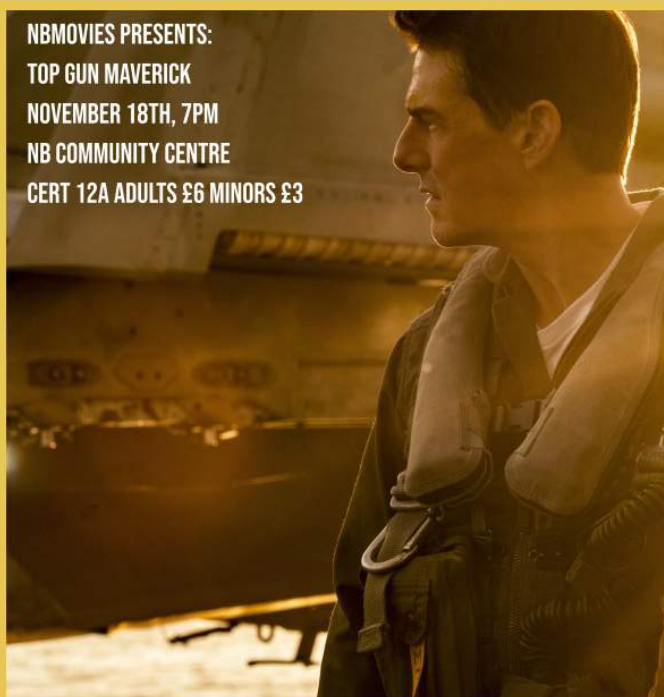
and insisting (as only cats can) on going out together. Cat and human side by side, human honoured to be inducted into the mysterious and elusive feline world. We had our favourite routes, past the wee park so he could fling himself onto the sand and writhe with glee (me giving chase when he tried to do a poo in that tempting 'cat litter'!) or to the Big Field (the grounds of a housing estate) where I would sneak off to the far side while he was busy sniffing. I'd call him and he came charging so fast I could feel the ground shake and I nicknamed him 'Thundering Hoof'. Sometimes we ventured to the big park with a forest and lake, which involved crossing a main road so we only did that late at night. We walked every day without fail (bar monsoon rain) from 45 mins up to 2 hours a day. I experienced the deepest peace and fulfilment as we quietly explored the world together, with no destination, just wandering, waiting patiently for him to reappear from some bushes or an interesting garden and then meandering off again. (Tip: if you need to be home by a certain time don't walk with a cat!). Together we entered a timeless realm of just being (until he took off after some poor critter or got in the firing line of a dog). When we moved to Scotland we continued to walk, though living rurally brought some shocks for this cool cosmopolitan cat. Tough and streetwise, the first time he saw sheep he froze like an ice

sculpture and drooled in terror. For the next few weeks, he looked back over his shoulder every 2 minutes, a clear sign of PTSD (Post Traumatic Sheep Disorder). We even went hillwalking together, but in truth, he always preferred a civilised pavement with sensible parked cars to dive for cover.

Even people who 'hated cats' liked him, he was part sage, part dog, part mythical creature. One night, when he was wearing the dreaded funnel cone from the dreaded vet, I decided to sleep on a mattress on the floor instead of my high bed because he couldn't climb the steep ladder with the head cone. In the middle of the night, I was awoken by the pummelling of paws on my chest and to my horror, I discovered that he was being strangled by the band around his neck (of the cone), it had become a slip knot and he couldn't breathe! I leapt out of bed, grabbed scissors and cut it, he was fine but he would have died had he not known to wake me. I have so many stories about him that this would become a book so I'll draw to an end. As did he, of course, his health failing in old age. I took him to the emergency vet one night, who said there is nothing more to be done. I sang to my boy as he was leaving this world, I sang all my love and gratitude to him. As I sang I felt him relax, he was no longer afraid. After thousands of miles walked together, he is now buried in a special place on one of our favourite routes.

With love forever, Lila

NBMOVIES PRESENTS:
TOP GUN MAVERICK
NOVEMBER 18TH, 7PM
NB COMMUNITY CENTRE
CERT 12A ADULTS £6 MINORS £3



Tickets - <http://bit.ly/NBMoviesNov22>
Facebook - <http://bit.ly/NBMoviesFBG>

Feeling worried, anxious, distracted, stressed about past or future happenings?

**Learn to practice Mindfulness
for better health and a calmer mind**

"Really enjoyed the class...gentle and life changing".

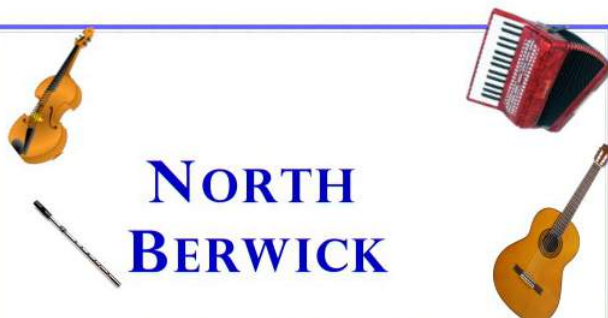
"It has helped me be calmer and less anxious".

New Autumn Course 2022 in DUNBAR

**Beginners group 7-week course
starts Wednesday 2nd November
Weekly from 1pm-2pm
(till 14th December)**

**Venue: Bleachingfield Centre, GIBB room
Join us for £3 per session, weekly attendance
is recommended.**

To book your place & enquiries, please contact
Joyce via email:
joycemindfulness@gmail.com
Or phone 07910 962324



NORTH BERWICK

TUNES AND SONGS

Musicians, singers and listeners
welcome !

Thursday November 10th 2022
8.00-10.30PM

North Berwick Rugby Club
Dunbar Road EH39 4DG

FREE admission and bar available
For more info contact 07899957545

or

eddiemcf1953@hotmail.com



Tea Dance



North Berwick Rugby Club

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

Dates:
26th Oct 2022
30th 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 pwoodger@eastlothian.gov.uk if you would like more details.



November Wildlife Watch by Ruth Fraser

'Autumn. The greatest show of all times.'
 – Mehmet Murat Idan

November is an excellent time to spot wildlife. As the leaves fall from the trees, look out for birds such woodpeckers and small mammals like squirrels. Listen out for the sounds of geese returning and owls calling out as they establish their territories.

Lichen



Lichen isn't one organism but a symbiotic relationship between a fungus and algae and/or cyanobacteria. They come in lots of beautiful colours and shapes. Their sensitivity to air pollution means they're great air quality indicators. Humans have used lichens for various purposes (clothing, decoration and even eating). Today they are used in products such as toothpaste and deodorant and are researched antibiotic properties.

Curlew





The curlew is the largest European wading bird. The end of a curlew's bill is sensitive and acts like tweezers feeling around in the mud for prey. Once they find food they are skilled at throwing their prey up in the air before catching and eating it. In the past, they were hunted for meat. Two of their subspecies are thought to now be extinct. The UK has up to a third of the world's breeding population of Eurasian curlews.

Wildlife Anagrams
 ARHE
 AIWATGL
 PAESN
 COIRHD
 ERDIE
 (answers on page 11)

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

BUDDY SWIMMING

Do you ever want to go swimming but just don't feel confident enough? If so, come along to our Buddy Swim sessions. Our Ageing Well volunteers will meet you at the pool and join you in the water to ensure that you have the support you require.





Where: Aubigny Sports Centre,
Haddington

When: Thursdays
(excluding school holidays)

Time: 10.30-11.30am

Cost: £2.60 (with optional post swim tea/coffee in café at extra cost of £1)

To book your place or for more information please contact:
 Parvine Woodger, Ageing Well Coordinator
 Tel: 07718 117585
 Email: pwoodger@eastlothian.gov.uk

Banana bread with a difference

I baked banana bread on the 1st of October. I took the recipe from Jamie Oliver's webpages so had that as a starting point and the recipe uses honey instead of sugar which is great! I have been looking up the recipe for a long time so I hope it will remain to be available!



I used half spelt flour/half self-raising as I had that left over from making proper bread. I added a handful of mixed fruit I found in the cupboard for extra sweetness. And a teaspoon of camellia seeds for good measure. I've also used choc chips in banana bread which is a tip from a friend.

I've since shared some, eaten some and frozen some so definitely worthwhile.

- Caroline Foord

COMMUNITY CONNECTIONS ANNUAL GENERAL MEETING

Our AGM takes place this year on **Thursday 17th November, 6.30pm** online.

This will feature a short review of the year's work and the election or re-election of Trustees.

We will send a zoom link nearer the time to all on our e-mailing list.

If you are not on this list (especially if you receive the newsletter by post and do not think we have an email address for you) but would like to take part, perhaps with a friend or relative helping you to access the Zoom, please contact Carol with the relevant email address by 16th November and we will do all we can to help you be part of it.

Carol Stobie, Project Manager, nbc-communityconnections@outlook.com

'Britain in Bloom' Finals 2022

North Berwick in Bloom (NBIB) are delighted and proud to announce that we have won a gold medal and also won the overall coastal category in the UK wide competition at the Royal Horticultural Society (RHS) Britain in Bloom Finals.

After winning the Rose Bowl in 2019, the highest award of 'Keep Scotland Beautiful', we were one of only two Scottish entries privileged to compete in the UK finals. It is a fitting and welcome reward for the NBIB volunteers who work tirelessly to care for our town - making it look beautiful throughout the year.

All of the volunteers would like to sincerely thank East Lothian Council Amenities Department and every one of the many community groups, organisations, businesses and individuals in North Berwick who have continued to work with and support us in lots of different ways. This is your award too!



Remembrance Sunday in North Berwick

All organisations taking part in the parade will muster in the Imperial carpark before parading along the High Street led by the North Berwick Pipe Band to Abbey Church where the Remembrance Service will be conducted by the Rev Dr David Graham at 10.30 am.

Thereafter, the parade will re-assemble to march along Forth Street and Quality Street to the War Memorial in East Road, passing Sir Hew Dalrymple DL who will take the salute along with East Lothian Council Councillor Carol McFarlane and Community Council Chairman Judy Lockhart-Hunter on the Saluting Dais in Quality Street.

At 12 noon the wreath ceremony and the Act of Remembrance led by Rev Dr Neil Dougall will take place.



"I like spring, but it is too young. I like summer, but it is too proud. So I like best of all autumn, because its tone is mellow, its colours are richer, and it is tinged with a little sorrow. Its golden richness speaks not of the innocence of spring, nor the power of summer, but of the mellowness and kindly wisdom of approaching age. It knows the limitations of life and its content."

– Lin Yutang

Christmas Craft, Conversation and Shopping Evening – 10 Nov 5.30pm – 7.30pm

Join us for an extra special Christmas event this year, create homemade Christmas treats at our mini crafting sessions and sample the best that local suppliers have to offer from delicious gins to organic chocolates. Members can enjoy additional exclusive discounts on our range of eco-friendly, sustainable gifts in our shop. Our team will be on hand for drop-in sessions to talk about our conservation work, plans for 2023 and how you can get involved. Tickets are free but must be pre-booked: www.seabird.org/events

**Positive Currents Exhibition: Forgotten stories and future voices of the Firth of Forth (until 20 Nov)**

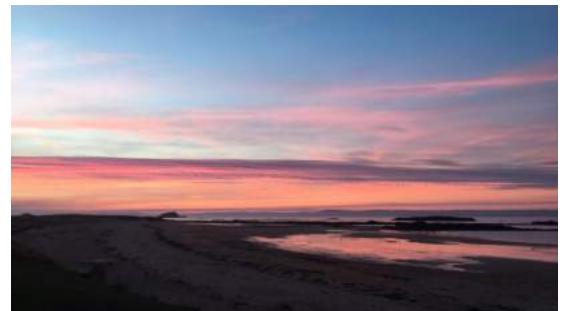
The Scottish Seabird Centre has joined forces with the team at the Scottish Fisheries Museum to create an exciting new exhibition celebrating the spectacular natural history and heritage of the Forth estuary.

Dive into the stories of the Forth, from a past, present and future perspective. 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 included with entry to [Discovery Experience](#). Open daily, 10am - 5pm. Last entry 3:40pm. More information at www.seabird.org/events

Sunset walk – Thursday 17 Nov 3pm to 4.30pm

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

Tours are for adults and cost £7.50 per person (£6.75 for Scottish Seabird Centre silver members, £6 for gold members). Book here: www.seabird.org/events/wildlife-tour

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 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.

Wine Wednesdays Christmas Tasting - Thursday 24 November, 7pm – 9pm

Take a break from late-night Christmas shopping on the High street and come along to taste Wine Wednesday's delicious Christmas selection. Lots of organic and vegan wines, fizz, local spirits and liqueurs. £15 per ticket, tickets must be purchased in advance. (£10 redeemable against any case ordered on the night). Christmas cases from £50 for 6 bottles. Over 18s only. Book at www.seabird.org/events

**Wildlife Anagram Answers:**

Hare Wagtail Aspen Orchid Eider



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 December newsletter: 23rd Nov



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.



'In November, the earth is growing quiet. It is making its bed, a winter bed for flowers and small creatures. The bed is white and silent, and much life can hide beneath its blankets.'

-Unknown