



# Community Connections

North Berwick Coastal

December 2022

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

**HAPPY BIRTHDAY!**

One of the December birth flowers is holly.

Holly represents happiness and peace.



*'Snowy Lodge' - Ruth Fraser*



Everyone at Community Connections would like to send our members, volunteers, and supporters our best wishes for a Merry Christmas and a Happy

New Year. Wishing you peace, love, and joy this Christmas and throughout 2023. We'd like to thank you for all the support you have given us throughout 2022. We are incredibly grateful for the support NBCCC receives.

- Ruth Fraser



We said goodbye to our wonderful Befriending Coordinator, Lisa Brownlie, on the 10<sup>th</sup> of November.

Lisa has taken up a new post as the Community Links Worker for the Gullane and North Berwick surgeries.

We look forward to working closely with her in that role!



## Celebrations in December

### • Advent Begins - 1<sup>st</sup> Dec

Advent is the 24 days leading up to Christmas, when Christians prepare for Christmas.

### • Elf Day - 2<sup>nd</sup> Dec

Elf Day is a festive fundraiser for the Alzheimer's Society designed to get you in the Christmas spirit whilst raising money to help beat dementia.

### • Christmas Jumper Day - 8<sup>th</sup> Dec

Christmas Jumper Day is organised by Save The Children to raise money to help children around the world.

### • Hanukkah - 18<sup>th</sup> Dec to 26<sup>th</sup> Dec

The Jewish holiday commemorating the rededication of the Holy Temple in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire.

### • National Robin Day - 21<sup>st</sup> Dec

A nationwide event raising awareness of how to help wildlife in winter.

*But Mousie, thou art no thy-lane,  
In proving foresight may be vain:  
The best laid schemes o' Mice an'  
Men*

*Gang aft agley,  
An' lea'e us nought but grief an'  
pain,*

*For promis'd joy!*

- To A Mouse, by Robert Burns

Remember Christmas 2021? Looking back on my newsletter blog for that December, we were full of cheery plans to continue Scone Cafe and Coffee Connections throughout the season. I gave a history of the celebration of Christmas in Scotland and its folklore, urging readers to attend our gatherings as well as taking some quiet time for yourself. It was quite a good read.

But then Omicron happened, and all our activities were blown up in the air, just as they had been in March 2020. Planned family gatherings, like ours with my sister, were stymied, and we had to adapt once again.

We didn't reopen Scone Café

until the spring. And it took a wee while for folk to regain the confidence to start coming back to us. But since early summer, we've been going strong, with many new folk venturing along to sample Dorothy's scones and to try our new Scone Walking group walk along the green. We're quietly hopeful you will keep joining us.

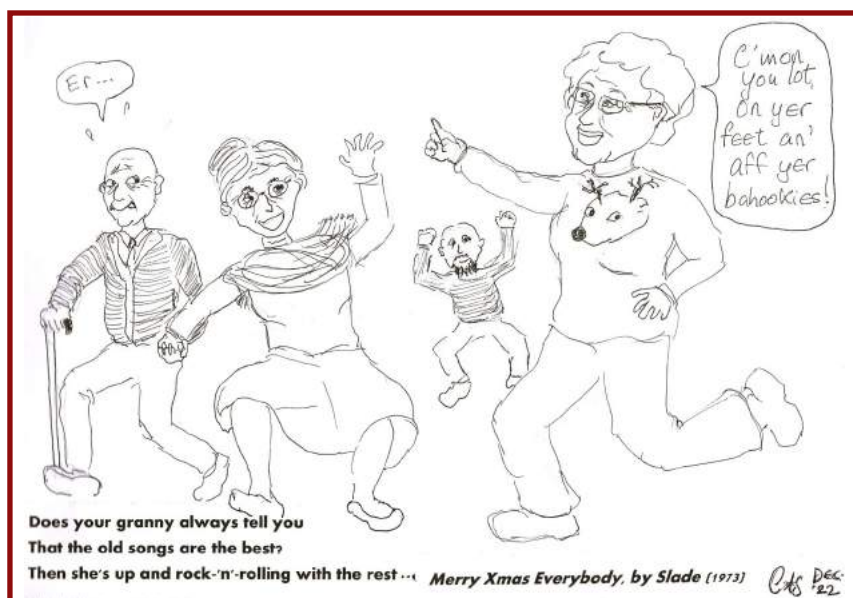
I found myself adapting by inventing a new tradition that year. On 21 December, the Winter Solstice, a very small sprinkling of friends stood on the beach (socially distanced, of course) around Kathy's portable firepit, and we poured mulled wine into our proffered mugs as we watched the sun go down just left of the Seabird Centre. It was less rowdy than our usual parties, but we kind of liked it. Might do it again.

Celebrating the Solstice connects us with our ancestors thousands of years ago, its pre-Christian rituals giving rise to some we think of among our Christmas

traditions today - such as the yule log, gift-giving, and hanging up the mistletoe much used by Druidic priests. You can learn more about this on the website [True Highlands](#), or ask someone to print off the article on the Solstice for you. It was a time of bonfires (our firepit is a wee tribute to that), storytelling (we can all manage a mini-tale) and sacrifices (rather than a fatted calf, maybe just a tip out a wee drop of your mulled wine or hot chocolate for your Gods?) before winter set in. Instead of feeling left out, you might make a choice to put yourself first, coorie in at home, and rest your weary bones, wintering as nature seems to gently command us if we stop and listen. It will be the darkest of times, after all.

But remember that from Solstice time, the light will begin to return...

- Carol Stobie (Project Manager)



"I heard the bells on  
Christmas Day  
Their old, familiar  
carols play,  
And wild and sweet  
The words repeat  
Of peace on earth,  
good-will to men!"

- Henry Wadsworth  
Longfellow

### Community Connections Christmas Traditions

Community Connections have taken a moment to have a think about our favourite Christmas traditions that we enjoy each year. Here are some examples:

Here's an extract from one of my favourite books of the past year, which I'll reread at Christmastime.

"A surprising cluster of novels and fairytales are set in the snow. Our knowledge of winter is a fragment of childhood, almost innate. All the careful preparations that animals make to endure the cold, foodless months; hibernation and migration, deciduous trees dropping leaves. This is no accident. The changes that take place in winter are a kind of alchemy, an enchantment performed by ordinary creatures to survive. Dormice laying on fat to hibernate, swallows navigating to South Africa, trees blazing out the final weeks of autumn. It is all very well to survive the abundant months of spring and summer, but in winter, we witness the full glory of nature's flourishing in lean times.

Plants and animals don't fight the winter; they don't pretend it's not happening and attempt to carry on living the same lives they lived in the summer. They prepare. They adapt. They perform extraordinary acts of metamorphosis to get them through. Wintering is a time of withdrawing from the world, maximizing scant resources, carrying out acts of brutal efficiency and vanishing from sight; but that's where the transformation occurs. Winter is not the death of the life cycle, but its crucible.

Once we stop wishing it were summer, winter can be a glorious season in which the world takes on a sparse beauty and even the pavements sparkle. It's a time for reflection and recuperation, for slow replenishment, for putting your house in order. Doing these deeply unfashionable things — slowing down, letting your spare time expand, getting enough sleep, resting — is a radical act now, but it's essential. This is a crossroads we all know, a moment when you need to shed a skin. If you do, you'll expose all those painful nerve endings and feel so raw that you'll need to take care of yourself for a while. If you don't, then that skin will harden around you. It's one of the most important choices you'll ever make."

- Extract from 'Wintering' by Katherine May

- Carol

#### O Holy Night - Ruth's favourite Christmas hymn

O holy night, the stars are brightly shining  
It is the night of the dear Saviour's birth  
Long lay the world in sin and error pining  
'Till he appeared and the soul felt its worth  
A thrill of hope the weary world rejoices  
For yonder breaks a new and glorious morn  
Fall on your knees, Oh hear the angel voices!  
O night divine! O night when Christ was born.  
O night, O holy night, O night divine.

Led by the light of Faith serenely beaming  
With glowing hearts by His cradle we stand  
So led by light of a star sweetly gleaming  
Here come the Wise Men from Orient land  
The King of kings lay thus in lowly manger  
In all our trials born to be our friend  
He knows our need, to our weakness is no stranger  
Behold your King; before Him lowly bend  
Behold your King; before Him lowly bend

Myself, hubby and little girl enjoy going to a light show or display during the Christmas holidays. The first Christmas lights were introduced in 1882 by Edward Johnson, a friend and partner of lightbulb inventor Thomas Edison, to bring warmth in winter time. The lights cheer up the dark winter nights and provide a little bit of sparkle which my daughter loves. We are going to Balgone Farm this year and will take some photos to share with you in the New Year.

- Lyndsey



Compassionate Communities members Deborah Ritchie and Fiona Watt expertly facilitated another excellent EASE training course over 4 weeks in October and November. The participants were all fully engaged and this ensured rich, sometimes emotional, but supportive and thought-provoking dialogue. I am hopeful that we will encourage further interest in becoming a facilitator or a compassionate neighbour.

And so now thoughts turn to the festive season and while there is light and joy for many, it can be a challenging time for some. If one thing the pandemic taught us, it was to be aware of our community and particularly those vulnerable neighbours, so please keep them in mind as you set about preparing for your festive traditions.

I am very excited to be hosting this year because Christmas just doesn't feel right unless I have my daughters with me, and while I willingly accept that as they get older and have established relationships and other family to visit, I get the same butterflies of excitement I did on one very special Christmas morning when I was 8 years old.

We had been to a midnight church service, had our tomato soup, sent letters up the chimney to Santa and struggled to sleep. Christmas Eve had been cold, but there was no snow. I suppose I must have eventually fallen asleep with my stocking (a long woollen sock belonging to my dad) at the end of my bed and hope in my heart. My bed was beside the window and, on Christmas morning, as my eyes became accustomed to the light,

I was aware of the thick absence of sound, which sent shivers of excitement coursing through my veins. This could only mean one thing: snow! I snatched at my curtains to see thick white fluffy snowflakes falling onto the deep mounds of snow that had accumulated overnight.

Remembering my stocking I shuffled over my old Paisley pattern quilt and saw, to my utter delight and amazement, a small, but perfectly formed teddy bear. As far as I recall, I hadn't told anyone that I wanted a small teddy, because I was getting 'too old for soft toys' and so my belief in Santa was sealed – at least for another year.

I hope you have a peaceful and safe festive period.

- Charli Prime (Compassionate Neighbour Coordinator)



Beautiful flowers - by Charli

### Befriending Update

I'm Lynn Artesse and have recently joined NBCCC on an interim basis covering Lisa's job as Befriending Coordinator.



I've already met some of you at the Scone Café and am looking forward to getting to know many more over the next few months. I've lived in North Berwick for three years now and have loved every minute of this beautiful town, full of lovely people. I take great joy in walking every morning with my wee dog on the beach. I have to confess though to being a bit of a wimp when it comes to cold water, so haven't followed the lead of so many hardy souls who sea swim every day.

If you see me out and about, please say hello.

### Sue Lawrence's Plum Cake

Carol's favourite Christmas cake, which she makes every year, comes from her long-ago career as Cultural Events Organiser at the National Library of Scotland, where she organised a festive event drawing on their centuries-old collections - presented and skilfully adapted for modern audiences by the great Sue Lawrence. The original recipe had 22 eggs!

'Masterchef' winner and author Sue Lawrence is no stranger to the historic recipes in the National Library of Scotland's collections. In her book 'Scottish baking' (2014), she combined two recipes for 'plume' (or 'plumb' or 'plum') cake — [a late 17th/early 18th century anonymous recipe](#) and [Janet Maule's 1701 recipe](#) — to produce her own delicious version.

#### Ingredients

400g or 14 oz self-raising flour, sifted	¼ tsp of ground nutmeg
350g or 12 oz currants	¼ tsp of ground cloves
50 g or 1¾ oz raisins	¼ tsp of ground mace
50g or ¾ oz mixed peel	250g or 9 oz butter, softened
Grated zest of 1 lemon	150g or 5½ oz light muscovado sugar
Grated zest of 1 small orange	3 large free-range eggs
75g or 2¾ oz quince paste, diced (optional)	100ml or 3 fl oz double cream
½ teaspoon of ground cinnamon	50ml or 2 fl oz medium sherry.

#### Method

Mix the first 11 ingredients together in a large bowl, with a pinch of salt.

Beat the butter and sugar until thoroughly creamed, then beat in the eggs one by one.

Mix in the cream and sherry.

Spoon the mixture into a lined, deep 22cm or 8½ oz in cake tin, making sure that the paper is above the rim of the tin.

Bake at 170C / 325F / Gas 3 for 1 hour, then reduce oven to 150C / 300F / Gas 2.

Place a piece of foil loosely over the top of the cake and bake for a further 1¼ hours (2¼ hours total).

Check it is cooked by inserting a skewer into the centre: it should come out clean.

Place on a wire rack to cool before removing the cake from the tin.



With thanks to Sue Lawrence and the National Library of Scotland

<https://digital.nls.uk/recipes/sue-lawrence.html>

**Community Connections meet-ups with volunteers continue over the festive season.**

You can join us at Coffee Connections at the Seabird Centre Tuesdays 2-3pm including 20<sup>th</sup> & 27<sup>th</sup> Dec, 3<sup>rd</sup> Jan, and Scone Cafe at Abbey Church Wednesdays 2-3.30pm including 21<sup>st</sup> & 28<sup>th</sup> Dec, 4<sup>th</sup> Jan.



## Bass Rock Community Group Update

Date for your diary: **Friday 16<sup>th</sup> December**

Fighting Against Cancer Edinburgh (FACE) have agreed to come back to North Berwick with their Christmas sleigh. We have not yet planned the route but it will be different to last year so that lots more people get the opportunity to meet Santa. We intend to leave from North Berwick Rugby Club and finish up at the Community Centre for light refreshments. The event is being supported by the Coop and we are so grateful for their support. Funds raised on the evening will enable us to make a donation to FACE for the amazing work they do. Find out more here: [www.face.scot](http://www.face.scot)



Also, some of our group have been busy making the 100 boxes for Community Connections to hand out at Christmas. These will be filled with 'goodies' for the recipients to enjoy!



## Sustaining North Berwick

Save the date! December 10<sup>th</sup> 10am to 11.30am at The Seabird Centre Cafe. Exciting plans afoot for 2023 - come along and get involved



Christmas Roses by Robina Brown

Community Connections




### Cost of living support

Read our blog for info about what financial, emergency and welfare support is available.

**0808 808 2282** 

[homeenergyscotland.org/contact](http://homeenergyscotland.org/contact) 

Home Energy Scotland is here to support you. You can contact us using our [online form](#)

Information about where you can find financial, emergency and welfare support in Scotland: <http://ensvgtr.uk/B5ez4>

Warmer Homes Scotland eligibility changes: <http://ensvgtr.uk/QrOPi>

Advice for renters on how to save money on their energy bills: <http://ensvgtr.uk/bAZ3y>



**MONDAYS****CRAFT GROUP, 10.30-12 at North Berwick Library**

Completely free and new members/visitors are always welcome! Pop along this morning with your chosen craft for a natter! Feel free to call on 01620 820700 if you'd like more information.

**HEALTH WALKS with Ageing Well - meet 1.30pm at the Lodge entrance**

Friendly group walks - shorter and longer walks available. To register, contact Parvine, Ageing Well Coordinator at pwoodger@eastlothian.gov.uk or 07718 117585

**ZUMBA GOLD, 6pm to 6.45pm at St Andrew Blackadder Church Hall, North Berwick**

A fun, low impact Latin-based dance class. Suitable for all fitness levels. £5 pay as you go, no need to book. For more info contact Ruth on 07785707683, figaroroo@yahoo.co.uk or visit [rhunterpepper.zumba.com](http://rhunterpepper.zumba.com)

**TUESDAYS****COFFEE CONNECTIONS, 2-3pm at Seabird Centre**

Join our small, friendly Community Connections gang and get into the way of enjoying cafés again in this spacious, dog-friendly space full of great baking, lunches etc. Please contact Carol if you'd like to come along.

**SPORTING MEMORIES, 1.30-3pm, North Berwick Rugby Club**

Dedicated to bringing together older adults to talk about and remember sport. Everyone welcome to this new group. Contact Graham Cross for details at graham@thesmf.co.uk

**WEDNESDAYS****SCONE CAFÉ, 2-3.30pm, Abbey Church Small Hall, Church Rd**

Community Connections' weekly gathering for blethers, scones and coffee, making new friends and sparking off new adventures. All welcome - free (donations welcome) and dog-friendly!

**SCONE WALKING, 2.15-2.45pm, Group Walk meeting at Abbey Church Side Entrance.**

Like to get your walking confidence back, make friends and enjoy a sea view? Friendly, small group walking at a very gentle pace along Elcho Green and back. Free refreshments afterwards!

**SCONE SPECIAL EVENTS!****WEDNESDAY 30<sup>TH</sup> NOVEMBER: WREATHMAKING AT SCONE CAFÉ WITH VIV AND MARGARET**

Make a wreath for yourself or for a special someone at our easy workshop with Viv of Vivacious Flowers and her assistant Margaret! Materials provided and Scone Walkers will still be able to join in on return.

**WEDNESDAY 14<sup>TH</sup> DECEMBER:****CHRISTMAS SCONE CAFÉ SPECIAL WITH BILL NISBET**

Even if you don't normally make it to this gathering, please make an effort to join us for this fantastic event with Bill Nisbet playing festive songs for us to sing along to. Oodles of treats and surprises in store!

**THURSDAYS****BEACON LUNCHES, 11-1pm at St Andrew Blackadder (*Free, donations welcome*)**

Meet Community Connections, other members and guests at the wonderful weekly Beacon Lunch – ask for us at the door! We're here to enjoy making new friends over a fantastic bowl of soup, cake or coffee.

**MONTHLY MUSIC NIGHT - TUNES AND SONGS, 7.30– 10.00PM Thursday 8<sup>th</sup> December (2<sup>ND</sup> Thursday each month) , North Berwick Rugby Club**

Join Eddie and other music enthusiasts for this friendly session - sing, play or just listen! FREE

**GOSPEL CHOIR CHRISTMAS CONCERT, 11<sup>th</sup> & 12<sup>th</sup> December 7-8pm, St Andrew Blackadder**

If you would like to hear joyful, lively and uplifting songs then please come to North Berwick's Gospel Choir Christmas Concert. Tickets can be purchased for £5 from Greens and Blues, 59 High St North Berwick.



**FAMILY  
CAROL SERVICE**

**Sunday 11 December 2022**  
3pm  
North Berwick High School  
Free tickets at [nbcf.church/carols](http://nbcf.church/carols)

JOIN US FOR A FREE

# cookie decorating event

AND READING OF THE CHRISTMAS STORY

ON SAT 10TH DECEMBER 2PM-4PM  
AT THE BAPTIST CHURCH  
1 VICTORIA ROAD EH39 4JL

Event for P1-P5 children


\*Space limited\* Please RSVP at:  
[northberwickbaptist.org/cookie](http://northberwickbaptist.org/cookie)




**Christmas  
WEE FAIRS  
MAKERS MARKETS**

**SUNDAY 27 NOVEMBER  
SUNDAY 11 DECEMBER**  
11AM TO 4PM  
**TYNINGHAME VILLAGE HALL**

#theartofgifting  
#MADEforChristmas



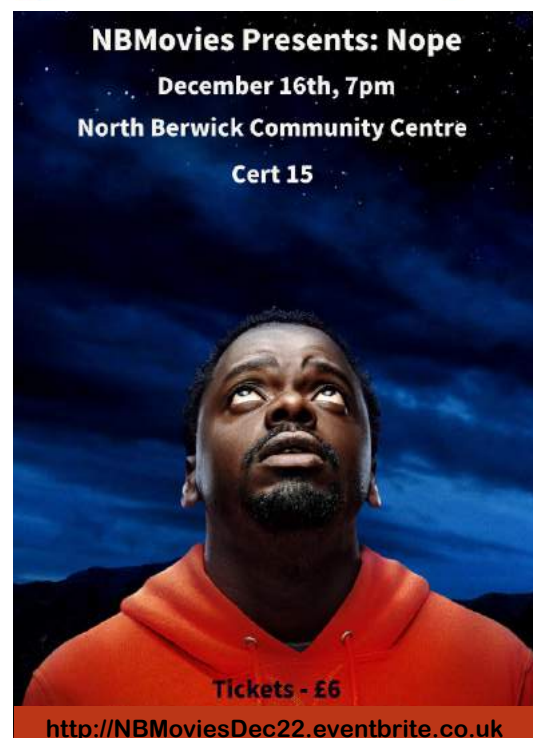
**SHOP  
LOCAL  
THIS CHRISTMAS**

IN  
**NORTH BERWICK**  
Open 7 Days

**LATE NIGHT SHOPPING  
'TIL 8PM  
THURSDAY 8TH DECEMBER**

[f](https://www.facebook.com/VisitNorthBerwick) [i](https://www.instagram.com/VisitNorthBerwick) @VisitNorthBerwick

North Berwick  
Business Association



**NB Movies Presents: Nope**  
December 16th, 7pm  
North Berwick Community Centre  
Cert 15

Tickets - £6  
<http://NBMoviesDec22.eventbrite.co.uk>



## December Wildlife Watch by Ruth Fraser

December is a beautiful month to wrap up warm, head outside and see what wildlife you can spot.

### Turnstone



Turnstones can be spotted creeping and fluttering over rocks, picking out food from under stones. It can even lift rocks as big as its own body! During the winter they have a more muted appearance with a grey-mottled back and white belly. Although they don't breed here, they can be seen throughout the year as birds from northern Europe pass through in summer and again in spring, and birds from Canada and Greenland arrive in early autumn and stay through the winter.

*'The colour of springtime is in the flowers; the colour of winter is in the imagination.'*

– Terri Guillemets

### Garden snail



Where do all the snails go in winter? Garden snails belong to the mollusc group of animals and with soft bodies, they can be easily killed by dry air or frost. During the summer it helps them to be nocturnal but in winter snails will seal themselves into their shell with a thick layer of slime and hibernate in clumps, stuck together and squeezed into cracks in walls or under flower pots.

### Wildlife Anagrams

Y L H O L  
O R B N I  
S L M I T T E O E  
E D I N E R E R  
V I Y

(answers on page 11)

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

## North Berwick Christmas Cheer Santa needs your help!

Can you help Santa by donating a Toy for a child/ young person or a gift for adults who are struggling financially at Christmas time?

If so you could save Christmas for many vulnerable families in North Berwick Coastal Ward 😊

Donations can be handed into **Christmas Cheer** at North Berwick Community Centre who will ensure Santa gets them in time to make Christmas for a local family. If you need ideas visit our Angel Tree in the Community Centre provided by North Berwick Rotary Club.

Email Katie (Santa's helper) on [k Reid@eastlothian.gov.uk](mailto:k Reid@eastlothian.gov.uk) if you are, or know of a family or individual in need.

Thank you  
Santa



We can take community donations up until Monday 12 Dec.

## Buy Nothing North Berwick Festive Fair

THURSDAY, DECEMBER 1 2022 AT 11 am – 5 pm

North Berwick Community Centre

Buy Nothing North Berwick are having a Festive Fair and everything on offer will be free. The only thing we ask for donations at is the home baking stall and the donations will go to North Berwick Community Centre who have kindly let us have the hire for free.

## How to help wildlife this winter

Winter can be a hard time for wildlife. With many of our favourite garden species already struggling due to habitat loss, intensive agriculture and other threats, they are in need of our help.

1. Feed the birds
2. Provide fresh water
3. Leave a few piles of logs for hibernating species
4. Have a sustainable Christmas; keep waste down and buy environmental-friendly options





## Co-op Local Community Fund

We were so delighted to welcome the Co-op, Beach Wheelchairs and North Berwick in Bloom as our special guests at one of our Scone Cafes. We're honoured that Community Connections was chosen as one of the Coop's three local charities to support this year!

Huge thanks to the Co-op's Member Pioneer Lorna Raeburn for organising the presentation and bringing generous extra afternoon tea supplies - and to the Scone Cafe Team for coping so gracefully with an influx of visitors to cater for! We had a wonderful time, as you can see from this picture with Community Connections staff and volunteers plus Lorna.

From Lorna: *'Wonderful afternoon at Scone Cafe celebrating North Berwick Co-op Local Community Funding Payout. NBCCC received £1,286.86, North Berwick in Bloom received £1,118.91 and Beach Wheelchairs £1,192.47. Thanks to all the hard-working volunteers and staff at North Berwick Co-op and all customers.'*

Remember you can support your chosen local cause every time you shop at the Co-op if you use your membership card. Guilt-free shopping, what could be better than that?!







# NORTH BERWICK

## TUNES AND SONGS

Musicians, singers and listeners  
welcome !

Thursday December 8th 2022  
7.30 -10.00PM


North Berwick Rugby Club  
Dunbar Road EH39 4DG

FREE admission and bar available  
For more info contact 07899957545

or  
eddiemcf1953@hotmail.com


Find us on:  
**facebook**

### Christmas last posting dates

 <b>Service</b>	<b>Last recommended posting date</b>
Royal Mail 2nd Class & 2nd Class Signed For	Monday 19 December
Royal Mail 1st Class & 1st Class Signed For Parcelforce Worldwide express 48 and express 48Large	Wednesday 21 December
Royal Mail Special Delivery Guaranteed Parcelforce Worldwide express24. express AM	Thursday 22 December
Royal Mail Special Delivery by 1pm with Saturday Guarantee	Friday 23 December

[www.postoffice.co.uk/last-posting-dates](http://www.postoffice.co.uk/last-posting-dates)

The Scottish Seabird Centre is open daily (10am to 4pm) throughout December and closed only on Christmas Day. We close at 3pm on 24 December and 31 December and open at 11am on 26 December and 1 January.

For all events: information and booking: can be found at: [www.seabird.org/events](http://www.seabird.org/events) or by calling 01620 890202.



**Festive Wreath Workshops**, Sunday 4 December & Wednesday 7 December, 6.30pm to 8.30pm

Join Natalie of Sandy Branches for a festive floral wreath-making workshop. Tickets cost £45. This event is suitable for ages 12+ All under 16s to be accompanied by an adult). Accompanying adults are free, but if you would like to make your own wreath please book a standard adult ticket.



**Sunset Walk** – 15 December 2pm to 3.30pm

Join our Conservation Officer for a relaxing 1.5-hour wildlife tour along the coast to find out more about the 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. 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.

These tours are for adults (16+) and cost £7.50 per person (discount for Scottish Seabird Centre members.). This money is gratefully received and will go towards supporting our education and conservation work around Scotland. Friendly, quiet dogs are welcome, but we ask that they are kept on a short lead throughout.



**Festive Family Films**, 27 & 28 December, 2 & 3 January. Doors open at 2pm, screening starts at 2.15pm. Over the festive period, the Scottish Seabird Centre will be showing some festive films in their theatre.

28 December, 2pm: Nativity

29 December, 2pm: Elf

2 Jan: The Muppet Christmas Carol

3 Jan: Home Alone

Tickets: £6.50 Includes a bag of popcorn or crisps and a 20% off discount voucher for entry to our Discovery Experience. All under 16s must be accompanied by an adult (aged 18+). Please advise if you have accessibility requirements.



**Exhibition: Operation Broken Feather**, 28 November to 22 January 2023

Operation: Broken Feather has been masterminded by RSPB Scotland as part of the Corncrake Calling project with support of the National Heritage Lottery Fund.

It was co-designed by SF+SH with students from Lochgelly High School, The Glasgow Academy, Berwickshire High School, Castlehead High School, St. Joseph's Academy & Banff Academy. Join in with the trail to help Secret Agent Corncrake discover why the noisy yet secretive corncrakes are disappearing from Scotland.

Supported by The National Lottery Heritage Fund, Corncrake Calling is a new four-year project to save the corncrake, these small brown tawny members of the rail family.

**Wildlife Anagram Answers:**

Holly Robin Mistletoe Reindeer Ivy





### 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 **Lynn Artesse**, Interim Befriending Coordinator, on 07862 694842 (Tuesday or Wednesday 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 January newsletter: 4<sup>th</sup> Jan



### 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.



*'May you never be too grown up to search the skies on Christmas Eve.'*

-Unknown