

Community Connections

North Berwick Coastal

February 2023



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

HAPPY BIRTHDAY!

One of the February birth flowers is the iris.

The iris represents faith, royalty, hope, and wisdom.



'West bay high tide'

Love your planet, love your community



We're celebrating the love we have for our coastal community this February. Valentine's Day is for celebrating all forms of love, whether it'd be love for friends, family, or the environment. It's a day that reminds everyone to show love to others and lend a helping hand to those in need. I love seeing the lengthening of daylight hours this month, giving us more time to get outside and enjoy our beautiful environment.

Light and fluffy Scotch pancakes (or drop scones) are the perfect treat to share with loved ones this Shrove Tuesday (21 Feb).

225g self-raising flour

25g caster sugar

40g butter, melted

1 medium egg

250ml milk

2 tsp vegetable oil

- Sift the flour and sugar into a bowl Add the melted butter, the egg and half the milk and mix. Slowly stir in the milk.

- Heat a large frying pan. Brush with oil. Spoon 2 tbsp batter on top of each other in the pan to form each pancake (about 8cm wide).

- Cook in batches of 3 over a medium heat for 1-1½ mins on one side then flip and cook for 1 min on the other side until golden, puffed up and crisp on the outside.



Celebrations in February

- **World's Wetland Day - 2nd Feb**

Raise global awareness about the vital role of wetlands for people and our planet.

- **International Day of Women & Girls in Science - 11th Feb**

A UN Day to encourage women and girls to fully participate in science, and strive for equality of opportunity in the sciences.

- **St Valentine's Day - 14th Feb**

The annual celebration of love is the day when we take the opportunity to tell the people we love just how much they mean to us.

- **Random Acts of Kindness Day - 17th Feb**

Spend the day doing random acts of kindness.

- Ruth Fraser

1. **Coastline** - perhaps the number one reason people move here. Seriously, is there a more wonderful stretch of coastal walking to be found anywhere? It calms my soul even to spend 5 minutes on the sand, watching dogs frolic and families chasing the waves.



2. **Commuting** - for 17 years after moving here, I would hurtle at top speed from east North Berwick to west, catching the train to Edinburgh by the skin of my teeth, and collapsing in a heap among a wee crowd of us - I am still on the WhatsApp group for some reason. We'd coorie in together and crack jokes, always enlivening the journey and making it pass in a trice. After a hectic working day (occasionally prolonged by a social event after work), I would head back down Station Hill, sometimes chatting with a fellow commuter, sometimes tempted to divert via the beach on my way home - that first view of the sea made the stress start to roll off my shoulders. When the trains are running, it's a very fine scenic commute. But since 2019, my commute has been no more than a five or 10 minutes' walk across the park, maybe up East Road or along North Berwick

High Street, pausing to chat with locals I have got to know since I started this job. This commute wins hands down.

3. **Coffee** - I wonder if any other town can beat North Berwick's number of cafes per head of population? Not that I am complaining, since I'm always amenable to a coffee date. There's one to suit practically every taste, and we Connectors like to check them all out - maybe we can tempt you out to try one with us soon?

4. **Kindness** - the North Berwick Coastal ward is brimming with kindness, as evidenced by the number of volunteers (around 50) we have recruited over our first four years. Look at the well-organised local response during the 'Beast from the East' snowy times, or during Covid Lockdown, with the incredible Street Teams of the Resilience effort. The conscientiousness, dedication, and generosity of our local community volunteers is second to none.

5. **Quality of life** - I believe this area comes out very well on surveys of quality of life. Services are generally good, even if perhaps put under strain by recent population expansion - who can blame folk for wanting to move here? We were lucky to be able to get a flat 20 years ago - it would be much harder now! We feel extremely lucky to be here, for so many reasons.

6. **Kids** - many folk move here, as we did, with hopes of raising a family. As I am fond of telling

anyone who will listen, we didn't initially feel we "qualified" to live in North Berwick, as we don't sail, play golf or have a big dog to walk on the beach. So the only solution was to have a baby. That proved to be our passport into local life. We were fortunate to meet other couples through the Ante-Natal group, the parent-toddler massage class, the music-making activities, and even the Buggy Walks I got myself trained to lead through Paths for All (now our source of expertise and training of Walk Leaders, all those years later). These were all an enormous help when I suffered from some months of postnatal depression and feeling isolated after having a child at the age of 43, with no grandparents around and zero experience of child-rearing! Having our son, and meeting all these new people as a direct result of that earth-shattering experience, has enriched my life so much that I can now look around at new generations of children growing up here, reliving memories of our own adventures - 16 incredible years so far.

7. **Connections** - it seems my life story has all been about connections, creating them both for myself and others. I think it might be the point of me, if there is one. We work closely with so many others in local networks.



Continued on page 3

The privilege of being given this work to do, leading this unique and wonderful charity, is impossible for me to describe - but the reason it all works as it does is that you all take part in that beautiful process of connection, and help us to uncover the confidence, compassion and community we all need to experience in our lives.

That kind of loving community is really something to celebrate this Valentine's Day, so please join us and feel part of it all. Because you are.

- Carol Stobie (Project Manager)



I love living back in North Berwick after 20 years away. It's lovely to receive cheery waves, friendly hellos and blethers in the street when out and about, there's always someone with a smile to brighten up the day. Reconnecting with old friends and making new ones is a pleasure in the community here for me. My daughter is building up a supportive network of friends and enjoys the beaches, green spaces and of course the ice cream shops in the summer with her friends. In lockdown times it was amazing to see neighbours and strangers come together to ensure folk were looked after and had everything they need. I found the sense of community during this time overwhelmingly positive and I think it has remained with us to this day.

- Lyndsey Gdulewicz



'Love our coastal community' - Ruth Fraser

HOW TO LOVE YOURSELF

February Edition

Give yourself a V-Day gift

Learn to live with simplicity

Write yourself a love note

Do what you always want to

Learn to say no

Prioritize your well-being



Compassionate Community

Love can be expressed as an action rather than a feeling. Loving ourselves has to be the overriding commitment, because until we truly love ourselves how can we hope to love others?

There is much to love in February, not least that the days are getting longer, buds are beginning to appear on trees and tender shoots are poking through the cold soil. We are still technically in winter and, as we know February can herald extreme weather conditions too: remember The Beast from the East in 2018?

In spite of this, hope builds that the ground will soften, the shoots will grow and opportunities for getting outside become easier.

I can hardly believe nearly a year has passed by since I began as

Compassionate Neighbour Coordinator on 22nd February 2022.

Much has been achieved with North Berwick Compassionate Neighbours and over the next 2-3 months we will be operating independently of St Columba's Hospice who has provided a valuable, essential and supportive framework for us to build on. Becoming independent does not mean losing ties or connections but is an indication of the strength of support we are garnering for compassionate communities.

We are not afraid to talk about death and by doing so we aim to demystify the process while offering tender care, love and support to those in our community with a life-limiting condition.

New dates for online EASE training (End of Life Aid Skills for Everyone) are as follows:

April 20th 6-7pm; April 27th 6-8pm and May 4th, 11th and 18th all 6-8pm.

Sessions are online and further details will be posted on NBCCC Facebook, on the website and you can contact Charli Prime who will be delighted to speak with you about this unique and very special training opportunity.

As one of NBCCC's insightful volunteers recently noted: 'you don't need special training to be a compassionate neighbour, in the literal sense, you just need to care for those in your community.'

Spread a little love this month.

- Charli Prime (Compassionate Neighbour Coordinator)

"In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other."

- Linda Ellerbee



- Charli Prime

Acairseid Mhor “The big harbour” on a small island.

‘Survey information for Acairseid Mhor seems to be under a spell, and drying heights of rocks shown on the plan are only approximate, or even positively doubtful. Further observations will be gratefully received.’ Yachtsman’s Pilot.

I sit on the deck in the afternoon,
warm wood under bare toes toasting,
the quiet increased by a distant discussion of gulls.

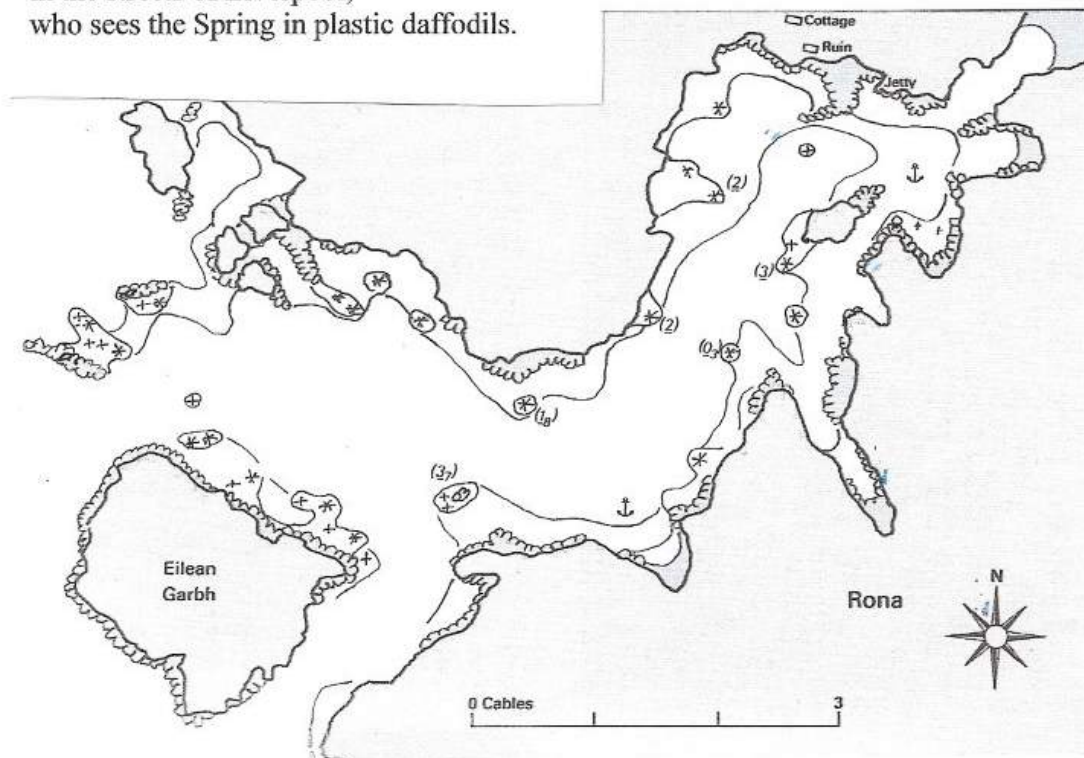
A gentle breeze blows softly
over head and arms and feet
no longer clad in damp synthetic fur.

Seaweed hangs heavy over children’s caves;
green wavy hair for half tide rocks
that come and go like mermaids.

The seal enjoys the gentle sun;
sits teapot tilted on its seaweed rock,
and sniffs around this strange new air-filled world.

The Clearances come clear through Calum’s fiddle,
proving the small and local tragedies
deserving of the duty of the dance.

I read of Adrian Henri,
in the streets of Liverpool,
who sees the Spring in plastic daffodils.



Written by NBCCC supporter Bill Waugh

COMMUNITY CONNECTIONS EVENTS UPDATE, FEBRUARY 2023**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 the branch on 01620 820700 if you'd like more information.

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

Friendly group walks - shorter and longer walks available. To register, contact Parvine, Ageing Well Coordinator on pjazayeri@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

TABLE TENNIS, 8.30 - 9.30pm at St Andrew Blackadder Church Hall, North Berwick

Join North Berwick Table Tennis Club for their over 50s group on a Monday evening.

**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

ABERLADY SCONE CAFÉ, at the Aberlady Inn & Duck's Inn

Meet for a cuppa, scone and chat on the second Tuesday morning of the month at the Aberlady Inn (from 10 - 11.30am) and the fourth Thursday afternoon of the month at Duck's Inn (from 2 - 3.30pm).

WEDNESDAYS**NORTH BERWICK 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 very gentle pace along Elcho Green and back. Free refreshments afterwards!

TEA DANCE, 2-3.30pm, North Berwick Rugby Club

Join Ageing Well's Tea Dances on the last Wednesday of the month. (Only £1 for refreshments).

THURSDAYS**BEACON LUNCHEs**, 11-1pm at St Andrew Blackadder Church, North Berwick High St

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

MONTHLY MUSIC NIGHT - TUNES AND SONGS, 2ND Thursday each month 7.30-10PM at North Berwick Rugby Club, Dunbar Rd. Join Eddie and other music enthusiasts for this friendly session - sing, play or just listen! FREE

SATURDAYS**GULLANE SCONE CAFÉ**, 10.30am - 12pm at the Gullane Day Centre

Meet for a cuppa, scone, and a chat on alternate Saturday mornings, starting Saturday 14 January.

TELL US MORE! Other local activities are always starting up - let us know your interests. We can tell you about other opportunities we know of.

February Wildlife Watch by Ruth Fraser

We might still be in winter but February gives us increasing day length and the occasional sunny day! Grab those opportunities to get out and see what wildlife you can spot.

Turnstone



Turnstones can be seen all around the coast of Scotland and can be spotted feeding along jetties and seawalls. 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 leave in early summer. Turnstones are named after their habit of flipping over large stones when searching for food - they can lift rocks as big as their body!

Shore crab



The shore crab is the most common crab encountered on our shores. They feed on anything they come across, including seaweed, mussels, barnacles and even smaller crabs. A female shore crab can lay up to nearly 200 thousand eggs at once. They carry the eggs with them until they hatch to keep them protected from predators.

"February is the border between winter and spring."
- Terri Guillemets

Wildlife Anagrams
A W R B E L R
U L A L R E
T S I L A C E B K K C
D O R H I C
L U L G
(answers on page 9)

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

Coastal Wildlife Tour

15 February 2023, 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. 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). More information and booking: www.seabird.org/events Adult ticket: £7.50, discount available for Scottish Seabird Centre members.

Jazz Evening at the Scottish Seabird Centre

Friday 17 February, 7,30pm

Jazz Cafe will play a set of Jazz Standards, celebrating Django Reinhardt and others, followed by an acoustic set with Bill Nisbet & friends. Organised by the volunteers in support of children's education and activities at the Scottish Seabird Centre. Tickets are £10, available at the Scottish Seabird Centre or online: www.seabird.org/events

100 Species – Be a part of our new exhibition!

We invite you to take part in our new project: 100 species. The Restoration Forth team has curated a list of 100 species that call the Firth of Forth their home. From tiny, microscopic bacteria to majestic whales, life thrives on our coast and beneath the waves. We invite you to bring these species to life and contribute to our new creative exhibition. Be as creative as you like!





KEEP THE HEID
mental health cafe

KEEP THE HEID is a safe place to talk
for people living in and around Haddington

The café takes place **every Friday evening** at **The Trinity Centre, 5 Church Street, Haddington.**

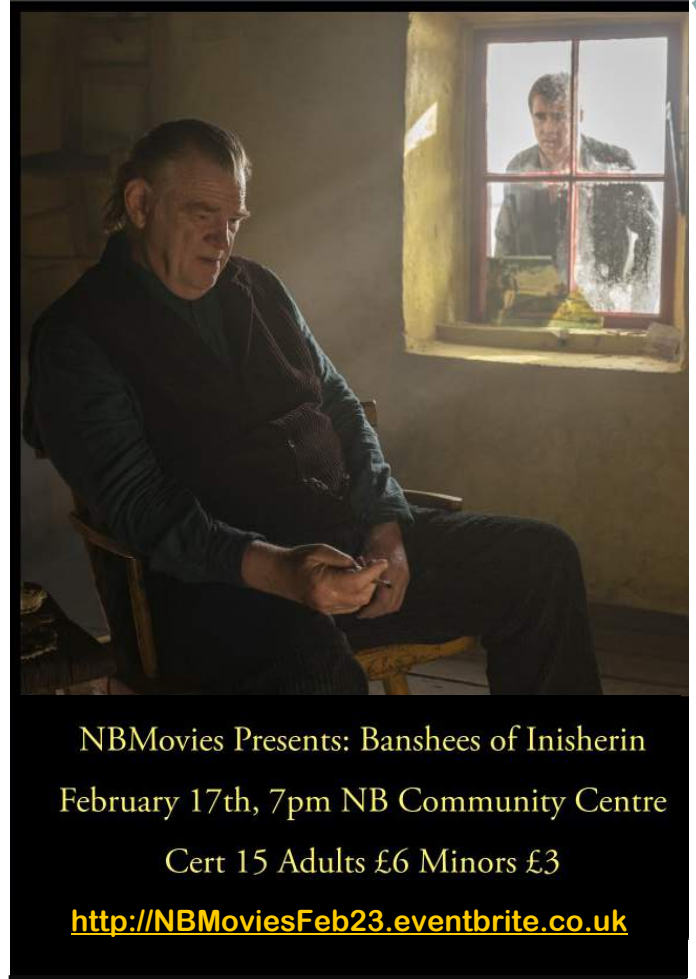
We are open from 7pm for tea, coffee and cake with main session starting at 7.30pm

Sessions are completely free.

Email: KeepTheHeidCafe@gmail.com
Phone: **07548 136575**  or find us on Facebook

THE TRINITY CENTRE
5 CHURCH STREET,
HADDINGTON, EH41 3EX

Haddington & Lammermuir Area Partnership



NBMovies Presents: Banshees of Inisherin

February 17th, 7pm NB Community Centre

Cert 15 Adults £6 Minors £3

<http://NBMoviesFeb23.eventbrite.co.uk>

Tuesday 21 February 5.00pm

NB Movies AGM, followed by a screening of Edinburgh Cinemas Remembered (40 minutes)

Tickets (free) from <https://www.eventbrite.co.uk>.

In partnership with Community Connections, we are bringing Keep the Heid Mental Health Cafe to North Berwick - it will make a world of difference, and all we need to get started is a volunteer to help welcome folk and make the tea!

Do you have lived experience of mental health problems and a couple of hours to spare on a Thursday evening? We are looking for volunteers to help at our North Berwick Café starting soon. Send an email to keeptheheidcafe@gmail.com




Wine & Cheese

24th Feb 2023
19:00-22:00

Seabird Centre
North Berwick

BEACH WHEELCHAIRS

Enjoy a night of wine & cheese to help raise money for Beach wheelchairs.





Ageing Well | East Lothian | Health & Wellbeing Walks
(All ages and abilities welcome)

For more information on the walks and their start dates please contact the Ageing Well Coordinator
* Please note that everyone needs to fill out a new walker form before attending*

<p>Parvine Woodger Ageing Well Coordinator E: pwoodger@eastlothian.gov.uk T: 07718 117585</p>	<p>Find us on Social Media: @AgeingWellEastLothian @AgeingWellELC</p>
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Town	Time	Meeting Place	Duration	Cost
Monday				
Haddington	10.00-11.00	Outside Aubigny Sports Centre	10 week blocks	Free
Athelstaneford	10.00-11.00	Outside Athelstaneford Parish Church	10 week blocks	Free
North Berwick	13.30-14.30	Entrance to the Lodge Park (last Mon of the month meet at Church Road bus stop) Option of 2 walks: Short: 30 mins Long: 1-1.5 hours	Weekly – ongoing	Free
Tuesday				
Prestonpans	10.00-11.00	Outside Prestonpans Community Centre	10 week blocks	Free
Dunbar	10.30-11.30	Outside The Bleachingfield Centre (bus trip second Tues of the month)	Weekly – ongoing	Free
Aberlady	10.30-11.30	The Sea Green (last Tues of the month meet opposite Gullane library)	Weekly – ongoing	Free
Wednesday				
Musselburgh	10.00-11.00	Outside Musselburgh Sports Centre	10 week blocks	Free
Dirleton	10.00-11.00	Outside The Castle Inn	10 week blocks	Free
Friday				
Dunbar	10.00-11.00	Outside The Bleachingfield Centre	10 week blocks	Free
Pencaitland	10.00-11.00	Outside The Pencaitland Pavilion & Bowling Club	10 week blocks	Free
Saturday				
Musselburgh	10.30-11.30	Outside Musselburgh Sports Centre	10 week blocks	Free



Wildlife Anagram Answers:
Warbler Laurel Stickleback Orchid Gull



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 **Lynn Artesse**, Interim Befriending Coordinator, on 07862 694842 (Tuesday or Wednesday 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 March newsletter: 20th Feb



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.



'February is merely as long as is needed to pass the time until March.'

- J.R. Stockton