

# Community Connections

North Berwick Coastal

March 2023



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

**HAPPY BIRTHDAY!**

One of the March birth flowers is the jonquil.

The jonquil reflects friendship and happiness.



*"First signs of Spring" - Ruth Fraser*

## Springtime!

March marks the official arrival of spring - the beginning of sunshine, and warmer days ahead. It's a call for a celebration of brightness, warmth and new beginnings.

In 2023, the spring (also known as vernal) equinox falls on Monday 20<sup>th</sup> of March. The spring equinox was used by early civilisations to keep track of the seasons. Equinoxes get their name from the Latin for 'equal night', and mark the only two points in the year when the equator is the closest part of Earth to the sun, with both the northern and southern hemispheres sharing sunlight equally. The spring sunshine brings growth and greenery. Birdsong reaches a peak and many flowers appear and in turn attract insects, including bees and butterflies.

We hope you enjoy getting out into the spring sunshine. And if you're looking for a new beginning of your own, NBCCC is on the lookout for volunteer Buddy Walkers to join our friendly team and help others get out and about this springtime.

- Ruth Fraser



Hello, flowers. Hello, sun.  
Hello, March!

## Celebrations in March

- **World Book Day - 2<sup>nd</sup> Mar**  
Annual celebration of books and dressing up as characters from books.
- **World Wildlife Day - 3<sup>rd</sup> Mar**  
A celebration of beautiful wild fauna and flora.
- **International Women's Day - 8<sup>th</sup> Mar**  
A worldwide celebration of women's rights and celebrating the social, economic, cultural and political achievements of women.
- **Red Nose Day - 17<sup>th</sup> Mar**  
Join forces to raise money for brilliant causes in the UK and around the world, by having a good laugh!
- **Earth Hour - 25<sup>th</sup> Mar**  
Organised by the World Wildlife Fund, individuals, organisations and businesses are asked to turn off non-essential electric lights for one hour as a symbol of commitment to the planet.

I was always a winter girl. If I had my way, Christmas would last from November to February, we'd roam a landscape festooned with thick snow like my childhood Canadian winters, and most evenings would consist of cosy fireside storytelling or reading, with Christmas cake and mulled wine. There was a bit of me that was quietly thrilled with that Beast from the East a few years ago - North Berwick being a little short on snowstorms most years.



I don't tend to rhapsodise about spring bulbs, since (shock confession) I'm not that interested in gardening. Spring in my Newfoundland childhood mostly seemed to consist of slush and mud, a bit of a blah interlude before it got (briefly, and only intermittently) hot in summer, when it wasn't foggy. After all, it's the world's best place to spot icebergs drifting past the shore in June.

But perhaps now I'm beginning to see the light. Quite literally, since

it's becoming possible to see my way on that post-work run again. And yes. Sometimes even I cast an appreciative glance at the crocuses and snowdrops in the Lodge on my way round, despite the podcasts I download to relieve the tedium (honestly!) of puffing and panting my way heavily up the hill.

Those are two of very few flowers I can name. But I know there are more of all sorts to come soon, bursting into life around town, thanks to the efforts of the brilliant North Berwick in Bloom. I am highly unlikely to join them, but I can greatly appreciate their efforts to make things beautiful for us, perhaps especially throughout the pandemic, when so much else was sadly closed and neglected for good reason. I have finally let go of Christmas and can look forward to Easter, to breathing space, to seeing old friends, and going for walks in milder weather.

But also - I don't know why I'm admitting it here, and tempting

fate. But I have given up sugar for Lent. It's going to be a tough six weeks for a keen baker and consumer of Dorothy's scones on a Wednesday. So in truth, perhaps Easter Sunday will be the sweetest part of spring of all for me. And not only for spiritual reasons.

If you've been hibernating a wee bit, now is definitely the time to open the curtains, peek out at the world, and think of your very own Community Connections. Give us a ring, drop us a line, or maybe ask North Berwick Volunteer Car Scheme for a lift down the road.

You can even ask us to chum you across the threshold if it would help. We can't wait to meet you down at Coffee Connections (Tuesdays 2-3 PM Seabird Centre) or Scone Cafe (Wednesdays 2-3.30 PM, Abbey Church) – includes a bonus mini group walk in that fresh spring air!

- Carol Stobie (Project Manager)





Spring is a time of new growth, renewed energy, and optimism for warmer, longer days, and for me, also a time for reflection. I have a Spring birthday and at this time of year am inclined to reflect on the past 12 months, celebrate achievements, recognise where things could have gone better, and build on personal and professional accomplishments.

I joined NBCCC just over a year ago, and have been privileged to belong to an organisation with compassion, connection, and care at its core. Our Compassionate Neighbours have provided quality friendships to community members who have a terminal diagnosis, bringing a fresh perspective to someone who is at the end of their life.

If you believe you could offer a family member, friend, or neighbour support as they face the end of their life, a 5-week EASE training programme will begin with an introductory session on April 20<sup>th</sup>.

Thereafter, discussions will take place on 27<sup>th</sup> April, and then 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> May. EASE (End of Life Aid Skills for Everyone) is free and provides an opportunity for participants to become death literate: to know what to say, when and how. By participating in EASE training, participants feel more comfortable talking about, responding to and supporting someone who is dying, recently bereaved and grieving.

If you would like to know more, please email Charli Prime: [compassionateneighbours@nbc-communityconnections.org](mailto:compassionateneighbours@nbc-communityconnections.org) and we can arrange to have a chat.

- Charli Prime (Compassionate Neighbour Coordinator)



*"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."*

- Charles Dickens

### New Staff Appointment

We are thrilled to announce that Lynn Artesse, who has been taking care of our befriending and buddy walking matches on a temporary basis since Lisa Brownlie's departure in November, has been appointed to the staff team long-term. Her new title is **One-to-One Services Coordinator**, reflecting the expansion of this role in recent times. Many of you will know Lynn from her volunteer befriending with Community Connections since 2020, but she is also a very experienced counsellor and has worked with other charities over the years. Lynn will start the job in April, and new matches will wait till then.



## Male Volunteer Facilitators needed - Andy's Man Club

*Andy's Man Club are looking for men to help facilitate and run their Monday night sessions, soon to start up in North Berwick.*

If you are interested in helping others or maybe need somewhere to get support yourself and help others at the same time then AMC might be the place for you. If you would like to know more than why not get in touch or attend one of our sessions. We have groups in East Lothian and are looking to expand into other areas.



### Organisation aims and objectives

Andy Roberts was a loving and doting father, son, brother, grandson, nephew, cousin and friend. He was an all-round top guy, one of the truly nicest people. His love for his daughter was inspirational to see and the way he looked at her and idolised her was a blessing. Sadly and tragically without any warning Andrew, at 23 years old, was taken away from all his family and friends by suicide. On average one man every 2 hours takes his life in the UK. It's often said a factor is that men don't talk. That's why we were born to break down these stigmas. At Andy's Man Club, you don't have to be suicidal or have a mental health problem, we just want to get men talking. That change starts with you...

"Our overall aim is to halve the number of suicides in men Under 45. I know that's a massive task, but it's something to strive for. Even if we only manage a quarter - we will have done something amazing."

### Timing:

Monday evenings, 7-9pm (Andy's Man Clubs standard time)

### Experience required: Lived experience. Empathic listener

Travel details: North Berwick Rugby Club

Minimum age: 18

### Support:

Taster available: Yes

Taster details: Attend a current club (Dunbar, Prestonpans have existing clubs)

Training details: If interested, after several sessions we can provide basic facilitator training

Please contact Alex McClintock to find out more

Website: <https://andysmanclub.co.uk/>

Facebook: <https://www.facebook.com/andysmanclub>

*North Berwick Coastal Community Connections is in partnership with Andy's Man Club and helping them to start up in this area. This will not be an NBCCC service but entirely managed by Andy's Man Club. Please direct any enquiries to Alex, above.*



## March Wildlife Watch by Ruth Fraser

Flowers and colours  
everywhere, I am so glad that  
March is here.'

- Anamika Mishra

Spring has sprung! And with more daylight comes more opportunity to spot some of our iconic wild animals and plants in our gardens and countryside.

### Skylark



The skylark is a small, streaky brown bird with a crest that can be raised when excited or alarmed. They nest on the ground and rely on their plumage to hide. When you're out walking, the first skylark you're likely to see is one bursting from the grass. They're known for their flight song that begins low down whilst rising steeply until it hangs high in the air, and the long, liquid warble can be heard from a distance. Males dominate a patch of sky to out-sing neighbours and attract females. Its recent and dramatic population declines make it a Red List species.

### Wild Garlic



Wild garlic is a medium-sized bulbous perennial with a distinctive garlicky smell that pervades woodland in spring. Flowering early in spring, is an important early bloom for bees and other insects which pollinate them. Also known as ramsons, the leaves and roots of wild garlic can be eaten and smell and taste of garlic.

#### Wildlife Anagrams

PLNAWIG  
CNSARSUIS  
EIPK  
EHNRO  
FCAICFFHFH

(answers on page 9)

**Get snapping:** please send photos of March wildlife you capture for us to share in the April

## North Berwick Library

Here is a list of all the regular events which take place at North Berwick Library:



- **Bookbug Sessions** ( under 5's) - every Thursday at 10:30am. Book in advance in person or by telephone
- **Cancer Support Group** - second Thursday of the month at 10:30am
- **Girls in Gaming code club** ( ages 8-14 years) - every Thursday 4:00pm to 5:00pm. Places are limited, please contact the library to book
- **Craft & Chat** - every Monday, 10:30am-12:00pm
- **Lit Lot Book Group** - second Thursday of the month at 6:00pm
- **McIntosh Book Group**- third Thursday of the month at 6:00pm
- **Morning Book Group** - last Tuesday of the month at 10:30am (**Gullane Library**: meets on the second Monday at 2:00pm to 3:00pm. Also a group meets on the second Tuesday of the month at 3:00pm to 4:00pm)
- **Tyne and Esk Writers** - first and third Tuesdays of the month at 2:00pm
- **Lego Club** - every Friday 2:30pm to 3:30pm (under 8's to be accompanied by an adult)

Please contact the library to check whether places are available and the age range of children attending.



## COMMUNITY CONNECTIONS EVENTS UPDATE, MARCH 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 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)

**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](mailto: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 LUNCHEAS**, 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. The next dates are 25<sup>th</sup> February, 11<sup>th</sup> March, 25<sup>th</sup> March, 8<sup>th</sup> April, 22<sup>nd</sup> April and 6<sup>th</sup> May. For more information ring Margaret on 07907 999967 or Di on 07410 448869.

**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.



### Exhibition - Mapping Ocean Change through Art

**Open until 19 March, 10 am to 4pm**

This is a project that bridges scientific research into climate-driven changes between Scotland and the Arctic with lived-experience insights into environmental changes that are currently taking place in marine environments and coastal areas. The exhibition brings together statements from marine biologists, oceanographers and people who live and work in marine and coastal environments around Scotland, artwork by artist Jennifer Argo, and portraits by photographer Daniel Tulloch. The project charts connections between climate-driven changes to the migration routes of marine species, and the effects on local ecosystems, habitats and seabird populations.

Entry is FREE to [Seabird Centre Members](#) or [Discovery Experience](#) ticket holders. Or £5 donation.



### Coastal Wildlife Tour

**11 March, 10am to 11.30am** Book here: [www.seabird.org/events](http://www.seabird.org/events)

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. 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): [info@beachwheelchairs.org](mailto:info@beachwheelchairs.org) or give them a call on: 0300 111 2112 Adults (18+) and cost £7.50 per person (£6.75 for Scottish Seabird Centre silver members, £6 for gold members)



### Yarrow Cookery School Ottolenghi Styled Feast

**24 March, 6pm to 10pm** Book here: [www.seabird.org/events](http://www.seabird.org/events)

We are delighted to welcome Yarrow Cookery School to run some events at the Scottish Seabird Centre. In this Yarrow Cookery favourite, you will learn to master Yotam Ottolenghi essentials. Expect bold flavours and bright colours as you get creative making dishes inspired by this Jerusalem born, Italian inspired chef!

### Yarrow Cookery School Local Scottish Seafood

**25 March, 6pm to 10pm** Book here: [www.seabird.org/events](http://www.seabird.org/events)

This class concentrates on preparing locally caught North Berwick lobsters and freshly caught Scottish seafood. Richard at Yarrow Cookery School: "At the Yarrow Cookery School we love to use as much local produce as possible. In this class we use Lobster caught just off the coast of North Berwick by our friend and local fisherman Sam. You will develop the skills and confidence to be able to prep and prepare live lobster."

### Pop Up Curry Night with Keating's Kurries

**31 March, 7pm to 9pm** Book here: [www.seabird.org/events](http://www.seabird.org/events)

Delicious, homemade curries served up buffet-style, Lisa makes her authentic dishes to traditional Indian recipes using local produce. Enjoy a starter of poppadoms, homemade raita, spiced onions and mango chutney, followed by a selection of curries. Meat, fish, vegetarian and vegan options are all available and dairy, nut and gluten free can be catered for (please advise of requirements at point of booking). Your ticket includes starter, main course buffet, pilau rice and naan bread. A selection of wine, beer and soft drinks will be available to buy from the Seabird Centre Café Bar to accompany your meal.





NBMovies Presents: Mrs Harris Goes to Paris

March 17th, 7pm NB Community Centre

Cert PG Adults £6 Minors £3

<https://nbmovies.co.uk>

<http://nbmoviesco.uk>



Your charity for Scotland's environment

Scotland is facing a #LitterEmergency  
Join us for Scotland's 2023 Spring Clean **17 March - 17 April**. We can all play a part in reducing litter levels in our neighbourhoods.  
For our environment, our wildlife and our own health and wellbeing, volunteer to get involved.

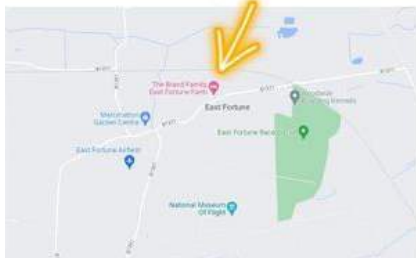


THE BRAND Family EAST FORTUNE FARM EST 1931



**EAST FORTUNE FARM MARKET**  
*Showcasing the best of East Lothian's local suppliers, from arts and crafts to food and drink and much more... all indoors!*

*Find us here!*



**First Sunday of every month starting Sunday 5th February**

**The Brand Family, East Fortune Farm, EH39 5BT  
Contact No: 01620 880790**



**SATURDAY 4 MARCH AT 10 AM – 2 PM  
Scottish Makers and East Lothian Food & Drink Market**

St Andrew Blackadder, Church of Scotland, North Berwick

Come along to a fabulous artisan market jam packed with wonderful makers, artists and crafters!

No entry fee and fully accessible.



We are often asked at the Men's Shed what we do. It is pretty simple really in some ways and not so much in others! I suppose that the best way of describing our function is in two ways. Firstly, it is for the promotion of men getting together under the umbrella of a global organisation and meeting up on a regular basis, basically to enjoy themselves and each other's company.

Naturally, newcomers tend to be a bit nervous which is perfectly understandable but are soon put at ease by our friendly members over a cuppa and the obligatory biscuit! Normally, we exchange stories of life experiences which inevitably leads to jokes and general banter. No matter who we are, we can always interact with others and learn something new. It's amazing how many interesting people and stories there are within the local community. It is not necessary that new members have hands on skills, that is not the purpose of our small group although if there are interested skilled or diy-ers out there that would be our gain.

The other main string to our bow is getting involved with local community projects.

We have good relationships with many organisations within the town and surrounding area. In the recent past, we have helped by making go carts, insect hotels, framed signs, repaired wooden shed doors and made compost bins for local primary schools.

East Lothian Council is responsible for over 150 benches in the area and as money for repairs can be tight, the Men's Shed, along with other local groups, are willing to step in, as and when required.

We have carried out small projects for a local art group and the fabulous North Berwick in Bloom. Recently, we carried out a joint project with The Bass Rock Community Group.

Our willing help is often called upon by North Berwick-based Coastal Communities Museum which is completely operated by its many volunteers.

There are many other local projects that we have been happily involved in.



If at all possible we try and use materials that are reclaimed from old pallets to golf trolley and pram wheels.

We look forward to welcoming any would be "Shedders" at our weekly get togethers at the North Berwick Community Centre.

These take place every Wednesday afternoon from 13.30 until 15.30.

Our contact details are as follows: You can call Paul Duffney on 07906 341124 or email Stewart on [mensshednb@gmail.com](mailto:mensshednb@gmail.com)

Looking forward to hearing from you!

- Stewart



### Gullane Scone Cafe

The Gullane Scone Cafe has been well attended this winter with a warm venue and good company. Mary has continued to make delicious scones and, although we do not ask for contributions, our money box cow has collected £180 over the last year for the East Lothian Foodbank.

We have enjoyed joining in with general chat and quizzes and have even sung a few old Scottish songs. We would welcome new visitors who would enjoy this brief get-together on alternate Saturday mornings from 10.30am to midday in the Day Centre in Gullane.

The next dates are 25<sup>th</sup> February, 11<sup>th</sup> March, 25<sup>th</sup> March, 8<sup>th</sup> April, 22<sup>nd</sup> April and 6<sup>th</sup> May. For more information ring Margaret on 07907 999967 or Di on 07410 448869.



### Wildlife Anagram Answers:

Lapwing Narcissus Pike Heron Chiffchaff



**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**, One-to-One Services 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 April newsletter: 23<sup>rd</sup> March

**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.



*'March comes in like a lion and goes out like a lamb.'*  
- English Proverb