

Community Connections

North Berwick Coastal

April 2023



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

HAPPY BIRTHDAY!

One of the April birth flowers is the sweet pea.

They symbolise good wishes, friendship, kindness, and goodbyes.



'Limpet shells on East bay' - Ruth Fraser

Happy April, everyone!

April's name derives from the Latin word 'Aperit' meaning 'to open' which is fitting since flowers are beginning to open and leaves are beginning to unfurl. Seeing the fresh colours against a blue sky is a very welcome sight!

Everyone at NBCCC wishes you a happy Easter! We wish that you feel the hope of new beginnings, love, and happiness during this Easter holiday. For me, Easter is about taking time to focus on family and friends, and to enjoy traditions like egg decorating and rolling.



Remember to keep your wits about you on April Fool's Day! While the origins are not entirely clear, there are a few ideas of where it came from. Perhaps the switch from the Julian calendar to the Gregorian calendar in 1582, when those who didn't know or remember were made fun of and called poisson d'avril, "a young, easily caught fish." Or maybe from the Roman holiday Hilaria, where people dressed in disguises.

- Ruth Fraser

Celebrations in April

- **April Fool's Day - 1st**
Celebrated as a morning of tricks.
- **World Autism Awareness Day - 2nd**
Increasing understanding & acceptance.
- **Good Friday - 7th**
This Christian celebration commemorates the crucifixion of Jesus.
- **Easter Day - 9th**
Easter is the Christian celebration of Christ's resurrection.
- **National Scrabble Day - 13th**
A day in honour of Scrabble's inventor, Alfred Mosher Butts.
- **World Heritage Day - 18th**
Promotes the diversity of the cultural heritage of humanity.
- **Earth Day - 22nd**
To raise awareness of environmental issues which affect the planet Earth.
- **National Shakespeare Day - 23rd**
Shakespeare's birthday and date of his death.

NBCCC Updates

It's farewell to our Safeguarding Trustee, Becky Everett, who has contributed enormously to the improvement of our safeguarding and confidentiality systems. Thank you for your dedicated and conscientious work on this, Becky.

We also say a grateful thanks and farewell to Liz Weir, who has been our Board of Trustees Secretary since 2021, taking impeccable minutes every month - no easy task! We wish Liz all the very best as she moves on to new adventures.

- The NBCCC Team

We are delighted to be offering the opportunity to take part in **Health Walk Leader** training.

This is a wonderful skill and string to have to your bow, equipping, qualifying and ensuring you to lead one to one Buddy Walks (we have a waiting list for BW volunteers to meet our clients' needs!) and/or group walks like our Scone Walking (Wednesdays 2.15-2.45 from Abbey Church). These walks are a lifeline for many folk who have felt increasingly isolated over the past couple of years and may have lost muscle tone and physical confidence. Walks can be anything from five very gentle minutes upwards, according to needs. Many of our Community Connections volunteers, including Scone team folk, have completed this training and really enjoyed it - ask to be put in touch if you'd like to hear about their experience!

We will be holding an online training course on **Thursday 27th April** from 9.30am – 1pm. The course will be held on zoom and all joining information will be sent to you nearer the time. You will also receive some materials by post from Paths for All for the course, which are helpful to have at hand during the online session. You will need to have access to a computer, laptop or handheld device which has a camera function. You can watch on a phone but it may be more difficult for you to see the slides. Please email for more information: admin@nbc-communityconnections.org



If you would also like to discuss becoming a Community Connections volunteer please let us know - we can provide information on our next in-house training. We would undertake a PVG and reference check prior to any matching with clients, in accordance with our safeguarding policy, but this does not need to have been completed before you take part in the Walks training.



Spring in North Berwick has settled into its rhythms and rituals: the elusive woodpecker is back in the Lodge Grounds, timid tourists ponder and peruse in our beautiful independent shops, and bare trees are slowly receiving their coats of green.

Each season heralds a time of change, and so it is for Compassionate Neighbours. Unfortunately, we were unable to recruit the required number of volunteers to be an independent team, and so have returned to the supportive and experienced hands of St Columba's Hospice. If you have been thinking about becoming a Compassionate Neighbour, please contact Maggie Young at St Columba's who would be delighted to support you through the training process.

NBCCC will continue to promote and facilitate EASE training, which is free, and will give you the confidence and skills to support your family, friends and neighbours. As more participants complete EASE training, a social movement will naturally develop, and you can meet with others to offer support and share experiences.

I have made the difficult decision to step down as Compassionate Neighbour Coordinator, to focus on my business and family commitments.

This past year has given me so many gifts and I am extremely grateful for connecting with my local community. I have met so many amazing people and I look forward to bumping into you on the High Street.

Wishing you all wellness, happiness and connection, and thank you for the joy you have brought to my life.

- Charli Prime (Compassionate Neighbour Coordinator)

On Saturday 25th March, Fiona Watt, one of Compassionate Community's founders, and I planted a crab apple tree on the parkland South of North Berwick which was facilitated by North Berwick Trust.

This month we bid farewell to Charli Prime, who has been our Compassionate Neighbours Coordinator for the past year and has done sterling work establishing this important new work. Thank you for all your excellent hard work, Charli, and all the best for the future.

- The NBCCC Team



Parvine Woodger**What is your role on the NBCCC board?**

I have been told I will be a Trustee but I don't have a specific role yet.

What would you say you're most passionate about?

I am passionate about physical activity + health and wellbeing. I have been active all my life and know how important it is to stay healthy throughout our lifetime. I enjoy helping others to stay and be more active :)

What do you enjoy most about being on the NBCCC board?

I look forward to meeting new people and helping the project thrive.

Where is your favourite place to spend the day in East Lothian?

I love spending time at the beach (any beach in East Lothian). I also love the different walking routes that are available.

Jane Coyne**Why did you decide to join the NBCCC board?**

I have recently taken early retirement after working 25 years as a project manager in the IT department at Standard Life. I moved to North Berwick in 2020 as we emerged from the first lockdown and am enjoying life here at a slightly slower pace than in Edinburgh.

I have decided to become a trustee as I feel it is time to give something back to society as well as to the local community and feel

that the skills and experience, I gained over the course of my working life can make a contribution to NBCCC.

What are you looking forward to most about being on the NBCCC board?

It is an exciting time as NBCCC moves from its small beginnings to a registered charity with lottery funding and the challenges that brings with it. I feel that my project management experience together with my limited IT knowledge (I understand the pictures of how it's supposed to work!) can ensure that the correct structure, governance, processes and procedures are in place to ensure the day to day flows efficiently and effectively while meeting the regulations a Lottery funded Charity must meet, not very exciting but has to be done.

Where is your favourite place to spend the day in East Lothian?

I am continuing to discover the delights that East Lothian has to offer and can often be seen out running or walking around the country lanes or sampling the numerous coffee shops the area has to offer.

And lastly, what is your favourite book?

My favourite book at the moment is Confessions of a Book Seller by Shaun Bythell.

Carole Glover**What is your role on the NBCCC board?**

My background is in Financial Services and my role within the board is utilising the many skills I gained during my long career. My initial focus is to understand how the charity operates, the processes that underpin the day to day working, and how I can support the team who deliver the service. As a board member it's important that collectively we ensure the service we deliver is meeting our members' and funders' needs, and to ensure we are compliant in every respect.

What are you looking forward to most about being on the NBCCC board?

Hopefully, making a difference! I have been aware of the charity from the outset. To now be a Trustee is an honour and a great opportunity to use my skills. Working alongside the Board and the team I'm sure will be very rewarding. Also looking forward to meeting more of our members over the coming months.

Where is your favourite place to spend the day in East Lothian?

EL is full of surprises with many wonderful places to visit. One of my favourite walks is Binning Wood followed by lunch at the Tynninghame coffee shop.

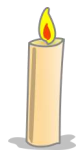


National Haiku Poetry Day

Observed annually on 17 April, **National Haiku Poetry Day** encourages all to try their hand in creativity. Haiku poetry is a form of Japanese poetry that is non-rhyming and usually consists of 3 lines with a syllable pattern of 5-7-5. First popularised in Japan in the 17th century, Haiku as a poetry genre has been adopted by many languages around the world. In English, the genre first became mainstream in the early 20th century. The syllable rule, however, is not always set in stone. Compared to Japanese, many English words have longer syllables. Because of this, English haikus can often have anywhere from 10 to 14 syllables. Usually, an element of nature, a season, a moment of beauty, or an individual experience inspires haiku poems.

“The light of a candle” by Yosa Buson and Matsuo Bashō’s poem ‘The Old Pond’ are two of the most famous Haiku poems:

The light of a candle
Is transferred to another candle -
spring twilight.



An old silent pond
A frog jumps into the pond -
Splash! Silence again.



Members of the NBCCC team have had a go at writing their own Haiku poems. Enjoy!

The promise of chocolate
Little faces of hope
Treasure found in spring flowers and fresh green grass
- Lyndsey



A crocus carpet
Midst emerald grassy sward.
Harbingers of spring.

New life beginning,
Lambs frolicking in the fields
Spring sunshine glowing.

Blessed Eastertide,
Resurrection, death to life.
Hope for this sad world.



Daffodils swaying.
Bright yellow blooms in a pot.
Making our hearts leap.

-Ann

Easter will be sweet
Because I gave up sugar
For Lent – it’s very dull!

Smudgy wee paintings
Cracking off the rolled boiled eggs
- the cat got there first.



- Carol

Fairground Haiku

Bright brass and peeling paintwork.
Pennies pouring at bingo and booths.
Such safe anxieties.



- Bill

April Wildlife Watch by Ruth Fraser



Spring's in full swing, so keep an eye out for everything from beetles and butterflies to puffins and newts! Enjoy feeling the warmth of the sun and the longer daylight hours.

Puffins



Puffins are one of the world's most distinctive birds, with their colourful beak, and in April they arrive in Scotland in huge numbers. Puffins spend most of their lives at sea, only landing on coastal islands in spring and summer to form breeding colonies. Adults return to their breeding colonies on grassy cliff tops, such as on Craighleith Island, in March and April and depart again in mid-August. Parents spend the summer catching fish, mostly sandeels, before carrying them to their hungry youngster in its burrow.

Great crested newts



Great crested newts can reach up to 17cm and are the largest and least common newt species in the UK. It's also known as the warty newt because its skin is covered in small bumps. The skin contains glands that secrete a milky, acrid-smelling substance to dissuade predators. Due to enormous declines in their number, it's strictly protected by law.

Wildlife Anagrams

KHADODC
DALRE
PWOEDIGONO
RHEA
TOHNRE

(answers on page 10)

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



North Berwick in Bloom

Coffee Morning
 to celebrate our 2023 TULIP FESTIVAL
Good Friday April 7th



❁ Entry £3 ❁ Raffle ❁ Pots of tulips for sale ❁
 Slideshow - "All You Need to Know about Tulips"

Abbey Church Hall
10am - noon

For more info please visit www.northberwickinbloom.org

COMMUNITY CONNECTIONS EVENTS UPDATE, APRIL 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

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. The next dates are: 8th April, 22nd April and 6th 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.

Finding Mindfulness and Balance at Scone Cafe

We were delighted to welcome Sheila Reid back to Scone Cafe for a talk and taster session in Mindfulness on Wednesday 29th March. We were feeling much calmer within five minutes! Sheila is a former physio who retrained in Mindfulness, and has specialist knowledge of the worries many of us have about falls.



Sheila says, "The thought of falling can be a huge fear for many, which leads to muscle tension, which increases the likelihood of falling! Not fair!" Her mindfulness practices can help us on both fronts.

Sheila will run a short series of mini-classes at the end of Scone Cafe from **Wednesday 12th April, 3.30-4pm**. Further sessions on 19th April, 26th April, 3 June. All are welcome - free of charge.

Intergenerational Meal

It was fantastic to see the return of our legendary Intergenerational Meals!

Community Connections folk had a fantastic three course meal prepared and served by the Girls' Group of the amazing North Berwick Youth Project and a mixed-team quiz for added fun. We loved it and are so grateful to all the girls for their warm welcome! Here's to the next one in three months' time...



Poems by NBCCC supporter Bill Waugh

Maker

Piece by piece the boat constructs itself.
 With finger ends I feel for surfaces.
 With eyes and springing wood I ask the boat,
 Is this correct, is this how water flows.
 In its own time the shape will answer yes.

Be practical, are boats not built of wood,
 And chemistry and metals.

But are not poems built of words,
 And music out of wavelengths.

The search for joint design or word or wavelength.
 Will it hang together and ring true?

The success in exact simplicity shows,
 The sawdust only the builder knows.

In its own time it turns around and says
 You gave me life so far as you were able.

In time you will forget these anxious feelings.
 In time your finger nails will grow again.

Perhaps some sharper tools and keener ears
 Will hear the song and play it next time round.

- Bill Waugh

Sea Fever ?

After 'Sea Fever' by John Masefield. [Long After]

I must go down to the sea again,
 To the caravan site by the shore.
 And paddle around by the rock pool's edge,
 And back for a cuppa or more.

There's a pub on a nearby hillside.
 A mile or two in the car.
 But there's cans of beer in the cupboard
 No need to go that far.

The far horizon can stuff it
 I know what is over the edge
 I saw it on TV yesterday
 From a camera perched on a ledge.

If it gets a bit cold and windy
 There's a heater on in the van
 And double glazed windows and blankets
 Makes an afternoon snooze for a man.

The wife's away to Russia
 With her sister on the spree
 I wish good luck to her travels
 And I think she'll come home to me.

But the flowing tide is flowing
 Gently in or out
 Changing the view by the minute,
 And full of the seabird's shout.

- Bill Waugh



We loved spotting the spring / Easter-themed post box toppers around North Berwick!

"April is the kindest
 month. April gets
 you out of your
 head and out
 working in the
 garden."

- Marty Rubin



Gullane Festival of Food & Drink

10th to 16th April 2023

EDINBURGH
SCIENCE FESTIVAL
1-16 APRIL
BOOK NOW
EXPERIMENT

FREE EVENT

Meet the Author

Tuesday 11 April 4pm
Gullane Library

Join Mary Calder as she chats about her book 'Mary's Kitchen'

Copies of Mary's book will be available to buy from Gullane Library during April

Wildlife Anagram Answers:
Haddock Alder Woodpigeon Hare Hornet

Tea Dance



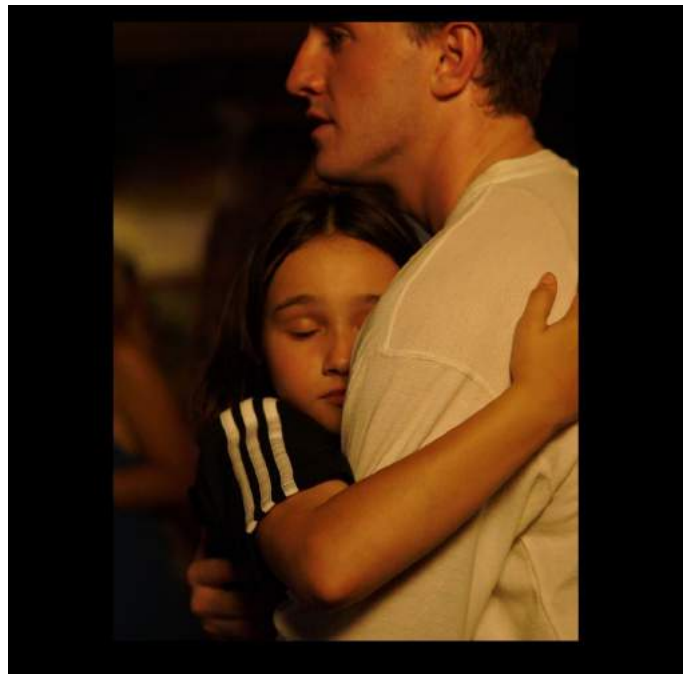
North Berwick Rugby Club
Will take place on the last Wednesday of each month
2:00pm-3:30pm
(Only £1 for refreshments)

- Dates:**
25th Jan 2023
22nd Feb 2023
29th Mar 2023
26th Apr 2023
31st May 2023

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.



NBMovies Presents: Aftersun
April 21st, 7pm NB Community Centre
Cert 12 Adults £6 Minors £3
<http://nbmoviesco.uk>

Book here: www.seabird.org/events



Newly launched exhibition: Art in action: not just a load of rubbish
25 March to 25 June 2023, 10am to 5pm

This exhibition captures the result of 100 beach cleans, carried out by Elizabeth Vischer, artist, nature enthusiast and avid beach comber. In early 2020, over Covid-19 lockdown, Elizabeth set herself the challenge of completing 100 beach cleans. She returned to the same small stretch of beach at Longniddry Bents (a natural collection point due to its topography). By the end of the beach cleans she had collected an astonishing 26,513 pieces of plastic! As Elizabeth began to sort through the litter she was amazed at the array and quantity of what she was finding: broken car lights, old plastic hair pins, buttons, pens, firework fragments, cable ties and tiddly winks. The 61 images in this exhibition are all of these pieces of plastic, sorted by type/source. Entry is FREE, suggested £5 donation.



Spring Clean: Family Friendly Coastal Clean-up
10 April, 11am to 12pm

We're hosting a Spring Clean on the beach as part of Keep Scotland Beautiful's network of clean-up hubs! Join us to remove marine debris from the North Berwick coastline, whilst enjoying some amazing marine wildlife and habitats with like-minded people. This family friendly beach clean will focus cover East and/or West beach in North Berwick - we will cover as much ground as possible within 1 hour. Friendly, quiet dogs are welcome, but we ask they are kept on a short lead throughout.

Family Friendly Wildlife Tour

10 April, 2pm – 3pm (Also a wildlife Coastal Tour on 13 April, 11am to 12,30pm)

Join our Conservation Officer for a wildlife wander along the coast to find out more about the wonderful wild animals that can be spotted around Scotland. Learn more about birds, scan the sea for whales and dolphins, and peak into the pools along the rocky shore. These tours are for a family audience. Tickets for adults are £5 and children are free (but must be accompanied by a responsible adult). Any money raised is gratefully received and will go towards supporting our education and conservation work around Scotland.

Friendly, quiet dogs are welcome, but we ask they are kept on a short lead throughout.

Science and Nature: how you can collect data to protect marine habitats

13 April, 2-3pm

Join our Conservation Officer for an outdoor, interactive introduction to marine citizen science. Learn what citizen science is, why it's important, and discover how you can get involved in collecting data to safeguard wildlife and habitats. This activity is aimed at adults 18+, but younger teenagers and children can come along if accompanied by an adult. Tickets are a recommended £5 donation for adults and free for children (who must be accompanied by an adult). Donations are gratefully received and will go towards supporting our education and conservation work around Scotland.

Friendly, quiet dogs are welcome, but we ask they are kept on a short lead throughout.

Cocktails & Canapes with Buck & Birch

27 April, 7-9pm

Wild food and drink innovators Buck & Birch are East Lothian-based producers of unique, multi-award winning wild Scottish spirits, liqueurs and cocktails. Here they offer a chance to explore the exotic wild flavours of the Scottish countryside with founders Tom and Rupert on hand to chat through their foraging and harvesting process. Sample their full range including their BIRCH botanical spirit, shortlisted for a sustainability award, plus specially-created cocktails paired with six mouth-watering canapes.



Over 18s only. Please advise of any food allergies or intolerances at the point of booking. Tickets £20.



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**, One-to-One Services 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 enquiries, meantime please contact Lyndsey (above).



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 May newsletter: 20th April

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

Website: <https://www.nbc-communityconnections.org/>



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.



'Sweet April showers do bring May flowers.'

- Thomas Tusser