

# Community Connections

North Berwick Coastal

May 2023



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

**HAPPY BIRTHDAY!**

One of the May birth flowers is the hawthorn.

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



*'Wildflowers at the Law' - Ruth Fraser*

## Welcome to May, everyone!

May acts as the bridge between spring and summer, hinting at warmer weather for those still stuck in spring's grasp. I am definitely looking forward to feeling the sun's warmth after what I felt was quite a chilly April!

It's Mental Health Awareness Week from the 15<sup>th</sup> to the 21<sup>st</sup> of May and this year's theme is 'anxiety'. Anxiety is one of the most common mental health problems we can face. If you are feeling anxious, you are certainly not alone. Dealing with anxiety can be hard. It helps to share suggestions and tips for what to do when feeling anxious. Throughout this issue, the NBCCC team shares their thoughts on anxiety and ideas of things to try when feeling anxious. For me being out in nature helps the most, even a 10 minute walk along the beach or sitting and listening to birds singing in the trees helps to bring a sense of calm.

- Ruth Fraser

*Among the changing months, May stands confessed  
The sweetest, and in fairest colours dressed!*

James Thomson, Scottish poet (1700-48)

## Celebrations in May

- **May Day - 1<sup>st</sup>**  
An ancient pagan spring festival
- **World Laughter Day - 3<sup>rd</sup>**  
The celebration of World Laughter Day is a positive manifestation for world peace.
- **International Museum Day - 18<sup>th</sup>**  
A day to raise awareness that museums are an important means of cultural exchange.
- **World Bee Day - 20<sup>th</sup>**  
A day to raise awareness of the importance of pollinators, the threats they face and their contribution to sustainable development.
- **Africa Day - 25<sup>th</sup>**  
The annual commemoration of the foundation of the Organisation of African Unity on 25 May 1963.
- **National Biscuit Day - 29<sup>th</sup>**  
A celebration of this tasty treat.

## Ways to help reduce anxiety

### Seven things that make me anxious:

- Things being a mingin' mess in the flat
- Losing stuff (again)
- Realising I've forgotten a good friend's birthday
- Waking up in the middle of the night (mind you, that's a chicken and egg situation)
- Struggling to find the concentration to complete tasks
- The thought of letting people down
- Discovering I have muddled up yet another recipe, which will end up either getting served severely late or tasting distinctly dodgy, possibly both.

We all get anxious about something, at some point, whether we admit it or not. Those I've listed above are all symptoms of my recently discovered Attention Deficit Disorder. I'm learning a lot about this

syndrome, and I know that these symptoms will not go away - even if I can improve my daily work practices and "life admin" over time, with the help of coaching, systems and boundaries that are compatible with my neurological eccentricities.

ADD can come with a lifetime's baggage of anxiety and/or depression, shame and self-punishing.

But learning what's at the root of our problems, as I'm beginning to do - and so are the long-suffering people around me! - can be very helpful, and brings the promise of slightly reducing the anxiety, once we get a handle on it and learn to live with it.

### Seven things that help reduce my anxiety:

- Rallying the family to tidy up once a week - and lowering my expectations
- Picking one single place to return each item to (it sometimes works)

- Dumping loads of birthday cards, stamps and a special "birthdays calendar" on the table once a month to work through
- Doing a brain dump of worries and writing down every task I can think of in my "bullet journal" before I go to bed
- Setting a "visual timer" for 25 minutes, then taking a break (the Pomodoro Technique!)
- Letting people know I have ADHD and might need reminders or chasing up - I don't mean to ignore them!
- Managing family expectations (and finding easier recipes)

But here is an eighth overall tip (cheating), which I recommend for all of us anxious folks:

Let's cultivate self-compassion. Good, kind company definitely helps, as does sharing stories of our misadventures and muddles. See you at Scone Café, Coffee Connections, Beacon Lunch, Music Nights... wherever!

- Carol Stobie (Project Manager)

"Anxiety's like a rocking chair. It gives you something to do, but it doesn't get you very far."

- Jodi Picoult

"It helps to write down half a dozen things which are worrying me. Two of them, say, disappear; about two of them nothing can be done, so it's no use worrying; and two perhaps can be settled."

- Winston Churchill

15 to 21 May 2023

**Mental Health  
Awareness Week**



#ToHelpMyAnxiety

"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor." - Thich Nhat Hanh

## The Anxious Brain

Everyone experiences fear and anxiety at some point in their lives. Fear is an immediate response to a specific threatening stimulus. Anxiety, on the other hand, is less intense but a more sustained response.

We live in a very stressful world, so it's not surprising that more and more people are suffering from anxiety. When we feel anxious, it can seem like the world is crashing down around us. Your heart begins to race, your palms feel sweaty, and you can't seem to catch your breath. You also have a million thoughts running through your mind, making it difficult to think clearly.

The physical symptoms you have when you get anxious are all triggered by the reptilian brain and designed to put us into fight, flight or freeze response. These reactions would possibly have saved our lives in the past when we needed to escape immediate danger.

Unfortunately, our brains have not evolved as fast as life has changed, so this is still our response to perceived threats.

Neuroplasticity is the brain's ability to change and form new connections throughout life. Over time, an anxious brain forms neural circuits that maintain the loop of anxiety. So, your anxiety isn't your fault, it's the way your brain is wired. So, the next time someone tells you "It's all in your head," although it's not helpful, I guess they're right in a way. However, neuroplasticity is also the reason why it is possible to calm the anxious brain and develop new pathways.

Anxiety is related to overthinking about what might happen and is not necessarily based on reality. A good thing to remember is our thoughts are not facts, therefore, if we can interrupt the thought pattern (neural circuit), we can prevent our anxiety from spiralling out of control and gradually lay down new pathways.

Research suggests that there are some simple ways to combat anxiety and encourage healthy neuroplasticity.

Remember though, simple doesn't necessarily mean easy and it takes practice and consistency.

Three ways to combat anxiety:

You've probably heard them all before but, seriously, these three habits can be incredibly helpful.

**Make time for nature.** We're so lucky to live here in such a beautiful environment. Getting outside can lift the spirit, reduce stress and calm the nervous system.

**Meditation and yoga.** The breath is a powerful thing and certain breathing techniques can lower anxiety and stress levels.

**Exercise is key.** Research proves that even a thirty-minute walk a few times per week can have a significant benefit in reducing anxiety.

-Lynn Artesse

(One-to-One Services Coordinator)

### Coastal Communities Museum

The Coastal Communities Museum has reopened for the 2023 season! It is open from **11am until 4pm, Wednesday to Saturday** every week until the end of October.



Come and visit our fascinating local museum located in North Berwick. It's run entirely by enthusiastic volunteers and their aim is to enable locals and visitors to explore the culture and heritage of the coastal communities that make up East Lothian's North Berwick coastal ward. It's free to enter (donations appreciated), you'll get a warm friendly welcome, and there's lots to discover for all ages.

The Mental Health Foundation is shining a light on anxiety during Mental Health Awareness Week (15<sup>th</sup> to 21<sup>st</sup> May). I have had a long and sometimes tricky relationship with anxiety and I'm grateful this subject is being brought to the forefront of discussion. Anxiety is different for everyone, it can present as shyness, social awkwardness, rudeness, withdrawal or excess to name a few. I often think it would be wonderful to experience someone else's anxiety for a few hours to begin to get a real understanding of what that person feels, maybe one day this will be possible.

I've tried various coping methods and tactics over the last 25 years to try and keep anxiety at bay, some more successful than others. I have created a "toolbox" that I use now when anxiety rears its head. In my toolbox are lots of different things such as going for a short walk. This can literally be for 5 minutes but it always helps. A hot bath with essential oils and a sign on the door saying do not disturb (not always possible with an energetic little girl wondering where mummy has gone), making a den on the sofa under a pile of blankets and getting lost in a good book. My husband knows if the den appears anxiety is visiting and he'll often come and sit in it too. Not talking or fussing, just being there.



That leads me to how important it is to stay connected to others. Even if it's just a text, voice note or email it's so important. Interacting with others can feel like the last thing you want to do when anxiety visits but trust me it helps. My toolbox also includes a colouring-in book, wordsearches and crosswords. As I've gotten older I've learned that anxiety (or any other mental health issue) is not something to be embarrassed about. We all need to keep talking, keep supporting each other and coming up with new tools to top up our toolboxes.

To keep connected locally everyone is welcome at Scone Cafe and Scone Walking at the Abbey Church from 2pm and the fabulous new meet-up, Keep the Heid Mental Health Cafe which is at the Hope Rooms every Thursday from 7pm. All are very welcome.

- Lyndsey Gdulewicz

### Eurovision Song Contest 13<sup>th</sup> May 2023

The 67<sup>th</sup> Eurovision Song Contest will be held in Liverpool at the Liverpool Arena. This year's event will celebrate last year's winners Ukraine, as well as Liverpool's enormous musical heritage.



After the victory of Kalush Orchestra in Turin, Ukraine should traditionally host the Eurovision Song Contest 2023. But due to Russia's invasion of the country, the contest can not be held in Ukraine. Instead, the BBC will host Eurovision 2023 in the United Kingdom. Sam Ryder (with his song Space Man) finished in second place with 466 points, becoming the highest scoring UK Eurovision entrant. He scored the UK our best result since 1998 and our first top three result since 2002.

The Eurovision week will have three shows:

\* **Semi-final 1:** Tuesday 9 May      \* **Semi-final 2:** Thursday 11 May      \* **Grand Final:** Saturday 13 May

All three live shows will start at 8pm and will be hosted by Julia Sanina, Graham Norton, Hannah Waddingham and Alesha Dixon.





### The Coronation Service

The Coronation of The King and The Queen Consort will take place at Westminster Abbey on Saturday 6<sup>th</sup> May 2023.

The Service will be conducted by the Archbishop of Canterbury and will reflect the Monarch's role today and look towards the future while being rooted in longstanding traditions and pageantry.

Their Majesties will arrive at Westminster Abbey in procession from Buckingham Palace, known as **'The King's Procession'**.

After the Service, Their Majesties will return to Buckingham Palace in a larger ceremonial procession, known as **'The Coronation Procession'**. Their Majesties will be joined in this procession by other Members of the Royal Family.

At Buckingham Palace, The King, and The Queen Consort, accompanied by Members of the Royal Family, will appear on the balcony to conclude the day's ceremonial events.

### The Coronation Concert

On Sunday 7<sup>th</sup> May 2023, a special Coronation Concert will be staged and broadcast live at Windsor Castle.

### The Coronation Big Lunch

The Coronation Big Lunch, at which neighbours and communities are invited to share food and fun together, will take place across the country, also on Sunday 7<sup>th</sup> May 2023.

### The Big Help Out

On Monday 8<sup>th</sup> May 2023, members of the public will be invited to take part in The Big Help Out, which will encourage people to try volunteering for themselves and join the work being undertaken to support their local areas.



The North Berwick Pipe Band and The Gospel Choir, North Berwick are excited to come together to celebrate the coronation of King Charles III.

Come and join us on Monday 8<sup>th</sup> of May at 7pm in our beautiful North Berwick Harbour and bring our community together to celebrate this momentous occasion!

For the past 900 years, the coronation has been held in Westminster Abbey. William the Conqueror was the first monarch to be crowned there and Charles will be the 40<sup>th</sup>. Charles has become head of the Commonwealth, an association of 56 independent countries and 2.5 billion people.

For 14 of these countries, as well as the UK, the King is head of state. These countries, known as the Commonwealth realms, are Australia, Antigua and Barbuda, the Bahamas, Belize, Canada, Grenada, Jamaica, Papua New Guinea, St Christopher and Nevis, St Lucia, St Vincent and the Grenadines, New Zealand, Solomon Islands, Tuvalu.

## Mental Health Café comes to North Berwick

Following the success of sessions in Haddington and Tranent Keep The Heid Mental Health Café opened in North Berwick on the evening of Thursday 20 April at the Hope Rooms from 7pm to 9pm. Sessions will be held every Thursday evening for four months and there is no need to book, have a formal diagnosis or a referral.



Keep The Heid is working in partnership with North Berwick Coastal Community Connections with funding from the North Berwick Trust. Carol Stobie, Project Manager at North Berwick Coastal Community Connections says;

*"We are delighted to be working in partnership with Keep The Heid Mental Health Café. The cafes in Haddington and Tranent are helping people every week by offering a safe space to talk about mental health and we are delighted to be able to pilot the cafe in North Berwick and add a valuable resource to the community."*

The founder of Keep The Heid, Emma Jackson is excited about this opportunity;

*"We are extremely grateful to North Berwick Coastal Community Connections and the North Berwick Trust for helping us to get another café set up to offer support to more residents of East Lothian living with mental health problems."*

A recent evaluation of the Haddington café has demonstrated the positive impacts on participants;

*"It's a wonderful thing to be able to share and learn that it's ok to not be ok, and that with somewhere to go to be open and get things out there in a very trusting place is a true lifesaver for everyone who's got difficulties."*

*"When I get there, I feel calmer, distressed, then when I come home, I can deal with what I need to deal with...this is a lifeline for me. I know it's there. They've got your back. I feel calmer the minute I walk in the hall – getting it all out your head and your mind. I can say 'I can't do anything about this, I'll wait till Friday and get it out.'"*

Sessions are led by a professional facilitator and volunteers who have lived experience of mental health problems. "They are really good because they're bringing in how they are too. They are not like a doctor or a psychiatrist - they wouldn't be bringing anything. I don't feel there's a divide. They're not sitting out which can be off-putting to people. They are just there and doing the same as we are."

The North Berwick sessions will be held at **The Hope Rooms on Thursdays from 7pm.**

For further information on the café see their Facebook page, e-mail [keeptheheidcafe@gmail.com](mailto:keeptheheidcafe@gmail.com) or call 07548 136575.

Or contact Emma Jackson at [keeptheheidcafe@gmail.com](mailto:keeptheheidcafe@gmail.com) or on 07815 833591

## May Wildlife Watch by Ruth Fraser

The sun is warming, the birds are singing, the flowers are blooming, and the garden is growing. Enjoy the wildlife on our doorstep during the month of May.

### Roe deer



Roe deer fawns are born in May and June, often hidden in long grass where their spotty coats provide camouflage. They are found in open mixed, coniferous or purely deciduous woodland, particularly at edges between woodland and open habitats. They are most active at dusk and dawn. The scientific name of the European roe deer, *Capreolus capreolus*, is an example of a tautonym, where the genus and specific name are the same. In the 1923 book, Bambi was a roe deer.

### No-mow May!



Free the wildflowers in your lawn so they can grow wild and provide a feast for pollinators, tackle pollution, and lock away atmospheric carbon below ground. No Mow May is Plantlife's annual campaign calling all garden owners and green space managers not to mow during May – liberating your lawns and providing a space for nature. We've lost nearly 97% of flower-rich meadows since the 1970s and with them gone are vital food needed by pollinators,

like bees and butterflies. But with over 20 million gardens in the UK, we can help turn that around.

#### Wildlife Anagrams

L P O C L O K

G M I E D

R S U G E O

E S P A N

U L N N G O S A I E T

(answers on page 11)

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

## Don't let anxiety stop you living your best life

Something that makes many of us feel anxious is being able to maintain our physical health and independence as we get older. There's some very useful information on the East Lothian Council website, but here's a brief synopsis on preventing a slip, trip or fall.

Even though slips, trips and falls can become a concern as we age, they aren't inevitable and there's a lot you can do to reduce the chance of having one. By looking after your general health, and putting some practical measures in place, you can make sure your home is a safe environment.

Looking after your eyesight and getting it checked regularly is important. Keeping your home environment, particularly stairs and floors, clutter-free is a good idea. Loose rugs and trailing cables can pose a trip hazard. Having good lighting and avoiding walking in the dark if you get up at night is also important. Having grab rails fitted offers additional support. Putting a bell on your pet's collar allows you to hear them even if you don't see them.

Keeping active as much as possible makes a huge difference to your strength and balance. Generally moving about can help to strengthen muscles and reduce joint pain.

If you do have a fall, it's important not to panic and knowing how to get up safely will be most reassuring. There are a couple of very helpful short videos demonstrating how to safely get up from a fall on the link below:

<https://abetterlife.eastlothian.gov.uk/Falls>

Enjoy the beauty of spring and take care of yourselves.



- Lynn

**COMMUNITY CONNECTIONS EVENTS UPDATE, MAY 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 a very gentle pace along Elcho Green and back. Free refreshments afterward!

**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).

**KEEP THE HEID MENTAL HEALTH CAFE**, 7-9pm at the Hope Rooms, Forth St, North Berwick. Come along and take advantage of a safe space to talk about mental health problems. There is no need to book or to have a referral or formal diagnosis. With thanks to North Berwick Coastal Community Connections and North Berwick Trust for their support in making this service available. Further information from Emma at +44 7548 136575 or [KeepTheHeidCafe@gmail.com](mailto:KeepTheHeidCafe@gmail.com)

**MONTHLY MUSIC NIGHT - TUNES AND SONGS**, 2<sup>nd</sup> 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 date is the 6<sup>th</sup> of May. For more information ring Margaret on 07907 999967 or Di on 07410 448869.



## Strength and Balance at Any Age

You may know that exercise can help us deal with anxiety, along with many other benefits. It certainly helps me. Trying to get back into weight training at home, to ward off the osteoporosis that blighted my mother's later life, I just discovered this lovely channel aimed at seniors trying to maintain some fitness/balance etc. A great way to reduce the likelihood of falls. It's a woman in her 50s demonstrating very gentle and inclusive workouts along with her 81 year old Mum, sometimes accompanied spontaneously by a beautiful ginger cat, Mochi.

If you are able to access Youtube (perhaps with the help of a friend, on their tablet etc), I highly recommend it, whatever age you are! <https://yes2next.com/>

You could start with their 5 Minute Kitchen Counter Workout.

No equipment is needed.

Our **Mindfulness and Balance mini-classes** with Sheila Reid have been a great success at Scone Cafe. If you would like to see more of these happen in the future, please let Lyndsey know.



- Carol

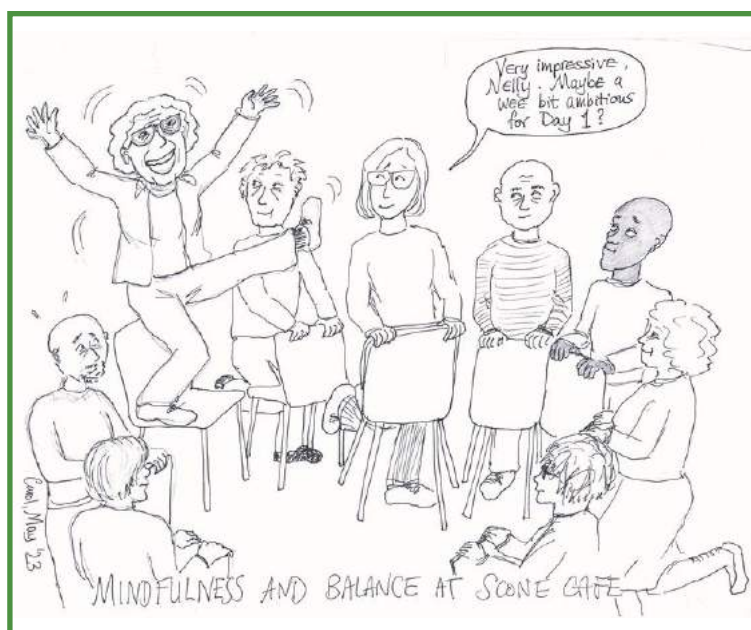
Sheila Reid has recommended the following exercises three times a week:

### Sitting in your chair

1. Take three deep breaths as if you are down at the seaside, imagine you can smell the sea air. Have a sense of your feet on the floor. Notice the weight of your body resting in the chair. Have a sense of slowing down and settling.
2. Stretch out one leg, circle ankle one way then the other. Repeat with the other leg.
3. Feet flat on the floor, press toes down firmly and hold for 10 seconds repeat 3X
4. Bend forward and massage your shins, calves, knees and thighs.
5. Walk your bottom to the front of the chair. Lift your bottom a little bit off the chair using your leg muscles and hold for 10 seconds repeat 3X
6. Repeat exercise 3 above but use your hands to push your bottom off the chair (keep the legs relaxed) hold 10 seconds repeat 3X

### Standing behind the chair, holding the chair if required

1. Go up on your toes 10X
2. Lift one leg out to the side 10X Repeat with the other leg.
3. Lift one leg behind 10X Repeat with the other leg.
4. Stand with feet together, lift both hands off the chair and balance. If this is easy lift one heel or lift one foot and balance for 10 seconds



## Happy Dunking!



It's **National Biscuit Day** on the 29<sup>th</sup> of May! It's a day to appreciate the biscuit and all its various types and flavours.

Biscuits were born of necessity in the ancient world. Merchants and military personnel in the Roman, Greek, and Egyptian empires would often spend many weeks at sea and needed a snack that would provide them with a source of calories for the entirety of the journey. Dried biscuit-like breads became a staple at sea. The ancient Egyptians, for instance, cooked up flat brittle loaves made of millet. Later, the Romans created the first example of what we would recognizably call a biscuit. They spread wheat flour paste over a plate and then left it to dry and harden.

Biscuits also played a prominent role in the early history of medicine. Cooks made ancient biscuits of whole grains and without sugar. They were a plain, high-fibre food, ideal for settling stomachs.

The Persians began to incorporate other ingredients like eggs, butter, and cream to improve the texture. After a while, they introduced sweet things, like fruit and honey. Biscuits arrived in Europe around the end of the tenth century. Legend has it that an Armenian monk travelled from central Asia to France and passed on a recipe he had learned in the Caucasus. The main flavour at the time was ginger.

Once sugar production ratcheted up in the eighteenth century, however, the game changed. Suddenly, flour millers and bread makers could add sweetness to their mixes and create entirely new classes of products, all at a low cost. By the 19th century, per capita sugar consumption rocketed, and biscuit firms like McVitie's, Burton's, Fox's and Carr's all set up factories to mass-produce confections.

We carried out a wee poll of some of the NBCCC team, asking what their favourite biscuit is. Do you agree with the results?!

Biscuit	Number of Votes
Shortbread	3
Bourbon	1
Jaffa cake	3
Jammy dodger	1
Custard cream	1
Party rings	0
Digestive	2
Malted milk	0
Wagon wheels	0
Biscoff	0
Rich tea	0
Garibaldi	1

There was a bit of upset that I hadn't included empire biscuits, chocolate digestive, ginger biscuit or a fig roll...perhaps your favourite is one of those!

**Winners of joint 1<sup>st</sup> place!**  
**Shortbread and Jaffa cake**



*'Accidentally consumed five biscuits when I wasn't paying attention. Those biscuits are wily fellows - they leap in like sugary ninjas'*

-Charles Dickens



NBMovies Presents: Everything Everywhere All At Once

May 19th, 7pm NB Community Centre

Cert 15 Adults £6 Minors £3

<http://nbmoviesco.uk>

# 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:

26<sup>th</sup> Apr 2023

31<sup>st</sup> May 2023

28<sup>th</sup> June 2023

No Tea Dance in July and Aug

27<sup>th</sup> Sept 2023

25<sup>th</sup> Oct 2023

29<sup>th</sup> Nov 2023

No Tea Dance in Dec

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](mailto:pwoodger@eastlothian.gov.uk) if you would like more details.



## North Berwick Beach Clean 19 May 11am - 12pm and 29 May 3pm – 4pm

Join us to remove marine debris from the North Berwick coastline, whilst enjoying some amazing marine wildlife and habitats with like-minded people. This beach clean will focus cover East and/or West beach in North Berwick - we will cover as much ground as possible within 1 hour. We will only collect what we can reasonably carry back to the centre, where the waste will be sorted, recorded, and disposed of (recycling where possible).

In the event that there is only a small quantity of debris to collect, we may choose to undertake a citizen science survey (such as a nurdle hunt) and submit the data we collect to increase understanding about marine pollution and habitats.

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

These events are free but spaces are limited. Book your place: [www.seabird.org/events](http://www.seabird.org/events) or call 01620 890202.

## We are looking forward to launching our programme for this year's Marine Fest.

A host of passionate environmentalists and nature enthusiasts will share their stories and love of the seas at the Scottish Marine Fest from 8<sup>th</sup> to 12<sup>th</sup> of June 2023.



### Wildlife Anagram Answers:

Pollock Midge Grouse Aspen Langoustine





**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 Communities/Compassionate Neighbours enquiries, meantime please contact Lyndsey (above)



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 June newsletter: 23<sup>rd</sup> of May

**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
- \* Compassionate Communities - our project on death, dying and bereavement (stay tuned)

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

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