



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

**HAPPY BIRTHDAY!**

One of the July birth flowers is the water lily.

It is a symbol of rebirth and enlightenment.

# Community Connections

North Berwick Coastal

July 2023



'Blue sea and the Bass Rock' - Ruth Fraser

## Welcome July!

We're into the full swing of the summer now and hope that everyone has enjoyed the recent warm, sunny days.

In this issue, we'd like to ask what brings you joy? Here are four wee tasks to help tap into the things that bring you joy:

- 1.) *List all the things that immediately come to mind that you love.* Small things, big things, or anything in between!
- 2.) *Think back to your childhood – what did you do for fun?* Perhaps it's something you could get back to.
- 3.) *What are you interested in learning more about?* There could be things that you might not yet know you love.
- 4.) *What would a dream day look like to you?* This helps us to picture doing the things we love.

I hope they bring some food for thought because we all deserve to have a life thoroughly sprinkled with things that bring us joy.

- Ruth Fraser



## North Berwick Coastal Community Connections

### Creating compassion, companionship, and confidence in our community

Our mission is to have a community where no-one need feel isolated or lonely, by connecting people to local networks, activities and friendships.

## Celebrations in July

### • International Joke Day - 1<sup>st</sup>

This day is intended to cheer people up, tell someone a joke & make them smile!

### • Wimbledon Fortnight – 3<sup>rd</sup> - 16<sup>th</sup>

Top tennis players gather for one of tennis' most prestigious tournaments.

### • World Chocolate Day - 7<sup>th</sup>

A day for enjoying and celebrating the introduction of chocolate to Europe.

### • Shark Awareness Day - 14<sup>th</sup>

Celebrates this amazing creature and raises awareness of the importance of their conservation.

### • FIFA Women's World Cup - 20/7- 20/8

Hosted by Australia and New Zealand. 32 nations competing.



## Festivals and Idols

Were you tempted by any of the Glastonbury coverage the other weekend? We were charmed by Elton John's possible swansong, by Cat Stevens, The Pretenders - and others who show our age. We worried a bit for the well-being of Lewis Capaldi, one of Scotland's most talented and yet vulnerable performers, who has spoken openly with great courage about his mental health challenges.

I caught a few minutes of Blondie too. Deborah Harry, the lead singer, was unquestionably my greatest idol and role model in my early teens. She's about 80 now,



*Deborah Harry, Blondie lead singer*

and understandably the voice is a bit rougher than it used to be. I suspected she'd forgotten some of the words to Call Me, too. As I told my son, I found myself very ambivalent about watching her performance, though happy she's still up for it. Back in 1978, the video of [Hanging on the Telephone](#) had me electrified, fired up, inspired to be a much more confident and challenging version of myself - and definitely persuaded me to bleach my hair

blonde. Suddenly, boys who had never noticed me before were asking me to dance at the disco.

So how do I feel about seeing her now that I am 60? We've both lived a lot since those days.

I guess my slight discomfort doesn't say so much about Debbie - now Deborah - but about me facing the later stages of my life.

It's time to accept who I am, stop envying and looking up to others or feeling inferior to them. I don't think Deborah ever wasted much time with those things - she seemed absolutely self-possessed and unimpressed at all times.

The Radio 2 commentators raved about her performance and said, "She is truly the goddess of Glastonbury!" My son recently read her autobiography and found it fascinating. So far, I've hesitated to delve in, perhaps because I don't want to know the whole truth behind my idol? I might not like what I find out. Is it better to stick to my memories?

Who were your idols and role models when you were growing up? What effect did they have on you - your clothes, your hair, your hobbies, even your choice of profession? How do they make you feel now?

Some say those we most admire and want to copy actually reflect a quality we already have in ourselves, which instinctively responds to them.

Well, I spent a few years being a bleached blonde (and it was great fun), but I never became a pop star. However, last Thursday night at the Seabird Centre I did something I never thought I would - sing five songs with a jazz band, for a fund-raising event. Some of our lovely volunteers were there, and I thank them for their kind support.

In all honesty, my voice is nothing special, and my vocal range limited. I've had no offers to play at the SECC so far. My hair is a natural grey these days, and I certainly wouldn't fit into the clothes I used to love as a teenager. But I'm happy I was offered the chance to try something new, and proud that I said yes instead of being too shy to have a go.

So maybe Blondie did create a permanent effect on my life. Perhaps your idols did the same for you.

But the Goddesses and Gods I look up to now are the members and volunteers I see at Community Connections - the folk with the determination to overcome adversity, turn up week after week and support one another, enriching their community many times over. See you there!

- Carol Stobie,  
Connections Coordinator





I often ask myself that question when I'm deliberating about something, "will it bring me joy", often the answer is not really. However, the one thing that always brings me joy is my garden.

I also got a lot of joy at the 'Sea to Summit' Open Gardens Afternoon on Sunday the 18<sup>th</sup> of June where you could explore local gardens in aid of Reverse Rett. What a treat, not to mention lots of inspiration and absolute joy!!

Here are a few pictures of the plants that are bringing me joy at the moment.

Let us know what brings you joy.

- Carole Glover (NBCCC Trustee)



### The 'Sea to Summit' Team Story

We are a team of 7 climbing Mt Kilimanjaro in October 2023 to raise funds for Reverse Rett. Our name, Sea to Summit, represents where we live (North Berwick and Dunbar, by the sea) and the summit we are all hoping to reach at the top of the highest mountain in Africa. In the run up to the event, we will also be taking part in some training treks and will each be completing 32 summits of The Law in North Berwick (from the harbour), which will be equivalent to one summit of Kilimanjaro, at 19,340ft.

Other training for various team members includes a night summit of Snowdon, hiking Ben Nevis, some 50k hikes, and various peaks in Scotland. We are all raising money for Reverse Rett, which funds research into new medication and gene therapy for the condition, which affects 1 in 10,000 girls born and leaves them with multiple disabilities for life. Catherine's 12-year-old daughter, Eliza, has Rett Syndrome.



To find out more and to support the team, follow: [www.justgiving.com/team/sea-to-summit-kilimanjaro](https://www.justgiving.com/team/sea-to-summit-kilimanjaro)



**Things I love:** snow, chocolate, good bread, books, long relaxed conversations, old photographs, dancing, hill walks, picnics, comedy, bringing people together

**Things I used to do for fun as a child** - and am starting to do again: singing and drawing

**Things I'd like to learn more about:** how to sing and draw better!

**A dream day for me would be:** lazy pancake brunch with friends, hill walk with a wee picnic, relaxed teatime followed by fireside stories and songs.

- Carol, Connections Coordinator



**Things I love:** Being friendly and chatty!

**Things I used to do for fun as a child:** Climbing Nort Berwick Law

**Things I'd like to learn more about:** My family tree - I love the DNA programmes and there's one on tonight

**A dream day for me would be:** Quietly reading and doing my family tree

- Margaret, volunteer

**Things I love:** a blue sky first thing in the morning

**Things I used to do for fun as a child:** Looked forward to my school holidays- we went to a caravan at Berwick-on-Tweed every year in my teens

**Things I'd like to learn more about:** I wish I knew more about computers.

**A dream day for me would be:** to be able to drive a steam engine through the West Highlands.

- Graham, Scone café guest

**Things I love:** People around me.

**Things I used to do for fun as a child:** Mum sent us four girls to Brownies and Guides - it became my life, as I later volunteered as a leader

**Things I'd like to learn more about:** I'd like to understand politics better and what goes on there

**A dream day for me would be:** I'd go back to the Maldives, snorkelling and seeing all the different fish, cycling around the island.

- Christine, Scone café

**Things I love:** The sea, breaking waves, being in the hills - which is why I went up Berwick Law last year while I still could. Another thing is being with people, especially my family.

**Things I used to do for fun as a child:** When I was a child we used to take a house on the West Coast, like Lochranza and Arran, and usually we shared the house with relations or other friends. We used to hire an old rowing boat and go out fishing and have fried fish for tea. You won't like this - my father used to go out shooting rabbits and we had rabbits for dinner. He taught me how to gut them, and the fish. I didn't mind doing that, and he taught me how to shoot, but I never managed to hit a rabbit, thank goodness, or I hope I didn't! I'd like to go boating again. I did go in a boat recently on the Union Canal, but I was disappointed that there were no locks. When I was a child we used to go boating on canals.

**Things I'd like to learn more about:** There's always things I want to know more about. I was at one time very competent with IT, but it's left me behind - I'd like to get caught up! I used to make my own Christmas cards - I might try again this Christmas.

**A dream day for me would be:** spend it with all my close family... it doesn't matter what we do, just being with them. At the Glen they gave us a separate room for my 90<sup>th</sup> birthday.

- Barbara, volunteer

## Office Space Needed for NBCCC!

### Can you help us?

North Berwick Coastal Community Connections is seeking an office space in North Berwick to build on our community connections. We want to create a dedicated hub for collaboration, planning, and engaging with our coastal community.

### Why is an office space important to us?

**Collaboration:** A central space to bring our team and volunteers together for projects that benefit the community.

**Accessibility:** Easy access for residents of the coastal area, allowing us to provide valuable services and support.

**Growth:** A foundation for expanding initiatives and making a greater impact.

**Connection:** Strengthening ties with individuals, businesses, and organisations through meetings, workshops, and events.

If you have or know of an available office space for up to four people, please contact us at

[treasurer@nbc-communityconnections.org](mailto:treasurer@nbc-communityconnections.org)

Help us build a vibrant community hub in North Berwick! Let's connect, collaborate, and make a difference together!



- Carole Glover (NBCCC Trustee)

## Hello July

- Just be you, because you are
- Unique, worthy and amazing
- Live every day to the fullest as
- You deserve all the good in life

[OurMindfulLife.com](http://OurMindfulLife.com)



Dates for **Mental Health First Aid Training** (funded by the East Lothian Community Mental Health & Wellbeing)

**15 August** (9.30am - 5.30pm) - Volunteer Centre East Lothian, Tranent

**22 August** (9.30am - 5.30pm) - Pennypitt, Prestonpans

Please contact [admin@environmentalhealthcic.org](mailto:admin@environmentalhealthcic.org) to book

## July Wildlife Watch by Ruth Fraser



July is a great month to make use of the long hours of daylight and warm days to look for wildlife around us. From our gardens and green spaces to our beaches and coast paths, there is a lot to spot this month...

**Kidney Vetch (*Anthyllis vulneraria*)**

Look out for these yellow, unusual small fluffy flowers near the shoreline. This photo was taken near Daisy Island. The plant belongs to the pea family and their flowerheads are in two parts. One side comes into bloom, while the other has semi-ripened seeds. In Northern Europe, Kidney Vetch blooms between April and September. *Vulneraria* means 'healer of wounds' - a reflection of past medicinal uses of this plant.

**Wildlife Anagrams**

R S H W E  
O D R M U S O E  
A S Y O R C E M  
T C I K R E C  
S A P W

(answers on page 11)

**House Sparrow**

The house sparrow may be small in size, but it's absolutely gargantuan in terms of population and world dispersal. It is found on every continent apart from Antarctica! They were introduced to New York to combat a pest (linden moth caterpillars). They quickly multiplied and spread, reaching most parts of America within 50 years and are now considered an invasive species in the US. Males and females have different plumage. Look out for the black patches on male sparrows. The larger the patches of black on their chest, the older and more dominant the male.

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

**Wimbledon**

Grab your strawberries and cream, Wimbledon takes place this month! Wimbledon is the oldest and most prestigious tournament in the tennis calendar. Wimbledon 2023 is due to take place from July 3 to July 16, 2023.



Wimbledon takes place at the All England Lawn Tennis and Croquet Club in Church Road, south-west London. In 2022, the tournament celebrated its 100th anniversary at the venue. The venue has 18 championship courts, including the show courts – Centre Court, No 1 Court and No 2 Court. Novak Djokovic of Serbia is the defending men's singles champion. Elena Rybakina of Kazakhstan won the women's singles title in 2022. The last British men's singles champion was Andy Murray, who won the title in 2013. The last British women's singles champion was Virginia Wade, who beat Betty Stove in the 1977 final.

For 2023, Wimbledon is relaxing its all-white policy to allow female players to wear coloured underwear after several former and current players spoke about the anxieties of playing during their menstrual cycles.

In a statement, Sally Bolton, the CEO of the All England Club, said: "I'm pleased to confirm that, following consultation with players and representatives of several stakeholder groups, the Committee of Management has taken the decision to update the white clothing rule at Wimbledon.

"This means that from next year, women and girls competing at The Championships will have the option of wearing coloured undershorts if they choose. "It is our hope that this rule adjustment will help players focus purely on their performance by relieving a potential source of anxiety."



# FRINGE BY THE SEA

4-13 AUGUST 2023

Fringe by the Sea returns to North Berwick in August for ten days of music, literature, film, comedy, film and conversation. Travis, Elkie Brooks, Groove Armada and Sister Sledge are among the acts headlining the 2023 festival. The full programme can be found here: [www.fringebythesea.com](http://www.fringebythesea.com)

In 2008, a small group of local business folk decided to launch a festival to provide a selection of shows from the Edinburgh Fringe Festival as well as music acts. It had 12 shows running over four days. Nowadays, FBTS has 10 days of shows and is considered a highlight of the calendar of residents of East Lothian, as well as attracting visitors from around the UK.



## Congratulations!

A huge Coastal Connections Congratulations to Scone Café regulars, Kevin and Kirsty on their engagement which took place last month!

We're delighted for them and very pleased to share this happy news.

We wish them lots of happiness for their future together.



## Summer Arts Activities

Be creative and have fun this summer!

Choose from a wealth of summer arts activities across East Lothian.

Summer arts activities help young people build confidence, nurture creativity, develop new skills and, above all, have FUN!

For further information about any of our summer activities, please email our Development Officers:

**Amy** for Dance, Drama and ComputerXplorers:  
[youththeatre@eastlothian.gov.uk](mailto:youththeatre@eastlothian.gov.uk)

**Charlotte** for Music, Arts and Crafts:  
[communitymusic@eastlothian.gov.uk](mailto:communitymusic@eastlothian.gov.uk)

Or call their box office team on 0131 653 5245





## COMMUNITY CONNECTIONS EVENTS UPDATE, JULY 2023

## MONDAYS

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

Pop along this morning with your chosen craft for a natter! Call 01620 820700 if you'd like more information.

**GOLF SESSIONS**, 11-1pm with Golf in Society, Gullane (info@golfinsociety.com)

Tailored golf sessions for people living with dementia, Parkinson's, stroke, loneliness or depression.

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

Friendly group walks. 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. For more info contact Ruth on 07785707683, figaroroo@yahoo.co.uk or visit [rhunterpepper.zumba.com](http://rhunterpepper.zumba.com)

**ANDY'S MAN CLUB**, 7-8.30pm at North Berwick Rugby Club. Going through a storm or just been through one?

Andy's Man Club are talking groups to help you through those storms. No need to book or register. Open to any man over 18. No pressure to talk, come for a brew, a biscuit or two and see what goes on.

**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. 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. (Donations welcome).

**KEEP THE HEID MENTAL HEALTH CAFE**, 7-9pm at the Hope Rooms, Forth St, North Berwick. Come along to a safe space to talk about mental health problems. Further information: Emma at +44 7548 136575 or [KeepTheHeidCafe@gmail.com](mailto:KeepTheHeidCafe@gmail.com) (*taking a break over the summer and will return on Thursday 31 August*)

**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. For more information ring Margaret on 07907 999967 or Di on 07410 448869.



### Self-Led Beach Clean



You can borrow a beach-clean kit from the Scottish Seabird Centre any weekday between 10.00 and 16.00. Volunteering your time to clean-up the coastline is a great way to help improve marine habitats and protect wildlife.

Come yourself or bring a group of friends!

More information here: [www.seabird.org/events](http://www.seabird.org/events) or call 01620 890202



### Summer Family Fun!

**4 July to 13 August**

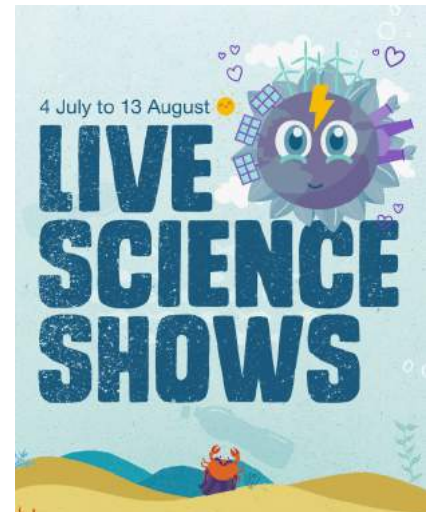
Join us for our fantastic programme of summer events, including live science shows, puppet shows and storytelling. Lots of fun and laughter and learning too!

Professor Egghead is back with a favourite show, Animal Avengers. Taking inspiration from a whole host of superheroes, learn how animals can defend themselves from attack in weird and wonderful ways. From exploding ants and squirting octopi to spitting birds!

The brand new show for 2023 is WhaaatsZaaap! all about renewable energy. Egghead has some great new gadgets and toys but no batteries! He needs some clean power from renewables and perhaps using turbines and tides or turning sun into fun might just work? Come along and find out.

More information on all summer events is on the website:

[www.seabird.org/events](http://www.seabird.org/events)

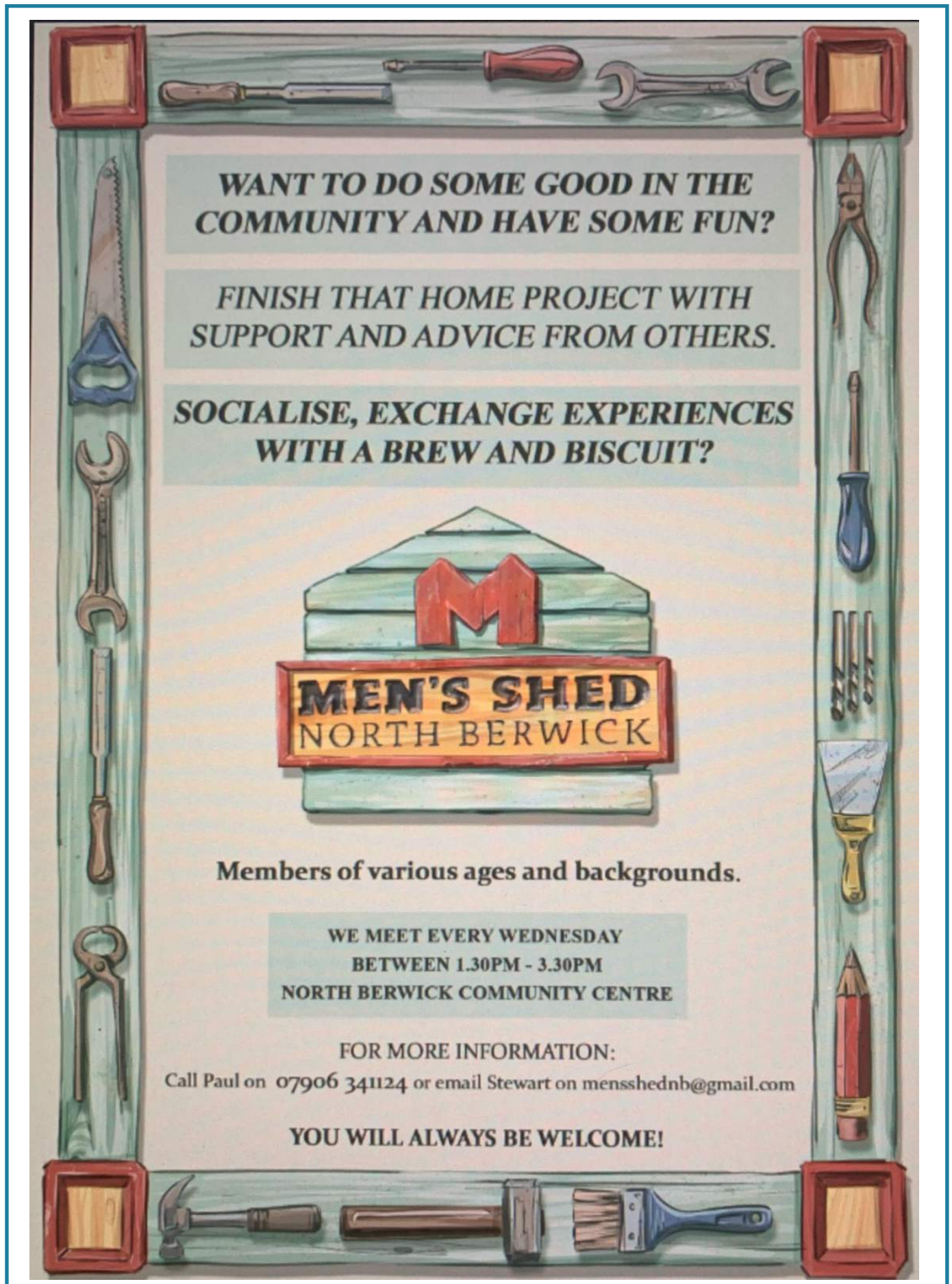


### Weaving Workshops

Our Scone Cafe visitors have been enjoying a Weaving Workshop with the lovely Barbara Gardner. Barbara kindly ran a workshop over 4 weeks, teaching us how to weave our stories. Some of the beautiful creations will be displayed at Fringe by the Sea. We can't wait to see them then.











**In aid of The Fire Fighters Charity**

**Come along to our Open Day in aid of The Fire Fighters Charity**

Date: Saturday 15<sup>th</sup> July 2023

Time: 10am - 3pm

Location: North Berwick Fire Station.



Scan to donate  
or go to [firefighterscharity.org.uk/open-day-donate](https://firefighterscharity.org.uk/open-day-donate)

Registered office: The Fire Fighters Charity, Level 6, Belvedere, Basing View, Basingstoke, Hampshire, RG24 8SQ. Charity registered in England & Wales (1093387) and Scotland (SC040096)

FR Registered with FUNDRAISING REGULATOR

East Lothian Council has launched their Nature Network Strategy, open for comment until 5 July.



**Nature Networks**  
East Lothian

Find out about Nature Networks' initiatives in your area at:  
[www.eastlothian.gov.uk/nature-networks](http://www.eastlothian.gov.uk/nature-networks)

[www.eastlothian.gov.uk/nature-networks](http://www.eastlothian.gov.uk/nature-networks)

*'Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.'*

- John Lubbock



# Archerfield

WALLED GARDEN

## SUMMER STREET FOOD

After a successful launch in May, we're delighted to announce that Summer Street Food will return in July AND August!

Enjoy delicious cuisines from some of the best street food traders around and refreshing drinks served from our outdoor bar. Soak up the atmosphere, and hopefully some sunshine. Bring your friends, bring your children, bring the dog!

**Saturdays 29 July & 26 August, 12pm - 6pm**

### Wildlife Anagram Answers:

Shrew Dormouse Sycamore Cricket Wasp

## NB Movies Presents: Living



July 21st, 7pm, NB Community Centre

Cert 12A Adults £6 Minors £3

<http://nbmovies.co.uk>





### The NBCCC team:

For all general enquiries, newsletter subscriptions, gatherings, partnerships and activities sign-ups, meantime contact Carol Stobie, Connections Coordinator on 07940 203380 (Tuesday - Thursday) or email: [carol@nbc-communityconnections.org](mailto:carol@nbc-communityconnections.org)



For volunteer applications and referrals 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@nbccommunityconnections.org](mailto:befrienders@nbccommunityconnections.org)



- Befriending (weekly calls or meet-ups with a volunteer)
- Buddy Walks (any length, any speed fine!) with a trained volunteer.

For enquiries on Compassionate Communities, meantime please contact Carol (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 August newsletter: 23<sup>rd</sup> of July



### 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/>

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.



*'Let us live like flowers  
- wild and beautiful  
and drenched in sun.'*

- Ellen Everett