



Community Connections

North Berwick Coastal

June 2023

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

HAPPY BIRTHDAY!

One of the June birth flowers is the honeysuckle.

It is a symbol of pure happiness.



'A bee enjoying the nectar of a honeysuckle flower' - Ruth Fraser

Thank you to all our volunteers



Volunteers' Week runs from the 1-7th of June each year and is a celebration of the contribution millions of people make across the UK through volunteering in their communities. It's a fantastic chance for everyone at NBCCC to say a massive thank you to our dedicated, amazing team of volunteers. We are incredibly grateful for our volunteers and all their help to make NBCCC the success it is.

Also taking place this month is World Environment Day, which is celebrated annually on the 5th of June and encourages awareness and action for the protection of the environment. We're so lucky to live surrounded by such a beautiful environment. And we can all help to protect it, my top tip is I bring a clothes peg with me when I'm walking along the beach - it's an easy way to pick up any litter I see as I go!

- Ruth Fraser

It was June, and the world smelled of roses.

*The sunshine was like powdered gold
over the grassy hillside.*

- Maud Hart Lovelace

Celebrations in June



• Sausage Roll Day - 5th

A day dedicated to the tasty treat that is the sausage roll!

• Worldwide Knit in Public Day - 10th

Go public and let everyone know just how much you love to knit!

• Make Music Day - 21st

Celebrates music in all its forms and the impact it's had on the world and the human spirit.

• Summer Solstice (Northern Hemisphere) - 21st

This day is the first day of astronomical summer in the northern hemisphere.

• World Giraffe Day - 21st

Annual event to raise support, create awareness and shed light on the challenges giraffes face in the wild.

• National Writing Day - 29th

A day for everybody to unleash their imagination and make their voices heard.





"Life is so frequently unbearable - you think you can't possibly go on. Life - the survival of life - is the getting up again and going on, and the means of doing this vary, but at the heart of all things moving forward is the realization - for me, at any rate - that the world, your friends, your own broken heart need your friendship and your laughter and your willingness to go on. Break down and acknowledge your loss, your anger, your diminishing assets, but fall right back on a laugh, a story, a meal - whatever you can cobble together and give to someone else, to yourself."

"My sadness has always been, I think, a reminder that, in my spell of solitude and serenity, the world was still out there getting beat up, people were in pain, and I need to get back to tending to them."

"The greatest gift sometimes is the outstretched hand."

- Alec Guinness/Interview with James Grissom, 1997

Much of what we find online is superficial nonsense. But sometimes a quote pops up on Facebook that gives me pause for thought. I'm grateful to those who dedicate their time to looking for valuable and life-enriching quotes like these to share. This quote from the great actor Alec Guinness makes me think of Community Connections, of our incredible team and volunteers, and in fact all of you, the way you respond to each other at Scone Café - the difference it makes.

If you do indulge in the digital, I can recommend one of these websites for a bit of depth:

www.themarginalian.org

But there are times when we need to ditch the digital - for most of history we did without it and found wisdom. I'm revisiting this old scrapbook inherited from my Mum. These pages from the 1980s contains little bits of handwriting from her, my Dad and a sister, and they make me smile.

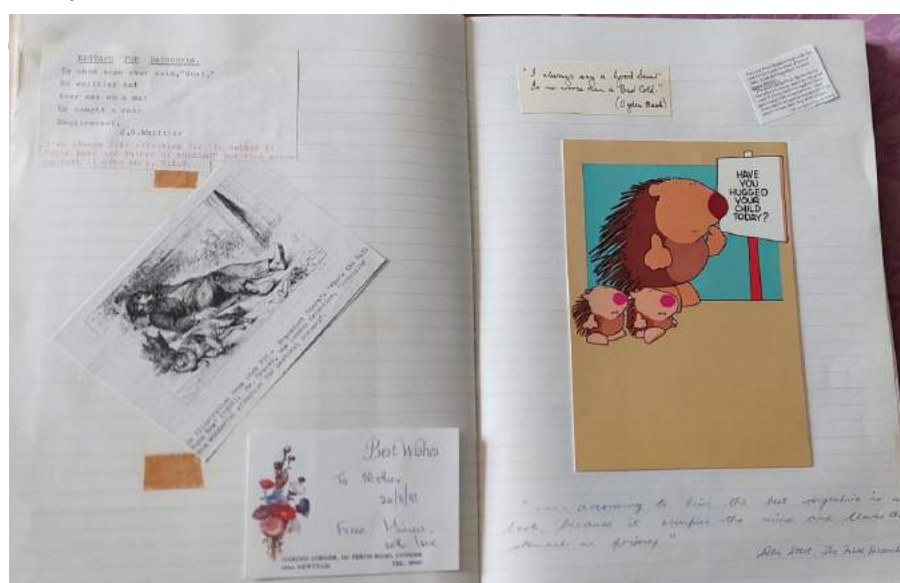
Also revisiting the book we featured in our Book Event at last summer's Fringe by the Sea, *Recovery: The Lost Art of Convalescence*, by the wonderful Edinburgh GP and traveller, Gavin Francis. I can hugely recommend it as a good, short read and gift for friends who will one day need it (i.e. everyone). It has stuck with me that we do not allow nearly enough time to recover from things that have damaged or overwhelmed us, and this includes the burnout and work stress many of us in the voluntary sector have experienced in the past few years since Covid struck.

So I wish you all good company, enriching moments and as much recovery time as you need, when you need it. I am taking time off for some convalescence of my own. I look forward to seeing you all in late June - in a new guise!

- Carol Stobie
(Connections Coordinator)

"Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you."

- Nathaniel



An opportunity to join the NBCCC team

Due to the continued growth and success of the charity we have a brand new, exciting role available:

Community Connections Operations Manager

Salary: £ 36,400 pro-rata

Hours: 21 hours per week

Contract: Contract till Sept 2024, extended subject to successful funding

Location: North Berwick Coastal Ward

If you're interested please contact Lyndsey at admin@nbc-communityconnections.org to ask for an application pack that includes the full job description.

NBCCC was set up in June 2019 by the North Berwick Health and Wellbeing Association, to engage with people experiencing the impact of loneliness and social isolation. We achieved charitable status (SC050505) in Sept 2020. Our mission is to have a community where no one need feel isolated or lonely, by connecting people to local networks, gatherings, activities and friendships. We wish to build a community that is caring and compassionate, particularly in relation to death, dying, loss and grief. We have a part-time team of four staff, one contractor, 50 active volunteers and in excess of 100 members.

Job Purpose

The purpose of this role is to lead and manage the team by setting the direction and providing support when required, together with meeting the needs of the Board and the Regulator.

Key Responsibilities

- Provide line management for all staff
- Provide leadership for the services and activities provided by NBCCC.
- Ensure all safeguarding requirements are in place and current.
- In conjunction with the Board and team review and set a plan each year.
- In conjunction with relevant team members produce a marketing/comms plan.
- Build positive relationships with our funders.
- In conjunction with the team prepare all regular Board papers.
- Prepare annual reports for funders and AGM.
- Manage finances in line with budget.
- Working with the Board and team identify, prepare and submit funding applications.
- Produce, manage and maintain the necessary policies and procedures required to support the organisations' day to day running as well as guidance for staff, trustees and members.
- Keep abreast of changes in legislation that impact the charity and make/advise required changes.
- Provide required status reporting to the Board.
- Joint responsibility with the team to carry out an annual evaluation of the services we provide



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 to book



HOME START
East Lothian

We are back!!

Home-Start
East Lothian's
Coffee Morning

Saturday 25th February 2023
10am - 12pm

Raffle
Kids Toy
Tombola
Brand New Toys

Hope Rooms
North Berwick
EH39 4JD

Entry
Adults £3.50 Kids Free
unlimited tea/coffee and cake included

Come along to help raise our funds for our charity.
Ever thought of volunteering?
....Find out more on the day!



*June is the best month to remind
you that you are enough.*

*The sun shines for you, birds sing
for you, and flowers bloom for you.
So don't forget to smile for you.*

- ourmindfullife.com




Lyndsey spotted these beautiful daisies when out and about recently

Community Connections

Hadley Court Singers & Guests
present

a
summer
songbook



A Summer Songbook

To be held at Abbey Church, North Berwick on
10th June 2023 at 7.30 pm.

Music for choir and organ, featuring songs from
the American Songbook plus British madrigals,
folksongs and partsongs.

Tickets cost £15 (under 16s free) and can be
obtained from choir members, on the door and
online from the Eventbrite website.

www.hadleycourtsingers.co.uk/events



Beautiful pink blossom - Ruth

June Wildlife Watch by Ruth Fraser



The 21st of June is the summer solstice - the longest day of the year. It's a great chance to use the extra hours of light to investigate rockpools, look out for insects like bees and butterflies, and listen to the birds singing.

Red Fox



Unlike other members of the canine family, foxes are not pack animals. Instead, they live by themselves or in small family groups called a "skulk", including the mother fox and around 6 cubs. It's at this time of year that young foxes spend more time above ground and become increasingly bold in their explorations. Foxes are skilled hunters and can even use the Earth's magnetic field to hunt!

Wildlife Anagrams

T H T R F I
G W I O E N
A B R O
R S A W R P O
R C W O

(answers on page 9)

Bats



Bats are very active at this time of year and an evening stroll with a bat detector can be very rewarding. But even without a detector, if you take a few minutes to stand near a streetlight at dusk, chances are you'll get to see pipistrelles zipping about in their aerodynamic flight while they catch insects. Many of our 10 species of bat in Scotland will also be giving birth during this month.

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



Golf In Society

Lynn recently visited Gullane Golf Clubhouse and reported back that there was a lovely atmosphere at the club and people of all abilities and ages were welcomed with a smile. She met with a representative of Golf in Society, who was a really lovely chap. Golf in Society have recently started up in Gullane Golf Clubhouse and meet every **Monday between 11 am and 1 pm.**

**Golf in
SOCIETY**

Anyone interested should call, have a chat and book a place. Lynn would happily go along with anyone to introduce them. If any of our volunteers are golfers, they could offer to buddy someone too and get a chance to visit Gullane Golf Club.

They offer tailored golf sessions, supporting carers and people living with dementia, Parkinson's, stroke, loneliness, or depression. No golf experience needed.

Find out more here: golfinsociety.com

It's easy to book a TASTER SESSION!

Simply call Josh Holmes on **07799880344**

Email - **info@golfinsociety.com**

Check out our website **www.golfinsociety.com**

**Golf in
SOCIETY**



Muriel Newton, one of our much-loved Scone Cafe and Coffee Connections regulars, who had recently moved away to Edinburgh, has died. We send our love and thoughts to Karen and all the family.

Muriel was such a favourite of ours, with her winning wit and warm smile. The Black Country accent was a special distinction! We enjoyed seeing her photographs of enviable travels, stylish clothes and adventures throughout her life. Farewell, dear Muriel. You'll be remembered.



Keep The Heid Mental Health Cafe are holding a fundraiser concert featuring Karine Polwart and Kim Edgar on **Wednesday 28 June** at St Mary's Parish Church, Haddington. All profits will go towards running the cafes in Haddington, North Berwick and Tranent.

The link for tickets is www.brownpapertickets.com/event/6012638 and tickets are also available from Erica's Florist on the High Street in Haddington.

Please spread the word as this event will sell out fast. If you have any questions please do not hesitate to contact Emma Jackson: keeptheheidcafe@gmail.com



Muirfield Riding Therapy

Celebrate this summer, join us for our 2nd annual Big Barn Dance! Ceilidh band Clappy Doo, line dancing, TexMex food, bar, games!

We are up for another big celebration this summer, with a TexMex theme, and we invite you to join us for our Big Barn Dance here at our Indoor Arena on **Saturday 3rd June, 6pm – 9pm**, ticket price includes food from our own TexMex menu, think nachos and chilli, you won't be hungry!

Experienced line dancing instructor, Heather Baxter will also be taking you through your paces! Be sure to wear your dancing boots – cowboy, wellies, riding boots – as our Arena surface gets very messy.



COMMUNITY CONNECTIONS EVENTS UPDATE, JUNE 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.

GOLF SESSIONS, 11-1pm with Golf in Society, Gullane (info@golfinociety.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 - 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 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 LUNCHESES**, 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 to a safe space to talk about mental health problems. Further information: Emma at +44 7548 136575 or KeepTheHeidCafe@gmail.com

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 date is the 6th of May. For more information ring Margaret on 07907 999967 or Di on 07410 448869.

Marine Fest at the Scottish Seabird Centre (8 to 12 June)

As we head into summer, celebrate Scotland's seas with the Scottish Seabird Centre at their annual Marine Fest, kicking off on Thursday 8 June and running to Monday 12 June. The festival's packed five-day programme features a fantastic selection of days and nights out, for all ages, that are sure to boost wellbeing. Events include wildlife talks, foodie events, top tips from wild swimming aficionados Vicky Allan and Anna Deacon, a guided local snorkelling adventure, coastal art workshops, rockpooling, puppet shows, live science shows, and a chance to take part in citizen science, beach cleans and much more! Find the full programme here: www.seabird.org/events/marine-fest-2023



Highlights include:

8 June Miranda Krestovnikoff: In Conversation 19:00 – 20:30 (£25 per ticket)

Join TV presenter, wildlife expert and diver Miranda Krestovnikoff for a discussion on the wonders of the marine environment. As an experienced diver, Miranda will discuss the experiences which have brought her closer to nature. Miranda can be seen regularly on TV presenting natural history stories on BBC's The One Show, Inside Out and Coast, among others.

www.seabird.org/events/marine-fest-in-conversation-with-miranda-krestovnikoff

9 June Wild Swimming Stories & Caring For Our Seas 09:00 – 10:00 (£8 per ticket)

The benefits of wild swimming are well-documented and seasoned swimmers Vicky Allan and Anna Deacon celebrate the most reinvigorating and rewarding swimming spots around the UK in their series of unique guides. In sharing their hard-earned secrets and in being close to nature, they also consider the environmental aspects, thinking about biosecurity, water access and the plastic problem.

www.seabird.org/events/marine-fest-wild-swimming-stories-caring-for-our-seas-with-vicky-allan-anna-deacon

9 June World Oceans Day - Youth Advisory Council - Caitlin Turner 15:30 – 16:30 (FREE)

Caitlin Turner will talk about her role on the Youth Advisory Council (YAC) and on how having a global view can help better care for Scottish seas. Caitlin is a young marine biologist and conservationist, passionate about marine protection, amplifying the voices of young people in the environmental sphere, and supporting coastal and island communities in protecting and managing their local seas.

www.seabird.org/events/marine-fest-the-future-of-scotland-s-seas-with-caitlin-turner-world-ocean-day-youth-advisory-council

11 June Drawing at Sea – with Chris Wallbank 10:00 – 13:30 (£25)

In this fun and interactive workshop, participants will be guided through some of the key challenges and approaches to drawing wild mammals and birds from life, at sea.

Skills learned will be put into practice with the opportunity for participants to create their own wildlife seascapes, with the spectacular views of the Forth coast as a backdrop or, by working in the learning hub from a range of reference material.

Book here: www.seabird.org/events/marine-fest-drawing-at-sea

11 June Author Event – Sandy Winterbottom – The Two Headed Whale 14:00 – 15:00 (£10)

Isla Aitken will be hosting an author event with Sandy Winterbottom about Sandy's incredible book The Two-Headed Whale. www.seabird.org/events/marine-fest-sandy-winterbottom-the-two-headed-whale

12 June Meet the Scientist – The Future of our Oceans with Colin Moffat (online talk) 19:00 – 20:00 (Free)

Join Professor Colin Moffat, a highly-regarded marine science expert, as he takes a look at the consequences of human behaviour on our oceans worldwide and considers what we might do to reduce those impacts.

www.seabird.org/events/marine-fest-meet-the-scientist-with-colin-moffat-the-future-of-our-oceans

NBMovies Presents: The FABELMANS



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:

26th Apr 202331st May 202328th June 2023

No Tea Dance in July and Aug

27th Sept 202325th Oct 202329th 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 if you would like more details.



In partnership with North Berwick Coastal Community Connections



KEEP THE HEID is
 a **safe place to talk**
 for people living in and around North Berwick

The café takes place **every Thursday** evening
 at **The Hope Rooms, 34 Forth St, North Berwick,
 EH39 4JD** commencing **Thursday 20 April**.

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

Sessions are completely free.

Email: KeepTheHeidCafe@gmail.com

Phone: **07548 136575** or find us on Facebook

THE HOPE ROOMS
 34 FORTH STREET,
 NORTH BERWICK, EH39 4JD



Wildlife Anagram Answers:

Thrift Wigeon Boar Sparrow Crow

Community Connections



Help improve your mood and reduce stress

**COLD WATER THERAPY SESSIONS AT
 WEST BAY BEACH, NORTH BERWICK.**

Two **FREE** courses funded by the North Berwick Trust!

June 3rd - June 28th

(8 sessions over 4 weeks, Saturday mornings
 and Wednesday evenings)

July 22nd - 9th September

(8 sessions over 8 weeks, Saturday mornings
 only)



Making the most of the beautiful beaches of East Lothian, we are offering introductory cold water immersion courses to provide a safe and supportive way to access the health benefits of cold therapy. This course is open to adults of all ages in the North Berwick Area with no previous experience necessary.

To qualify for a free place you must live within a North Berwick Postcode Area. If you live outside of these areas you may be able to attend but may need to pay - please email us to discuss.

To register please scan QR codes above or search 'Chill East Lothian' on Facebook, visit www.chilluk.org or email eastlothian@chilluk.org



The NBCCC team:

For general enquiries, newsletter subscriptions, or signing up for our activities, contact **Lyndsey Gdulewicz**, Administration and Communications Coordinator on 07915 719342 (Tuesdays, Wed morning and Fri morning) or email: admin@nbc-communityconnections.org



For the following services, contact **Carol Stobie**, Connections Coordinator on 07940 203380 (Tuesday - Thursday) or email: nbc-communityconnections@outlook.com (Please note that Carol is off until the end of June, please contact Lyndsey or Lynn)



- 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 Communities/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 July newsletter: 23rd of June

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.



*'Smell the sea, and
feel the sky. Let your
soul and spirit fly.'*

- Van Morrison