



# Community Connections

North Berwick Coastal

August 2023

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

**HAPPY BIRTHDAY!**

One of the August birth flowers is the gladiolus.

It is a symbol of respect, strength, power, and uniqueness.



*'A bee on a sunflower' Ruth Fraser*

## Hello August!

August brings quite a few emotions with it. It feels celebratory and festive - it is still summer, after all, and a time when many of us enjoy being on holiday but it can also come with a feeling of nostalgia and sadness as the summer starts to winds down. August is bittersweet and can feel heavy and light at the same time.

Children are back at school on the 16<sup>th</sup> of August, which always seems so early and comes around so fast. But before then, we still have days with longer light, a bit more warmth to enjoy, and the buzz around the town during the Fringe by the Sea (4<sup>th</sup> - 13<sup>th</sup> of August). I need to remember to enjoy the days and not spend too much time thinking about the summer going too fast or not filling the days enough. I'll aim to take each day at a time and enjoy it for what it is.

We wish you all a happy, healthy August and hope you enjoy this issue which is sprinkled throughout with NBCCC cheer.

- Ruth Fraser

## Celebrations in August

- **Rice Pudding Day – 9<sup>th</sup>**  
Enjoy some rice pudding today!
- **International Youth Day – 12<sup>th</sup>**  
Bringing youth issues to the attention of the international community and celebrating the potential of youth as partners in today's global society.
- **World Photo Day – 19<sup>th</sup>**  
A celebration of the passion for photography in our communities.
- **International Dog Day – 26<sup>th</sup>**  
A day to celebrate man's best friend. The day encourages the adoption of dogs from shelters.
- **International Bat Night – 26<sup>th</sup> / 27<sup>th</sup>**  
A night to celebrate bats and a chance to look for bats in their natural habitat.

## 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.



## My Battered Book

We're celebrating Book Lovers' Day on 9 August. A great excuse to pore over the shelves and ponder our favourites. Which book has brightened your life or changed the course of it?

I was tempted to claim that my favourite book was Dostoevsky's *The Brothers Karamazov*, which I devoured decades ago. But honestly, I can't remember much of it. Or maybe *Sunset Song*, by the great north-east author Lewis Grassie Gibbon, who inspired my best school essay? I must admit, having re-read it recently, that it meant more to me when I lived in Aberdeenshire than it does now.

I could opt for *The Wind in the Willows*, a treasured classic edition still with me from childhood – I loved reading it to my son. And there are so many non-fiction works by brilliant women in recent times that have inspired or excited me - like a recent holiday read, *Radical Help* by Hilary Cottam, which has some revolutionary ideas for us to learn

from in rethinking society.

But which book do I honestly come back to and consult over and over, connecting me to my heritage, my upbringing and to yet also the life I live now?

It would have to be a wee book of traditional Scottish recipes, with the scabbiest, most-spattered pages always falling open to 'Andrew's Pancakes or Drop Scones' (I have provided it for you here).

Once I worked out that you could make my favourite Canadian-style ultra-thick pancakes through adapting a vintage Scottish Drop Scones recipe, I never looked back. They have featured in every brunch gathering, hosting of overnight guests, or stays in holiday cottages. In recent years, we bravely ditched the bacon when the family went pescatarian, but they are just as delectable with stewed fruit and other toppings (maple syrup is non-negotiable for me).

It's a production-line, flexible meal that children love to help make, creating endless mess and always a few burnt specimens. I traditionally battle to make them on unfamiliar cookers in other people's houses, and grumble if they don't turn out perfectly. There might also have to be gluten-free or dairy-free versions whipped up at times.

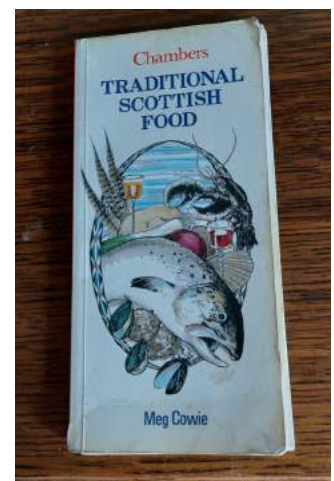
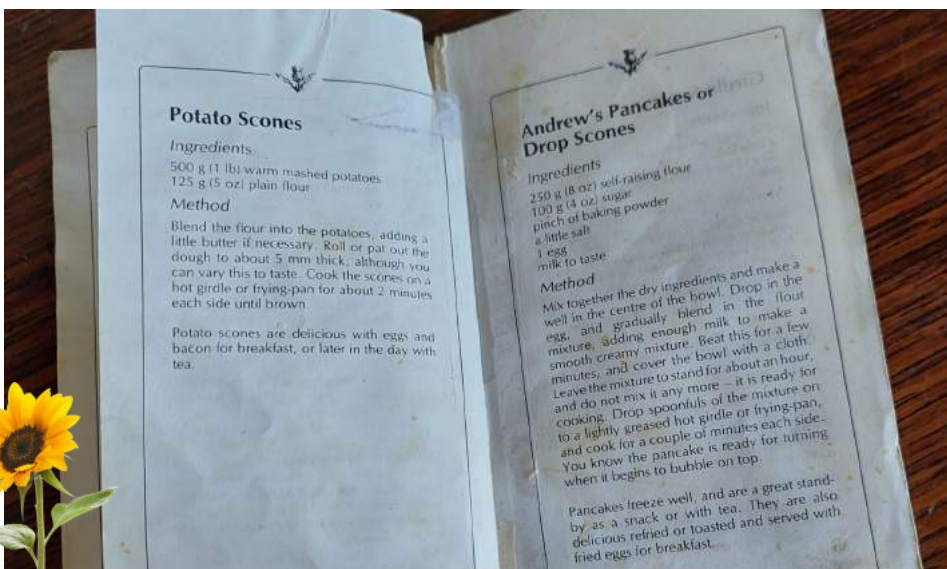
But they always seem to go down well, and to me, they symbolise happiness and sharing. If they've been made and eaten by friends or family, I have a glow inside for the rest of the day.

What book could have brought more joy over my lifetime than this one?

Come and share your favourite books, recipes and other joys with us - we love your company, and it's what life is all about.

- Carol Stobie,

Connections Coordinator



National Book Lovers Day on the 9<sup>th</sup> of August harnesses all the excitement bibliophiles feel about books into one celebration (*a bibliophile is a person who has a great appreciation for or collects books*). It's a day for all those who love to read, and encourages you to find your favourite reading place, a good book (whether it be fiction or non-fiction) and read the day away!



My favourite book is Oscar Wilde's Fairy Stories, especially the one entitled The Happy Prince. I have fond memories of reading it to my children. Such a beautiful story with a special message in it. They never tired of hearing it and practically knew it off by heart!

- Ann



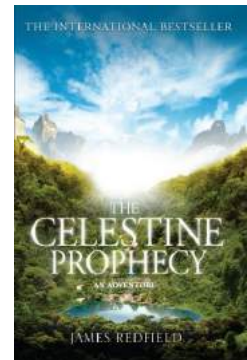
I just love Ian Rankin's Rebus books set in Edinburgh. You can picture yourself in all the places he describes. I think I've read them all!

-Janet



An inspirational story of ecology, beach combing and managing against health and life challenges - combined my passions and bean finds from Australia!

-Alison



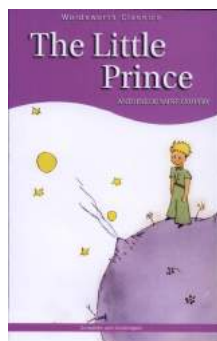
I was given this book by a friend many years ago. "The Celestine Prophecy" I started it and wasn't that enthusiastic but stuck with it. I was told you have to pass it on. I'd never seen it or heard of it. Then I saw someone in the hairdressers reading it. Then someone else told me she read it to her brother in the USA who was in hospital after a serious road accident. Then months later my nephew arrived from SA unexpectedly. Note on rucksack. "Meet me at pub on corner" He was sitting reading it! Passenger on flight gave him it! One sentence changed my life around?? Can't explain or even remember the sentence?! Strange.

- Joyce



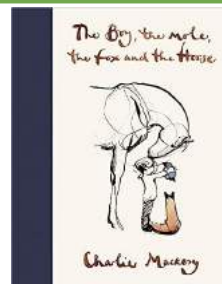
I like it because it's up-to-date Scotland. It's about climate change, and how the waters will come into Glasgow and the east and west coasts and how we are going to cope.

- Irene



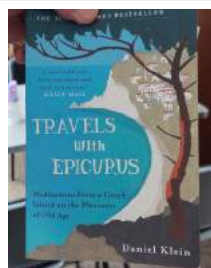
One of my favourite books, the author's imagination takes flight just as his aeroplane takes flight.

- Paul



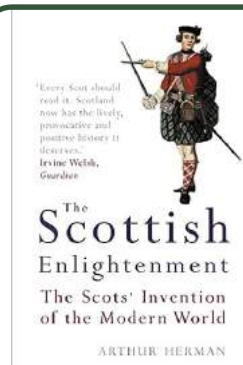
A Christmas present from a cousin two years ago....beautifully illustrated and so perceptive.

- Alex



I enjoy the measured quality of it.

- Bill



It takes you right through the clever Scotsmen who changed the world.

- Stewart

### Au Revoir to Lyndsey

Lyndsey Gdulewicz will always be a close friend and supporter of Community Connections, even if she has moved on to focus on family for now. We'll miss her awe-inspiring efficiency, her passion for the work we do, her initiative, her kindness, her highly skilled work and unstinting dedication. But most of all, just her presence! Here are some words of appreciation.

- Carol



Lyndsey always greeted me with a smile. Lovely personality and very easy to chat to. Best wishes for her next adventure.

- Joyce

Lyndsey came across as a warm hearted and dedicated person. She was always ready to listen and to show interest and understanding of my situation. She also liked to laugh! I wish her well in her next venture!

- Ann W

As a new volunteer I've only met Lyndsey twice when she was very welcoming and helpful- I wish her well in her next phase and some time to do the important things in her life!

- Alison H

Lyndsey was brilliant to work with. She's kind, helpful and has a great sense of fun. I'll really miss her being part of the NBCCC team, but am glad I got to know her and look forward to keeping in touch.

- Ruth



Here are two of our volunteers helping to knit 1,500 pieces for the bunting which will be displayed at Fringe by the Sea this year. Between them, Janet and Wilma have knitted over 300 items.

Well done ladies!



The full Fringe by the Sea programme can be found here:

[www.fringebythesea.com](http://www.fringebythesea.com)

We were delighted to receive this letter from Hugh Trevor about local films he has made possible for us all to see! We will arrange a date for Hugh to visit and show a few at Scone Cafe this autumn, so stay tuned. - Carol



Dear Carol.

I live in North Berwick, and for the last 20 years or so I have belonged (and still belong) to the Edinburgh Cine and Video Society. My videos are short (about 10-15 min) documentaries, and many of the ones I have made have been of various North Berwick activities.

About two months ago I decided to make my own YouTube channel, and I have, in the last few weeks, uploaded a number of the North Berwick videos I have made. Yesterday a friend suggested that I might want to inform people in this area more widely that these are available for viewing (free of course). So I thought you might be the most suitable person to contact concerning this.

Though I have not yet uploaded all the videos I plan to, the following is a list of those I have done so far, the ones which are directly connected with North Berwick:

1. Summertime in North Berwick, as it used to be.
2. Restoring an Icon (the Whalebones on the Law)
3. Archie Baird's History of Golf (Gullane)
4. The Gannet Lady (Pat Marr)
5. The Marrs' Last Season on Sula II.
6. Robert Louis Stevenson and his North Berwick Connection
7. North Berwick's Golfing Heritage
8. The Queen's Visit to North Berwick
9. The North Berwick Raft Race
10. The North Berwick Law Race
11. Concorde Comes to Scotland.
12. Benjy - the Lobster Fisherman
13. A Hidden Story (the geology that underlies the landscape of North Berwick)
14. The Medieval Church (the church that was built in the North Berwick harbour area, destroyed by storms)
15. Why didn't Someone...? (The story of the North Berwick beach chairs)
16. Caring for the elderly in North Berwick. (The story of the NB Day Centre)
17. A Local Treasure (the Edington Hospital)
18. Leuchie's Big Hare Trail



My YouTube address is [@HughTrevorNorthBerwick](#)

There will be a few more that I will be adding within a few weeks, and I am going to upload a number of other similar documentaries of places that are not local, but I may make a separate channel for those.

I would be glad to hear what you suggest.

Warmest best wishes,

Hugh Trevor

## BUILDING BLOCKS

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 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

- written by Bill Waugh, NBCCC supporter



**Longest book:** Divta, a 33-year-long suspense series, is considered the longest book by word count with 11,206,310 words and 8,128 pages.

**Longest sentence:** Victor Hugo wrote the longest sentence in his novel, Les Misérables, at 823 words!

**Most expensive book:** Codex Leicester, Leonardo di Vinci's science diary sold for \$30.8 million in 1994 (\$53.5 million today!).

**Youngest author:** Dorothy Straight was four years old when she wrote 'How the World Began' for her grandmother.

**Bestselling author:** a tie between William Shakespeare and Agatha Christie. Both are estimated to have sold a minimum of \$2 billion. Agatha wrote 42 books; William wrote 85 in his lifetime.

**Oldest book:** Diamond Sutra is a Sanskrit text that dates back to 686 A.D.

## New feature! GUESS WHO

Can anyone identify the beautiful bride in this picture taken on 7 June 1956?  
 Hint: she's often Pretty in Pink...



Answer on page 11

## August Wildlife Watch by Ruth Fraser

August is a great month to look out for our local wildlife, from butterflies to seabirds...

### Meadow brown butterfly



The meadow brown is one of the commonest grassland butterflies and can be seen on the wing from June to September. They have an average lifespan of about 2 weeks. Males are more active than females, spending their time patrolling and investigating other butterflies that come near their perches. Unless feeding or egg-laying, females spend much of their time sitting on the ground, hidden among the grass. This one was spotted near the path on the walk to Daisy Island.

### Cormorant



Cormorants are a family of seabirds. There are two subspecies of cormorant in the UK. There's the mostly coastal nesting *Phalacrocorax carbo carbo*, and there's *Phalacrocorax carbo sinensis*, which arrived from continental Europe and led to the increase of inland cormorant nesting colonies. The cormorant is an excellent fisher. Some dive as deep as 45 metres (150 feet), speeding along underwater with their webbed feet, using their wings as rudders.

It is most easily spotted when it is perched, stretching its wings out in the sun, drying its feathers which are not waterproof. After eating, cormorants regurgitate pellets containing fish bones and animal parts that can't be digested.



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

*'Breathe the sweetness that hovers in August.'*

- Denise Levertov

#### Wildlife Anagrams

**S W A S R E**  
**A E R I W G**  
**Y C R H R E**  
**E W N R**  
**E T N R**

*(answers on page 11)*

## East Lothian Dementia Strategy

Dementia can affect younger and older people and by 2040 we estimate that around 3,500 people will be living with dementia in East Lothian. We also have to consider the impact on families and carers.

East Lothian Health and Social Care Partnership is asking if you could please complete and/or share their **Online Survey on the draft East Lothian Dementia Strategy**. The survey takes you through the key points of the strategy. It asks you to say if they have got the important things right and if there is anything else you think they should look at.

You can find the survey at [East Lothian Dementia Strategy - East Lothian Council - Citizen Space \(eastlothianconsultations.co.uk\)](http://eastlothianconsultations.co.uk)

Paper versions can be provided. Please email Jane with the name and address to send paper versions. The survey can also be provided in other languages on request. And if people want to take part and would like BSL interpretation or would like to do the survey over the phone owing to visual impairment, again please let Jane know the contact details.

- Jane Odgen-Smith, Equalities and Engagement Officer  
 jogden-smith@eastlothian.gov.uk  
 East Lothian Health and Social Care Partnership

Scone Cafe volunteers Jim and wee Holly have recently moved flat and were presented with a wee housewarming handsel from their Scone friends.



We love it when the Men's Shed join us at Scone Cafe!

## Police Scotland East Lothian

We are aware of a scam taking advantage of people living with Dementia. We would appreciate you sharing this and speaking with anyone who may be vulnerable to let them know about it.

You may have seen posts highlighting the **Dementia Safeguarding Tag**, available for anyone living with Dementia who resides in either West Dunbartonshire or Argyll and Bute. Scammers have been contacting people and offering them a Dementia Safeguarding Tag for £60.

This is a pilot scheme and is **NOT** currently available in Lothians and Scottish Borders.

Should this pilot be expanded, Alzheimer Scotland are able to provide these to anyone living free of charge. To register your interest for future availability in our area: <https://www.alzscot.org/news/public-advised-to-watch-out-for-dementia-safeguarding-tag-scheme-scam-callers>

If you have been the victim of a scam, please get in touch with Police Scotland on 101.

## Gullane Scone Café

Gullane Scone Café is held on alternate Saturdays from 10.30am to midday in the Gullane Day Centre.

We have time to talk and get to know other people and enjoy tea, coffee and a scone as well as having quizzes and games and occasional handicrafts. We enjoyed celebrating the coronation of the King and Queen with suitable refreshments.

There is no charge but donations are welcome to cover the cost of using the Day Centre. All are welcome.

**For further information please ring:**

Margaret on 07907999967

or Di on 07410448869





**COMMUNITY CONNECTIONS EVENTS UPDATE, AUGUST 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 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 99967 or Di on 07410 448869.



### East Lothian Coastal Clean Up – Morrison's Haven

9 August – 1.30pm – 3pm



Join us to remove marine debris from the beach between Prestonpans and Musselburgh Lagoons, whilst enjoying some amazing marine wildlife and habitats with like-minded people. It begins at Morrison's Haven Car Park, from where we will work our way towards Prestonpans, covering as much ground as possible within 1 hour before retracing our steps towards the car park and picking up any litter we might have missed.

More information: [www.seabird.org/events/east-lothian-coastal-cleanup-morrison-s-haven](http://www.seabird.org/events/east-lothian-coastal-cleanup-morrison-s-haven)

### East Lothian Coastal Clean Up – Seton Sands

2 & 16 August – 10am – 11.30am

Join us to remove marine debris from Port Seton's coastline, whilst enjoying some amazing marine wildlife and habitats with like-minded people. This beach clean will focus on the sandy beach opposite Haven's 'Seton Sands Holiday Park' - we will cover as much ground as possible within 1 hour 30 minutes.

More information: [www.seabird.org/events/east-lothian-coastal-cleanup-seton-sands](http://www.seabird.org/events/east-lothian-coastal-cleanup-seton-sands)

### Birds of the Belly Bins Exhibition - Open to 2 October, 10am to 5pm daily

This exhibition celebrates the talents of six local artists who contributed their time to the Big Belly Bin project. The colourful Big Belly Bins, sited along North Berwick's seafront, feature the artists' paintings of the birds who frequent the shoreline. It is based just by our Boat Office and there is no charge for entry, however donations would be very welcome. More information: [www.seabird.org/events/birds-of-the-belly-bins](http://www.seabird.org/events/birds-of-the-belly-bins)



As part of Fringe by the Sea, we are hosting the following 2 talks:

#### Enviro – Futures: Ocean Plastic pots

9 August, 6pm to 7pm, £10

Hear the inspirational story of Ocean Plastic Pots sustainable plant pots, made in Scotland from 100% recycled rope and fishing net. Created by Deepsea Diver Ally Mitchell after salvaging a ship filled with waste plastic off the west coast of Scotland during lockdown. Find out how the waste rope and net are turned into pots and about the resulting circular economy. Ocean Plastic Pots have a collection program at Dunbar Harbour and recycled all the rope and fishing net collected for World Ocean Clean Up Day from Edinburgh to the Scottish Borders. More information: [www.fringebythesea.com/ocean-plastic-pots/](http://www.fringebythesea.com/ocean-plastic-pots/)

#### Enviro – Futures: Sharing Economy

10 August, 6pm – 7pm, £10

In this session: 'Thanks for Sharing', Eleanor Tucker takes us – and her somewhat reluctant family – with her on a year-long experiment to buy as few new things as possible, instead relying on the power of sharing economy apps and websites. What is the sharing economy? How can it help us live more affordable, more sustainable, and ultimately more fulfilling lives? Eleanor describes how and why she tried to bring different types of sharing into her day-to-day life, from the little 'things' (food, clothes) to the bigger 'things' (cars, furniture, the space around us), and explains how the growth of tech has revolutionised an age-old practice. With a warm and relatable humour as well as a deeply-researched knowledge of the history of sharing, Eleanor will leave you feeling entertained, informed, and inspired to change the way you consume.

More information: [www.seabird.org/events/enviro-futures-sharing-economy](http://www.seabird.org/events/enviro-futures-sharing-economy)



SAT 5th  
AUGUST  
2023

### 150th Flower, Vegetable & Fruit Show

*Innerwick Village Hall*

Admission free,  
donations welcomed  
Doors at 1pm  
Official Opening  
at 1.30pm

Craft & arts categories too!  
With a wide variety of stalls  
as well as a raffle, there's  
something for everyone.

Innerwick Horticultural Society  
Founded 1863, inc. Brunt, The  
Pinkertons & Skateraw



#### East Lothian PYO Sunflower Trail

The Balgone Estate is delighted to introduce a new event coming to Balgone this summer. Over the last few months, they have been busy putting together a PYO Sunflower Trail.

In aid of the Samaritans Charity, this will be a great little adventure for all ages with plenty to see and do.

We will let you know when the sunflowers are going to blossom, after which you can book a time slot to attend on their website.

<https://balgoneestate.co.uk/sunflower-bookings>



#### Guess Who Answer:

My wedding date was 7<sup>th</sup> June 1956, and my husband's full name was William Ronald Lang Reid, abbreviated to Ronnie at the time of our marriage, but he changed that to Ron in 1978 when we moved from Edinburgh to Shropshire and a whole new circle of friends and acquaintances. I have always been Barbara, but I like the abbreviation to Bar - but neither Babs nor Barbie!

- Barbara Reid

Scone Cafe and Coffee Connections volunteer

#### Wildlife Anagram Answers:

Wrasse Earwig Cherry Wren Tern



## FAMILY SANDCASTLE COMPETITION

NORTH BERWICK WEST BEACH

PRIZES FOR BEST DESIGNS

SUNDAY 6TH AUGUST  
FROM 2-4 PM

MEET ON BEACH AT OLD ANCHOR,  
ELCHO GREEN

All teams must include one child  
aged 12 or under.





**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 September newsletter: 22<sup>nd</sup> of August



**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.



*'What would life be if we had no courage to attempt anything?'*

- Vincent Van Gogh