

# Community Connections

North Berwick Coastal

September 2023



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

**HAPPY BIRTHDAY!**

One of the September birth flowers is the aster.

It is a symbol of love, wisdom, faith and innocence.



*'A beautiful meadow brown butterfly' Ruth Fraser*

## Hello September!

As the warmth of summer gradually gives way to the crispness of autumn, we find ourselves stepping into the embrace of September. This month marks the bridge between seasons, inviting us to revel in the beauty of change and embrace the tranquillity that comes with it.

For many, September marks the return to school. It's a time of new beginnings and journeys of learning and growth. Whether you're stepping into a new year of study or reminiscing about your school days, there's a sense of excitement and anticipation during this transitional month.

As September draws us closer to autumn, we instinctively begin to create cozy nests in our homes. Blankets find their way to couches, candles are lit, and the aroma of warm beverages fills the air. It's a time for introspection, savouring quiet moments, and embracing the simple pleasures that make life fulfilling.

- Ruth Fraser

## Celebrations in September

- **Zero Waste Week - 4<sup>th</sup> - 8<sup>th</sup>**

A campaign to increase recycling, reduce landfill waste

- **Read a Book Day - 6<sup>th</sup>**

Put your feet up and enjoy a book.

- **Talk Like A Pirate Day - 19<sup>th</sup>**

Shiver me timbers! It's a day of pirate-related silliness! Arrrrggghh!

- **U.N. International Day of Peace - 21<sup>st</sup>**

A day for humanity to commit to peace above all differences and to contribute to building a culture of peace.

- **Autumn Equinox - 23<sup>rd</sup>**

This date marks the first day of astronomical Autumn in the northern hemisphere.

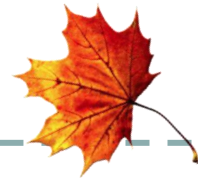
## North Berwick Coastal Community Connections

**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.



## Travel blog



### Hogy Vagy?

Or, for those who don't speak Hungarian, "How are you?" A whole term of Hungarian lessons in Budapest, and that's all I seem to have retained. That and how to order a half kilo of plums, for some reason. It's a heck of a language.

I have other, more vivid memories of that year spent teaching English as a Foreign Language in Budapest in 1993-94. The beautiful but dilapidated buildings we lived and taught in. People queuing down the pavements to see Kenneth Branagh's *Much Ado About Nothing* (then rioting because of the crude overdubbing in Hungarian). Operas, symphonies, all for the cheapest prices. Horse-riding in the hills. Taking trams everywhere. Being the only Scot at the biggest Burns supper I've ever attended, in a community centre filled with Hungarian fans of the Bard. Being boiled alive in 16th-century Turkish baths filled with sulphurous fumes and incredible characters, such as the 90 year old former ballet dancer taking herself through a series of stretches I could never have accomplished. Magnificent cakes in velvet-draped coffee houses dating back to the Austro-Hungarian Empire. The complete absence of any vegetarian options in the restaurants (not a problem for me at the time, but for my flatmate).

Bookshops heaving with intellectual works in different languages. The standard grumpiness of hospitality staff in this (just) post-Berlin Wall era. Staggeringly beautiful castles and cathedrals. The way people would clear a house and simply dump everything on the pavement outside, without boxes, for others to help themselves (or dogs to pee on them). I picked up some albums of beautiful 1950s black and white beach pictures and wondered about the people in them. Incredible snowscapes and the biggest outdoor ice rink I have ever seen. Crisps only in paprika flavour.

Attempting to teach English to eager young adults, desperate to move abroad, and to delightfully naughty children. I often resorted to drama and role-play. Colleagues and I set up an Angol Klub (English Club) with film shows, quizzes, and ultimately, our own Christmas panto.

The (mostly expat) social life was magnificent. We had numerous parties in our flat, where I had been miraculously placed with the nicest, tidiest, and most culinarily skilled colleague possible. (My contribution was to invite people round.) Helen and I are still close friends to this day - she ended up in Edinburgh, thanks to some cunning matchmaking on my part, and we spend weekends together

twice a year, meet up for drinks, and are in a book group together.

And there is also Mark, who continued with TEFL abroad and back in the UK, but also became a professional photographer, and has taken some of the finest pictures of my son, my 50th birthday, and other occasions.

Travel has been a vital part of my life, an incredible, mind-expanding privilege and a joy. But these days it's often the trips to Perthshire that make me happiest of all. And what matters most is the people I've met in my travels.

I look forward to hearing about your own memories of travel, however near or far the journeys. Come and share your stories with us at Scone Café and Coffee Connections.

- Carol Stobie,  
Connections Coordinator



*Budapest, 1993. I still have that coat and hat.*







It's World Tourism Day on the 27<sup>th</sup> of September, a day which aims to foster awareness among the international community of the importance of tourism and its social, cultural, political, and economic value. Tourism is one of the world's most important economic sectors. It employs one in every ten people on Earth and provides livelihoods to hundreds of millions more.

We took the chance to reminisce about some of our favourite trips around the world.



This is a photo of me in Cyprus in the summer of 2018, a few months before I came to North Berwick. The vehicle goes down into the sea, where it floats - I got out of it and swam. My husband and I went there on holiday late in 1999, fell for it, bought a house, and moved there in May 2000. Never regretted it!

- Barbara



In 2019, I volunteered in Cambodia at the "School of Hope" for a month. The children were amazing, the food cooked by older children under supervision was amazing and I loved every minute.



Still makes me smile when I think of it!

- Joyce



That was me in August 2002 in Cuba with one of the Cuban dancers having fun in the carnival, celebrating their culture and tradition.

- Ellen



The beautiful Birks o' Aberfeldy last year. I love Perthshire for its wild beauty and stunning scenery. Having my girls with me was an added bonus!!

- Ann



Here I am enjoying Reykjavik, Iceland.

- Margaret



Here is a photo of me in front of Sacre Coeur in 2010. I was on a school trip to Disneyland with 30 children and we spent a day in Paris....the sun shone and their excitement made it all worthwhile.

- Alex





Travelling round Greece with a friend, we spent a few weeks on the island of Rhodes volunteering with a turtle conservation project, marking out turtle nests along the beach. What a way to spend the summer, enjoying Greek scenery, food, drinks, and dancing!  
- Ruth

*"September days are here, with summer's best of weather and autumn's best of cheer."*



WONDROUS WOODS  
Wonder awaits at Gosford House  
A magical illuminated adventure 27 Oct to 19 Nov  
wondrouswoods.com

North Berwick Day Centre  
**Craft Fair**  
Saturday 9th September  
10am - 2pm  
Entry: £2.50 includes tea/coffee/biscuits/cake  
All welcome!

NBMovies Presents: Knives Out  
Sept 22nd, 7pm, NB Community Centre  
Cert 12A, Adults £6 Minors £3  
<http://nbmovies.co.uk>

What I want for SEPTEMBER

Simplicity September	Smile September	Self-love September
Sympathy September	Serenity September	Start-fresh September

OurMindfulLife.com





### NBCCC update

NBCCC has welcomed three new staff members to the team!

**Nicky Parker** joins us as Operations Manager,  
**Fay Gourlay** as Admin and Comms Co-ordinator, and  
**Kerry Kirkwood** as Compassionate Community Co-ordinator.



### North Berwick Men's Shed

Here is one of The Men's Shed's recent projects. This ongoing project is at Leuchie House and involves our construction and fitting of various habitats for creatures, birds, and insects. The photos show an owl nest box, two bird nest boxes, a hedgehog home, and an insect hotel.



North Berwick Men's Shed is a place to work and relax, pursue hobbies, share skills, have a cuppa and a chat, get out of the house for a while, and get practical help with your projects.

Contact: [mensshednb@gmail.com](mailto:mensshednb@gmail.com)



## Ageing Well | East Lothian | Health & Wellbeing Walks

(All ages and abilities welcome)

For more information on the walks and their start dates please contact the Ageing Well Coordinator  
\*Please note that everyone needs to fill out a new walker form before attending\*

Parvine Woodger | Ageing Well Coordinator  
E: [pwoodger@eastlothian.gov.uk](mailto:pwoodger@eastlothian.gov.uk)  
T: 07718 117585

Find us on Social Media:

Facebook: @AgeingWellEastLothian  
Twitter: @AgeingWellELC

Town	Time	Meeting Place	Duration	Cost
<b>Monday</b>				
Haddington	10.00-11.00	Outside Aubigny Sports Centre	10 week blocks	Free
Athelstaneford	10.00-11.00	Outside Athelstaneford Parish Church	10 week blocks	Free
North Berwick	13.30-14.30	Entrance to the Lodge Park <b>(last Mon of the month meet at Church Road bus stop)</b> Option of 2 walks: Short: 30 mins Long: 1-1.5 hours	Weekly – ongoing	Free
<b>Tuesday</b>				
Prestonpans	10.00-11.00	Outside Prestonpans Community Centre	10 week blocks	Free
Dunbar	10.30-11.30	Outside The Bleachingfield Centre <b>(bus trip second Tues of the month)</b>	Weekly – ongoing	Free
Aberlady	10.30-11.30	The Sea Green <b>(last Tues of the month meet opposite Gullane library)</b>	Weekly – ongoing	Free
<b>Wednesday</b>				
Musselburgh	10.00-11.00	Outside Musselburgh Sports Centre	10 week blocks	Free
Dirleton	10.00-11.00	Outside The Castle Inn	10 week blocks	Free
<b>Friday</b>				
Dunbar	10.00-11.00	Outside The Bleachingfield Centre	10 week blocks	Free
Pencaitland	10.00-11.00	Outside The Pencaitland Pavilion & Bowling Club	10 week blocks	Free
<b>Saturday</b>				
Musselburgh	10.30-11.30	Outside Musselburgh Sports Centre	10 week blocks	Free





### September Wildlife Watch by Ruth Fraser

September is a great month to look out for our local wildlife. It may be nearing the end of summer, but many species are still active so there's lots to look for when out and about.

#### Wood mouse



The wood mouse is our commonest mouse and the one you are most likely to find in your garden. During September, wood mice are hoarding as much bounty as they can. Look for empty nut shells with a neat circular hole chiselled in one end (the work of their lower incisors) and a few longer scrapes around the outside (where the upper incisors gripped the nut).

*"It looked like the world was covered in a cobbler crust of brown sugar and cinnamon."*  
- Sarah Addison Allen

Wildlife Anagrams  
OTMH  
BLABMER  
VCOETA  
ECSNTHUT  
RGARSOHPSP

#### Bramble



The bramble uses powerful roots to grow rapidly in almost any environment. The fruit of the bramble is the blackberry, but in a strict botanical sense, the blackberry is not a berry. Each tiny juicy 'blob' on the blackberry represents a tiny fruit or drupelet, and there are many of them so it is an aggregate fruit. Archaeologists have found blackberries in the stomach of a Neolithic man, a testament to their long-standing popularity!

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



### Keep Scotland Beautiful



#### Source to Sea week is coming...

8-15 September. Help us tackle marine litter from source.

80% of all marine litter comes from land, where litter is washed into gutters, blown into streams, or carelessly discarded. This means that litter in our streets and parks is not only costly to clean up but is a threat to the marine environment.

That's why we need to take #Source2Sea Action. We're encouraging everyone to take action along a waterway near them to prevent litter ending up in the sea. Click the link for more information [www.keepsotlandbeautiful.org](http://www.keepsotlandbeautiful.org)



## MARMION BRIDGE CLUB NORTH BERWICK



WE ARE LOOKING FOR PLAYERS WHO ENJOY THE GAME OF BRIDGE HELD IN THE  
CONVIVIAL ATMOSPHERE OF OUR CLUB AT

**12 ST.ANDREW STREET, NORTH BERWICK, EH39 4NU**

AT PRESENT WE PLAY COMPETITIVE BRIDGE ON TUESDAY EVENINGS 6.30 FOR  
6.45pm

**AND**

IN THE AUTUMN THURSDAY AFTERNOONS FOR ALL STANDARDS  
1.30 FOR 1.45pm

IT IS HOPED TO INTRODUCE COACHING AND/OR IMPROVERS  
LESSONS ON THURSDAYS DEPENDING ON DEMAND

**FURTHER INFORMATION ON OUR WEBSITE**

MARMION BRIDGE CLUB

OR

BY EMAILING THE SECRETARY – [norman.lazonby@gmail.com](mailto:norman.lazonby@gmail.com)





## 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)

**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.

### Family Friendly Beach Cleans

**2 September: 11am to 12pm & 8 September: 3pm to 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 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. Meet outside the Scottish Seabird Centre.

Reserve your place: [www.seabird.org/events/north-berwick-family-friendly-beach-cleans](http://www.seabird.org/events/north-berwick-family-friendly-beach-cleans)

### Coastal Wildlife Tours

**7 September, 2pm – 3.30pm**

Join our Conservation Officer for a wildlife wander along the coast to find out more about the wonderful wild animals that can be spotted around Scotland's shores. Learn more about birds, scan the sea for whales and dolphins, and peek into the pools along the rocky shore. Everyone is welcome to ask questions, share their knowledge and experiences, or simply unwind and enjoy the wildlife. The tour will start and finish outside the Scottish Seabird Centre



@Emily Burton

Tickets £6 (discount for SSC members) To book: [www.seabird.org/events/coastal-wildlife-tours](http://www.seabird.org/events/coastal-wildlife-tours)



### Birds of the Belly Bins Exhibition

**Up to 2 October 2023**

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. This exhibition, showcasing the artwork, is based just beside 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)



@Rachel Marshall







**HOPS IN THE GARDEN** - Fun, family-friendly festival at Archerfield Walled Garden.

Sat 2<sup>nd</sup> September. All proceeds will help us to continue to provide vital respite breaks for people living with neurological conditions, and their carers and families.

Get your tickets here:

[www.leuchiehouse.org.uk/hops](http://www.leuchiehouse.org.uk/hops)



**Concert in aid of**  
**North Berwick Day Centre**

**Venue**  
St Andrew Blackadder Church, North Berwick

**Featuring**  
Alex Hodgson, Isobelle Hodgson  
And Iain Macphail

**Date**  
15 September 2023 at 7pm

**Tickets £10**  
North Berwick Day Centre  
You can call on: 01620 890906  
Or Call Margaret Brown on: 07773600364

**DEUTSCH  
MACHT SPASS!**

**EVERYDAY GERMAN  
FOR BEGINNERS**  
with tutor Alex Galloway

Taking place at the  
North Berwick Community  
Centre,  
Thursday evenings  
7pm - 9pm

Begins 28th of September

Course lasts 10 weeks. Cost  
£100 (concessions available)

For more information, please email  
[nbccinfo@eastlothian.gov.uk](mailto:nbccinfo@eastlothian.gov.uk) or phone  
01620 893056

**BAT WALK  
FOR THE  
RNLI**

Join Natalie from Lothians  
Bat Group for this family  
friendly event to learn more  
about our furry, flying  
friends and use bat detectors  
to listen for their ultrasonic  
calls.

**£** Suggested donation: Adults £7  
and Children (accompanied) £3

**📍** The Avery at The Lodge

**📅** Saturday 16th September  
@19.15 (lasts 1-1.5 hours)

To book, please email:  
[YMFairholm@aol.com](mailto:YMFairholm@aol.com)

**All funds raised go  
directly to North  
Berwick Lifeboat**

**Wildlife Anagram Answers:**  
Moth Bramble Avocet Chestnut Grasshopper



**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, please contact **Kerry Kirkwood** at [kerryk@nbc-communityconnections.org](mailto:kerryk@nbc-communityconnections.org)



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 October newsletter: 21<sup>st</sup> of September



**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

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.



*'If the leaves are changing, I feel poetry in the air.'*

- Laura Jaworski