



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

HAPPY BIRTHDAY!

One of the November birth flowers is the chrysanthemum.

They represent longevity, joy and optimism. In some cultures, they are associated with friendship and support.

Community Connections

North Berwick Coastal

November 2023



'Beautiful trees at Beanston Farm' - Ruth Fraser

Hello November

As October bids us farewell and the air takes on a crisper note, we find ourselves on the cusp of November - a month that ushers in the full embrace of autumn. With leaves painting the world in hues of red and gold, November invites us to slow down, reflect, and savour the beauty of the changing seasons.

November contains a plethora of special days and events to celebrate, from Guy Fawkes Night to World Kindness Day, and Remembrance Day to National Tree Week, not forgetting starting to step into Christmas at the end of November with the switching on of the Christmas lights in North Berwick as part of the celebrations taking place on Saturday 25th November.

Wishing you a month filled with warmth, joy, and memorable moments!

- Ruth Fraser

Celebrations in November

- **World Jellyfish Day - 3rd**
A day to celebrate jellyfish, which are not a fish at all but are invertebrates.
- **Guy Fawkes Night - 5th**
A celebration of the gunpowder plot conspirators' failure to blow up the Houses of Parliament.
- **Remembrance Day - 11th**
The day when we remember those members of the armed forces who gave their lives in conflict.
- **World Kindness Day - 13th**
A day to promote kindness in all its forms and appreciate the positive benefits of kindness to health, wellbeing, community, nature and the environment.

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.





Three Trees I've Loved

I can think of three trees (or bunches of trees) that have played a significant part in my life. Embarrassingly, I'm not very sure what sort they are, as I have next to no knowledge of nature.

The first tree of significance to tiny Carol was a soon-to-be Christmas tree, possibly pine, around which my family and I gathered around 1965.



There was a clear intention to have it cruelly chopped down and brought to our home in St John's, Newfoundland. It was a rare gathering of all six of us. My eldest sister lived mostly in the UK during my childhood, but spent that one year living with us to study locally - so I first met her at the age of 3, when she was already 21. I still have the teddy bear, Terry, who you can see stuck in the branches - a hand-me-down dating from the 1950s. Being an unexpected addition to the family over some complicated years for my parents and much older sisters meant that I sometimes felt like an only child. But I got huge joy out of Christmas rituals and still sentimentally use many of those

childhood decorations I inherited, spending hours over-festooning ours (still a real one) every December. Our rituals bring comfort and connection to the past. In later childhood, there was a treehouse. I am glorifying what was probably a couple of planks wedged into a great big old leafy tree in the backyard. But climbing up there gave me a wonderful perspective on the world, even when it all got covered with Canadian snow. I still long for that feeling of reigning fearlessly over my little world - and the courage I now lack to climb trees, for fear of falling, now I am 61. There have been many, many conversations about falls in recent days with friends, Community Connections folk and others. But we still have our precious tree-climbing tales and memories.

The third tree connection is a natural cathedral full of very tall (possibly) Scots Pines in The Hermitage, Dunkeld. We got married there nearly 20 years ago, only slightly shivering in the October chill, and regularly return to be photographed in that spot as we gracefully age. I wonder what your special places are, and which trees bring back memories for you?

Come and gather to tell us your tales over a coffee soon - there are so many places we'd love to meet up with you.

Carol Stobie, Connections
Coordinator

Scone Café Events and Special Guests

We have some really special events lined up for you to join soon at Scone Café (Wed 2-3.30 at Abbey Church Small Hall, North Berwick).

15 November

Gavin from the wonderful **Abilitynet Scotland** comes to offer us an informal surgery on small-scale tech issues we might all need help with at times, from how to send a picture on WhatsApp to getting used to a new tablet, etc! Find out how they can help you and maybe arrange a future home visit.

29 November

The inimitable florist **Viv Dooner of Vivacious Flowers** returns to help you create Christmas wreaths and floral arrangements - a wonderful gift for someone, or why not treat yourself?

14 December

Christmas Songs and Treats: everyone is invited to our festive celebrations, featuring Bill Nisbet, local musical legend and punmeister, to kick off our festive celebrations with

Trees are heroes of nature. They sustain wildlife, create oxygen, purify our air, and are absolutely beautiful. National Tree Week is the perfect time to celebrate our trees and remind everyone about all they do. Here are some of our favourite trees / woody walks!

- Ruth



Favourite woody walk near old home in Essex, 'Holybred Wood' - Alison



New favourite walk- Binning Woods- great for Geo-caching with grandchildren! - Alison



My favourite woods - the Anagach, Grantown On Spey, I enjoy walks all the way through river Spey. - Ellen



I love Binning Wood. It's lovely in all seasons and a peaceful walk. Definitely my favourite! - Joyce



The Hermitage, Dunkeld, where we married Oct 2004. We met a young couple who just married, during our walk there last week. - Carol



Perthshire woods would be my pick...silver birches on the shores of Loch Rannoch, Loch Faskally & the Hermitage by Dunkeld. - Alex



Oh The Hermitage for me too and the beautiful Birks o' Aberfeldy! - Ann



My favourite trees at the moment are those planted by Tree Aid: <https://treeaid.org> - Barbara

Eddie, our TV Star and Local Legend

Eddie McFadzean is a well-known local man, originally from Sheffield, who retired and moved with his wife to North Berwick a few years ago. Eddie is prominent in the pipe band and volunteers tirelessly for Community Connections, the Food Bank, Leuchie House and many other causes. He is also the founder and organiser of North Berwick Tunes and Songs, the monthly open mic session at the Rugby Club, which we love to attend.

He was nominated by another local legend, Liz Martin, for a One Big Thank You award on the BBC One Show. There was much excitement when they got back in touch with Liz saying he had been selected to feature. The whole thing had to be kept top secret from Eddie, who thought he had been invited to play the bagpipes on a video to attract visitors to Scotland.

It was exciting enough that he got to meet one of his favourite actors, Robert Carlyle, but it was quite a shock when the actor's monologue suddenly started to focus on Eddie's own volunteering activities, then revealed that he was the reason they were all there in that Highland Glen. Celebrities then addressed Eddie over a big screen there, as his wife and friends applauded with excitement before an indoor celebration. Eddie won't mind my saying that they were tears when he realised all this, and this was soon all over the BBC and social

media as one of the most touching features they had had.

Community Connections' Carol, who has known Eddie and greatly appreciated his volunteering for Scone Cafe and befriending over the last few years, was asked to speak on camera during some other secret filming for this, up at Leuchie House. It was extremely exciting, even though she didn't get to meet Robert Carlyle!



A five-minute feature was shown around halfway through The One Show on Thursday 28th September, and Eddie has been quite the celebrity ever, since with people stopping him and his lovely Labradors on the beach as they recognised him. As one of our Scone visitors said to me soon afterwards, it was a wonderful treat to see such a good person honoured, in contrast to the grisly and depressing news we're usually overwhelmed with. Thank you for being one of the finest people we know Eddie, and thank you for inspiring and making a difference to so many others in this community.

Intergenerational Afternoon Tea

A fine bunch of Community Connections folk were thrilled with a beautiful, heartwarming afternoon of sharing food and conversations on Friday 6th October with our friends at North Berwick Youth Project - not to mention the closely-fought intergen quiz!

Enormous thanks and here's to the next time. We'd love to have any of the girls visit us at Scone Cafe during your holidays - extra scones for you! Thanks also to North Berwick Community Centre folks for your support.



Absent Friends is a people's festival of storytelling and remembrance. People who are no longer with us remain a part of our lives – their stories are our stories, yet many Scottish traditions relating to the expression of loss and remembrance have faded over time.

Absent Friends gives people across Scotland an excuse to remember, to tell stories, to celebrate and to reminisce about people we love who are no longer with us, for whatever reason. To Absent Friends is an opportunity to revive lost traditions and create new ones. We invite you to help celebrate Scotland's Absent Friend's Week with our series of events during the week of 1st – 7th November.

If you would like to attend any of the events or have any questions regarding them, please contact admin@nbc-communityconnections.org.



Evening Reception
4.30-5.45pm 1st Nov
St. Andrew Blackadder Church
Free, all welcome.

Celebrate the start of Absent Friend's Week with an introduction to the ideas behind the concept, NBCCC's involvement and a commissioned poem for the festival.



The Labyrinth
11.00-3.00pm, 3rd Nov
St. Andrew Blackadder Church
Drop in event, free.

Please join us to walk the Labyrinth, a time for quiet contemplation, thought and next steps. Be welcomed by our supportive Team and stay for as long as you would like.



Memoir Workshop
2.30-4.30pm 2nd Nov
North Berwick Library
Free, but ticketed event

Join author Catherine Simpson for a workshop exploring the ways in which to write a memoir or short story memory.



Coaltown Daisies
3.30pm-5.45pm 5th Nov
NB Rugby Club
Free, but ticketed event

Lets celebrate life with the fantastic Coaltown Daisies! A night of covers and original music – all ages welcome.

To book a place or for any questions please contact: admin@nbc-communityconnections.org



Community Connections

Hello November

Not everyone gets you, but it's
Okay, because when you
Value your time, attention and
Energy, you attract
More people who see your
Beauty and worth. Own your
Enoughness, and the
Right ones will find you

OurMindfulLife.com





New Delights at the Museum and Library

We had a magic visit to Coastal Communities Museum.

Linda and Dawn made us so welcome and are such infectiously enthusiastic ambassadors! Margaret found her then-future husband... and then herself... in the Primary School pictures from when the building was a school! The Museum reopens in Spring with new displays - we can't wait. You'll find it brings the whole story of this area alive - and thanks to their welcoming volunteers, you will feel like a part of that story.

Then it was down to North Berwick Library, glimpsing the fantastic new garden at the back, with Sarah (another great friend of ours) showing us round. Did you know there is now Dog-Friendly Monday, a new Crafts Group, and all sorts of other initiatives at the Library for you to take advantage of? We will all be back soon!



Angela & Joyce's Abseil for Brain Tumour Research

£2,689 raised of £1,500 target by SO FAR

Our amazing Scone Café volunteer Joyce Paterson did something a little unusual the other weekend. She abseiled, with her daughter, off the Forth Bridge on 8 October 2023.

Those who know her could believe this of Joyce, a courageous woman who has undertaken lots of other adventures - but keep in mind this was a last-minute spontaneous decision to replace her granddaughter Kate, who had been taken ill at the time. Joyce was there to support her worried daughter through this very worrying time, as she has been since the day Kate was diagnosed 8 years ago. You will be glad to hear that we learnt (days after the abseil) that Kate's illness this time was just a virus, no further operations are required and Kate, newly graduated, can now start her first job!

'Kate was diagnosed with a brain tumour at 15. Less than 24 hours after diagnosis, she underwent 5 hours of invasive brain surgery to try and take tissue for biopsy. It wasn't possible due to the location of tumour. This was a very frightening time, however, thankfully it has remained stable so far. We continue to monitor the tumour (called Steve!) and hope it remains that way. Others are not so lucky.'

Brain tumours kill more children and adults under the age of 40 than any other cancer... yet just 1% of the national spend on cancer research has been allocated to this devastating disease. Please help me fund the fight. Together we will find a cure.' – Angela Paterson (Joyce's daughter)

It's not too late to donate. See Joyce at the Scone Café if you are inspired by her courage! Or donate via Angela's [JustGiving page](#) which you can find by searching Angela & Kate's Abseil for Brain Tumour Research.

Just another of the remarkable folk who make up the Community Connections Volunteer Team....



Kate



November Wildlife Watch by Ruth Fraser



There's more wildlife out and about in winter than you might think. Overwintering geese are arriving on our shores, garden birds are visible in leafless trees, and full-grown fox cubs are leaving their family for the first time.

"Autumn is a second spring when every leaf is a flower."

- Albert Camus

High tides and strong winds



It's a shock to see the effect that recent high tides and strong winds have caused along the coast. The beaches and harbour area were subjected to four-metre waves in combination with spring tides that created hazardous conditions. Both the East and West bays have suffered devastating damage. The harbour is managed by the volunteer-run North Berwick Harbour Trust charity, which maintains and conserves the site. The charity said it was looking for emergency funding and support to help restore the harbour wall.

Jackdaws



Jackdaws are interesting because they form unusually long-term partnerships. Once the pair bond is established, the male and female will stick together for years, even outside the breeding season. If you watch a flock of jackdaws circling over a town or wood this month, you should be able to make out individual pairs within the larger group.

Wildlife Anagrams

L T A E S E
S O N O D R W P
L M I P L I E D
A C R B
N H C U T T A H

(answers on page 9)

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

100 Species Exhibition

13 October 2023 - 15 January
The 100 Species exhibition aims to show that Restoration Forth is creating and maintaining a better habitat for the hundreds of important, diverse species that live in the Forth.



Coastal Wildlife tour

15 November, 11am - 12.30pm
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.

Christmas Craft, Conversation & Shopping Event

9 November 2023, 5.30pm - 7.30pm
Embrace the start of the festive season at our fun, friendly Christmas night.

Meetings with Moths, a talk with Katty Baird

26 November 2023, 12pm - 1pm
We are delighted to welcome Katty Baird to talk about some of Scotland's rarest moths that live in East Lothian, from sand dunes to rocky hills.

To book visit: www.seabird.org

NORTH BERWICK AT CHRISTMAS
Saturday 25th November

Join us to kick-start the Festive Celebrations:
10:00am-5:00 pm

- ★ Christmas Shopping Events and Local Art Exhibitions
- ★ Free Face Painting, Kids' Crafting and Letters to Santa, Abbey Church 12 - 4pm (Free Refreshments from North Berwick Youth Project)

5:30pm-6:30pm North Berwick High Street
Christmas Parade & Christmas Lights Switch-On:

- ★ 5:30pm - Santa's Parade of local performers along the High Street
- ★ 6pm - 'Best Dressed Shop Window' trophy and Christmas Lights Switch-On
- ★ 6:15 pm - Gospel and Sister Sister Choirs Christmas Sing-Along (Collection for the Kindness Co-operative Christmas Cheer Fund)

Visit our Facebook page: 'North Berwick at Christmas' or scan the QR code:

Dress Festive!

MONDAYS

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.

TUESDAYS

COFFEE CONNECTIONS, 2-3pm, 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

ABERLADY SCONE CAFÉ, 11.30am, Aberlady Inn

Meet for a cuppa, scone and chat on the second Tuesday and the fourth Thursday afternoon of the month at Aberlady Inn. For further information contact Kathy on 07939 250138 or kathyaberlady@btinternet.com.

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!

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

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. For more information ring Margaret on 07907 99967 or Di on 07410 448869.

Other community activities...let us know of others and we can include them here!

CRAFT GROUP, Mondays 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, Mondays 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 Mondays 1.30pm at Lodge entrance

Friendly group walks. Parvine, Ageing Well Coordinator on pwoodger@eastlothian.gov.uk or 07718 117585

ZUMBA GOLD, Mondays 6pm to 6.45pm at St Andrew Blackadder Church Hall, North Berwick

Low impact Latin-based dance class. Contact Ruth 07785707683 figaroroo@yahoo.co.uk or rhunterpepper.zumba.com

TABLE TENNIS, Mondays 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.

NBMovies Presents:
Barbie



Nov 17th 7pm,
NB Community Centre
Cert 12, Adults £6 Minors £3
<https://NBMovies.co.uk>

THIS IS US
FREE MOVIE SERVICE FOR PEOPLE WITH
ADDITIONAL SUPPORT NEEDS

NORTH BERWICK COMMUNITY CENTRE
1:30PM EVERY FRIDAY UNTIL CHRISTMAS

WE AIM TO PROVIDE A SAFE PLACE FOR YOUNG ADULTS WITH
ADDITIONAL SUPPORT NEEDS TO MEET REGULARLY, SOCIALISE AND
ENJOY A MOVIE EXPERIENCE.
AGES 16+

FREE ENTRY

SHOULD YOU REQUIRE MORE INFORMATION, PLEASE CALL JIM CONWAY
ON 07802 897929.

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 2023
31st May 2023
28th June 2023
No Tea Dance in July and Aug
27th Sept 2023
25th Oct 2023
29th 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.



DO YOU WANT TO FEEL BETTER?
INCREASE ENERGY? SLEEP BETTER? REDUCE STRESS?

WHY NOT TRY QI GONG?



What is Qi Gong?

- ✓ Meditation in motion
- ✓ No impact, joint-friendly
- ✓ Standing or seated
- ✓ Suitable for everyone
- ✓ Easy self-care for your mind & body
- ✓ No special equipment or clothes required

Classes resume **Tuesday 7 November**

Where? North Berwick Community Centre

When? Tuesdays 6-7pm

Cost? £5

Previous participants: See you back in class!
New participants: Please email Suzi at
enquiries@burning-brightly.co.uk or
text 07791 627 818



EVERYONE IS WELCOME!





The NBCCC team:

Nicky Parker, Operations Manager
email: nickyp@nbc-communityconnections.org

Fay Gourlay, Administration and Communications Coordinator
email: admin@nbc-communityconnections.org

Carol Stobie, Connections Coordinator
07940 203380 (Tuesday - Thursday) email: carol@nbc-communityconnections.org

Lynn Artesse, One-to-One Services Coordinator
07862 694842 (Tue and Wed mornings) email: befrienders@nbccommunityconnections.org

Kerry Kirkwood, Compassionate Community Co-ordinator
kerryk@nbc-communityconnections.org

Ruth Fraser, Newsletter Editor
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 Dec newsletter: 24th of Nov



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.



'I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.'
- Maya Angelou