



North Berwick Day Centre



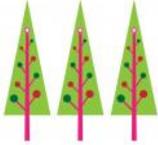
Newsletter Issue 10

Winter 2018

Autumn has well and truly arrived.



The colours of the leaves seem extra special this year, some say due to the very hot summer. As ever the Day Centre has been busy with trips and entertainment. We also held our annual review, this year called *Café Conversations*, which will help shape our future.



Seems a bit early, but Christmas fast approaches, so we wish you all a very Happy Festive Season when it arrives.

Café Conversations

The Day Centre values feedback. On Thursday 6 and Friday 7 September there was a chance for members, family and carers to have their say. The sessions were really well attended and led by Dr Deborah Ritchie who will present the feedback to the Day Centre once it is fully written up. There was a great buzz and everyone enjoyed the sessions.



Café Conversations Continued

There were lively facilitated discussions in small groups.



All the points raised were noted on flip charts.
What a lot of them there were too!



Then the whole room got together for refreshments
and a review.



The Final Report

Dr Deborah Ritchie is working hard on collating all the feedback into a report which will be available for everyone to see.

It will take some time for the Management Committee to digest the report and produce an action plan.

In the meantime we do know that overall the comments were hugely positive with some excellent ideas. Here is a summary of just a few of them:

- Coming to the Day Centre is the best thing I ever did
- The exceptional staff go the extra mile
- The only time I get to see people
- Longer opening hours and weekends needed
- Lovely food
- A Health Visitor/Nurse to come and advise, take blood pressure, give injections
- I'd like to play billiards again
- Shopping trips
- Name tags for everyone
- More visits from young people and pets
- You don't have to wash the dishes
- Trip to a distillery
- The bus drivers and assistants are excellent. They make sure I am safe
- Great value for money.
- School pupils are volunteers and are excellent

A huge thank you to everyone who attended and helped at the event.

St Regulus Feast Day 17 October

The Day Centre building is named after this 4th century monk or bishop of Patras in Greece. In AD 345 he is said to have fled to Scotland with the bones of St Andrew and founded a Church to house them in Kilrymont, Fife [renamed St Andrews]. Maybe he caught the ferry from North Berwick?

We celebrated the feast day with a Greek theme. Thank you to Andreas and Karen for bringing us a Greek sweet treat called Baklava.



Shonach, Christine and Carol entering into the Greek spirit and sporting the Greek flag colours

Jane and Ian looking very pleased with the Greek moussaka they made for lunch. It was delicious



Having a laugh



Linda, Caroline and Kirsty modelling some items from the sale table

Other Recent Events

A trip to Waterston House, Aberlady, to see the exhibition and enjoy the beautiful, tranquil view



Our Holidays

We've been remembering our holidays and have some lovely memories. Here are some of the photographs that we have been talking about. There are many more displayed on the wall of the dining area.



Sybil and Fran in Brittany

Margaret by the open air pool in North Berwick





Italia's got her hat on,
hip hip hip hooray

Sunny day in Texas



Mary and her husband
boarding the Rocky
Mountain train in Winnipeg

Poppy Appeal

Members and volunteers have
made some beautiful poppies



Dates for your diary

Christmas Lunches

Thursday 6 December 2018
Wednesday 12 December 2018
Friday 14 December 2018
Tuesday 18 December 2018



Coffee Morning

Saturday 12 January 2019 10.00 -12.00
at the Hope Rooms.

Enjoy coffee/tea and home baking with great company. Tombola, books and bric a brac plus a great raffle.



Film Nights

Wednesday 19 December 2018 6.30pm

The Man Who Invented Christmas starring Dan Stevens as Charles Dickens alongside Christopher Plummer

Wednesday 16 January 2019 6.30pm

Finding Your Feet, a feel good film with Imelda Staunton, Celia Imrie, Joanna Lumley and Timothy Spall

Wednesday 20 February 2019 6.30pm

The Mercy based on a powerful true story
Starring Colin Firth and Rachel Weisz



For details of daily events/trips and activities see the web site or ask any member of staff.

About Us

The North Berwick Day Centre has been part of the town since January 2005, providing an invaluable service to older people in North Berwick.

Full Day Members

Open daily for full day members Monday to Friday 10.00am to 4.00pm. The Day Centre bus provides transport to and from the Centre for full day members.

To find out more, staff are available Monday to Friday 9.00am to 5.00pm. Please ring, drop in or e mail.

Drop In Coffee/Tea and Company

You don't have to be a full member to drop in for refreshments and entertainment or just a chat.

Monday to Friday 10.00 to 11.30am and 1.30 to 3.00pm
Coffee/tea and entertainment (£2.00)

To find out more about using the Day Centre contact:

Carol Wicker our Day Centre Co-ordinator by dropping in
or ringing 01620 890906 or
e mail info@nbdaycentre.org.uk

Newsletter Comments

Please give us your feedback good or bad
plus any ideas for making the Newsletter better to:

The Editor, North Berwick Day Centre Newsletter
or via info@nbdaycentre.org.uk

Articles for the next Newsletter to the Editor
by 1 February 2019

North Berwick Day Care Association Scottish Charity Number: SC028007