



# North Berwick Day Centre



## Newsletter Issue 11

### Spring 2019

Happy New Year to all our readers. The festive season seems a distant memory but we are still going to share some of the Christmas photographs. See the middle pages to remind you of the wonderful time we had.

Now though we are turning our thoughts to spring and some of the bulbs are already peeking through the ground. Snowdrops are out in the Lodge Grounds. Spring cannot be far behind.



### Plans for 2019

In September 2018 we asked for feedback and ideas from members, volunteers and staff. We called the sessions '**Café Conversations**'. Plans are in place to implement some of the ideas. Here are some of our plans:

- Growing and cooking our own vegetables
- Going to the pub to play billiards
- Shopping trips
- Walking round the harbour
- Visits to local art exhibitions
- Having our nails painted
- Enjoying lots more live music
- Visiting the shops in the High Street
- Reminders to book flu injections
- Sticky name badges during team games

## Farewell and Welcome

At the end of last year **Ian Roy**, one of our bus driver/general assistants, retired. Ian helped with so many things and is much missed.

Ian had worked at the Day Centre since it opened in 2005. Before that he worked for Sea Breezes and the Lunch Club (the forerunners of the Day Centre).



Thank you Ian. You made such a difference to so many people. We wish you all the very best for a happy and healthy retirement.

## We welcome two new bus driver/general assistants



Paul Duffney



Willie Wason

## Donation from Friends of the Edington

In November Katie Muir, from Friends of the Edington, presented the Day Centre with a cheque for £760. This has been used to purchase two much-needed lightweight wheelchairs.

Elma Danks, Chair  
NB Day Centre,  
Katie Muir and Dr  
Peter Keeling, NB  
Day Centre



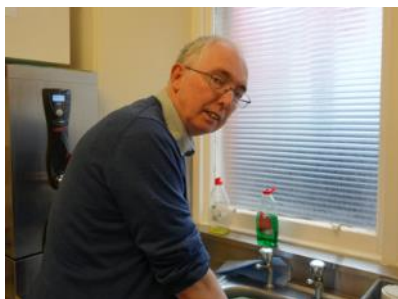
## Coffee Morning 12 January 2019

The coffee morning was really well attended and made £886. This money will be used to pay for entertainment and other activities for our members.



Peter drawing the raffle

Looks like a sell-out



Behind the scenes, Elma and Dot buttering scones and Derek washing up (3 of the many volunteers)

## Memories of the 2018 Festive Season



Carol [Manager] and Christine [Support Services Co-ordinator], celebrated special birthdays in December. Everyone in the Day Centre wished them Happy 60th Birthdays with singing and cake.

Look carefully and you will see they were photo bombed by Morvern.

**Thank you to Eskmills for a wonderful party**  
Eskmills kindly gave us free tickets for a wonderful Christmas Lunch and party at their venue in Musselburgh. The event included a free raffle, entertainment and wonderful food and staff. The true



Moir, Fiona and Muriel



Elva, Inga, Diane and Sybil

### Christmas Wreath Making



Sheila, Sybil and Mary



Christine and Margaret

## Christmas Lunch Parties



Morvern, Lisa and Irene serving up a delicious home cooked Christmas lunch

Andrew, always cheerful, even when washing up after Christmas lunch



Angel Laurie



Mary with Special guests Santa and Mrs Claus



After lunch, music and dancing with entertainer Michael

Boyd, Jim and Carol



## Other Events

### Elvis was in the building



Carol and  
Boyd



Eric and Ellen



Christine and  
Linda

### Soil Testing

In order to be able to grow vegetables Ian suggested we test the soil. This would tell us if it was too acidic or too alkaline. It was a perfect reading so we are all set to start planting.



High School pupil  
Kiera and Ian  
carefully following  
the instructions of  
the soil test kit

### Putting

The putting machine is a  
great success.

Ian practising his  
putting and impressing  
Diane and Laurie



## Burns Lunch

We never miss the opportunity for a celebration meal and who better to celebrate than Robbie Burns.



Eddie, piping in the haggis and Martin ready to do the address

Enjoying a wee dram



## Dates for your diary

### Film Nights

**Wednesday 20 March 2019 6.30pm**

**Edie**- Sheila Hancock stars as Edith Moore, a recent widow who at the age of 83 embarks on the gruelling climb of Mount Suilven. A touching story.

**Wednesday 17 April 2019 6.30pm**

**Peter Rabbit**-an animation to get us in the mood for Easter

**Wednesday 15 May 2019 6.30pm**

Film yet to be decided



For details of daily events/trips and activities see the website 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, Manager**

**North Berwick Day Centre,**

**6 St Andrew Street, North Berwick EH39 4NU**

**Tel:01620 890906 or**

**e mail [info@nbdaycentre.org.uk](mailto:info@nbdaycentre.org.uk)**

**Or you are welcome to drop in to see us**

### **Newsletter Comments**

Please give us your feedback good or bad plus any ideas for making the Newsletter better via the contacts above.

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

*North Berwick Day Care Association Scottish Charity Number: SC028007*