



# North Berwick Day Centre



## Newsletter Issue 12 Summer 2019

Easter is always celebrated at the Day Centre. For some it is an important Christian event. For others it is a time to enjoy the spring flowers, simnel cake and Easter bonnets. There's no escaping the fact that it is also a time for chocolate!



We hope you all had a very happy time.

### Visit from Audiologist

Mark Coyle, an independent Audiologist from Edinburgh, kindly donated some of his time to talk about ear care and hearing aids. He was also able to remove wax from some ears and one member was delighted that her hearing immediately improved. Mark charges for home visits. Other private audiologists are available.

Your GP can refer you for an NHS hearing test.

The office has information about agencies that can help.



Mark using special equipment to examine Italia's ears—it wasn't painful

## Arts and Crafts

Our members are very talented. Here is a sample of some of their tremendous skills.



Ronnie with some of his stunning paintings



Diane with her Valentine hearts



**For Sale**  
Seaside cushions £12 each and shopping bags £5 each



Floral art with Val and Sally



Claire making greetings cards that are sold for the Day Centre

## Bird Cam.

The blue tits are back and nesting in our garden nest box. The camera has been installed and you can watch the story live on the screen in the Day Centre.



Busy making the nest



Lots of eggs which are being well cared for

## Gardening

Things are 'springing' up in the garden

Ian and Linda inspecting the vegetable patch



## Bus Trips



The bus is used to bring members to and from the Day Centre. We also use it for regular trips around the county

## Other Events

Lovely trip to Gosford Bothy at Aberlady



Christine and Peter  
enjoying cake and a  
cuppa



Kirsty and Jim  
enjoying themselves

Some of the men enjoy getting out for a drink, a game of pool and watching some sport



Jim, Boyd and Ronnie  
at the Golfers Rest

Ronnie taking a shot



## Music and Dancing - a favourite activity



Gay Gordons with dance teachers Marie and George

Mary being serenaded by Michael



## Welcome and Information Booklet

Thanks to the efforts of a number of people we now have a revised Welcome and Information Booklet.

This booklet is for members, families, carers and anyone interested in the Day Centre.

The booklets are available at the Day Centre or on the website:

[www.nbdaycentre.org.uk](http://www.nbdaycentre.org.uk)

click on the contact info & documents tab

Thank you to all those who helped revising this booklet.

## **Film Night Information**

Recently it has been suggested that we have differing days for film nights. This is to allow people to come along who are busy on a Wednesday night. We did some research and no one was against the idea.

**So after the summer break we will still hold film nights in the third week of the month but it will be on a Wednesday night alternating with a Thursday night.**

May and June will still be on a Wednesday. See page 7 for all the dates for 2019.

If you miss a film you can borrow it from the Day Centre.

### **Choosing the films**

Recommendations are always welcome. Generally the films should be certificate 12, PG or U. It is important that they are no longer than 1 hour 40 minutes. This is to fit in with carers and so that everyone, including the volunteers, can get home at a reasonable time.

### **Member Privacy—a reminder**

Everything about our members is treated as private and confidential.

We may occasionally have to share your data with third parties but they must treat it in accordance with the law.

Examples of third parties we may need to contact are your Doctor, Health and Social Services or the Care Inspectorate.

If you have any concerns about confidentiality please speak to a member of staff.

## Dates for your diary

AGM— Monday 20 May 2019 in the Day Centre, all welcome.

Coffee Morning— Saturday 20 July 2019 in the Day Centre, all welcome.

## Film Nights

**Wednesday 19 June 2019**

**Hidden Figures** The true story of three African-American women who served as the brains behind the launch into orbit of astronaut John Glenn.

## Summer Break July and August

**Thursday 19 September 2019**

**Fisherman's Friends** Comedy based on the true story of ten fishermen from Cornwall achieving a top ten hit.

**Wednesday 16 October 2019**

**The Imitation Game** Intense and gripping thriller telling the true story of Alan Turing, a codebreaker.

**Thursday 20 November 2019**

**Stan and Ollie** These two comics need no introduction. This 2018 film is a 'warm hug of a movie'.

**Wednesday 18 December 2019 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 August 2019

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