



North Berwick Day Centre



Newsletter Issue 1

Autumn 2016

This is our first quarterly newsletter for all members, family, carers, staff, volunteers, funders, and anyone interested in the North Berwick Day Centre.

The web site www.nbdaycentre.org.uk is a good source of information, but we wanted to provide an additional format to help keep people informed, involved and up to date.

Some of you may remember a previous Newsletter, the last one being Summer 2009.

It was called *Centre Pages* and was primarily for members.

What's in a name?

The last Newsletter was called *Centre Pages* which was chosen by Day Centre members.

Do you have a suggestion for this new Newsletter?

Please let Carol Wicker, the Day Centre Co-ordinator have any suggestions.

Recent Events

On Saturday 16 July 2016, the Day Centre held a fundraising Coffee Morning. A total of £926.56 was raised for the benefit of members for bus trips, entertainment, etc.



Volunteers in the kitchen

Ian Donald helping with the raffle.



Enjoying coffee & scones

The Garden Project and Summer House Make Over

We have been doing lots to make the garden and Summer House more appealing. A few people collected shells on the beach and these have been made into lovely wind chimes.

This was a great outing as some people hadn't been on the beach for years.

Bunting has also been made and hangs up prettily. We learned to do glass painting and our efforts also adorn the Summer House.

A few of us visited the RNLI shop and after a good look round, a bucket and spade were purchased to give the Summer House even more of a seaside theme.



Italia and Esther making wind chimes and keeping cool in the Summer House.

The door to the garden from the main room is rather difficult so we are looking at ways of improving it. Then the garden and Summer House will be much more accessible.

Please drop into the Summer House for chat, coffee or quiet contemplation. Or ask a member of staff/ volunteer to show you the way.

Sponsored Walk

On Wednesday 8 June 2016, 30 of our members, volunteers and staff took part in a sponsored walk around Dirleton Green. After a rest in the sunshine, lunch was provided by the Management Committee in the Dirleton Kirk Hall. We raised £648 which will be used to pay for our future entertainment and outings.



Enjoying a rest in the sun

Barge Trip

We are having several outings to Ratho for a trip on a barge operated by the Seagull Trust.

What a lovely time we had!



These are just a few of the events that we have had so far this year.

Care Inspectorate

We are really pleased with the first inspection.

A full copy of the report can be downloaded from the web site or ask at the Day Centre.



The feedback overall was really positive and we have already taken on board some of the items that were recommended or required.

These include:

- Toilet signs - we now have picture signs showing the direction of the toilets
- Toilet seats - these are now a contrasting colour from the walls to make them easier to see
- Welcome Sign - there is now a lovely new sign above the door to the main room [painted by Joy Lancaster and helpers]
- Menu Board
- Decluttering throughout the centre
- A Newsletter - this being the first one
- Making more use of the garden and Summer House
- Some of our members have difficulty with the change between the carpet and the hard flooring. It looks like there might be a step. Carol and her team are looking at solutions.

Care Inspectorate

☎0345 600 9527; e-mail: enquiries@careinspectorate.com

Coming up.....

Small Room Project

What should we call this room? We want ideas please.

We want to make the small room more comfortable and cosy. This room is a quiet area used by the hairdresser, chiropodist and for other treatments. Also a few members gather there to watch something of particular interest on the TV.

The TV is being upgraded and being hung on the wall and a good height for clear viewing.

We need some more ideas for this room please. Just let any of the staff or volunteers know what you think.

Projector and Audio Visual System

Those of you who have been at the Film Nights will know that sometimes the projector plays up! We are so pleased that new equipment is being purchased and installed. It will also be much easier to operate and less likely to go wrong.

Bobble Hats



Every year to raise money Age UK contracts with Innocent to provide small bobble hats for their wee bottles of Smoothies.

Last year we raised £739.05.

If you would like to join in just ask for the pattern.

Music Project

Rosie and Ben, two of our volunteers from the High School, are helping us record our own personal music. We look forward to creating playlists for some people.



Volunteering

There are many opportunities to volunteer at the Day Centre. Chatting with members, going out on the trips, fundraising, baking for events, individual outings, helping produce this Newsletter. You can volunteer on a regular or ad hoc basis, but the centre needs more volunteers.

Drivers - We are looking for a couple more Volunteer Reserve Drivers for the bus, to stand in when the normal drivers are not available. Training would be provided.



If you are interested please call in to the Day Centre and speak to one of the staff, or email our Co-ordinator, Carol Wicker at info@nbdaycentre.org.uk

Articles

If you have any ideas or items for future newsletters please let Carol Wicker know. You don't have to write them, one of the newsletter team can do this.

Over time the Newsletter will develop in its style and content. At the moment we are just going to have a go and see what everyone thinks.

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.

Open daily for members Monday to Friday 10.00am to 4.00pm. Staff available Monday to Friday 9.00am to 5.00pm

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

Often in the afternoon there is entertainment too.

The Day Centre Bus provides transport to and from the Centre for full day members.

To find out more about using the Day Centre

www.nbdaycentre.org.uk

or contact Carol Wicker our Day Centre Co-ordinator

Telephone: 01620 890906

Email: info@nbdaycentre.org.uk

Newsletter Comments

Please give us feedback,



good

or bad



plus any ideas for making it 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 November

North Berwick Day Care Association Scottish Charity Number: SC028007