



# North Berwick Day Centre



## Newsletter Issue 2

### Winter 2016

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

### What's in a name?

Most people who gave us feedback thought that **North Berwick Day Centre Newsletter** was the best title for us. It just says what it is, so we will stick with that. Thank you to everyone who gave us ideas and feedback.

### The Welcome Sign

There have been lovely comments about our new welcome sign above the door. Thanks to Joy Lancaster and helpers.



## Recent Events

There were 2 trips in October to **Merryhatton Garden Centre**.

*A walk round the shop and plant area and then of course a cuppa and a cake.*



Day Centre members attended the **Luminate Concert** in the Hope Rooms on 12 October.

*The Day Centre Choir 'Centrepiece' also performed at the concert.*

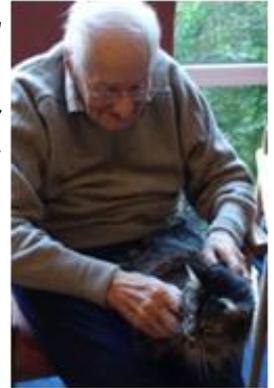


**Animalia Handling and Education** visited the Day Centre on 30 September with some amazing animals. How lovely to handle some animals. Amazing how many of our members loved the snakes! There was also a giant snail, mice, cockerel, chameleon and rat.



*The chameleon getting up close to Christine.*

*The cat loved everyone, especially Bob, who she kept going back to.*



*Not everyone loves a rat, but Boyd was very happy to have a cuddle.*

*Mary was very relaxed about holding the snake.*



*May used to live on a farm so is well used to cockerels.*



## Museum of Flight at East Fortune on 15 August

This trip brought back many memories.



This visit was particularly poignant for two of our members.



*Bob Heawood was in the RAF and flew Dakotas*

*Alan Hutchison also served in the RAF as a navigator on Spitfires.*



Other activities in August included: fruit picking at Belhaven fruit farm, seal spotting in Dunbar harbour, yoga and poetry with Sue Northropp, Tai Chi with Jasmine Reavely, bowling and bingo. Something for everyone.

## Ratho Barge Trips

More of our members experienced the barge trip at Ratho.



Mary Tebble has written about all the amazing plants she and her friend Amy Cassie identified from the barge and bus.

A very short extract of her beautiful narration:

*On the way there we saw that the CREEPING THISTLES had all developed their fluffy seed heads, and there were many bushes of ROWAN covered with red berries, and the white balls of SNOWBERRY in the hedges.*

Mary's full account (including watching a buzzard) is on the website.

## Shoe Box Appeal

Our members have been collecting items to put in the wrapped shoeboxes for older people. These are distributed to people at Christmas who otherwise would not get any gifts.



## Garden Project

The project to improve the garden and our summer house has been moving a pace. Esther helped some of our members produce beautiful pictures to put on the walls of the summer house. Here is one of them.



We also want to be comfy and the craft group have made some lovely seaside themed cushions. One has a photo of the old North Berwick open air swimming pool printed on to it. Sadly the pool is no longer there. Instead the area is used as a dinghy park. Eric was very impressed with the cushion, especially as he used to be the Pond Master (in charge of the pool) He tells stories of all the competitions. "I used to throw tins of fruit in to the pool for the kids to dive for" Eric said.



*Eric and the cushion.  
Happy memories*

## Music in the Day Centre

Music afternoons are rather lively affairs with lots of dancing, singing and clapping. We have so much fun that we always seem to forget to take photos.



Thanks though to all the musicians who have performed for us over the last few months.

## Brazilian Day

We entered into the Paralympics spirit by having a Brazilian themed day, including a themed lunch.

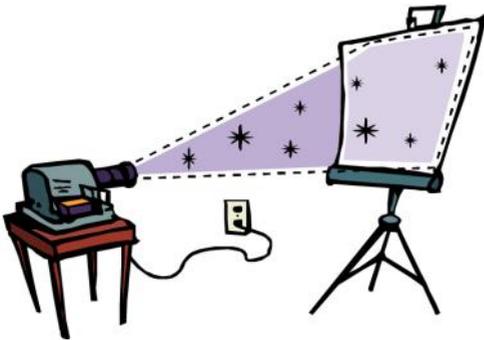


## Film Nights

Winter film evenings have started again.

*Eddie the Eagle* was popular in September, but not as popular as *Florence Foster Jenkins* shown in October. It was a sell-out.

Both were lovely uplifting true stories with a bit of sadness and lots of laughs.



On **Wednesday 23 November** at 6.30pm we will be showing the spy thriller, *Steven Spielberg's "Bridge of Spies"* starring Tom Hanks.

Another true story.

Tickets are £2.00 (and include an ice cream!) - available from the Day Centre.

## **This is the way we wash our hands....**

Do you remember the old song that we used to wash our hands to? Well we have changed the way we wash our hands at the Day Centre. The modern automatic soap dispensers confused many of us, young and old.



So we have gone back to an old favourite, Pears Soap (other brands are available, as they say). We love the nostalgia, the smell and the cleanliness too.

One of our members, Bill, sent in this true story and a wee joke too. Thanks Bill.

Bill was walking his dogs along the old railway line between Kelso and Selkirk. The dogs took off to chase a rabbit. To Bill's amazement the rabbit ended up laying down at his feet, so he tucked it into his jacket, away from the dogs who just ran past him. He was then able to release it into the undergrowth and safety, no worse for wear. Who would have thought a rabbit would know how to foil the dogs in this way!



## **Church Humour**

A lady was posting the family bible to her brother. The kind Post Office clerk asked if there was anything breakable in the parcel. "Only the 10 commandments" was the reply.

## Staff and Volunteer News

Since the last Newsletter we have said:

### Farewell to:

**Margaret Grinstead - Volunteer.** Margaret and her husband Tony, have moved to be nearer their family in Chichester. She has been a volunteer at the Day Centre since it opened in 2003. Before that she was a volunteer at the Lunch Club held in the Harbour Pavilion and then the Hope Rooms. This is a total of 38 years volunteering with the older people of North Berwick. A tea party was held in her honour and she was presented with a long service certificate by Elma Danks,



*From left to right: Carol Wicker, Day Centre Coordinator, Margaret Grinstead, Elma Danks, Chair of the Management Committee.*

**Esther Williams - Care Assistant.** Esther and her husband have left North Berwick to work for Christian voluntary service abroad.

Esther was really artistic and helped with many of our projects especially the improvement of the Summer House.

We wish Margaret and Esther all the best for the future.

### Welcome to:

**Linda Scott - Care Assistant** - Linda has settled in already and is already a great member of the team.

**Volunteering** - If you would like to become a volunteer please call into the Day Centre or email [info@nbdaycentre.org.uk](mailto:info@nbdaycentre.org.uk)

### **Editor's Note on Power of Attorney:**

Nobody has automatic authority to make decisions about your life if you lose capacity, unless there is a Power of Attorney set up in advance. Information is too lengthy to be included in this Newsletter.

However there are some great sources of information and advice.

Age UK have guides on their web site [www.ageuk.org.uk](http://www.ageuk.org.uk). Or for specific information and advice for your individual situation, or to request a postal copy of their guide to Power of Attorney, contact them on [0800 4 70 80 90](tel:08004708090).

It's worth noting that if you lose capacity and do not have power attorney then someone would have to go to court to get the legal right to look after your affairs and make decisions about your life. The procedure is long and complicated, can cause distress and it may not even be done by the person you would have chosen.

Power of Attorney ensures your wishes are known as well. Leaflets are available from Carol Wicker. Hope this helps.

**INVITATION**  
to  
**ALL VOLUNTEERS & SUPPORTERS**  
**CHRISTMAS PARTY**  
**MONDAY 12 DECEMBER**  
**7.00PM**  
**RSVP to the Day Centre**

## Dates for the Diary

### **Film night 'Bridge of Spies'**

Wednesday 23 November at 6.30pm

### **Tea Dance with Marie Jenkins**

Thursday 24 November

### **December Christmas Lunches for members**

Thursday 8th December

Wednesday 14th December

Friday 16th December

Tuesday 20th December

### **Day Centre Volunteers and Supporters Christmas Party**

Monday 12 December at 7.00pm

### **Fund Raising Coffee Morning in Hope Rooms**

Saturday 14 January 2017 from 10.00am to 12noon



## **Have your say.....**

The Day Centre welcomes feedback and suggestions.  
Here some recent comments:

- How enjoyable film nights are.
- How enjoyable are the bus runs
- Members enjoy sitting in the war memorial gardens
- We enjoyed going on the barge
- Entertainment is very good
- Quality of the lunches is very much appreciated
- All the staff including the drivers are excellent

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

or contact Carol Wicker our Day Centre Co-ordinator  
Telephone: 01620 890906  
Email: [info@nbdaycentre.org.uk](mailto: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](mailto:info@nbdaycentre.org.uk)

Articles for the next Newsletter to the Editor by 1 February

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