



North Berwick Day Centre



Newsletter Issue 3

Spring 2017

Happy New Year to all our members, families, carers, staff volunteers, and friends of the Day Centre.

We can't believe that Christmas and New Year has come and gone since the last edition of this Newsletter. Spring is just around the corner but we must just share some lovely photographs of the Day Centre Christmas Parties.

Thank you to everyone who made these such a success.



**On the Day Centre Bus for a trip to Aberlady Bay
One of our first outings of 2017**

Christmas Parties



Christmas Parties for members were enjoyed on four days. On each day there was a wonderful Christmas Lunch served with all the trimmings and crackers of course.

A Special Visitor arrived bearing gifts and plenty of ho ho ho's. After lunch everyone enjoyed the music provided by Michael Patterson, Andrew Brown and Day Centre Choir, David Vernon and Alec Hodgson—and some managed a dance.

All the photographs and even more are on our web site.

www.nbdaycentre.org.uk





Volunteers Christmas Party 12 December

Every year The Management Committee organise a Volunteers Christmas Party. This is to recognise the contribution that the volunteers make to the Day Centre.

Music was provided by Des Bathgate and Martin Wilson.

Long Service Awards At the party, Elma Danks (Chair of the Management Committee) and Carol Wicker (Manager) made presentations to Valerie Young and Iris McAdam to recognise their long service to the Day Centre.



Staff and Volunteers Training and Development

There is an ongoing programme of training opportunities.

Since October 2016 some staff and volunteers have attended the following training courses: Moving and Handling, First Aid, First Aid Refresher, Passenger Assistant, Introduction to Food Hygiene and Elementary food Hygiene.

The Volunteers meeting on 2 February was really useful.

Especially helpful was the training/talk on Dementia Awareness by Hazel Johnson, Dementia Advisor with Alzheimer's Scotland. All these sessions help improve the Day Centre services as well as keeping people safe. They are good fun and great life skills.

Burns Lunches 25 and 27 January

It wouldn't be Scotland if we didn't celebrate the Bard's birth.



Music with Maria 2 December



Garden Visits

Merry Hatton Garden Centre



Dunbar Garden Centre

Curling at the Day Centre



Garden Project

We are looking forward to spending time in the garden and Summer House.

Some of our crafty members have been making lovely seaside themed cushions to make the Summer House really comfy.



May and Margaret celebrated birthdays at the Day Centre



Poppies—A representative from Poppy Scotland visited to thank us for the donation of £82.65 which we raised by making and selling poppies.

iPad Training at the Day Centre



There have been lots of other events at the Day Centre: Yoga, Thai chi, Country Dancing, Crafts, Bingo, 40's and 50's Music to name just a few. Sadly we do not have room for them all here.

Bathroom Improvements

We all know how sticks, hats and handbags get forgotten or dropped when we go to the bathroom.

To help, we have installed lots of new hooks. These look like big bright coloured buttons.



The big red one looks like a press button but it really is just a hook.



Fundraising

On Monday 14 December, Ian and Janet from the Day Centre Management Committee received a cheque for £500 from Tesco, North Berwick.

Also on 14 November, Carol, our Co-ordinator, visited the TSB Bank in North Berwick to collect a cheque for £125 from the local TSB Branch in North Berwick.

The photograph shows Paula from the TSB handing over the cheque for £125. The money will be put towards day trips and entertainment for our members.



The Coffee Morning on Saturday 14 January 2017 at the Hope Rooms raised £887.41 which will go towards entertainment and outings for Day Centre Members.

Playlists by Ben

If you like listening to music, our volunteer student Ben is offering to put all your favourites on what is called a Play List. This means you can put on head phones and listen to your selection of music via the i pad (which acts like a tape recorder of cd player).

Ben can do this any Friday, but if you're not in that day please talk to one of the staff and they can help you write your list down and then pass it on to Ben. Thanks Ben.

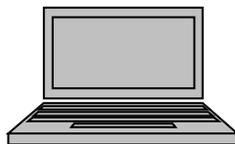


*Bob and May
enjoying their
selection of
music*



Ways of Contacting Family and Friends

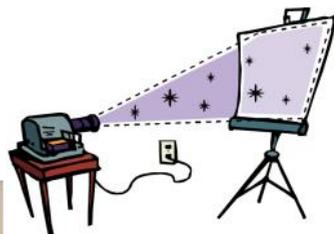
We are used to using telephones to speak to our loved ones. But there are other ways too which enable you to see people as well as hearing them. Some of you will have heard of Facetime and Skype. These are ways of making live contact with other people via the internet. It's a bit like telephones but with TV like pictures of each other. So you can see the new baby in Australia or the graduation outfit of your granddaughter. The North Berwick Day Centre now has the technology for anyone to make contact with friends and family in this way. If you would like to know more please speak to a member of staff. Plus it's **FREE**.



Film Nights

The new screen and projector with surround sound and t loop have made film nights even more enjoyable. We now have great quality of pictures and sound.

We had a request for a Christmas Film Night so **A Christmas Carol The Musical** was shown on 15 December.



The audience really appreciated having a night out.

Then on 18 January the remake on an old classic **Swallows and Amazons** was shown.

One of the audience was delighted to see the film. 'I grew up on Arthur Ransome Books and this film was really charming. The story was a bit more exciting than I remembered and I had a lovely evening'.

Dates for your diary

Film Nights - Wednesday 22 February, Wednesday 15 March and Wednesday 19 April.

The £2.00 entry fee includes an ice cream.

The films titles will be advertised at the Day Centre as soon as we have decided. Suggestions are always welcome.

Volunteering—If you would like to become a volunteer please call into the Day Centre or email info@nbdaycentre.org.uk

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,



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 May 2017

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