



North Berwick Day Centre



Newsletter Issue 4 Summer 2017

A new look for the Day Centre

We are beginning to see some summer sun and the flowers around the town are now giving us fantastic colour. The Day Centre too is 'blooming' with the delivery and laying of a new blue carpet throughout the dining and lounge areas. The colour was chosen and approved by members of the Day Centre, staff, volunteers and visitors. It goes really well with our seaside Day Centre and the colour of the chairs. Even though it is a special hard wearing and tough carpet it looks lovely and is easy to walk on [and dance on!].



We can't believe how much bigger and brighter the room looks.

Easter

We may now be into summer but we had a great time welcoming the spring especially with our Easter celebrations. There was much baking and craft work enjoyed by members, staff and volunteers.



Easter Bonnets and Come Dance with Me on 6 April
Music and dancing are regular features of the Day Centre life. Once a year we hold a **Come Dance with Me** competition and this year it coincided with our Easter Bonnet parade.



Bonnets adorned by the Day Centre members of course.

There were plenty of people dancing in the competition. Not everyone could get up and dance but there was plenty of



upper body, arm and hand dancing.

The winners were:



Bob receiving his trophy for best dancer

Honor for best hand jive



Margaret for best outfit



Of course in good Day Centre fashion there were tea and cakes



The Garden Project

The garden is looking good and starting to be used again now the weather is better.

There was a shopping trip to Merryhatton in May to find a new mat for the garden patio door.

Members enjoyed looking round and choosing the best mat for the purpose.

We also harvested, cooked and ate our lovely leeks.
Well done to the gardeners.





You may have heard that we are helping our members chose and store their favourite music onto the ipad in the Day Centre. It would be great to

extend the project and enable members to take their music home. A good way would be using ipods or similar devices. Technology changes so quickly that we think there may be some ipods lying at the back of drawers unused. So we are appealing for working ipods that are no longer used to be given to the Day Centre.

The Big Knit

Many of our members have been knitting bobbly hats as part of the Innocent Smoothie 'The Big Knit' initiative. For every smoothie bottle sold with a bobbly hat money is donated to Age UK and our Day Centre. Can you help? We are happy to have donations of wool or the finished product. Hats can be simple or more complex like 'dino' here. For more information and patterns contact the Day Centre or <http://www.thebigknit.co.uk/>



All hats need to be at the Day Centre by 30 June

Other recent events

One of the most popular things about the Day Centre is the bus, which not only provides transport to and from the Day Centre, but also gets people out on various trips. Recently there have been trips to Aberlady, Lennoxlove, Dunbar, Fa'side Castle and Tranent. The journeys all take in the lovely countryside, bringing back memories and maybe seeing places for the first time for some members.



The Day Centre has signed up for the FareShare scheme and regularly receives food from the North Berwick TESCO. This scheme helps distribute food that may otherwise be wasted. We get a variety of different foods. This is a great scheme which benefits many charities and reduces food waste.

Is North Berwick Town Centre a great place for everyone?

A massive consultation is taking place to find out what people think of North Berwick and ideas for the future. The process is called a **Charrette**. A charrette is a public meeting or workshop devoted to a concerted effort to solve a problem or plan the design of something. The Scottish Government, East Lothian Council and North Berwick Coastal Area Partnership are all involved. As well as meetings where individuals can have their say, groups and organisations have also been approached.

The North Berwick Day Centre members had their opportunity to have their say on Friday 28 April 2017. Small groups got together to discuss: memories of North Berwick, what it's like now and how could it be better. The event was facilitated by a the brilliant Iain from Ken Murray Associates who made sure everyone's views were recorded. Top concerns included: parking, pressure on the GP surgery, the Edington hospital and schools due to increased population, safety on the High Street and lack of public toilets near West Beach.

Views from townspeople should all be collected by mid-June and then it will be on to analysing and planning for the future. The aim is to build a consensus, using local knowledge and views from the whole community, on the best way to deliver change. This can feed into the Local Area Plan and Local Transportation Strategy. Watch this space as they say.

More information can be found on the North Berwick Town Charrette Facebook page.

Dates for your diary

Film Nights

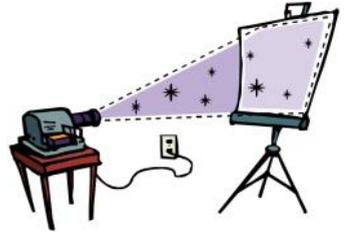
Wednesday 24 May at 6.30pm

A United Kingdom - A true story. King of modern Botswana and a London Office worker fall in love and marry in 1948 against fierce opposition.

Wednesday 21 June at 6.30pm

Believe - Another true story. Legendary football manager, Sir Matt Busby, comes out of retirement to coach a team of young working class boys. Inspiring story—not just for football fans.

The £2.00 entry fee includes an ice cream.



Coffee Morning - Saturday 22 July 2017 10.00-12.00 at the Day Centre

It's always good to have a reason to catch up with friends over coffee/tea and home baking.

There will be a raffle and other stalls too of course. All are welcome at this fundraiser.

Volunteering—Can you help?

There are lots of ways to help from serving teas & coffees and chatting to our members to assisting people to and from their own front door, and on and off the bus. Every volunteer makes a difference to our members lives. Just call into the Day Centre or phone (890906) 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,

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 August

North Berwick Day Care Association Scottish Charity Number: SC028007