



North Berwick Day Centre



Newsletter Issue 5

Autumn 2017

Coffee Morning—Saturday 22 July

Having wonderful coffee / tea and scones with friends we also raised a staggering £887.

This money will be used for the benefit of our members for trips, activities and entertainment.

Thank you to all who came along to the Coffee Morning, baked, donated items, and helped on the day.



The Big Knit

North Berwick Day Centre members, volunteers, staff and others knitted 4,145 bobble hats for the Innocent Smoothie Bottles, raising £621.75. This money will also be used for entertainment, trips and activities in the Day Centre.

Thanks to all the brilliant knitters.



dino hat



What a fantastic 3 days were had in May. We threw open our doors to relatives and friends. The aim was to celebrate and share all the good things about the Day Centre and get ideas for the future.

Dr Deborah Ritchie helped design the afternoons and what a success they were.

The Day Centre was festooned with comments from members and relatives about their experiences, We had handmade cushions on display on the walls (they are works of art after all) other art work was exhibited, the garden looked lovely with all the planting and the garden room decked out in handmade cushions, flags and mobiles.

The round tables were great for groups to chat about the Day Centre (positives and ideas for improvements) but also about North Berwick and what the town does well and could do better in terms of helping older people live well.

A scribe at each table wrote up the comments on a flip chart which were displayed for everyone to read.

Deborah has written up comments from the day and these along with an analysis and



photographs are available from the Day Centre or see the link on the web site www.nbdaycentre.org.uk

There were of course things we could do better. Here are a couple: 'Quiet days in the Centre are not so enjoyable. It's hard to



stay behind when others are going on a trip. 1:1 shopping trips. Information about local shops that deliver'

There were lots of comments about the difficulty in getting around North Berwick, specifically with the busy roads. The Day Centre Management Committee is now drawing up an action plan to implement as many of the suggestions as possible.

Local shops that Deliver.

One thing that came up at the Open House was the lack of knowledge of which shops deliver. Staff, volunteers and members are collecting this information to put in a leaflet. For now though here are a few:

Andersons the Butchers. No minimum order and if you ring in the morning they will deliver that day. No extra charge. Pay cash on delivery or set up an account. ☎[892964](tel:892964)

Nisa Foods. This High street Supermarket delivers on a Thursday.. No minimum order but delivery charge is £2 in North Berwick. Payment is by cash on the day or credit card over the phone ☎[895775](tel:895775).

Dickson's Fish. Deliveries to North Berwick, Gullane, and Aberlady, Tuesday to Saturday. Free delivery as long as near the normal route. Payment by cash. ☎[01875 811301](tel:01875_811301)

Other Recent Events

Lunch at the Glen Golf Club



Drinks on a sunny day at The Old Club House, Gullane

A visit to Prestongrange Museum



Elvis! (absolutely everyone was up dancing)



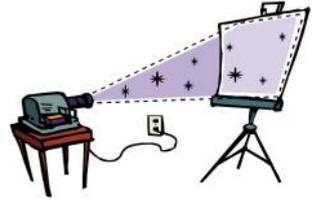
Volunteering—Can you help?

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

Dates for your diary

Film Nights

The £2.00 entry fee includes an ice cream
Tickets available from the Day Centre



Wednesday 20 September at 6.30pm
Suffragette

Wednesday 18 October at 6.30pm

Viceroy's House

Wednesday 15 November at 6.30pm

Whisky Galore

Wednesday 20 December at 6.30pm

To be announced later

Some films are not out on DVD yet so the programme may change.

*Italia with 2 of the films recently shown:
'United Kingdom' and 'Believe'.*

*The DVD's are available in the Day Centre if
you missed the show*



Sponsored Walk at Dirleton

On **Wednesday 13 September**, members, staff and volunteers will be taking part in a Sponsored Walk to raise funds for the Day Centre. Lunch at around 12.30pm will be provided by the Day Centre Management Committee in Dirleton Kirk Hall.

Sponsor forms are available at the Day Centre.

Youth Project

Members of the Youth Café will be visiting the Day Centre to talk to members about the provisions for the youth in North Berwick from 1945 to the present day. Once the information is collated there will be a pop up exhibition one weekend in late September early October. What a lovely project to get young and older people together chatting.

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