



North Berwick Day Centre



Newsletter Issue 6 Winter 2017

A British Empire Medal for Mary Tebble

Mary is a well-known and much loved resident of North Berwick. She is on the Management Committee of the Day Centre as well as being an active volunteer and supporter. We were all so delighted that she has received a BEM for Services to Wildlife Conservation.



Congratulations Mary, very well deserved

Recent Events

In August we were joined by Colin Campbell, a relatively new member of the Management Committee. He came along to introduce himself and chat to members. It wasn't long though, before he was enjoying a game of carpet curling. Members are always pleased to see any one from the Management Committee.

Colin Campbell takes a shot



You can just see Colin on the right peering at the opposition as the blues take the lead

Sponsored Walk at Dirleton

In spite of the rain we enjoyed the walk. A lovely lunch was provided by the Management Committee and we raised an amazing £900.



Poppy Appeal

Making poppies is a great activity. Lots of chatting whilst reminiscing and raising money for a great cause.



The Law Race

This year Shaun McCafferty [Carol Wicker's nephew] ran the Law Race to raise money for the Day Centre. This is a gruelling race from the Harbour to the top of the Law and back. Well done to Shaun for completing the race and raising £680.



We had lots of suggestions and ideas from the Open House days in May.

Since then many of these have been put in to action:

Musical bingo - played regularly and enjoyed - with prizes too!

Gardening - members have been out planting bulbs. The onions were harvested and are drying in the Summer House. No doubt the chefs will use them to cook up something delicious.

Meals Out- we are enjoying regular meals out, the Glen Golf Club being a favourite venue.

Days Out- one member had a train trip with a member of staff and volunteer, over the rail bridge with lunch at Aberdour. This was a great success and more trips like this are going to be arranged.

The Lobster Hatchery

Jane McMinn came along [with lobsters] to talk about the work of the Hatchery which aims to educate and also repopulate the Forth with a sustainable source of lobsters. The Day Centre members sponsored a lobster who they named Neptunia.



The Harbour - Jane McMinn came back again, but this time as Chair of the North Berwick Harbour Trust Association and local skipper. She gave a fascinating talk about the history of the harbour. Many members were able to tell some of their own stories.

Muriel and Caroline at the harbour in August



RemPods - pop up reminiscence rooms

We recently hired a *Beach RemPod*. What a great idea. We really enjoyed the deck chairs and talking about times spent at the seaside.



There are other RemPods including a *Vintage Pub*, *Traditional Cinema* and *Vintage Tea Room*.

We hope to hire others in the future.

Highlights of Other Recent Events

The Day Centre Choir were invited to Lynton Day Centre [East Linton]. They performed songs from the shows. Everyone enjoyed the concert and the choir received chocolates and a lovely card in appreciation.

Lights and Sound Audio lights have now completed installing better lights for us and also a T loop [for those people who have this setting on their hearing aids].

One member said '*the T loop means I can really enjoy talks and films as it enables me to hear clearly*'.

Computer Thanks to The Lawson Foundation we have been able to buy a new computer for the office and lap top. These will be invaluable and the lap top can be used for training, talks, the newsletter and showing photographs on the big screen.

North Berwick in Bloom visited our garden with the judges from Beautiful Scotland in Bloom and Britain in Bloom. They were really impressed.

Autumn Nature East Lothian Council Ranger Sam Ranscombe came along to talk to us about autumn nature in East Lothian.



Playlists Thanks to the school students playlists are now up and running. Members can listen to their own choice of music through a speaker or blue tooth head phones.

Fiona O'Donnell MP for East Lothian called in to see us. It was lovely to get to chat with her about a variety of issues.

FareShare TESCO donated quite a few bananas one week. So rather than go bananas we had a laugh making delicious and nutritious smoothies.

Dates for your diary

Film Nights

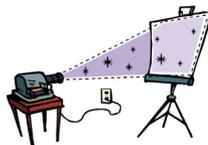
Wednesday 15 November at 6.30pm *Whisky Galore*

Wednesday 20 December at 6.30pm *Arthur Christmas*

Dates for next year to be confirmed, but January's film will be *Gifted*.

Tickets available from the Day Centre

The £2.00 entry fee includes an ice cream.



Christmas

Suddenly Christmas is creeping up on us. As usual our cooks will be preparing delicious Christmas lunches for members on the following dates:

Wednesday 6 December

Thursday 14 December

Friday 15 December

Tuesday 19 December

For members who only come to the Day Centre on a Monday you won't miss out. You will be invited to come on another day.



The Management Committee will be hosting a party for the volunteers to say thanks for their contribution. The Day Centre wouldn't be able to run without them [and that goes for the Committee and staff too]

Coffee Morning

Saturday 13 January 2018 10.00-12.00 in the Hope Rooms

See the web site or ask any member of staff for details of daily events/trips and activities planned.

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 February 2018

***As this is the last Newsletter before the New Year
we wish everyone a Happy Christmas
and Health and Happiness in 2018.***

North Berwick Day Care Association Scottish Charity Number: SC028007