



## **North Berwick Day Centre**



### **Newsletter Issue 7**

### **Spring 2018**

It seems strange to be saying this in February, but as this is the first Newsletter of 2018—**Happy New Year to all our members, families, carers, volunteers, staff and friends of the Day Centre.**

#### **Celebrating...**

Maisie is our oldest volunteer.

She celebrated her 90<sup>th</sup> birthday at the Day Centre at the end of last year. Thank you Maisie. You always have a smile and bring a smile to others. If you would like to volunteer, whatever your age, please contact the Day Centre.



## Christmas 2017

As always there were many Christmas Parties including one for the Volunteers, kindly put on by the Management Committee. There are a lot of items for this Newsletter, but there is room to share just a few of the Christmas photographs.

Thanks to North Berwick Rotary for bringing Santa to join our festive lunches.



Thank you to all those who brought something for, or bought something from, the Christmas table and raffle.

The total raised was £395.00.



Everyone up and dancing after Christmas Lunch. Thanks also to the Robert Marshall Trust via Paris Steele who donated £600 towards our Christmas festivities.

*Wonderful cake decoration created by Sally*

*Another cake beautifully decorated by Edith*



## **Burns Suppers**

January flew by and before we knew it we were celebrating Burn's Birthday on [or around] 25 January 2018.



Eddie piped in the Haggis. Trustee Colin did the address to the Haggis. Chef Jane Murdoch looks on having cooked a lovely Burns Supper.



## **Elvis is alive and well and performs again!**

The Elvis tribute act is one of the most popular events. He has captured everyone's hearts as he sings his love songs and then gets us all up dancing.



### **Coffee Morning - 13 January 2018 Hope Rooms**

A fantastic turn out!

What a lively group of volunteers and customers.

An amazing total of £793 was raised.

This will be used for entertainment for our members.

Thank you to the bakers, the servers, the dishwashers, those who made donations to the raffle and stalls and everyone who came along.



Washing up is fun and a great way to get to know other volunteers. Edie and Yolanda are pictured.

They did a great job in the kitchen (alongside others)



## Tynningham Coffee Shop



*Ronnie and Eric enjoying refreshments.*

*Eric is the one with the massive hot chocolate with all the cream and marshmallows.*

We'll definitely be going back there.

## Getting Musical

Not only do members enthusiastically join in with musical entertainment, but they have also written their own song.

Martha Middlemiss led a wonderful singing workshop.



It involved lots of vocal exercises and really got us laughing.

By sharing experiences Martha was able to help us write lyrics about our childhood homes. She has since set it to music.

It seems that our members come from far and wide.

We really are an international group.

## CHILDHOOD HOME

### *CHORUS*

*Oh, We'd like to tell you something  
There's a song we'd like to sing  
Oh, we'd like to tell you something  
Take a seat and listen in  
We're singing of our childhood home*



### *VERSE 1*

Some have stayed; some have roamed  
Today we're singing of our homes in North Berwick, Warwickshire,  
Haddington and South West London,  
Leicester, Dundee, Stirling, York,  
Hamilton, Leith and Wallyford,  
Derbyshire, Liverpool, Coatbridge, Glasgow, Cassino and Luca

### *CHORUS*

### *VERSE 2*

Home is where the heart does stay  
Insides fine but out we'd play  
Under the sky, upon the sand  
Fishing, beaches, adventures planned

### *CHORUS*

### *BRIDGE*

The World War II came close to where we grew  
"Son, how did you sleep so soundly? The Clydebank Bombings  
are through!"

Brothers, sisters, Dad and Mum,  
In one hourse when we were young  
Chosen unconditionally  
There was love; there was family

### *CHORUS*

*Lyrics by members & staff of North Berwick Day Centre and  
Martha Middlemiss*

**Thank You .....**

.....to **Charlie** - one of our bus drivers who celebrated his 70<sup>th</sup> birthday and over 12 years of service. He has now hung up his bus keys and is going to enjoy retirement.



**Welcome .....**

.....to **Bob**, the new driver



**Drivers**—We are looking for a couple more Volunteer Reserve Drivers for the bus, to stand in when the normal drivers are not available. Training would be provided.

If you are interested please call in to the Day Centre and speak to one of the staff, or email our Co-ordinator, Carol Wicker at [info@nbdaycentre.org.uk](mailto:info@nbdaycentre.org.uk)

## Thank You .....

.....to **Sandra**—who single handedly knitted 620 Bobble Hats for the Innocent Smoothy bottles, raising about £93.



Members and friends are still knitting Bobble Hats to raise money for the Day Centre. We already have a few hundred and when we have 1000 Joyce will take them to Age Scotland.

If you would like to knit Bobble Hats and do not have wool there is some available at the Day Centre.

Bobble hats can be given to Janet Raeburn or Joyce Strachan (or Christine at the Day Centre).

## Volunteering

There are many opportunities to volunteer at the Day Centre. Chatting with members, going out on the trips, fundraising, baking for events, individual outings, helping produce this Newsletter. You can volunteer on a regular or ad hoc basis, but the Centre needs more volunteers.

Please contact the Day Centre for more information.

## Articles

If you have any ideas or items for future newsletters please let Carol Wicker know. You don't have to write them, one of the newsletter team can do this.



## Sprucing up for Spring



The Quiet Room and toilets have all been painted.  
Many thanks to East Lothian Council who have done this.

New chairs and curtains for the Quiet Room are on order and indeed will have arrived by the time you read this.

We really hope that this room will be used much more for various things from quiet chats to craft work, reading, TV, games or anything else that people fancy.

We have also had the soft chairs and carpets in the main room, hall and office cleaned.

## In the Garden





**Dates for your diary**

**Film Nights**

**Really sorry that we had to cancel the January film night.**

**It was just too icy under foot.**

Wednesday 21 February at 6.30 pm

Gifted

[was scheduled for January]

Wednesday 21 March at 6.30 pm

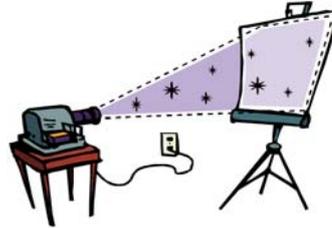
*Ethel and Earnest*

Wednesday 18 April at 6.30 pm

*Hampstead*

Wednesday 16 May at 6.30 pm

*Going in Style*



Tickets available from the Day Centre.

The £2.00 entry fee includes an ice cream.

If you would like to book the bus to pick you up and take you home please let us know. Transport costs an extra 50 pence

**Plans for 2018**

This year we are going to have a theme of *Our Holidays*.

Watch out for various activities where we can explore our own holidays whether it be local or further afield.

There will be a variety of craft workshops, music, garden time, fish suppers and ice creams at the beach, displays of postcards and a world map showing the extent of our travels.

We are going to have a go at learning some basic greetings in different languages. The library service has excellent on line language tutorials.



Plus the reminiscence pod will be back.

**Any other ideas?**

Lots of other activities too to enable us to share the lovely times we had in years past and to create even more memories.



## 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 Newsletteror  
via [info@nbdaycentre.org.uk](mailto:info@nbdaycentre.org.uk)

Articles for the next Newsletter to the Editor by 1 May 2018

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