



North Berwick Day Centre



Newsletter Issue 9 Autumn 2018

What a Summer it has been. Extraordinary temperatures with sunshine day after day. The beaches and other East Lothian attractions have been busy. It's lovely to see so many people enjoying themselves.

We have also been out and about and have had some fantastic trips and one or two ice creams!

Coffee Morning

There was a great turnout for our coffee morning in July. Over £900 [and counting] was raised. This will be used to fund various activities for members.

Thank you to all those involved in making the morning such a success.



A queue for raffle tickets

Volunteer Elva ready for action

The Garden

Thanks to our team of gardeners the flowers are looking beautiful. The backdrop of the Church really makes this a special place. The weather has meant we have been able to make full use of this peaceful and tranquil space.



Marie and Helen



John being photobombed by Ronnie

Recent Events

A cooling drink and blether at the Old Clubhouse, Gullane



Lloyds Banking Group Volunteers Days to Make a Difference Scheme

Great to have a visit from these 'youngsters' from Lloyds Bank.



In keeping with the **Our Holidays** theme we had great fun with the summer photo frame and accessories

Say Cheese—Graham
With the Lloyds boys



Aloha Morna And Cathy



Muriel enjoying a stroll on the beach in a wonderful beach wheelchair. Spot the windmill, a reminder of childhood beach days

Beach Wheelchairs is a local charity and the beach wheelchairs are free to borrow. To book ring 0300 111 2112

www.beachwheelchairs.org



John, John and Graham. A day at the beach is not complete without an ice cream



Other Recent Events



Down by the sea
in North Berwick



Enjoying the
sunshine outside
the Day Centre.

Barge Trip at Ratho



Moira and Pat enjoying drinks on the bow



Sybil and Moira

Museum of Flight East Fortune



Caroline and Ronnie

John, Ronnie and John enjoying being in uniform



Art in the Garden
Artist Joy, enjoying sketching in the War Memorial Garden, Caroline providing the chatter

Jewellery Table

Amy, one of our volunteers, runs a jewellery table in the Centre. It is a huge success with members, enabling them to buy gifts for family and friends. £245 has been raised since Amy started the table. Thank you Amy.



Dementia and Communication

Professor Alison Wray, from Cardiff University, has produced two short videos on communication and dementia. They are aimed at helping family and carers understand and improve ways to help communication. Both are narrated by Sir Tony Robinson [of Baldrick fame] and are worth a watch. See them on u tube by searching for Alison Wray.

Dates for your diary

Café Conversations

The Day Centre values feedback. On Thursday 6 and Friday 7 September there will be a chance for members, family and carers to have their say. Watch out for more information in the Day Centre or contact Carol Wicker.

Film Nights

Wednesday 19 September 2018 6.30pm

Murder on the Orient Express starring
Kenneth Branagh

Wednesday 17 October 2018 6.30pm

The Post starring Tom Hanks and Meryl Streep

Wednesday 21 November 2018 6.30pm

Darkest Hour starring Gary Oldman as Winston Churchill



For details of daily events/trips and activities see the web site or ask any member of staff.

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.

Full Day Members

Open daily for full day members Monday to Friday 10.00am to 4.00pm. The Day Centre bus provides transport to and from the Centre for full day members.

To find out more, staff are available Monday to Friday 9.00am to 5.00pm. Please ring, drop in or e mail.

Drop In Coffee/Tea and Company

You don't have to be a full member to drop in for refreshments and entertainment or just a chat.

Monday to Friday 10.00 to 11.30am and 1.30 to 3.00pm
Coffee/tea and entertainment (£2.00)

To find out more about using the Day Centre contact:

Carol Wicker our Day Centre Co-ordinator by dropping in or ringing 01620 890906 or e mail info@nbdaycentre.org.uk

Newsletter Comments

Please give us your 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 2018

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