



North Berwick Day Centre



Newsletter Monthly Issue

March 2021

Spring time!

Beautiful bulbs are popping up in gardens and life-saving vaccines have been popping into our arms. Surely signs of hope.

Some pupils have returned to school and more are set to do so in the coming weeks. Dare we breath a sigh of relief as other restrictions are due to ease. This month we may even be able to meet others outdoors. What joy it will be to meet with a few people in a garden in the Spring sunshine.

'Don't count your chickens' is the old saying, but maybe we will be able to count our Easter chicks this year.

Jackie Tagg, Editor



The Snowdrop

by Lord Alfred Tennyson

Many, many welcomes,
February fair-maid,
Ever as of old time,
Solitary firstling,
Coming in the cold time,
Prophet of the gay time,
Prophet of the May time,
Prophet of the roses,
Many, many welcomes,
February fair-maid!

To celebrate spring members received a card with this beautiful painting by Jean. Tennyson's poem was inside.

Out and About

Some of you have not been able to get out and about. However a few people were seen enjoying a walk round the Lodge Grounds. Social distancing was observed when taking these photographs.



Nancy on the right. A Day Centre volunteer who is also missing you all



Above — Pete, Volunteer Coordinator and Jackie, Editor. Crocus and aconites can just be seen on the bank



Crocus, left, at the Lodge Grounds. Below, not snow, but snowdrops at Smeaton



Activity Booklets

We have been really fortunate to have had booklets donated to us by Sharing a Story CIC. This is a Dunbar social enterprise. Some of you may remember Lorna Hill the group's founder who has come along to the Day Centre to lead creative reading and writing sessions. The booklets include adult colouring pages, poetry, exercises and tips on creative writing.



Lily with the activity book and the adult colouring page which George had completed.

Bulb Growing Competition



Ronnie was not to be out done by the ladies in our last edition.

Ronnie, you must have green fingers.

Nothing says we love and miss you like home baking.

Thank you to our wonderful bakers for making these treats for Valentine's day



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