



# North Berwick Day Centre



## Newsletter Issue 8 Summer 2018

This may be the Summer edition, but Spring has only just arrived. The Beast from the East kept the Day Centre closed for three days in March. However members were not forgotten and staff kept in contact with them and their families to ensure that they were safe and to arrange delivery of provisions or medication. Thank you to Carol, her team and everyone who helped during that difficult time.

### Easter Celebrations

We were all very happy to get back to normal after the snow and Easter gave us a chance to celebrate the coming of Spring.



Helen with her Easter Basket



Eric with a couple of Bunnies

Edith with the gorgeous Easter Egg nests that she made



## Recent Events

### A Guide's Guide to Scotland

Not a girl guide, but a professional tour guide.

Alasdair Northrop gave us a delightful talk with wonderful photographs about his work as a tour guide. Lovely to see various places and hear stories of his life as a guide. This was followed of course by chat and refreshments.



### The Garden

The painter will soon be starting to refresh the paint on the garden wall. The bird video camera has been installed and right on cue the blue tits came back and are nesting. It's lovely to watch them on the screen in the Day Centre.



Val and Ronnie getting the seedlings re-potted

### New Friends

Coco, the dog, is a very welcome visitor to the Day Centre and is pictured here with his owner Ellen



Christine loves the very realistic cat, Toffee. You can see and feel him 'breathing'

## Elvis is in the building

The ever-popular Elvis brought a little less conversation and a little more action.



## Dancing at other musical events



Lisa and Ronnie 'Twisting the night [well afternoon] away'

## Other activities



Baking Empire biscuits -  
Morvern and Rhona

Diane and her delicious scones with butter and jam



A trip to Binning Wood to admire the carpet of snowdrops

We can now play **Table Tennis [sitting or standing]** at  
St Andrew Blackadder Church on  
Tuesdays 1.30 to 2.30  
See a member of staff if you would like to have a go.

## Our Holidays

This is the Day Centre theme this year and there are lots of things happening.

We are delighted that staff from two branches of Lloyds TSB will be visiting in June to help with special events as part of their **Days to Make a Difference** scheme.

Up to ten of their staff will be helping with a beach day we hope they are bringing good weather. Beach Wheelchairs have been booked and we will have a day at the beach to relive our younger days. They have lots of ideas from paddling to building sandcastles. Please tell us what you would like to do on the afternoon at the beach.



On another day a different branch will be helping to organise a visit to the Lodge Grounds. Again they hope to bring good weather. It will be the Summer Solstice and to celebrate there will be kite-flying, boules and anything else members fancy doing. Just let us know.



## Improvements to the Day Centre

### Dining Chairs

We have all been involved in trying out some new dining-room chairs. Comfort, colour and ease of cleaning are the main criteria. Thanks to everyone for their comments. There was an overwhelming preference for one style and the chairs have now been ordered.

They will be delivered in May.

### Redecoration

Alison Connell, an expert in design and colour, has been working with Day Centre to come up with suggestions for redecorating the lounge/dining-room, hallway and entrance vestibule. One thing she has suggested is a feature wall in the lounge area.



The daily menu and a large picture of the lighthouse are on this wall. After lots of feedback the members have now selected a lovely seaside photograph of donkeys on North Berwick beach to go on this wall [taken by Derek Braid].

Once all the painting is completed the new picture will be installed and it should look fantastic.



## Dates for your diary

### Film Nights

**Wednesday 16 May 2018 6.30**  
**Paddington 2 - Marmalade will be involved!**



**Wednesday 20 June 2018 6.30**

**The Greatest Showman** -this Musical is 1 hour 46 minutes long which is a bit longer than our usual films. It is so good though that we have to show it so please make sure your that carers are aware that you will be a bit later back.

We then take a two month break for the summer. Back on 19 September 2018 with **Murder on The Orient Express**.

**Thank you** to everyone who has given us feedback about the film nights. It's great that the evenings are a success.

Thanks to this feedback we have started to use **subtitles as well as the T loop**. This has proved very popular.

Keep the comments coming.

### Coffee Morning

**Saturday 21 July 2018 10.00am to Noon in the Day Centre**. Donations for raffle, tombola and bric-a-brac will be very welcome. Just hand them in to the Day Centre anytime. Donations of baking can be handed in the day before or on the morning.



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 11.30 am 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](mailto: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](mailto:info@nbdaycentre.org.uk)

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

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