



North Berwick Day Centre



Newsletter Issue 14

Winter 2019

Care Inspectorate Report

As part of its review of Day Centres the Care Inspectorate Team paid an unscheduled visit to our Day Centre on 1 July 2019.

One of the visiting Team travelled on the Day Centre bus on its journey to collect people to come to the Centre.

The Team appreciated the Day Centre's craft work and exercise initiatives and all the various outings, for example to the Botanic Gardens, shopping in Edinburgh and Musselburgh Racecourse. It was noted that people's physical and mental wellbeing was improved by the attendance at the centre.

The Team stayed for lunch and enjoyed the in-house kitchen's preparation of fresh food. The aroma from the kitchen stimulated the appetite.

The Inspectors graded the service as :

Quality of care and support.....5—Very Good

Quality of environment.....5—Very Good

Quality of staffing.....4—Good

Quality of management & leadership.....4—Good

**Thanks to everyone who help to make
The North Berwick Day Centre such a wonderful place to be.**



Launch of 'Just Sing' CD

Our CD, "Just Sing", made in collaboration with Dunbar Day Centre, has been released and is now available from the Day Centres or to download at www.justsingscotland.com

These songs were written under the leadership of Martha Middlemiss then recorded and produced professionally in collaboration with musician Gary Boyle. All made possible through support from The National Lottery and Creative Scotland.



Gary and Martha leading the singing at the launch event



Morven helped make the musical cakes



Ian and Malcolm with Caroline and the delicious cakes

Themed days

Members of the Day Centre love to have days with a theme.

24 September is South African Heritage Day.
We were joined by Brian and Pops who demonstrated the gum boot dance.



Brian and Pops in their
colourful flags

A video of their dance can be
seen on the Day Centre web
site

And then.....Spanish Day



Graham, Christine and
Eric

Olé !



Margaret, Christine
and Barbara

Hallowe'en



Who is Linda's handsome escort in a fantastic costume?

Removing his mask, to have a go at donut on a string, reveals—Ali



Other activities

Babies



Sandra

Boating



Muriel and Christine

Bowling



Mary and Amy

Trip to the Royal Botanic Gardens Edinburgh



John, Amy, Peter and Ronnie



No swimming allowed Margaret

Lunch at Joli in Longniddry



Jim, Boyd and Ronnie enjoying the delicious food

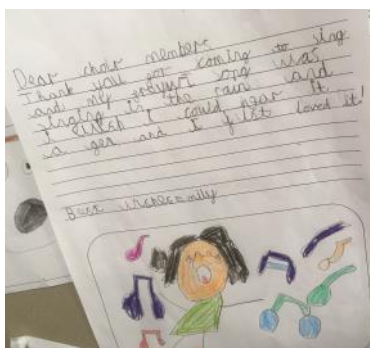
Pupils from Law Primary pay a visit



Members and pupils alike enjoyed the visit



The Day Centre Choir singing for the children and members



One of the many thank you letters we received from the pupils

Seated dancing and music



Italia, Joyce, Mary and Lily

Christmas Lunch Dates

Thursday 5 December



Wednesday 11 December

Friday 13 December



Tuesday 17 December

Film Nights — Start at 6.30pm and the Day Centre bus is available

Thursday 21 November 2019

Stan and Ollie These two comics need no introduction. This 2018 film is a 'warm hug of a movie'.

Wednesday 18 December 2019

The Nutcracker and the Four Realms A Disney version with Helen Mirren and Morgan Freeman. Don't expect too much of the original Tchaikovsky music.

Thursday 16 January 2020

Cool Runnings A comedy inspired by the true story of Jamaica's first Olympic bobsled team.

An older film but worth watching again..... and again

Wednesday 19 February 2020

Mrs Lowry and Son Vanessa Redgrave and Timothy Spall in a portrait of the artist LS Lowry and the relationship with his bedridden mother.

Coffee Morning

Our next *Coffee Morning* will be in the Hope Rooms on 11 January 2020 10.00—12.00

For details of daily events, trips and activities see the website 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, Manager

North Berwick Day Centre,

6 St Andrew Street, North Berwick EH39 4NU

Tel:01620 890906 or

E-mail info@nbdaycentre.org.uk

Or you are welcome to drop in to see us

Newsletter Comments

Please give us your feedback, good or bad, plus any ideas for making the Newsletter better via the contacts above.

Articles for the next Newsletter to the Editor
by 31 January 2020

North Berwick Day Care Association Scottish Charity Number: SC028007