



North Berwick Day Centre



Newsletter Coronavirus Special Issue 4

July 2020

It is encouraging and even joyous that we have started Phase 3 of the easing out of lockdown plan. Maybe you have been able to enjoy more contact with family or friends. Some members might even be looking forward to getting their hair done. Let us celebrate, but remember those for whom anxiety has been raised at this time.

The Day Centre team know that members are still feeling isolated.

To try to help, the bus is now available for one person at a time for wee trips out, where it is safe to do so. In addition the teams have been provided with fold up seats and are able to have a distanced chat with members sitting on their own chairs on their door steps. Small things but making a huge difference.

Jackie Tagg Editor



Distance chatting,
from left to right,
Moira, John M and
John D



Thank you Law Primary Pupils

It's been lovely to get so many cards and letters from Law Primary. We have put thank you notes on the Day Centre Window.



North Berwick is blooming

The Lodge Grounds have been looking fantastic. Derek and Christine sent in photographs for those who can't see the gardens for themselves [yet!].



Roses and The Lodge grounds by Derek

Lillies by Christine



Spotlight on volunteers

Volunteers are vital to the Day Centre and whilst some are 'furloughed' others have been helping in a variety of ways.

From baking, to contacting members by telephone for a chat or a sing song every week. Others help in the Centre or contribute to the Newsletter, the Volunteers updates or keep the web site up to date.

Then there's the Management Committee, all volunteers doing their bit to keep the Centre running and planning for the future. They all say the same thing that it helps them to help others. There isn't room here for everyone to be mentioned, but we thank them all.



Frances has a baking production line. Here are her lemon drizzle cakes and fruit biscuits.



We welcome Charlotte, who has just left North Berwick High School and should have been on her gap year. The plan was to volunteer in Africa, but now she's baking for us instead.
Thank you Charlotte

What they have to say about volunteering

I love being part of the Day Centre family. Hopefully my phone calls make people feel loved and not forgotten. *Amy*

I just moved to the area and helping the Centre has given me a purpose. Living alone I know how members feel.

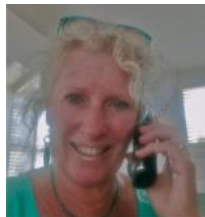
Hilary

Ringling members at home is so enjoyable as I have time to really get to know them. We share stories of our families as well as how they are feeling. They all miss the Centre. It's good to be able contribute in these extraordinary times. *Pat*

Baking is very relaxing and sharing stops me eating it all. So thank YOU. *Jackie*



Hilary who helps in the Centre



Jane, Eleanor and Kitty. Just three of the volunteers keeping in touch with members by telephone.

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