



North Berwick Day Centre



Newsletter Monthly Issue

September 2022

A matter of silver linings

There are lots of ways to express that good can come from bad. A silver lining, look for the positive, after the rain the rainbow and always look on the bright side. Whatever the expression you might use, the Day Centre has created something positive from the pandemic trauma.

As you may remember, during lockdown the team were delivering an 'out reach' service. That is: packed lunches, support, chats, quizzes and treats.

This led to discussions about continuing to deliver some kind of service in the community. The **Reach Out** project has been born and will compliment the services already provided at the Day Centre. At the moment it is funded for a year but this is likely to be extended.

A Reach Out link worker has now been appointed and is currently getting to know our people and how the Centre works. Ian will then be developing the Reach Out service. Watch this space is another saying.

Jackie Tagg

Introducing Ian, Reach Out
link worker



Garden produce

We have been able to enjoy a variety of fruit and vegetables thanks to our green fingered gardeners.



Ronnie above left and George right



Flower girls

Pauline left and Margaret arranging flowers for the dining tables.

Brain work

Shonach as quiz master for the giant crossword puzzle. We usually manage to complete it.



Keep moving

Eleanor above left with Frances.

Patrick having a go at seated curling.



Out and About

It's great to get out and about. For some of our members coming to the Day Centre is their only opportunity.



Spinning
demonstration

Fashion at the Abbey Church

There was an amazing display of fashion and skills of by gone days.

Top left from left to right Sandra, Kate and Sally. Top right from left Pauline, Sally and Pat/

Trisha Trishaw weather



Thanks to our wonderful volunteer cyclists lots of people enjoyed a trip on the Trishaw in August. Here are some of them. Sorry no room for names.



Fringe by the Sea

A few of the guys went to the BigTop to listen to Scottish football legend Pat Nevin talking about his life.
From left to right John, James, Peter, Pete and Dennis.



You are invited to the North Berwick Day Care Association Limited AGM which will be held at the Day Centre on

Monday 26th September 2022 7.00pm Day Centre

Tea, Coffee and Snacks to follow

Invited Guest - Roderick M Urquhart, WS

Her Majesty's Lord-Lieutenant of East Lothian

All welcome

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