

Newsletter

North Berwick Day Centre

July 2023

New members of staff



We are joined by Janice Kellet who takes over our **Reach Out** service. Our **Reach Out** service aims to provide a service which offers respite for family and carers whilst addressing issues affecting older adults living in social isolation within our community. Janice has made great strides in the post so far with new Reach Out members joining the service.

Please free to get in touch with Janice for a referral and/or a chat about the service. You can email her on: reachout@nbdaycentre.org.uk or call: 01620 890906



We are also joined by Linda Ross who takes over the Lead Cook role for the day centre. Linda comes with a wealth of experience and not only does she cook lovely home-cooked nutritious meals but Linda also caters for any of our member's dietary and allergy requirements.

Welcome to our June newsletter!

The weather has certainly been kinder of late and we're enjoying the summer so far and getting back on the Trishaw has been fantastic. We've welcomed more members to the day centre and we're well on the way to being full once more. Get those referrals in quickly! Here are some of the things we've been up to recently and the plans for activities we have.

We currently have availability Monday to Friday. Please feel free to pop in and meet everyone and have a look around the day centre. Staff, volunteers and members will tell you all you need to know about attending here. If you need help with a referral form please let us know. How to get a referral form? Pick one up at the day centre or we can post one out. Alternatively, phone, email or download one from our website at: <https://www.nbdaycentre.org.uk/> We are also now on Facebook as North Berwick Day Centre. We look forward to welcoming you into the Day Centre!

Entertainment for July

5th –Hamish on clarinet	13th –Singing with Sarah Laing
6th –Songs from Coreen, Jenny , Christine and David	18th –Bruce Davies on guitar
7th –Eddie Raven	19th –Music with Michael Patterson
10th –Singing with Tomas	24th –Tony Smith on piano

Concert to raise funds for the day centre

Alex Hodgson, Isobelle Hodgson and Iain Macphail are very kindly performing for us with a concert at St Andrew Balckadder Church on the 15th September. You will be able to get your tickets from North Berwick Day Centre. More details to come soon!

We are now open for drop in coffee!

10am-11.30am

Cost £3.00



We are also open for drop in entertainment

in the afternoon. Cost £5



Contact us by E: manager@nbdaycentre.org.uk or T: 01620 890906
www.nbdaycentre.org.uk/ and Facebook as North Berwick Day Centre

Upcoming events

We are having a coffee morning on Saturday 29th July. All are welcome! We will have delicious cakes and biscuits as well as coffee and tea. The charge is £3.50 at the door on the day. We will also have a cake and bake stall with an amazing array of home bakes to buy. Plus we'll have a raffle and tombola as usual.



We are having an early evening canapés, drinks party for our lovely volunteers. They do such a wonderful service for all our members. We cannot run as a day centre without them and for us to say thank you is the least we can do!



Below:
Trishaw fun



Left: Getting the garden summer ready

Right: Exercise session with Tracy

Some activities we've enjoyed



Left: Kate was one of our members who had a great day on the trip to Ratho Barges.

Below: one of the wonderful lunches out we've had out at both The Glen and The Open Arms



Left: Therapy ponies in for a visit

Below: dance and sing-a-long!

