

Newsletter

North Berwick Day Centre

September 2023

Welcome to our September newsletter! We hope you've enjoyed your summer and had time to get out and about exploring East Lothian and further afield. We're all looking forward to the plans we have with our members during Autumn and of course we're also planning our Christmas (I know bad word!) events. More to come! We always ask members what they'd like to see in the newsletter. One member said 'just that everyone does such a good job for all the members here'.

Entertainment for September

1 st Sit and get for with Tracy	18 th Sit and get fit with Tracy
4 th Music with Eddie Raven	21 st Bruce Davies
6 th Piano music with Tony Smith	22 nd Hamish on clarinet
11 th Ronnie Fraser on Piano	25 th David Hood
13 th Hamish on clarinet	27 th Choir with Robert Burgon
15 th Music with Micheal Patterson	29 th Music with Sarah Laing

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 Blackadder Church on the 15th September. See poster for details.



Concert in aid of

North Berwick Day Centre

Venue

St Andrew Blackadder Church, North Berwick

Featuring

Alex Hodgson, Isobelle Hodgson
And Iain Macphail

Date

Friday 15th September 2023 at 7pm

Tickets £10

North Berwick Day Centre on: 01620 890906
Or Call Margaret Brown on: 07773600364
Or you can buy on the door on the night

North Berwick Day Centre



Craft Fair

Saturday
9th September
10am – 2pm

Entry: £2.50 includes tea/
coffee/biscuits/cake

All welcome!

Volunteers

We would love to hear from you if you have some spare time and you'd like to contribute to our wonderful day centre and support our members who attend. If you'd like to volunteer please get in touch. Contacts below. We would also love to hear from anyone who could drive the bus when our own drivers are on holiday. Again, just contact us for more information. Thank you!

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



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. 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!

Contact us by E: manager@nbdaycentre.org.uk or

T: 01620 890906

www.nbdaycentre.org.uk/ and Facebook as North Berwick Day Centre

Carer meetings



My name is Valerie McAdam and I am Carers' Representative on the Centre's Support Group. I have been a volunteer at the Day Centre for over ten years and love getting to know the members I meet. I have also recently started visiting someone in their home as part of the new Outreach Service. I was full time carer to my husband David for over 18 months after he had a stroke so I appreciate the pressures many carers face and would like to be able to help them with coping with this often challenging role. I want to be

able to provide a listening ear and help carers access specific help that might be available. I can also gather suggestions and ideas to pass on to staff.

We are now having regular carer meetings where we can chat and pass ideas and information to each other. Please get in touch as we can add you to our email/phone list so you get plenty of notice when there are.

If anyone would like to talk to me please contact the day centre and they will pass on a message to me.

T: 01620 890906 / **E:** manager@nbdaycentre.org.uk

Some recent activities we've enjoyed



Above: Coffee morning!

Right: Fun in sun the for Kate and Janice (our Reachout worker)



Above: Trishaw fun thanks to our volunteers!



Above: Who's doesn't like a dance and a sing-a-long?



Right: on a trip to see the sunflowers and a cuppa



Left and below: Ladies painting for North Berwick in Bloom



Above: Sporting memories trip