



North Berwick Day Centre



Newsletter Monthly Issue

June 2021

Day Centre Opens for business

After what seems like an eternity the Day Centre has again opened its doors to members. Operating differently, but no one minded, as it heralded better things to come.

Indeed some of those better things are here already with fantastic outreach services which are making a difference to so many people.

The Day Centre team have been forging relationships with other organisations to enrich the lives of members who have been so isolated in a shrunken world. **Paths for all** is one such group and it is hoped that they will provide volunteers trained in helping our members improve their walking.

Physical and mental well being is the focus. Getting out and about and stretching our legs has been a priority. Fortunately there has also been some sunshine as well as a bucket full of smiles.

Jackie Tagg, Editor

The garden has been redesigned to allow for more people to sit at a distance



Happy to be back

'It's delightful to be back' said Mary. 'The Day Centre makes such a huge difference to me and so many others'



Malcolm (left) and Mary (above)



Sybil



George

Good to chat over a cuppa

Or in this case, desert which was served in tea cups. This prompted lots of chat about wedding gifts, grannie's treasures and other collectables.



Clockwise from top left, Jean, Barbara, Kate, Margaret and Sheila



Out and about again



John, pictured here by the boating pond, before taking a stroll with Shonach to the Glen, where the bus picked them up
So good to be out and about again

Friends in their bubble

Barbara and Margaret (right), were so happy to get out to Dirleton for sunshine, exercise and of course ice creams



Barbara (left) with Caroline, glad to be getting moving again

Fish box competition

Jean has also created a beautiful fish box garden inspired by a woodland scene.



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