

JOHN BELLANY DAY CENTRE NEWSLETTER

LOCKDOWN: JANUARY/FEBRUARY 2021

What's the Latest.....

Hello Everyone, or really, I should say a very belated Happy New Year. Firstly, apologies as I am very late with our first Newsletter of 2021! I hope this finds you all safe and well. To be honest folks, I didn't ever think we would be starting 2021 still in a Tier 4 Lockdown. I did think that we would be making some inroads to getting us safely back together albeit in reduced numbers, but alas it wasn't to be.

Now, I realise you are all terribly fed up and getting downhearted at there not seeming to be an end to this at all, but remember we are all still here at John Bellany at the end of a phone if you need a blether, a moan or a laugh.

We will continue (until permitted) with daily phone calls and the odd doorstep visit. I hope you all enjoyed your Burns Day gift bags and your Valentine's Day cards and sweet treats.

As soon as we are permitted, we will re-start our Home Visiting/Outreach service and Bus



Outings for everyone. So, hang on in there – let us know if there is anything we can do.

Just know that we are missing you all terribly.

Anne Mercer (Manager)

Quote of the Day...

'One small POSITIVE thought in the morning can change your whole day'

So, what have the Staff been up to?

The staff have all been working from home as you know and phoning daily to check how you all are and keeping you updated with all that is going with regards the Day Centre. But what else have they all been up to? Here is a wee note from everyone to let you know.....

ANNE MERCER: Like you all, life has been much quieter than usual in the Mercer household.

A very quiet Christmas and New Year were celebrated via video chats with friends and family.

We have celebrated (by video) 3 Lockdown Birthdays since Christmas – Sophie (my daughter-in-law), my son Robbie – both of whom turned 30. I also had a birthday in January – and yes



you guessed it, there was gin involved! 😊

Bob and I continue to look after our Grand-daughter, **Freya** when her mum Eilidh is working. She is a joy and brings much relief from the tedium of Lockdown – life certainly isn't boring with Freya as you all know!

Dog walking for Brock & Brieda (our white German Shepherds) remains a constant and gets us out the house for fresh air and a chance to meet and chat to folks whilst walking.

They loved the snow and behave like pups despite being 9 years old now (they also celebrated their birthdays in January).

So folks, that's the news from the Mercer household. Hopefully things will change soon though. In the meantime, take care, stay safe and sending lots of love to you all, *Anne xxx*

KEITH MCCOMBS: Have to say I am tired of working from home now and missing us all not being at the Centre. I cannot wait to be getting back in our DC building and back to 'normal' work and activities. I really have been enjoying my daily phone calls with you all and keeping updated with all that is happening.



Have been keeping busy at home with the odd DIY project. We have just revamped our bedroom (I did the panelling wall myself!) Also had fun in the snow, made a snowman and playing with great nieces and nephews. Trying to stay fit by going for daily walks. Hope to see you all soon, **Keith x**

MARGARET DUDGEON: Hi Everybody.....

Hope you are all safe and well. It's been a very different Christmas and New Year in the Dudgeon household this year. No big family party, only a few for dinner but nevertheless we made the most of it and had a good time. Since then, I have been doing a lot of walking with Kirsty, Aimee and the four dogs. The newcomers to the family, Robbo, the golden retriever and Louie, the Dalmatian are no longer wee puppies, in fact they are both bigger than my two labs! Missing you all and hope that it won't be too long before the Day Centre opens its doors. Love **Margaret xxx**

LYNN STEWART: Christmas was quiet just the three of us - Andrew, my dad Ken and myself but lots of phone calls throughout the day. We have been taking walks along the coast when the weather permits in beautiful East Lothian. Andrew has been decorating and has put new wallpaper in the bathroom - I love it very funky! He also decorated the kitchen a nice bright colour.



The cats Minnie & Bowie have been up to mischief getting covered in wallpaper paste and paint so they were bathed - very little skin left on my arms and hands after that!! In the evenings it has been films and a wee dram. Stay safe. Love **Lynn xxx**

SHARON HAY: Sigh.....not much to say.



Loved the snow for taking the dogs out and that has a ball. Reading like a mentalist. After seeing g Keith's efforts of decorating, I've started stripping the paper in bedroom and am armed with paint testers! Oh, and after using a 'Bero' book from 1950's for years I have ordered a brand-new one so that I can bake even more. Made a clay tomtie too! See you all soon, **Sharon x**

LINDA INGLIS:



Hello Everyone. Had a quiet Christmas with family. Spent most of my time at the horses and decorating the hall and the spare bedroom. Love having my granddaughter over to stay most weekends sometimes have the 2 boys too. Hope you are all well. Love **Linda x**

ERIC DICKSON: Like everyone else missing the day centre, the banter on the bus and even Keith's jokes! Seems just like yesterday that we were down at North Berwick on the bus having ice creams.



I've kept myself busy walking the dogs, even a trip to North Berwick, My better half has kept me busy with household chores, now a dab hand with the iron! **Eric x**

Lockdown Birthday Wishes went to.....



January Birthdays: Anne Mercer (Manager), Margaret Johnston, Dick Scott, Mary Elliott, Linda Inglis (Care/Passenger Assistant) and Mary Powrie

February Birthdays: Eric Dickson (Driver) and Isa Robson

Birthday hugs and kisses to each and every one of you...hope you had a great time xx

Burns Day and Valentine's Day Celebrations (of sorts!)

This was the first year since the Day Centre opened that we were unable to host our usual Burns Day Lunch in all its finery. I do hope you all enjoyed the Burns Day 'goodie bags' though? An enormous thank you to Jean Robertson (Linda's Mum) who was a star and made all the shortbread - it was delicious!



I hope the visits from staff with your Valentine's treats was a nice surprise for you all? A huge thanks goes out to Keith & Shona McCombs and Danielle Garrity who made all the amazing homemade tablet and provided all the chocolate heart treats and gift bags. Thank you so much guys, what a fab thing to do - it was very much appreciated xxx

So, What's Next?

Well, basically we have to wait from guidance from Scottish Government, Care Inspectorate, ELC and Board of Trustees to hear when we can restart our visiting and bus outings. I am currently completing new Risk Assessments for a phased return to the Day Centre with proposed limited numbers. Our Assessments must be approved by both East Lothian Council and Health Scotland. Until this happens, we will still be unable to access our Centre, but fingers crossed in moving forward.

I have to prepare you that I see our Day Centre being a very different venue from the one we have all been used to pre-Pandemic. We will re-open (as soon as we are officially permitted) on a rota system with very limited numbers, this is to ensure everyone's continued safety and to give everyone the opportunity of receiving the preferred service you previously indicated on our questionnaire forms.

As we move forward as a Service, our plans are to provide an initial 'Blended' style service for you all – Day Centre building-based groups (restricted numbers) and Home Visiting/Outreach for one-to-one support in your own homes. How exactly this is going to work will depend on our proposals to Health Scotland. I will keep you updated with our progress and any changes as they happen.

And so, to March.....

Ordinarily, our next Celebratory Day at the Day Centre would be **St David's Day** on the 1st March. Our White Twig tree in our hallway would be decorated with everything Welsh and daffodils would adorn the Centre to cheer us and think of Spring – sadly not this year 😞

So, to celebrate Wales in all her glory here is a wee quiz for you all – *ENJOY!*

WELSH QUIZ

1. Name the famous author born in 1916 in Llandaff, Cardiff to Norwegian parents?
2. On which day is St David's Day celebrated?
3. Which creature is on the Welsh Flag?
4. What is the highest mountain in Wales?
5. Which actor from Port Talbot won an Oscar for his portrayal of Hannibal Lecter?
6. What is the name of Wales's Rugby Stadium in Cardiff?
7. What is the name of the river which flows through Cardiff?
8. Which famous Welshman sang 'What's New Pussycat'?
9. What famous TV Sitcom was written by Ruth Jones and James Corden?
10. Which Welshman served as Prime Minister of the UK from 1916 – 1922?

Check out our Website

The Day Centre now has its very own website. Information regarding the Centre has always been available on ELC's website, but we thought it was time to have our very own.



The website gives you lots of information about the Day Centre through easily accessible sections:

*About Us *Our Team *News & Events *Services
*Transport *Referrals *Files *Vacancies *Contact Us

If you have access to a computer, take a look and feel free to give us any feedback.

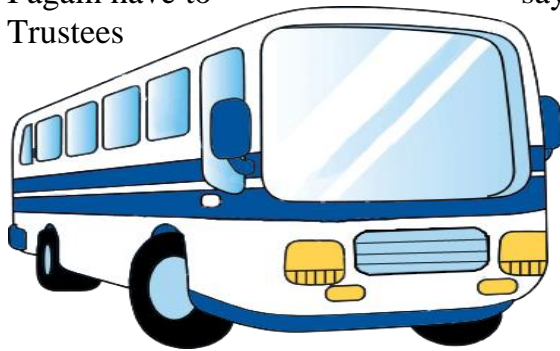
johnbellanydaycentre.org.uk

It's Back – Hooray

I am pleased to inform you all that our John Bellany Day Centre bus has been discharged from the garage! After what seems an eternity, we are finally to be reunited with our transport – YAY!

I again have to
Trustees

say a huge thank you to Margaret Mack (Manager) and the of Gullane Day Centre who initially lent us their transport when our bus was off the road way back in October 2020. You allowed us to continue our service during a very difficult time.



It was also lovely having a loan of a very plush ELC bus and their lovely driver Sandy. Sandy you were a star and your help and assistance was very much appreciated. Thank you also to ELC Transport Department for all your assistance.

And Finally....

My extreme thanks, as always goes out to my terrific staff team for their continued hard work and dedication in this still very trying time.

They have adapted their working routines to ensure that our service provision can continue.

I know that you all enjoy your chatty phone calls and door step visits with surprise treats.

Take care, stay safe and look after yourselves

Missing you all. *Anne xoxox*

Answers to Welsh Quiz:

1. Roald Dahl 2. 1st March 3. A Dragon 4. Mount Snowdon 5. Sir Anthony Hopkins 6. The Principality Stadium (was also known as the Millennium Stadium until 2016) 7. River Taff 8. Sir Tom Jones 9. Gavin & Stacey 10. David Lloyd George