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[www.berwickshirehousing.org.uk](http://www.berwickshirehousing.org.uk)



/BHABefriend



/bhabeFriend





## HELLO SPRING!

We hope that everyone is enjoying the lighter nights and warmer spring weather.

**Fun fact :** Did you know that the word April comes from the Latin word Aperire meaning “to open”, it’s thought to be a reference to the buds, flowers and eggs that open in April.

## New Team Member

In May, we’re welcoming a new member of staff to the BeFriend team, Heidi Bayliss.

Heidi will support the team in delivering the service we offer as well as creating content for social media and other exciting comms related things – so watch this space!







# Archie Paws

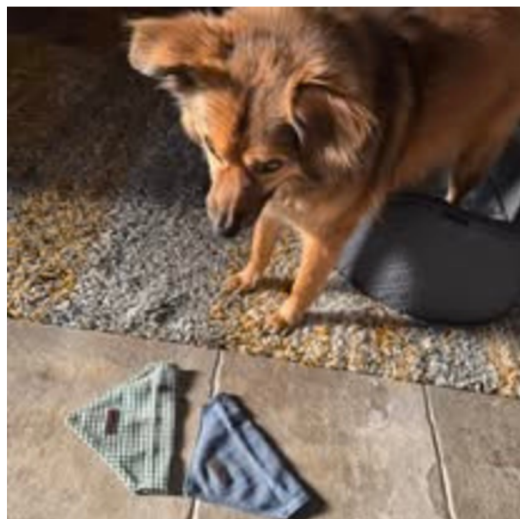


by Archie Paws, your friendly and pawsome four-legged BHA Befriender

Halow...hope you're having a great start to the weekend - as a working dog, I take my weekends seriously especially now, with so much sun out!

Work's been pawsome and did you hear the good news?  
I'm now Therapet certified! 🐾 Woohoo! 

I was pawsitively anxious...on Test Day. Like any other job interview, I had to pick the 'right outfit'. It was between my favourite bandana or lucky bow. I went with the bow - I think it made me look more handsome! So, I did my best and like they say, the rest is just history!



So next time you see me around, don't feel shy to say Hi and congratulate me! Pawsitive vibes - every dog knows how important that is!

 Snaps of me picking the right outfit, and me chilling out that Friday night with some pub snacks! 🍗





# COMMUNITY EVENTS WITH BEFRIEND



We've continued to attend the usual community events but have added in a visit to the new Yetholm Community Lunch, which has gone down a treat.

Kerry Whitson and Carly are now able to drive the minibuss, which opens up more possibilities for BeFriend being able to manage more of our own bus trips out and about. Beep Beep!



## **DUNS COMMUNITY LUNCH** 12noon- 2pm

Volunteer Hall

1st Wednesday of every month.

£5 for homemade soup and pudding, tea/coffee & biscuits

## **YETHOLM COMMUNITY LUNCH**

11.45am - 1.30pm

Yetholm Youth Hall, every Tuesday.

£7.50 for two courses with tea/coffee.





## COMMUNITY EVENTS WITH BEFRIEND

### CHURNSIDE COMMUNITY LUNCH

Community Centre, every 3rd Wednesday of the month from 12noon. Payment by donation, for a hot main course and a pudding



### DUNS TEA DANCE

2pm- 4pm

Volunteer Hall  
3rd Wednesday of each month  
£3 for homemade cakes, tea/coffee

### EYEMOUTH BRUNCH HUB 10am - 2pm

Eyemouth Community Centre.  
We attend from 12pm,  
Every Thursday but we can only attend once a month. Dates to be confirmed,



All the community events that Befriend attend are open to anyone but if you would like to attend with us please let us know and Kerry W will add you to the invite list.



0800 652 8104



[befriend@berwickshirehousing.org.uk](mailto:befriend@berwickshirehousing.org.uk)





# NATIONAL BRUNCH MONTH

April is considered national brunch month. With the weather improving, it's the perfect time to get out the house, and reach out to others for social connection while enjoying a hearty breakfast-lunch! Even if you cannot make it out to a brunch, you could invite someone to your home for a cuppa or pick up the phone and call someone.







## POEM

One of our befriendees, Margaret A, shared a poem with us, that she particularly likes.

### **Warning by Jenny Joseph**

When I am an old woman I shall wear purple  
With a red hat which doesn't go, and doesn't suit me.  
And I shall spend my pension on brandy and summer gloves  
And satin sandals, and say we've no money for butter.  
I shall sit down on the pavement when I'm tired  
And gobble up samples in shops and press alarm bells  
And run my stick along the public railings  
And make up for the sobriety of my youth.

I shall go out in my slippers in the rain  
And pick the flowers in other people's gardens  
And learn to spit.  
You can wear terrible shirts and grow more fat  
And eat three pounds of sausages at a go  
Or only bread and pickle for a week  
And hoard pens and pencils and beermats and things in boxes.

But now we must have clothes that keep us dry  
And pay our rent and not swear in the street  
And set a good example for the children.  
We must have friends to dinner and read the papers.

But maybe I ought to practise a little now?  
So people who know me are not too shocked and surprised  
When suddenly I am old, and start to wear purple.

# A SPECIAL THANK YOU TO OUR VOLUNTEERS!

Our service is supported by volunteers, it simply wouldn't run the way it does without them! Most of our volunteers visit people in their own homes and occasionally are out and about at community events. We asked them a few questions about their role and why they do it, and here are a couple of their responses:

“ .....  
It's a pleasure, (mutually I hope), spending quality time with, and getting to know each other; sharing life's experiences and appreciating all that we have in common.  
..... ”



“ .....  
I met people with some wonderful stories to tell of their life, and lovely memories they choose to tell me'.  
..... ”

It's obvious just how much our Befrienders enjoy the work they do. What you feel may be a trivial sharing from your past, is actually a real privilege to hear - be it a life lesson or just a funny moment. So remember, befriending is equally enjoyable and beneficial to both our volunteers and our befriendees.



# SCAMS AND STAYING SAFE

Scammers are getting even smarter, finding new ways to target people. It could be on your doorstep, but more likely, it's via the phone or internet. If you would like some advice, reach out, and we'll see what we can do.

## Signs of a



Scams can take many forms, but there are common signs you can watch out for.

Protect yourself from imposters by remembering the **four Ps**:

### Pretend

Imposters try to gain your trust and **pretend** to be from an agency or organization you're familiar with.



### Problem or Prize



Imposters say there is a **problem** or **prize** ...

### Pressure

... and they **pressure** you to act immediately.



### Pay or Provide

To "fix" the problem or claim the prize, the imposters want you to **pay** them or **provide** them with

confidential personal information.





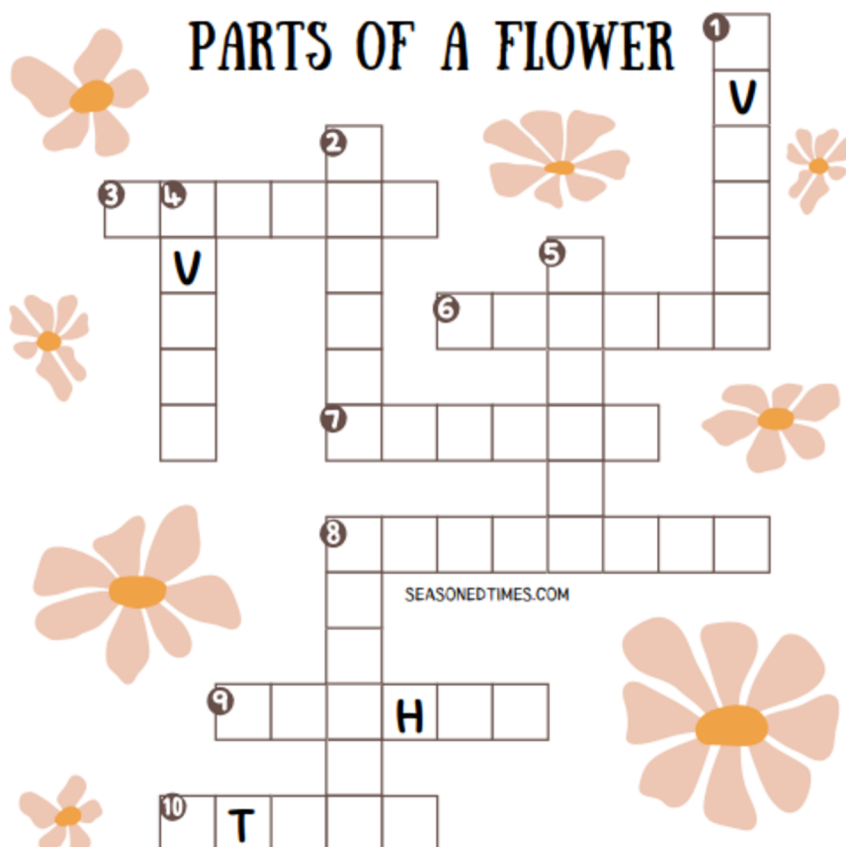
## PLAY TO WIN!

Pick up the phone and call us with the unscrambled word and we'll enter you into a draw to win a box of chocolates.

## Feingrebind

## PLAY FOR FUN!

Like any other muscle in the body, the brain needs exercise to stay healthy and strong. Studies show that playing games and solving puzzles, like crosswords and word searches, on a regular basis can enhance memory, reduce mental decline, and help the brain process information better. Well, that works out well since we love puzzles! Have fun solving this one!



FLOWERS HAVE MANY PARTS. SOME WE ARE MORE FAMILIAR WITH AND SOME AREN'T SO WELL-KNOWN. SEE IF YOU CAN NAME THESE PARTS OF FLOWERS.

### DOWN

1. FORMS SEEDS OF FLOWER
2. ENCASES DEVELOPING BUD
4. WHERE OVULES (FUTURE SEEDS) ARE PRODUCED
5. POLLEN PRODUCING PART OF A FLOWER
8. USUALLY LOCATED IN THE CENTER OF FLOWER

### ACROSS

3. POWDERY SUBSTANCE INSTRUMENTAL TO FERTILIZATION OF FLOWER
6. BRIGHTLY COLORED PARTS OF FLOWER
7. WHERE THE POLLEN LANDS AND STARTS FERTILIZATION
8. STALK OF FLOWER
9. PRODUCES AND HOUSES POLLEN
10. SUPPORTS THE STIGMA, CONNECTING IT TO THE OVARY OF THE PLANT





Here's a list of useful phone numbers.  
Stick this on your fridge or keep it somewhere handy.

**Emergency Call** 999

**Police Non-emergency** 101

**NHS Non-emergency** 111

**Electrical Emergency** 105

**Gas Emergency** 0800 111 999

**Scottish Water** 0800 077 8778

**Scottish Borders**

**Council** 0300 100 1800

**Floodline** 0845 988 1188

**Scottish SPCA** 0300 099 9999

**PDSA** 0141 763 0800  
(for sick animals)

**Universal  
Credit Line** 0800 328 5644

**Citizens Advice  
Central Borders** 0189 675 3389

**Tax Credit  
Helpline** 0345 300 3900

**Money Advice  
Scotland** 0141 572 0237

**Age Scotland** 0800 124 4222

**Silver Line** 0800 4708090

**Border Women's  
Aid** 0145 021 8409

**National Domestic  
Abuse Helpline** 0808 2000 247

**Abused Men  
in Scotland** 0808 800 0024