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



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## MEET THE TEAM

It's been some time since we distributed a newsletter but we have been busy behind the scenes. In the spring, we said farewell to Terri, our Project Coordinator and Paul Lennon left us in late Summer. Both were valuable members of the team for many years and are now volunteer befrienders.

### **BHA BEFRIEND TEAM**

**Kerry Hague, Carly Nichol & Kerry Whitson**

Kerry Hague stepped up into the role of Co-ordinator and has enjoyed the transition. This change allowed us to welcome a new member of staff to the team.

Carly joined us at the end of May as a Befriending Service Worker. Carly was an activity coordinator at a local care home in her previous role and has lots of experience of working with older people.



Kerry Whitson continues in her role as a Befriending Service Worker leading community befriending events.





## COMMUNITY EVENTS WITH BEFRIEND

Community Befriending is where we support you to engage with your local community. It's a great opportunity for you to be an active member of the community you live in. You will be able to try new things that are on offer on your doorstep, re-establish lost connections and make new friends. We regularly attend community lunches and a tea dance as well as organising bus trips to local markets, museums and garden centres. We also do pop up craft sessions and exercise blocks throughout the year.

If you are interested in the community events around the area, or our trips, and would like to know more, get in touch. We can provide transport but spaces are limited; you might prefer to make your own way to the event and meet a member of our team there.



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

Volunteer Hall

1st Wednesday of every month.

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



## 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)





# BEFRIEND CHRISTMAS BASH 2024



On Dec 10th 2024, we hosted a Christmas Bash at the Coldstream Community Centre and was attended by 60 Befriendees and volunteers. For those who joined us, thank you for your lovely company and we hope you enjoyed the afternoon and had as much fun as we did.

A big thank you to Border Competitions who kindly donated £850.00 towards the cost of hosting the event.



**BHA BEFRIEND TEAM with  
George & Jack from  
Borders Competitions**







## POEM

Although autumn has now gone we thought you may like to read a poem that one of our Befriendees recently shared – she can still recite it off by heart!

### **October Party**

**(by Beryl Stephenson Jobling Aged 7 – now 90)**

October gave a party

The leaves in their thousands not hundreds  
came, Chestnuts, Oaks, Maples, leaves of  
every name

The sunshine spread a carpet on everything  
was grand

Miss Weather lead the dancing

Professor Wind the band

The Chestnuts came in yellow

The Oaks in crimson dressed

The lovely Miss Maples looked her best

All balanced to their partners they gaily  
fluttered by

The sight was like a rainbow newly fallen  
from the sky

Then in the rustic hollow, at hide and seek  
they played

Everybody stayed

Professor Wind played louder as they flew along the ground

Then the joyful October party ended in jolly hands around







# Friendship

## Word Search

**DIRECTIONS:** Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



BUDDY  
CARING  
CONSIDERATE  
ENCOURAGE  
ENJOY  
FAITHFUL  
FORGIVE  
FRIEND  
GIGGLE

HELP  
HONEST  
KIND  
LAUGH  
LISTEN  
LOVE  
LOYAL  
PLAY  
RESPECT

SHARE  
SMILE  
SUPPORTIVE  
TEAMWORK  
TOGETHER  
TRUST



0800 652 8104



befriend@berwickshirehousing.org.uk



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