**Dirleton Good Neighbours**

**January 2020 Newsletter**

**The first month of a new year and a new decade, seems a good time to get involved in new village activities or support existing ones. Here are some suggestions.**

**SENIOR MOVEMENT**

Dance for fitness and Fun. Good Music, good moves with Andrea Mannion.

This class started up in Autumn 2019 and is proving a popular and fun way of improving your fitness levels. There are 3 Classes for January 2020. Held in Dirleton Kirk Hall, they cost £4 per session, and are on Wednesdays 15th, 22nd and 29th January between11.45 to 12.45 and finish with a friendly chat over a cuppa. While it is good to do all three sessions, you can come along to those you can manage on the day. We plan to hold further sessions in February.

Contact Andrea Mannion 01875 811 801 07711761165 [andrea.mannion@btinternet.com](mailto:andrea.mannion@btinternet.com)

Sponsored by Dirleton Good Neighbours

**PILATES FOR ALL LEVELS .**

This is a new class for 2020. It starts with four ‘Taster’ sessions.

Come along and enjoy exercising with a group led by Grace Turnbull, an experienced and fully qualified exercise specialist.

Work on improving your balance, core strength and flexibility.

Wear loose fitting clothing and if possible bring a mat.

Held in Dirleton Kirk Hall, the classes cost £4 per session and are on Tuesdays from 1.30 to 2.30pm, starting Tuesday 21st January, January 28th and 4th and 18th February. While it is good to do all four sessions, you can come along to those you can manage.

Contact details: email : [turnbull.grace@gmail.com](mailto:turnbull.grace@gmail.com) Phone: Janice Macleod 850 509

Sponsored by Dirleton Good Neighbours

**THE DIRLETON DAUNDER**

Dirleton Good Neighbours has teamed up with Ageing Well, East Lothian to organise one of their popular easy walking for fitness groups to start and finish in Dirleton. The group will be led by Sue Jardine and will walk for about an hour each Thursday, with the chance to stay on at the finish for a chat over refreshments at the Open Arms.

Meet: The Open Arms Hotel

Every Thursday Starting 6th February 2020 Time 10am.

Get in touch for more info: 01620 827 240 Email: [ageingwell@eastlothian.gov.uk](mailto:ageingwell@eastlothian.gov.uk)

**DIRLETON JOGGING GROUP**

Neil Jones, one of the organisers says ‘We are a small friendly Jogging group, where all abilities are welcome including complete beginners (adults and accompanied children) We leave from outside the Castle Inn at 9 30 am on Wednesdays and 8 30am on Sundays. The route was originally based on the Archerfield 5k but this is now varied. It's free so give it a go! Check out our Facebook page

**DIRLETON CRAFTERS**

This new Dirleton group is organised by Kate Hamer and Maggie Cramond, and is planning a series of get- togethers and workshops this year. The first workshop for 2020 features **Needle Felting** and will be run in conjunction with Mandi Hodgson, a lovely, local crafty lady who has very kindly agreed to share her needle felting skills. The session will take place on **Wednesday, January 29th from 1-3pm at Chapelhill House in Dirleton**. If you are interested in joining this session please email Kate Hamer: [kmtaylor@sky.com](mailto:kmtaylor@sky.com) Once the Group have an idea of numbers, more detailed information can be provided. As usual there will be a charge for materials but anything you make on the afternoon will be yours to take away with you.

Regular informal get-togethers in the Amalfi Cafe are also planned for when it reopens.

If you like to be kept updated on future events, ask to be put on the Dirleton Crafters mailing list and also keep up with events on the Dirleton News & Views Facebook page.

**THE GULLANE & DIRLETON HISTORY SOCIETY**

Meetings are held each month in either Gullane Village Hall or Dirleton Kirk Hall at 7.30pm. Membership is £10 for the year. Non-members are welcome at meetings with a suggested donation of £2. The following talks will be taking place between now and March.

**The Marquess of Dalhousie – duty, devotion and diamonds**

Thursday 23rd January 7.30 in Dirleton Kirk Hall. Talk by Frances Woodrow

**Landing in Paradise – The Vikings in Scotland**

Wednesday 19th February at 7.30 in Gullane Village Hall. Talk by Olwyn Owen

**Henry VIII and his six Wives.**

Thursday 19th March at 7.30 in Dirleton Kirk Hall. Talk by Roy Johnston

**VILLAGE VOICES, VILLAGE CHOICES.**

Dirleton Good Neighbours has been delighted with the success of this project. With the support of the NBC Area Partnership and Community Council, we were able to fund seven village projects which will now be put into action by their proposers. Thank you to all the village residents that voted for their favourite projects. The successful projects were (in no particular order): Ladies Bowls for the Bowling Club, Materials and master classes for Dirleton Crafters, Leader Training and promotion for Dirleton Joggers, a Roll Up Projection Screen for the Kirk Hall, Child friendly cameras and a CD player for Dirleton Playgroup, a Herb Hub for Dirleton Primary and a book exchange and history trail for the Phone Box. The Phone Box has now been decommissioned by BT and the phone removed, so planning the implementation of this last project can now go ahead.

**DIRLETON’S *SCREEN ON THE GREEN***

Dirleton Good Neighbours has been mentioning a plan for Film Screenings in Dirletonfor some time. Autumn 2019 was busy for us with the Village Voices project. But with this now well underway, we will be turning our attention to provide Screenings from Autumn 2020 (hopefully!). We have been doing background research and some limited fundraising. We have successfully applied to the Co-op Community Fund to be one of their local charities. See: <https://membership.coop.co.uk/causes/42307>. So far local members have raised £60 for our cause – to purchase equipment. We will remain a local cause until October 2020, so if you are already a Co-op member, do specify us as your cause; and if you are not already a member, it costs just £1 to join: [www.**coop**.co.uk/membership](http://www.coop.co.uk/membership), and has shopping benefits for you too.

As with Village Voices projects, DGN is very keen that Dirleton’s *Screen on the Green* becomes an independent group run by volunteers. Ifyou are interested in film in any way and would like to be involved, do contact us (web.dirletonvillage@gmail.co.uk). Your help and interest would be much appreciated in getting this project underway – whether it is to help raise the remaining funds, work out the best equipment for the village, help choose the films shown and/or be one of the ‘film crew’ at an event. Our aim is to provide a variety of screening opportunities from weekend showings for all, afternoon winter matinees for retired residents with a mid-way socialising break, and one-off screenings for special interest groups, charity events etc. The remaining funding required for equipment, now that a fixed screen will be installed in the Kirk Hall, is likely to be in the region of £1500. Individual donations to our Film Screening Fund will be gratefully welcomed!

**DIRLETON LUNCH HUB**

The Lunch Hub is now a very popular monthly event in the Dirleton calendar held on the first Wednesday of the month between 12 and 2 in the Kirk Hall. It is entirely run, and the delicious food provided, by a dedicated band of volunteers. Numbers have crept up gradually until in December, we were caught out in the rather undignified position of exceeding the numbers specified for the Kirk Hall. A large group from Aberlady joined us, (we are fostering connections with other villages) and the teachers from Dirleton Primary were allowed an end of term off-duty lunch break (very intergenerational) - but numbers will need to be monitored. At that event, we were able to use the new PA system (bought jointly with funds from DGN and the DVA) for the children to announce the results of the monthly quiz. There was an admirable double act of question and answer from two children who definitely have a future as presenters and were immediately christened ‘Ant and Dec’. For Lunch Hubs during 2020, we will be continuing the connection with the school (see below) and encouraging a special guest to come and chat informally about a worthwhile cause. For the February Hub (Wednesday 5th) Chris Wilkins, who lives in the village, will come and talk to those interested about the Sporting Memories Foundation.

**INTERGENERATIONAL CONNECTIONS WITH DIRLETON PRIMARY**

The connection between the school and the Lunch Hub is now well established and enjoyed by both. I am pleasantly surprised when a mum tells me that her child so enjoyed their visit to the Lunch Hub – ipads do not yet quite rule the world. We will continue the pattern of the children manning a produce table each month during term time with a monthly food theme and related quiz. The money they raise is a valuable contribution to such school activities as cooking and crafts. There is a drive to make East Lothian schools cashless, and so these sums are a welcome way for the support staff to buy teaching items without lots of paperwork. If you are able to provide items for the produce table such as home made preserves, seasonal vegetables etc, these would be welcomed. The school was successful in their bid to Village Voices for a Herb Hub. Their plan is to create a dedicated herb growing area in the playground and share the produce with the village – so do let us know if you are interested in joining in with this project. One downside of these connections is the bureaucracy of PVG for residents who would like to work in the school with children – thank you to those who have stayed the course of this – we do get there in the end!

**THE LUNCH HUB CALENDAR**

This has been a fun project with wonderful photographs provided by Malcolm Davidson and recipes by Lunch Hub volunteers. What was difficult to judge was the number required, as they need to be ordered and paid upfront. We initially ordered 100 which went very quickly with the Community Day. Another 100 were therefore ordered and with Lunch Hub sales and the kind support of Robert Doris selling at the Amalfi Cafe these sold steadily until early December when the cafe closed and our last Hub of the year left us without an outlet for customers to easily find them. But we have been left with just 20(still available at half price: £3), and a likely profit to DGN funds of about £60. It would have been more if we had just ordered 150, but it is easy to say this afterwards with the experience under our belt. What was achieved was a great memento of Dirleton throughout the year.

**DIRLETON: VILLAGE COMMUNICATIONS**

The village has various means of communications, but still seems to not always get information to everyone who might be interested. Sending out this **Newsletter**, which aims to be posted through every letter box in the village, does seem the best way to reach everyone, but does take time and effort. There is also **the village website** – [www.dirletonvillage.co.uk](http://www.dirletonvillage.co.uk) which is regularly updated with village news and a diary of events. It receives 200 – 300 visits per week. As the person who updates the website, can I make a plea to send any information that you would like put on the website - chasing folks for information is hard work! Use the Contact Form on the website <https://www.dirletonvillage.co.uk/contactform.html>. Both Good Neighbours and the DVA separately use a group email system called **Mailchimp** to send out regular emails to subscribers. If you are no already sent DGN Mailchimp emails and would like to be a subscriber – we promise not to bombard you with information – just send us a note via [web.dirletonvillage@gmail.com](mailto:web.dirletonvillage@gmail.com). Another very useful source of information is the Dirleton News and Views Facebook site. And we regularly put up posters in the Village Notice Board.

**CONNECTIONS WITH OTHER VILLAGES**

One of the aims of Good Neighbours for 2020 is to increase our connections with other local villages, as well as North Berwick. With Aberlady and Gullane, Dirleton is part of the North Berwick Coastal Area Partnership and we have made good connections at meetings of the AP, particularly with the Health and Wellbeing Association. Aberlady has had a thriving Lunch Club for many years and was able to give us good advice when starting ours, and we can now reciprocate this with advice on the AP. There can be a perception that North Berwick dominates this area, but the villages working together provide balancing voices. One of the important issues for 2020 will be the reprovisioning of the local health care and DGN will aim to keep residents updated on this.

|  |  |
| --- | --- |
|  |  |
|  |  |

**DGN’S AGM AND FINANCES**

DGN has just come to the end of its latest financial period, and will schedule an AGM for March. We have changed our year-end from the end of August to the end of December, so the next set of accounts will cover a period of 16 months. Our principal source of income is the takings from the Lunch Hub which are then used to support our aims and activities. We do apply for grants when appropriate to supplement this income – for 2019 this was the Village Voices project, which we part match funded. Our income is used on an ongoing basis to support village activities. For example, at the moment we are part subsidising the two classes mentioned at the start of this newsletter. We do now have a year-end surplus of just under £1,000 and the DGN committee will be discussing how best to use this. Suggestions from village residents are welcome –but do please first consult the village website for our Constitution and aims.

**WINTER RESILIENCE**

It is to be hoped that there will be no really bad weather this winter, but the ‘Beast from the East’ two years ago was a reminder to local communities that when there are extreme conditions, leaving local authorities struggling, a community plan is needed with volunteers ready to help residents cope and deal with immediate problems and even emergencies. For this reason, Gullane and Dirleton have together drawn up a Community Emergency Plan. The Dirleton version has been prepared by the DVA and is available on the village website <https://www.dirletonvillage.co.uk/section799710.html>. This has a lot of valuable and detailed information from simple preparatory precautions to emergency contacts.

Dirleton is a small neighbourly village and most of us willingly offer help in general and know which of our neighbours may need help, check on them in challenging circumstances and provide assistance. But in severe situations such arrangements can break down or simply not be possible e.g. a carer may not be able to get to a client, your own car cannot cope with icy conditions etc. Being able to coordinate help can make all the difference. What is therefore needed is a list of potential volunteers who are prepared to help out in emergencieswith such things as four wheel drives, snow clearing, manning a meeting centre with hot drinks etc**.** And an awareness of which residents may need assistance in severe weather and should be contacted with offers of help. Personal details of both these groups –helpers and those requiring help – must be kept confidential. The DGN is offering to work with the DVA Coordinator for this project, David Tait, phone 07387185309 email: [davidndanni16@gmail.com](mailto:davidndanni16@gmail.com) to create a small group to administer this plan. It is hoped that the two village organisations can together create a core group and a list of potential volunteers and those who may require help. In the meantime, do contact David if you would be willing to offer help in such an emergency.

**GETTING IN TOUCH WITH DIRLETON GOOD NEIGHBOURS**

If you would like to respond to any of the items in this Newsletter or require further information, do please get in touch.

**With very best wishes for 2020 from Dirleton Good Neighbours and I do hope you will join with us in our aim to keep Dirleton active, healthy and connected.**

**Anne Orr, Coordinator, Dirleton Good Neighbours 01620 850 813 orralo@aol.com**