



Dunbar Day Centre Newsletter January 2024

Day Centre News

- **Happy new Year! A few changes in 2023 at the Day Centre, and a few more changes in 2024! We are looking into having the Day Centre open on a Tuesday. Sadly, this means the Drop-in session will need to find a new place to meet. Claire and Kathryn are looking into other options. If you are interested in attending the Day Centre on a Tuesday, please let us know.**
- **We are looking into possibly having a Chiropodist visit the Day Centre regularly. If this is something you would be interested in, then please let us know. If there is enough interest, we plan to have this starting as soon as possible.**
- **Due to the Bank of Scotland closing in May we are trying to reduce the amount of cash we handle. Where possible we would prefer payments to be made direct to the bank. If this is an issue please chat with us, we can sort something out.**
- **Burns Day lunch was a success. For one member it was their first-time trying Haggis (and they are in their 90s!)**
- **We have had Tracey Young doing Sit and get Fit! Seated exercises for the elderly. This went well and we hope to have Tracey visit semi regular.**

Members information

- **Tuesdays drop-ins will sadly be moving from the Day Centre. This won't happen for a while yet. We will keep you up to date along the way.**
- **Welcome 5 new members to the Day Centre, Michael B, Michael M, Ruth C, Ian S, Pat W. They seem to be settling in well and enjoying meeting new people.**
- **We have been trialing having the entertainers in the dining room, there is more space, and the floor is more suitable for dancing for those that are able. This has gone well, and we will continue with this.**
- **We have had word that the bus we have been waiting patiently for should be with us in April! This is very exciting, just in time for the warmer weather too!**

Outreach News

- **Both Hannah and Nadia have settled in well with the Outreach. We also have Steph to cover if we are fully staffed in the Centre.**

Staffing Update

- **We have a new volunteer starting on a Tuesday to help with the Drop-in session for the time being. Morag the usual volunteer is off on her 3 month holiday!**

Thank you for your continued support. Enquiries can be made to 01368 862843 or dunbardaycentre@hotmail.co.uk