

# Gullane Newsletter



## Autumn has arrived!

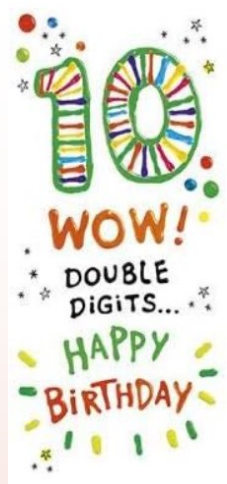
Where did the summer go? It had such promise getting off to a great start in May and June with sunshine and warmth and then of course, the minute the schools broke up, down came the rain!

Not to be downhearted about this, gardeners celebrated, the lawns are looking fantastic, children swapped their flip flops for wellies and the golfers came prepared...it is Scotland after all!

We are delighted at last that the village noticeboard is now in situ, just by The Old Smiddy (in case you missed it) and thank you to the folk who installed it and for all the amazing comments on social media. Of course, not everyone is on social media so we hope that the noticeboard will help you keep updated about local happenings.

There have been some great events since we last reported including the Scout Jumble Sale, a Tennis Club fundraiser for Maggie's Centre Edinburgh, the Open Garden at Gullane House, the fabulous Gullane Games, and not forgetting the Genesis Scottish Open held at the Renaissance Club.

The autumn time for me is a time to seek out new things to do or perhaps even restart something you used to love, connect with others, so why not think about taking up tennis, learning to sew, joining a book group or doing some volunteering. Let's hope there's something inside for everyone to inspire you to get involved within this fantastic community we are so lucky to live in.



We think it's definitely worth celebrating that you are now reading the 10th edition of the Gullane Newsletter!

Borne out of a realisation that we were excluding those in the community without internet access, we now enjoy being read, not only here, but the online edition can be accessed by those in far flung countries eager to read about what's going on in Gullane.

A big 'thank you' to all those who have contributed content, advertised with us and sponsored the cost of publication!

## GVA's Book & Crafting Challenge

A massive 'thank you' goes out to Katie Reid for hosting the wonderful storytelling and crafting activities!

The first day kicked off with two books—Augustus and his Smile and Duck in the Truck and crafting activities during the week included making a tiger fortune teller and a Fire Breathing Dragon!

Katie is a wonderful story teller and the children had so much fun joining in and creating their own masterpieces!

Adults in the meantime enjoyed a cup-

pa and a catch up chat in the lovely Recreation Hall.

The GVA will be inviting Katie back next summer, so here's hoping she accepts!



## Gullane Outreach Post Office Times

The Village Hall continues to host an outreach Post Office twice a week on:

- Tuesday 10am to 12noon, and
- Friday 1-3pm

Please make good use of the service so that we don't lose it.



# Gullane Games Week



Think we can all agree that the Gullane Games team of volunteers did a brilliant job throughout the Gullane Games in bringing so many wonderful events for us all to enjoy and culminating in the Gullane Games Day.



The Games cannot take place without volunteers so when the appeal goes out for next year, why not join the fun and volunteer to help out with such a wonderful community event.

The GVA had some lovely comments on the 'What do you love about Gullane board' and enjoyed meeting both locals and visitors from far and wide.



**The Gullane Games Committee would like to thank the following for their generosity and support in helping us to deliver this year's Gullane Games :**

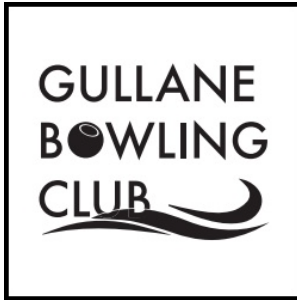
- |   |   |
|---|---|
| Gullane Golf club   | The farming team at Luffness Mains Farm |
| Emma Cross Interior Design                                    | Margiotta                               |
| Lou Lou's   | Laura Thomas                            |
| Vintage Rare and Retro Guitar                                 | Gannon Sports                           |
| The Old Club House  | Cherish                                 |
| Secret Boutique   | Montagne Sports                         |
| Alastair Good Gullane Pro Shop and the team of assistant pros | Fidra gin                               |
| Pampered by Caroline  | Fidra Fine Art                          |
| La Potinière  | Goose on the Green                      |
| Greywalls   | Black House                             |
| The Main Course   | Luffness New Golf Club                  |
| Honourable Company of Edinburgh Golfers                       | Ballantine Goldie Optometrists          |
| The Chop House  | Woven Whisky                            |
| Gullane Co-op   | Gullane Bowling Club                    |
| Gullane Community Ceilidh Band                                | Gullane Athletic Football Club          |
| Gullane Tennis Club   | The Gullane Village Association         |
| Gullane Table Tennis Club                                     | Aberlady and Gullane Parish Church      |
| Gullane Village Hall  |   |
| The team that helped with the Cricket event                   |   |
| The Watchman Hotel  | Lothian Police                          |
| East Lothian Council  | Dalkeith and Monktonhall Brass Band     |



**All of the numerous helpers - without their assistance Gullane Games would not happen  
 All of the many residents who generously donated prizes or baking  
 AND also, everyone that turned out to support the various events.  
 Thank you!!!!**



## Gullane Bowling Club



The season is progressing well and some of our new members are already playing in regular team matches.

In the East Lothian Bowls mixed leagues, Gullane is competing with others at the top of the table; the development of the newly formed Gullane A has been very positive, performing well in their first season and certainly showing they can hold their own.

Gullane Seniors are pushing hard for promotion to the top division, which is fantastic as they were newly promoted to Div2.

The ladies league continue to play on a Wednesday afternoon.

We hold hat games on a Saturday morning and Monday evening open to all levels (and visitors) and our internal club competitions have been well supported by the members, entering into the spirit of friendly but competitive bowls!

We also recently held our first open competition - the inaugural Paris Steele Open Pairs Competition and a great day was enjoyed by players and spectators alike.

To contact GBC please email [bowlsgullane@gmail.com](mailto:bowlsgullane@gmail.com)

Or visit our website for more information -

[www.gullanebowlingclub.org](http://www.gullanebowlingclub.org)



## Gullane Glorious Bloomers



We are delighted to see that the summer bedding has blossomed and made a wonderful colourful display to brighten up the village.

We now have 23 hanging baskets, 12 tubs, 23 planters, 4 large triple planters plus an extra large one at The Golf Club, plus the Blue Stane area to look after and maintain.

This is all possible due to our volunteers - so a big thanks to Martin, Pat, Irvine, Lynda, Val, Joan, Carolyn, Hugh, Margaret, Krish and Gill who all help keep Gullane looking glorious.

We plan to plant extra bulbs at Millennium Woods, create a Wild Flower area and would also love to instigate a Community Garden.

We were also asked by RHS to create a logo and source GGB signs and uniform and this we have done all thanks to a generous donation from a local Trust Fund.

Please do get in touch if you would like to donate or volunteer, even if only on a casual basis, as we would love you to join our small happy team.

We have a **Just Giving Page** - search for **'Glorious Gullane Bloomers'**

or you can donate to Glorious Gullane Bloomers directly at

RBS 83-18-47 Account 10892867

Thanks again for all your continued support.

Lorna Raeburn

**07740 987116**



## Gullane Baby and Toddler Group

Gullane Baby and Toddler Group is a friendly bunch of babies, toddlers, pre-schoolers and their grown ups.

We meet **every Friday at 10am - 11.30am in Gullane Community Children's Hub, behind the library.**

At these stay and play sessions there are loads of toys and crafts to explore. If the weather behaves we use the wonderful garden.

For £3 per family we provide a snack for the kids and a cuppa for the grown ups. The chat is pretty good too!

We will post details of all upcoming events on our Facebook page **@GullaneBabyToddlerGroup** and our Instagram **@gullane\_baby\_toddler\_group** so

please give us a follow so you don't miss out!

You can also get in touch via our social media if you'd like to join our (not another) WhatsApp group.

We are always looking out for volunteers to help at our sessions or to join our fabulous committee!



## East Lothian Foodbank

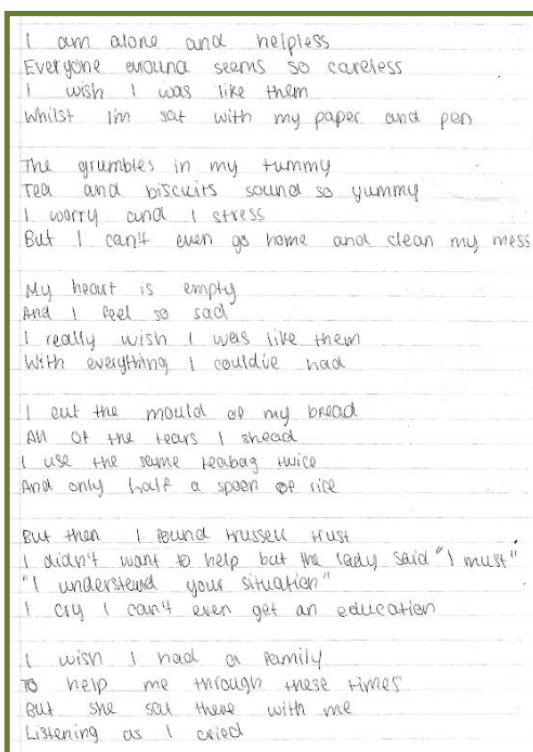
This poem was written by a 12 year old during a school poetry class. The teacher is the daughter of a Foodbank volunteer and thought these words express the misery of many families in these difficult times.

Collection points are still the Gullane Coop and library during opening hours.

Also Tesco (North Berwick) and Gullane Parish Church on Sunday mornings during the service.

Please visit the East Lothian Foodbank website for more information on donating and volunteering

[www.eastlothian.foodbank.org.uk](http://www.eastlothian.foodbank.org.uk)



## Gullane and Dirleton History Society

The Gullane and Dirleton History Society has a rich archive of publications and source materials such as maps, books, postcards, and photographs. This article is one in a series for the newsletter. These selections are from the Society's publication: Gullane Local History Society. Pub No 1. published 1987. Plus, additional material supplied by Anne McCarthy from research work done in 2009 including the two extracts from Haddingtonshire Courier and East Lothian Advertiser and the East Lothian Courier. The Society's latest publication, 'Voices from the Past' was published in 2022.

If you are interested in finding out more about the Society or joining it then please visit its website at [www.eastlothianheritage.co.uk/gullanedirletonhistory/](http://www.eastlothianheritage.co.uk/gullanedirletonhistory/) where details of its activities, newsletters, lectures, publications, and application forms for membership can be found.

# Snippets from the Archives

## Gullane Games in years gone by ...

This year's Gullane Games, held at the beginning of August, was just the latest in a long tradition as this article of 'Snippets' reveals. The earliest mentions we know of Gullane Games come from Gullane School logbooks, the first being for 6 July 1877. Then, and



Late 1940s shows the sheaf tossing competition.

throughout the 1880s and 1890s, reference is made to the schoolchildren having a Friday afternoon holiday for Gullane Games Day. Dirleton School pupils were also usually given a half day for Games Friday but in 1884 and 1885 this was not granted and an absence of up to 30 pupils was recorded!



Decorated float 1949

The original Games were professional, part of a tradition where local athletes would compete with athletes from other villages and towns. Prizes were large and local rivalries intense. By the late 1920s the Games had moved to Saturday and children's events were being held alongside the professional competitions, until eventually Gullane Games Day became mainly a children's day, with a format very like the one we have today. The arrival of the shows (funfair) on Goose Green is also part of the tradition when shows appeared at each town or village when their games took place.

In the 1970s Gullane Games became a Games Week with a variety of events taking place each day and the re-introduction of Miss Gullane, originally a post-World War II innovation (The last Miss Gullane was Rebecca Driver in 2001). Now Games Week covers eight days with Games Day itself long firmly fixed on the first Saturday in August.



'Tiptoppers' probably 1953

It owes its continuing success to a dedicated committee. That put in a great deal of hard work, along with support from the whole village as well as the generosity of local hotels, shops, sports clubs and other local organisations and individuals.

Here are a few examples of childhood memories of the games in the period after the First World War. Mrs Charlotte Johnson recounts visits to the Games as part of her family's annual summer stays in Gullane after World War I: 'The Gullane Games were held in a field opposite the Marine Hotel, and after the Games it was the custom to visit the Shows. The Cadona family had come to Gullane for many years before that and were always welcome with their Swing-Boats and Merry-go-Round and side shows. There was a steam organ, and the mechanical things were driven by Puffing Billies which also pulled the caravans.'

Bob Hunter and Allan Campbell recounting their childhood mention a colourful-sounding caddie: 'Glesca, who arrived annually in June, took up residence in a disused pigsty on the Goose Green, He carried clubs daily. Dressed as a clown he entertained

spectators at the Gullane Games, and just disappeared in September to the following year.'

Mrs Peggy Huish recollected of her childhood in the 1920s that; 'The greatest day of the year was Games Day – a real children's day. We would walk to Gala Law Quarry to meet the band and march behind the players and standard carriers to Goose Green, our mugs tied round our necks with tape. Then started the races. When finished, we were given our poke of goodies and a mug of milk. To complete our day was the Fancy Dress Parade. There used to be so many dressed-up lorries and the children were lifted on and driven to Muirfield to what was then the Sick Children's Home to let the children see all the fancy dresses. Of course, to complete our week there were the shows. When the Cadona family came to Gullane with the shows, they were very good to the village children and also to the sick children at the home. The old Games Day seems to have disappeared as then it was really a children's day.



Street fancy dress parade 1990

Below are a couple of extracts from newspaper articles on some of the earlier editions of the Games. The first is from 1880 and the second 1913.

Compiled by Jon Kinna with help from Anne McCarthy of G&DHS.

**From the Haddingtonshire Courier and East Lothian Advertiser**

**Friday 16 July 1880**

**Gullane**

Annual Games

The Annual athletic games came off here on Friday last, under the management of the Games Committee – the day's sports being wound up with a ball at the hotel in the evening. The Penston wind band was in attendance during the progress of the games and discoursed some excellent dance and other music. The place is at present filled with visitors, who contributed largely to the success of the event by their subscriptions.

**Extract from the East Lothian Courier, 8 August 1913**

**GULLANE**

**ANNUAL GAMES**

**GOOSE GREEN**

**Friday 15 August at 2 pm**

All open events for people within 5 miles including five-a-side football.

Grand Fancy Dress and Cycle Parade

Exhibition of Dancing by the

Royal Allandene Troup of Speciality Dancers

Judges: Sydney Mitchell, Henry Lawrie and Crawford Leslie.

Starters and handicappers: Peter Park and James Kerr Snr.

Musselburgh and Fisherrow Prize Band

Games Annual Dance at 10 pm in the Public Hall

with Murray's String Band

**James Addison**

Hon. Secretary, Ormiston Cottage



2009 events



Organising committee 2005



## Gullane Area Community Council



The Gullane Area Community Council meets on the last Thursday of the month rotating the venues with Gullane, Aberlady and Dirleton.

The **next meeting is on Thursday 31st August at 7pm in the Gullane Recreation Hall** to which all members of the public are welcome.

The agenda for meetings can be found on [www.gaddabout.org.uk](http://www.gaddabout.org.uk)

- \* We are pleased to report that the Gullane Village Association has been awarded funding for sewing machines & an overlocker to support their new sewing initiative.
- \* With funding from the North Ber-

wick Area Coastal Partnership the Community Council has two Digital Speed Indicators, one as you enter from the west and the other as you leave the village going east.

- \* Double yellow lines have also been painted at the bend on East Links Road to assist delivery and emergency vehicles gaining access.
- \* Additional cycle racks are planned including one near the library which is to be installed soon.
- \* Three new seagull proof waste bins are soon to be trialed in the village.



## Interested in learning to machine sew?



Several of the GVA trustees were heavily involved in making scrubs & gowns for the Sick Kids hospital during lockdown and were part of the amazing group of women know affectionately as the 'Gullane Scrubbers'.

We have also been involved in making costumes for the Gullane Panto. We are all amateur sewers with varying degrees of knowledge but would love to start to pass on our expertise to get folk sewing for

themselves.

With a very grateful grant from the Gullane Area Community Council, as discussed above, we will shortly be able to equip ourselves with new sewing machines and an overlocker.

If you would be interested in learning how to sew, please drop us a message on [gullanevillageassoc@gmail.com](mailto:gullanevillageassoc@gmail.com) or pop in to see us on Tuesdays between 11-2pm so that we can keep you informed when we get classes and drop in sessions organised.

## Gullane Beach Cleans

Beach cleans are weekly on a first Sunday of the month 10am - 12pm from 3rd September.

Meet at the notice boards in Gullane Beach car park.

Gloves, bags and pickers provided.

Email:  
[gullaneecogroup@gmail.com](mailto:gullaneecogroup@gmail.com)  
Facebook:  
[@GullaneEcoGroup](https://www.facebook.com/GullaneEcoGroup)





## Empowering Sustainable Travel: Share your views about active and sustainable travel.

The GVA are delighted to have been asked to host this event. Please come along and join us.

### When:

**12pm-2pm Sat 16th September**

### Where:

#### Gullane Recreation Hall

We are happy to introduce the Sustaining Choices project, an exciting initiative aimed at promoting sustainable transportation and fostering a greener future for the North Berwick Coastal Ward Area.

This innovative project is proudly led by the North Berwick Area Partnership's On the Move group and supported by PAS (Planning Aid Scotland), with funding provided by Smarter Choices Smarter Places.

### What is Sustaining Choices?

Sustaining Choices is dedicated to supporting more people to walk, wheel, cycle and use public/sustainable transport. We will develop an Active and Sustainable Travel Action Plan tailored to the North Berwick Coastal Ward Area. This comprehensive plan will serve as a roadmap to enhance active transportation options and minimise our carbon footprint.

### Share Your Views

We invite you to join us for an engaging session at the **Gullane Recreation Hall on Saturday 16th September from noon to 2pm**. This event will provide a platform to gather valuable insights from residents and travellers in the area. Food will be provided, so please let us know of any dietary requirements. There will also be an opportunity for children to share their views, so please bring them along too.

### How To Get Involved

You can participate in several ways:

**1. Sign Up:** Register your interest and secure your spot by signing up here:

<https://shorturl.at/hnsSW>

or email [erin@pas.org.uk](mailto:erin@pas.org.uk).

Your involvement will contribute significantly to shaping the future of sustainable transportation in our community.

**2. On-the-Day Attendance:** If your schedule is tight, don't worry! You can simply drop by the hall on the event day and join the conversation.

**3. Complete our survey:** If you can't make the event, please complete our survey here:

<https://forms.office.com/e/G9p1ae8dAR>

This collective input will be the cornerstone of the community's action plan. Your valuable insights will serve as the basis for developing impactful actions that will drive sustainable transportation choices.

Let's come together to create a community that prioritises sustainable travel for a greener, healthier future!

### More Information

For more information about the Sustaining Choices project, please visit our webpage at

[www.pas.org.uk/what-we-do/sustaining-choices](http://www.pas.org.uk/what-we-do/sustaining-choices)

Sustaining Choices is supported by the Smarter Choices, Smarter Places fund. For more information

please contact [erin@pas.org.uk](mailto:erin@pas.org.uk)



## Health & Well Being

### Leuchie House



#### 2023 Gourmet Golf Day

Thursday, 21 September 2023

	Price
<b>Team Entry</b> (1 registrant) Teams of 4 players	£1,000
<b>Title Sponsor</b> (1 registrant) Includes 1 x Team of 4 players	£2,500
<b>Hole Sponsor</b> (1 registrant)	£500



Leuchie House is a national respite charity dedicated to supporting people living with a long-term neurological condition, such as stroke, MND, MS & Parkinson's, whilst also allowing their wonderful carers, a break.

In addition, we're now supporting people on a weekly basis in their homes in the local community, have opened 2 fully accessible self-catering holiday homes and are introducing our guests to technology that can help them live more independently.

This is only possible thanks to the support of wonderful individuals, groups and supportive businesses.

We will hold our **Gourmet Golf Charity Day at The Renaissance Club on Thursday 21st September 2023.**

We are so grateful to the golfers and The Renaissance Club, however, your support would be so very much appreciated also.

You are invited to join us on Thursday, 21st September 2023 (tee off time -

1.00pm Shotgun Start), to play in our charity golf day with a difference. Teams will play 18 holes at this iconic club, whilst enjoying the very best of East Lothian gourmet food and drink at taster stations across the course.

All funds raised will go directly towards supporting people living with the long term effects of a neurological condition such as multiple sclerosis, Parkinson's, motor neurone disease and stroke through dedicated respite breaks, which also provide an essential break for carers.

If you, or your company are in a position to sponsor a hole, or donate an item for the auction, please email [angela@leuchie.org.uk](mailto:angela@leuchie.org.uk) or call **01620 614068.**

Without the incredible support and kindness we receive, we could not continue to welcome our guests.

[www.leuchiehouse.org.uk/our-events/gourmet-golf-day](http://www.leuchiehouse.org.uk/our-events/gourmet-golf-day)

Thank you from the whole team at Leuchie!

### Volunteering with the NHS

**To find out more**  
Call Laura on 07813 010332  
[volunteer.enquiries@nhslothian.scot.nhs.uk](mailto:volunteer.enquiries@nhslothian.scot.nhs.uk)  
[www.nhslothian.scot/GetInvolved/Volunteering](http://www.nhslothian.scot/GetInvolved/Volunteering)



East Lothian Community Hospital is a six ward hospital with an outpatients department, shared therapies department and procedure rooms. There are opportunities for volunteers as **Welcome Guides** Monday to Friday 8.30am-5pm supporting patients and visitors to find the right part of the hospital and to settle in. Volunteers can also become a **Ward Helper** from 9am-8pm seven days week. Support focuses around mealtime and providing patients with company in their private rooms or in the ward day room.

There are also opportunities to volunteer as a Meaningful Activity Volunteer on the Oaktree Ward. The Oaktree Ward is for patients aged 65+ with psychiatric conditions. There are volunteering opportunities Monday – Thursday, both morning and after-

noon. Meaningful Activity Volunteers will work alongside the Activity Coordinators on the ward.



**Join our Volunteer Team**  
**Make a difference**



**Ward Helpers Needed**  
East Lothian Community Hospital, Haddington  
Give a couple of hours each week  
Support people in your local hospital  
Try something new

Full training and support given by our dedicated  
Voluntary Service Team

**To find out more**  
Call Laura on 07813 010332  
[volunteer.enquiries@nhslothian.scot.nhs.uk](mailto:volunteer.enquiries@nhslothian.scot.nhs.uk)  
[www.nhslothian.scot/GetInvolved/Volunteering](http://www.nhslothian.scot/GetInvolved/Volunteering)

## Carers of East Lothian

At our GVA Dementia Friendly Café event we were told about the wonderful work of Jess and her team at Carers of East Lothian and thought it really useful to share with you all as so many of our community are carers.

### Are you a Carer?

If you are looking after someone who is frail or who has a long-term condition, disability or mental health problem, then you are a carer. Likewise if you are bringing up a disabled child. Caring for someone can be rewarding but it will also have an impact on your own health, your finances, and the other relationships in your life.

Giving up paid work, having to help someone with personal care, dealing with professionals on their behalf, feeling "on call" all the time and seeing someone you love struggling due to a health condition are just some of the situations that you might have to face. Getting practical advice and emotional support can make all the difference to your ability to cope, as one carer recently told us; **'Having someone to talk to at times of distress was life saving'**.

You may not see yourself as a carer as you are just getting on with things but you do have some rights, including the right to access local information and advice, support to complete an Adult Carer Support Plan, and to be involved in care planning for the person you care for.

**Carers of East Lothian is an independent charity that provides information and support for carers.** We aim to support all adults in a caring situation in East Lothian to get information and services to help their individual caring role, enhance their own wellbeing and strengthen their collective voice to improve services.

We offer:

- \* Experienced Carer Support Workers to talk to in confidence who can also help you to complete an

Adult Carer Support Plan to look at what support you might need in your caring role

- \* Information on all aspects of social care and guidance on accessing other relevant services
- \* Assistance with claiming welfare benefits
- \* Help with setting up a Power of Attorney
- \* A COSCA recognised Counselling service delivered by counsellors who are experienced with working with carers
- \* Support to arrange breaks from caring, including through our Time for Me grants
- \* Carer support groups, workshops and social events
- \* Opportunities to have a say in how local services are run, including through our Carers' Panel and our new Forum for carers of people with complex needs

All of our services are free, confidential and are available to carers over the age of 18.

Visit our website to find out more:

Carers of East Lothian website [www.coel.org.uk](http://www.coel.org.uk) and get in touch on 0131 665 0135 or [centre@coel.org.uk](mailto:centre@coel.org.uk)



Lifeline for carers. The support groups are a chance to share information and talk about problems.



### Other useful links:

[www.coel.org.uk](http://www.coel.org.uk)  
[www.eastlothian.gov.uk/info/210577/carers](http://www.eastlothian.gov.uk/info/210577/carers) Information for carers from East Lothian Council

[www.mecopp.org.uk/](http://www.mecopp.org.uk/) Support for BME carers and carers from other marginalised communities.

## Supporting people who care for family and friends



## How can Occupational Health help you?



### Contact Details for Occupation Matters

#### Morven McLelland

Mobile 07939 511161

Email enquiries@theindependentoccupationaltherapypractice.co.uk

Website

www.theindependentoccupationaltherapypractice.co.uk

Are you or someone you know struggling to live life to the fullest? This could be due to physical or mental health problems, environmental or social challenges, disability or age, then an occupational therapist may be able to assess and advise on ways to make life easier and more fulfilling.

Occupational Therapy can help you live your best life, whether this is at home or at work, it could be for example, simply help to continue with your favourite leisure activity when you are not, for whatever reason, as able as you used to be perhaps due to illness or injury.

An Occupational Therapist is registered and fully trained in this science based, health and social care skill and must be registered with the Health and Care Professions Council (HCPC) to practice. They have knowledge of the best available support, equipment and care to work on an individual basis to best improve the quality of life and attain manageable goals for each person they work with.

For some it may be support to rehabilitate and gain independence but for others, say those with a long term illness or condition, an Occupational Therapist could assess and advise on ways to support someone who may then be able to stay in their own home avoiding hospital admission, if there was no medical requirement for this.

Occupational Therapy services can be accessed free of charge through the NHS or local council, however there are sometimes lengthy waiting lists for assessments often delaying the rehabilitation process.

Occupation Matters is an independent occupational therapy practice based in Gullane offering the following services

- \* Assessment and functional rehabilitation
- \* Advice on equipment and adaptations to support independence
- \* Assessment and advice on moving and handling
- \* Training for carers
- \* Advice on housing solutions

## Achieving Optimal Fitness and Well-being Through Strength Training

In a world increasingly focused on fitness, strength training has emerged as a powerful tool for individuals of all genders to enhance their physical and mental well-being. Contrary to conventional beliefs, the benefits of strength training extend beyond gender boundaries, offering both men and women a pathway to improved health.

Strength training, often associated with building muscle and increasing physical strength, offers a plethora of advantages that extend beyond the surface. For men, this form of exercise aids in boosting muscle mass, enhancing bone density, and even supporting hormonal balance. Meanwhile, women, who might have once shied away from lifting weights due to misconceptions, are discovering its myriad benefits. Engaging in strength training helps women develop lean muscle mass, accelerate metabolism, and promote long-term weight management.

Furthermore, both genders experience shared benefits, including improved joint health, enhanced overall body strength, and a reduced risk of age-related muscle loss. Additionally, strength training plays a crucial role in increasing metabolism, fostering better posture, and enhancing mental resilience, thus underlining its holistic impact on well-being.

In a time when wellness is paramount, embracing strength training breaks down gender stereotypes and empowers everyone to take charge of their health journey. Remember, strength knows no gender – it's a universal key to unlocking vitality and a healthier life. So, whether you're a man or a woman, consider integrating strength training into your routine and witness the transformative effects firsthand.

Contact local Brendon if you are interested in his service.

**Xplosive Fitness**  
Premier mobile personal trainer service

**Brendon Hart**

DipPt, SMT, EKI, RMT, MBF, MLBP, TFW1, TFW2

☎ 0776 495 0493

🌐 www.xplosivefitness.co.uk

✉ info@xplosivefitness.co.uk

## Dementia Awareness Week: June 2023

A big 'Thank you' from Dementia Friendly East Lothian to Gullane Village Association, Gullane Library and Gullane Day Centre.

Together we organised 3 events to raise awareness about dementia and brain health for Dementia Awareness Week. People popped in to find out more about dementia, how to find support and advice and enjoy books, cake and a quiz! We also talked about what support people might need.

Dementia is a name for a range of conditions that damage the brain, causing a decline in the ability to think, reason, communicate and remember. It can also be linked to a wide range of symptoms, from problems with vision, digestion, behaviour and mood. Everyone's experience of dementia is unique.

Dementia is not a 'natural' part of ageing. Alzheimer's is the most common dementia, followed by Vascular dementia and dementia with Lewy bodies. An estimated 2,104 people in East Lothian have dementia and this is likely to rise to 3531 by 2040 - a 68% increase.

There's no cure for dementia - yet! But we know that quality of life for people with dementia and carers and families is greatly improved when people stay

active and connected - dementia friendly communities can make a real difference.

As we know more about dementia and brain health, there is a greater focus on preventing dementia, for example, reducing social isolation, promoting good physical and mental health and reducing air pollution.

Thank you to everyone who came along.

If you'd like to know more, please contact Sue on [Sue@dfel.org.uk](mailto:Sue@dfel.org.uk) or mobile **07727883881**



## Aberlady and Gullane Parish Church

Everyone is welcome to join us at our services at 9.45am in Gullane and 11.15am in Aberlady every Sunday, except the first Sunday of each month when we have a joint service at 10.30am, alternating between the two churches.

The joint service on 3rd September is in Aberlady.

Please see our Church notice board or website for details.

The children meet in Gullane for JAM (Jesus and Me) Club during the morning service. Older children (P4-7) are

invited to EJAM in Gullane on the first Sunday of each month at 5.30pm.

We hold a community coffee morning every Wednesday, 10.30 - 12 noon in the church centre. All ages are very welcome to join us.

Website [www.aberlady-gullaneparishchurches.org.uk](http://www.aberlady-gullaneparishchurches.org.uk)

Email [agpcsecretary@outlook.com](mailto:agpcsecretary@outlook.com)

Childrens activities email [agpcil-dren@gmail.com](mailto:agpcil-dren@gmail.com)

Facebook

[@aberladyandgullaneparishchurch](https://www.facebook.com/aberladyandgullaneparishchurch)



# Gullane Day Centre

## Volunteers Needed



Thanks to all our volunteers we really appreciate all your efforts.

Toot toot to Bob and Ian Paterson for doing lots of extra driving duties recently. Always ready to oblige on bus trips and transporting our members safely to our centre.

If you have a few spare hours to assist in transporting our member to and from the centre please get in touch with Margaret Mack.

I would also like to thank everyone who has supported us on our fundraising and donations. Our golf tri-am was a huge success. Thanks to the Giddy Goose Supper Club for their kind donation and Agnes Durie for her annual plant sale. These donations help keep our transport on the road. So thanks from all at Gullane Day Centre.



## Local Small Ads



**SERVICES PROVIDED:**

- Assessment & Functional Rehabilitation
- Assessment & Advice on Equipment & Adaptations
- Assessment & Advice on Moving & Handling
- Advice on Housing Solutions
- Training for Carers

0793951161  
enquiries@theindependentoccupationaltherapypractice.co.uk  
www.theindependentoccupationaltherapypractice.co.uk


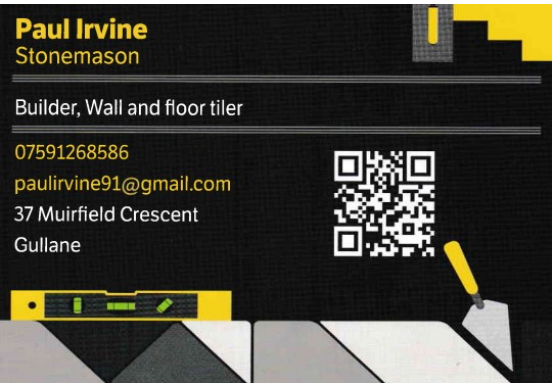
**Paul Irvine**  
Stonemason

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Builder, Wall and floor tiler

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07591268586  
paulirvine91@gmail.com  
37 Muirfield Crescent  
Gullane





**Maple Cottage Bed & Breakfast**

Modern ground floor ensuite rooms.

**Gullane View Apartment**

2 bedrooms - dog friendly  
www.maplecottagegullane.com  
Tel 01620 843929.



**M Morag Alexander**  
SCHOOL OF DANCE


Dance Classes Held In

**GULLANE RECREATION HALL**  
**THURSDAY**

---

**GULLANE VILLAGE HALL**  
**FRIDAY**

www.moragalexander.co.uk info@moragalexander.co.uk 0131 665 2223 Scan For Timetable



FIRST CLASS FREE



**Want to get your business advertised in the next newsletter?**

Over 1,500 newsletters are delivered to local households and posted on social media.

**The new fee of £40 goes towards the cost of publication.**

Email [gullanevillageassoc@gmail.com](mailto:gullanevillageassoc@gmail.com) by 24th October 2022

## Gullane Day Centre

Throughout the year, Gullane Day Centre runs a magnificent facility for the older people in the area. In this purpose-built accommodation with paid staff and volunteers in a cheerful and caring atmosphere, every effort is made to improve the well-being and welfare of those who may be frail, isolated or disabled.

At the moment, the Manager, Margaret Mack and her staff, have 46 people on their books, all receiving different levels of help, from attending the centre to having their messages and meals delivered. The friendly staff encourage them to join in musical and entertaining activities and to celebrate together.

Money raising events are organised by the Trustees under the chairmanship of

Ken Wright.

A very enjoyable recent Tri-Am competition on Gullane Golf Course raised around £1,700 and Dr Durie raised £1,000 by selling plants. Many thanks to all those who helped.

Volunteers are always needed for all sorts of help: befriending, serving food, joining in with activities, bus driving, etc. The cheerful and helpful atmosphere of the centre effects all those involved.

For more information see

[gullanedaycentre.co.uk](http://gullanedaycentre.co.uk).

[gullane.dc@btconnect.com](mailto:gullane.dc@btconnect.com)

Telephone: 01620 843084

*One of the volunteers organised a trip to the local bowling green. Thank you!*



## Gullane Library

It's been a busy summer for the library with our Summer Reading Challenge, we had a record number of children signing up this year which is great! Everyone who completed the challenge got a certificate and a book to keep.

September tends to be a quiet time, the festivals are all finished and the kids are back at school so we have decided to go 'UNDER THE SEA' in Gullane Library for the whole month. Pop in for colouring in, scavenger hunt and of course lots of adult and child sea themed books to borrow.

**Code Club** starts again in September, booking for this is essential and sessions are every Friday from 2pm-3pm and 3pm-4pm. **Lego club** is also running during this time, no need to book for this though, just drop in.

Just a wee reminder to parents of babies and toddlers that we are running a Saturday **Bookbug** session at 10.15, booking is through the library. This is in addition to our very popular Tuesday session at 11am.

Looking forward to seeing everyone as we head towards Autumn.

Lorraine, Jackie and Rosie

### Opening Hours

Monday, Tuesday and Friday 10am-1pm and 2pm-5pm

Saturdays 10am-1pm



## What's on in Gullane Village Hall



### Shine a Light on the Village Hall

The Village Hall has gone through an extensive development programme over the past few years to ensure the building and its facilities continue to meet the needs of the community and all the many types of classes, activities and events that take place there.

Next on the programme is a major upgrade to the lighting system in the main hall.

If you've used the hall in the past, either organising or attending an event, the hall trustees would love to get your thoughts on how the lighting could be improved.



Our vision is for a flexible system that will work for all the hall's users and events for years to come, so feel free to think ahead!

Please send your ideas and comments to [gullanevillagehallbookings@gmail.com](mailto:gullanevillagehallbookings@gmail.com).

If you're looking for a space for a party, fundraiser, a regular class or any other type of event, we'd

love to hear from you too. Drop us an email or visit

[www.gullanevillagehall.org.uk](http://www.gullanevillagehall.org.uk) to find out more

about the hall's facilities and availability.



We are an associated club of Table Tennis Scotland and Table Tennis East Lothian



### Gullane Community Table Tennis Club

We are a friendly village club that always welcome new players so please join us most **Wednesday evenings in the Village Hall between 6.30pm to 9.00pm**. Between 6.30-8.00pm we play doubles and

after 8.00pm its singles. Do come and give it a go!

Our free Family Sunday afternoons start again at the end of October. Balls and bats supplied and accompanied children welcome. These are open sessions for all.

Dates: Sunday October 29th 2:30-

4:00pm, Sunday 26th November 2:30-4:00pm

Our Christmas Holiday Family Afternoon will run on Thursday 28th December 2:30-4:00pm.

For more information about the club please check our website for dates and details:

[www.gullanetabletennis.club](http://www.gullanetabletennis.club)

We are an associate club of both Table Tennis Scotland and Table Tennis East Lothian.

### Little Big Screen



@ Gullane Village Hall

It's been another successful & enjoyable year for those attending Little Big Screen..

For those who are new to the village and will not, therefore, have experienced our wonderful community cinema, we hope that you will join us at our next screenings and enjoy the relaxed, fun experience.

We host films in the Village Hall with café style table seating—BYOB and nibbles. Coffee & teas free of charge.

Doors open at 7.30pm for 8.00pm  
Donations taken on arrival.

**2nd September** - What's Love Got to Do With It?

**14th October** - The Unlikely Pilgrimage of Harold Fry

**4th November** - tbc

**2nd December** - tbc

**Facebook:** [littlebigscreen.gullane](https://www.facebook.com/littlebigscreen.gullane)

**Email contact** [@littlebigscreen.org](mailto:contact@littlebigscreen.org)



## Sewforth

We are a group of Sewing and Textile Art enthusiasts who wish to share ideas and techniques with as many interested people as possible.

We enjoy meeting others with sewing and craft interests, so please come along and join us. We regularly have hands on mini workshops which everybody can take part in.

We meet in Gullane Village Hall which is situated on Hamilton Crescent, where you can find parking directly outside. Everybody Welcome.

Our next meeting is on Saturday 2nd September at 2pm - We will be stitching into hessian using various colours of embroidery thread, assorted fabrics and adding embellishments.

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





**East Lothian's Stitching and Craft Group**

**Come and join Sew Forth on the 1st Saturday of each month in Gullane Village Hall (unless otherwise notified) 2 - 4pm and be inspired in a fun and creative way.**

Hall Crescent,  
EH31 2HA,  
East Lothian



Winning entry from our recycled accessory competition

**Annual Membership £26pp  
September 2023 - June 2024  
Non members £5 each  
Refreshments inc**



Designing our own luggage labels

Having fun with yarn



Ere Form

Everyone Welcome

www.sewforth.org.uk

## JKA Bass Rock Karate

Mondays - Gullane Village Hall - 6-7pm beginners age 6 - 10

7.15 - 8.15pm from 10 years all ages and grades

8.15 - 8.45pm brown and black belts only.

Wednesdays - Dirleton Kirk Hall

5.45-6.45pm family class coloured belts only

7.00-8.00pm brown and black belts only

[www.jkabassrock.com](http://www.jkabassrock.com)



## Line Dancing

Fun & energetic line dance classes, learning up to date dances, to a mixture of country and chart music.

**Tuesday 7.30 - 9pm at Gullane Village Hall.**

For more details email [linedancinggullane@gmail.com](mailto:linedancinggullane@gmail.com)



## Dates for your Diary

Further details of all events can be found on individual organisation's Facebook pages and websites. Please check details with organisers as all events are subject to change.

### Gullane Apple Festival



We are hoping to bring Gullane Apple Festival back again this year on **Sunday 1st October, 2-4 pm in the Village Hall.**

We would love you to join us for apple pressing to make juice you can take home, and for teas and coffees with homemade apple treats.

#### **But we need your help to do it!**

Without some more help the festival will not be able to run. If you can help on the day, for as little as an hour, with

any of the following, please get in touch: setting up the hall, making teas and coffees, apple chopping and juicing, tidying up.

And of course please bring along any apple-based baking or preserves that can be shared at the festival.

If you can help, please contact us via our Gullane Apple Festival Facebook page, by email on [gullaneapplefestival@gmail.com](mailto:gullaneapplefestival@gmail.com) or on **07799417975**

### ✂ Cut out & keep

#### September 2023

Sat 2nd	Sewforth - Gullane Village Hall 2pm
Sat 2nd	Little Big Screen - Gullane Village Hall 8pm (doors open 7.30pm) - What's Love Got to Do With It? 12A
Sun 3rd	Gullane Beach Clean 10-12noon meet at beach car park
Sat 16th	Empowering Sustainable Travel Event - 12-2pm Gullane Recreation Hall
Thurs 21st	Gourmet Golf Charity Day at Renaissance Club starting at 1pm

#### October 2023

Sun 1st	Gullane Apple Festival 2-4pm - Gullane Village Hall
Sun 1st	MRT Big Indoor Market - indoor arena, West Fenton
Sun 1st	Gullane Beach Clean 10-12noon meet at beach car park
Sat 7th	Sewforth Craft group meetings - Village Hall at 2pm
Sat 7th	Ceilidh with Gullane Community Ceilidh Band - Village Hall 6pm
Sat 14th	Little Big Screen - Gullane Village Hall 8pm (doors open 7.30pm) - The Unlikely Pilgrimage of Harold Fry 12
Sun 29th	Family Table Tennis - Gullane Village Hall 2.30-4pm
Sun 29th	PTA Halloween Trail for all ages
Sun 30th	PTA Hallowe'en Train 4pm

#### November 2023

Sat 4th	Sewforth Craft group meetings - Gullane Recreation Hall at 2.45pm
Sat 4th	Little Big Screen - Gullane Village Hall 8pm (doors open 7.30pm)
Sun 5th	Gullane Beach Clean 10-12noon meet at beach car park
Sat 11th & Sun 12th	GVA's Autumn Artisan Fair - Recreation Hall 11am-4pm
Sun 26th	Family Table Tennis - Gullane Village Hall 2.30-4pm

#### December 2023

Sun 3rd	Gullane Beach Clean 10-12noon meet at beach car park
Thurs 28th	Table Tennis Christmas holiday Family afternoon - Village Hall 2.30-4.00pm

# Gullane Village Association

As a committee, we would like to extend our heartfelt thanks to those of you who have donated to the GVA over the last few months. This kindness has allowed us to distribute all of our newsletters free of charge to everyone in the village.

If you would like to support us with this and other forthcoming projects that benefit the village in positive ways, please help us by:

- \* Making a donation, however small
- \* Signing up to the East Lothian Lottery as this gives us regular income & you get a chance to win for just £1 per week!
- \* Donate your time or services - we'd love to hear from you!

### Bank Details:

Gullane Village Association

A/c: 21755961

Sort Code: 80-22-60

### Send cheques:

Krish Bissoonauth,  
GVA Secretary, Gullane Recreation Hall, Hamilton Rd,  
Gullane EH31 2HP

## Autumn Artisan Fair returns - Save the Date!

After such a successful weekend event last year, the GVA is hosting its Artisan Fair on **Saturday 11th & Sunday 12th November from 11am-4pm** in the Recreation Hall.

Teas & coffees will be served whilst you browse and support local talented traders.

We are hoping again to have a wide

selection of stallholders with unique quality items for sale—ideal for Christmas presents.

All funds raised from this event will go to support the newsletter distribution.

Please put this in your diary and pop along to support us over the weekend.



## We've had a few recent winners!!

You may have already signed up to the East Lothian Lottery, but we need many more to help us raise the funds to contribute toward on-going community projects.

East Lothian Community Lottery is an exciting weekly lottery that raises money for good causes in East Lothian. All good causes supported by the lottery will benefit East Lothian and its residents.

**Tickets for the lottery cost just £1 a week.** Each ticket has a 1 in 50 chance to win a prize each week, with a **top prize of £25,000!** That's a better chance of winning than the National Lottery or the Health Lottery.

Each ticket has six numbers and each number is between 0 and 9. There will be a **draw every Saturday night** when a six digit winning combination will be picked.

To start supporting us, visit: **www.eastlothianlottery.co.uk** and search for: **Gullane Village Association**



**GULLANE**  
VILLAGE ASSOCIATION



## Can You Help Your Community Grow?



**Make a real difference to where we live**  
Buy A Lottery Ticket & Support Us From £1 A Week

- By giving a little you will help out a lot!
- £1 a week means our cause keeps going
- Buy a chance at a prize and know you're making a difference
- Win by helping us to drive change in our community

To start supporting, visit:  
**www.eastlothianlottery.co.uk**  
and search for: **Gullane Village**





*Developing,  
enhancing &  
connecting the  
village  
community*



## How to get your organisation or advert included in the November newsletter?

We issue the Gullane Village Newsletter quarterly and will be working to the deadline for the next copy of: **16th October 2023 (delivery mid November)**

Articles should be a maximum of 100 – 200 words, with photo or logo if possible, and should take the form of a news article. Email us at: [gullanevillageassoc@gmail.com](mailto:gullanevillageassoc@gmail.com).

Please see our Facebook page or website for updated information.

We will also be looking for events to include in our 'What's On' section and entries for 'Vacancies & local Volunteers'

## Would you like to hire the GVA's Recreation Hall or our XL Gazebos?

Are you looking for a hall to hire for a group, meeting or children's party? Then how about considering the Recreation Hall, situated just behind the Gullane tennis courts.

The hall hourly rates are currently £15 for not-for-profit organisations or individuals and £20 for businesses. Check out availability on our on-line diary at the GVA website & send for a booking form to:

[gullanevillageassoc@gmail.com](mailto:gullanevillageassoc@gmail.com).

Our XL gazebos are available to hire per day for 1 gazebo £30, 2 gazebos £50 & 3 gazebos £70.



## Why not become a member of the GVA?

Membership is open to any permanent resident of Gullane & West Fenton over the age of 16. All you need to do is send us an email with your details, post a note or sign up on our website.

All details will be held confidentially by the Secretary in accordance with GDPR. Members event get together to be announced shortly!

**Interested in helping the GVA committee, forming a sub-group or having your group represented? Then please get in touch with us below:**

**You can keep up to date online with the GVA or contact us on:**

**Website:** [www.gullanevillageassoc.com](http://www.gullanevillageassoc.com)

**Facebook:** [www.facebook.com/GullaneVillageAssoc](https://www.facebook.com/GullaneVillageAssoc)

**Twitter:** [twitter.com/assocgullane](https://twitter.com/assocgullane)

**Instagram:** [www.instagram.com/gullanevillageassoc](https://www.instagram.com/gullanevillageassoc)

**Email us at:** [gullanevillageassoc@gmail.com](mailto:gullanevillageassoc@gmail.com)



**Mail:** Krish Bissoonauth, GVA Secretary, Gullane Recreation Hall, Hamilton Rd, Gullane EH31 2HP