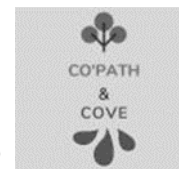







Community Pathway Newsletter, November & December 2022

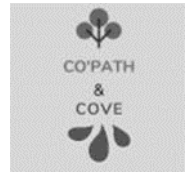


This newsletter is all about celebration. Celebration of the events we have had and events to come in the next two months. So, let's look at the **past events** and the results:

<p>Painting without Fear with Gill Waugh Our Thanks to Gill and all who attended and made the weekend such a success! We are looking at a repeat of this course, and a part 2 course. Anyone interested in part 1 to contact me? Details below.</p>	<p>The Allotment and Community Garden Open Day The afternoon was a very successful and there were several Residents (young and older) and new faces who enjoyed the celebration. The Polycrub was officially opened, with marsh mellows being toasted at the firepit and the Community Garden enjoyed the apple harvest with being pressed to make delicious juice.</p>	
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Future Events:

<p>Autumn Artisan Craft Fayre Saturday 12th November 10am - 2pm at Cockburnspath Village Hall. Bringing together a range of Crafters from Soaps to Candles, Glass ornaments to Dog accessories and much more. A great way to start your Xmas shopping. Cafe open all day. Tombola, Raffle, Lucky Dip plus much more. £1 entry for adults. 50p for children.</p>	<p>Time of Reflection or Time to Remember Service Sunday 6 November at 3pm in Innerwick Parish Church. You are welcome to join this reflective service, which we hope will give you time to reflect on your loss and remember your loved one. We hope that you will feel able to attend. We also have a bereavement care group starting on Tuesday 8 November 2022 at the Church Hall. Contact Rev Suzie Fletcher or my self (details below).</p>	
<p>Other Events in Co'path... November 2 Wednesday Club in Church Hall 6 Service of Remembrance and Reflection 8,15,22,29 – Steppingstones Bereavement Group- Church Hall 9 Cosy Café – Village Hall 12 Autumn Craft Fayre in Village Hall 16 Wednesday Club in Church Hall 23 Cosy Café – Village Hall 30 Wednesday Club in Church Hall</p> <p>December 7 Cosy Café – Soup, Sandwiches and Sweets 10 Pantomime in Village Hall 13 Young and Old Together, Church Hall 11-1 14 Wednesday Club Christmas Party 17 Adult Christmas Party in the Village Hall 21 Cosy Café – Village Hall</p>	<p>Join Foundation Scotland and the Community Council Discuss the Way Forward for the Windfarm Benefit Monies! The Bowling Club – 7pm, Thursday 27th October You are warmly invited to have a conversation with Malcolm Jack, from Foundation Scotland to explain the benefit of assisting the Community Council with completing the checks and balances for all future applications for Windfarm Monies. Come along and get your questions answered and hear what Foundation Scotland can bring to the table for Your Community, Your Windfarm Monies. Refreshments available.</p>	<p>Cockburnspath Scottish Women's Institute All meetings in the Village Hall starting at 7pm</p> <ul style="list-style-type: none"> • November 17th – Christmas Cracker Making with Joyce Luby, bring a rolling pin! • December 8th – Christmas Dinner • January 19th, 2023 – Scotch Night <p>New members most welcome! Further details, Jean Virtue: 01368 830391</p>
<p>The Wind in the Willows by NTC Touring Theatre Company Ltd. Saturday 10th December at the Village Hall – 6.30pm Tickets available from: Sally Carroll - 01368 830482 <i>Would you be willing to volunteer to help on the night? If so, please contact Sally and get your FREE ticket. First come first to volunteer (over 16 years only)</i></p>		



CO'PATH FAMILY SWAP AND SHOP

**Cockburnspath Village Hall
SATURDAY 5 NOVEMBER**

10.30 am -1.30pm

- Have loads of things that would do someone another turn?
- Feeling the pinch?
- Can't stand the waste?
- Don't want to buy new?
- Why not declutter?

Sort it out! Spend very little! Save a whole lot!

These items are welcome: Toys, Games, Crafts, Puzzles, Homewares, Clothes
Pocket money gifts for (friends, family, teachers).
There will also be a clothes rack with coats, uniforms, Christmas jumpers and boxes of good quality hats, scarves and gloves, shoes, wellies if yours have outgrown theirs
What doesn't go will be donated to local charities supporting families in Scotland and Ukraine this Christmas!

HERE'S HOW IT WORKS...

- Bring along what you'd like to swap and pick up something in exchange
- Book at table for £5 (by messaging Village Facebook or Parents WhatsApp group) to sell on the nearly new items!
- Proceeds from tables to put on local events for kids! You keep your profits!

**Entry £1 adults, 50p school age, 5s and under FREE (Max £2/family)
TEA, COFFEE, SQUASH Provided CAKES AND SNACKS (by Donation)**

Co'path Community Shop Update

From Sunday 30th October 2022, Sunday opening hours will shorten for the winter months to **9 am - 3 pm**.
Remember that the Shop is Your Shop so, please consider volunteering. Even a few hours per month can help hugely.
It is good fun and your time will enable the Shop to continue to serve the community from morning to night 6 days per week as well as Sunday opening.
We invite you to call in at the Shop for more information and an application form.

**Bereavement Support Programme
Church Hall, 8th November**

Bereavement is a journey to be travelled and not an illness to be cured or a problem to be solved. Bereaved people need the companionship on that journey of



those who understand loss and grief, and who can give reassurance and support as specific issues are faced. Experience shows there is more that is 'normal' in loss than otherwise. But we also know it's hard for people to find that out in the isolation of their grief

This four-week Stepping Stones programmes are open to all who are living with loss. There is no charge for participation. Because of numbers, it may be necessary to limit participation to only two members from a family – but we can discuss that with you if you choose to be in contact.

There is no right time to come to Stepping Stones because feelings around loss can come and go at any time, but, based on experience, it is better to wait a few months.

The programme is as follows:

Tuesday 8 th November	1. Feelings and possibilities	Rev Suzie Fletcher
Tuesday 15 th November	2. Questions and Reassurance	Assistance and input from a doctor / and nutritionist / health specialist
Tuesday 22 nd November	3. Practical Matters	Assistance and input from a financial specialist – usually from CA (Citizens Advice)
Tuesday 29 th November	4. What next	Assistance and input from someone who has experience of bereavement and the bereavement support team

For more information to sign up, contact: Rev Suzie Fletcher T: E: steppingstonesdunglass@gmail.com