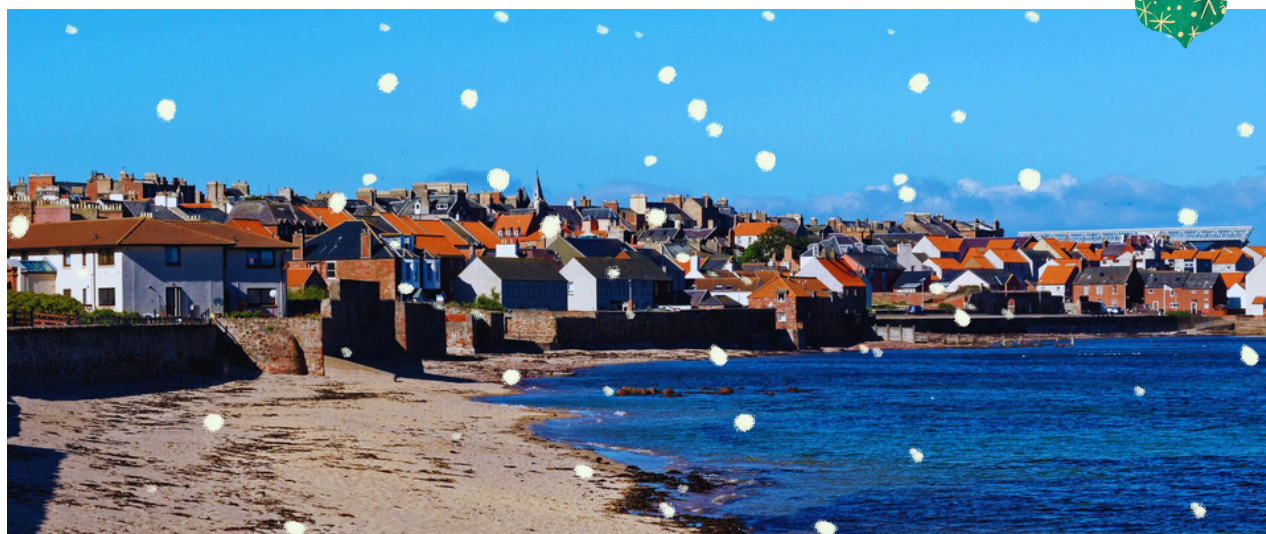


Monthly Newsletter

**DUNBAR AND EAST LINTON
AREA PARTNERSHIP**

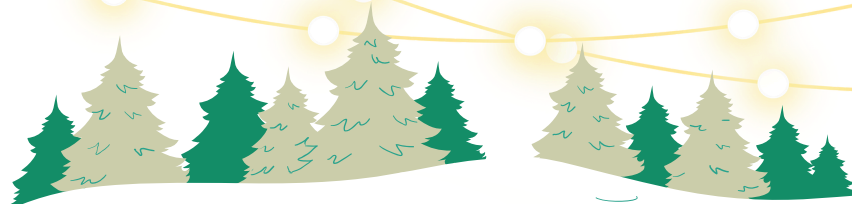
December 2025



Making Life Better *Happy Christmas*

We wish everyone a very Happy Christmas and all the very best for the New Year. In the Dunbar and East Linton Area we have been working hard through many projects, such as the Angel Tree, to make sure that the holiday is a happy time for everyone. Good company and companionship is on offer at Christmas for anyone who feels they would like to join in for a Christmas meal.

This month's newsletter captures some of the local projects that DELAP has been able to support and relates these stories to our Area Plan. Thanks go to all of our third sector organisations who have contributed so much in 2025. We hope that you enjoy learning about some of their plans for the coming year.



DATES FOR YOUR DIARY:

- 12 December – Meet your new Community Police Officer at 11 am at Dunbar Garden Centre
- 26 January – DELAP Business Meeting with East Lothian Council Chief Executive and Head of Communities in attendance. 7pm Bleachingfield
- 23 March – DELAP Annual Meeting 7pm Bleachingfield, open to the public.

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1.To encourage Healthy Eating; To encourage sustainable living

Tynninghame Community Farm

The team of volunteers from our Area cultivate and distribute what they believe to be the best quality vegetables in East Lothian. 70 customers received boxes of fresh produce every week between May and October, and the Community Farm also supplied the community outlet, the Crunchy Carrot, on Dunbar's High Street. The bulk of what goes into boxes is picked on the day.

The Community Farm is planning to deliver to 120 families in 2026, a very positive move towards healthy and sustainable eating.



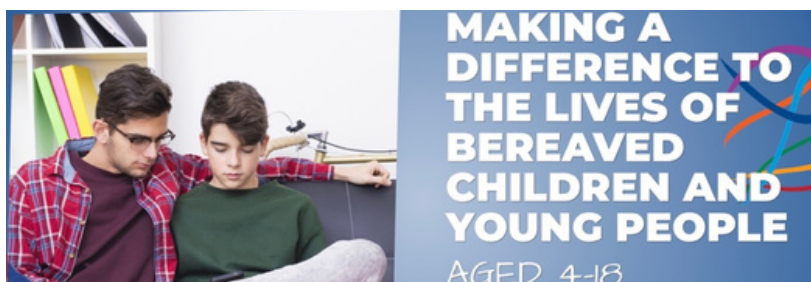
2.To provide support for families; To improve Mental Health

Richmond's Hope

The impact of bereavement on families in our Area is very real, and, as a charity, Richmond's Hope has provided much needed help and guidance to families who often have been knocked sideways by the bereavement.

Two information sessions and two coffee mornings for parents and carers of bereaved children in Dunbar, hosted at a community venue such as the Ridge, will be delivered as a result of the Area Partnership's support. Sessions will be led by Richmond's Hope East Lothian Bereavement Support Team which will provide practical guidance on children's grief, strategies to support young people, and signposting to local resources.

Families will also take part in therapeutic activities such as a "feelings mask," "volcano," and "first aid kit" for grief. The coffee mornings will create peer support opportunities,



reduce isolation, and give carers a safe, welcoming space to share experiences and strengthen family wellbeing.

Annual review of the Area Partnership Area Plan

3.To support projects that promote exercise

Dunbar Harbour Trust

Dunbar is famous for its harbour. As well as its fishing industry, there has been a long tradition of leisure users getting out of their houses to get active on the sea, sailing and angling.

The Area Partnership has supported a project that will replace the chains in Victoria Harbour to make this activity safer for all those concerned.



4.To promote activities, over and above sporting activities



East Lothian Youth Music Forum

The Area Partnership has supported a project to work with young musicians to play music is a way that expresses their feelings and provides a huge boost to their health and wellbeing. Mentors report their role to often be holistic and advisory. The music room is a safe space for vulnerable and disengaged young people.

5. To support Social Care initiatives

Dunbar Carer Support Group (Carers of East Lothian)

The Area Partnership is aware that unpaid carers contribute enormously to making the Area the loving and supportive community that it is. However, the carers themselves have very real and challenging issues to face. A project, supported by the Area partnership will see 15 unpaid carers have the opportunity for regular respite opportunities and a break from their caring role through access to training and information sessions, plus access to social outings and activities. This will reduce potential social isolation and loneliness, improving carers' knowledge and understanding. This will enable them to be more confident in their caring role, and enhance their physical, mental and emotional wellbeing. Carers continually say that getting regular breaks and doing social activities with other carers helps them to continue in their caring role. Being part of a carer support group, is a source of great value to them.

Carers will gain regular opportunities to meet with other carers in a similar situation to themselves, which will create opportunities to establish peer support networks and shared learning through lived experience. Carers will be able to access an on-going programme of group sessions, eg Coping with Caring, Information sessions on Relaxation techniques, Energy Saving session, plus social outings, activities and events. In this way, carers will feel valued and empowered in their role, with an opportunity for their voice to be heard.



Annual review of the Area Partnership Area Plan

6.To support Dementia Care initiatives –

Dunbar Dementia Network SCIO

Every year, families in Dunbar and the surrounding area are burdened with dementia. Those caring for the people living with dementia frequently find themselves increasingly isolated. The charity offers to relieve some of this feeling of isolation through weekly meetings and the organisation of events and outings. The project supported by the Area Partnership is needed to fund the events programme for next year. The exact details of the programme will be determined in the first place by the families themselves. However, it is certain to be as varied and exciting as in previous years, tailored to the needs of the current group.



The major objective is to bring joy into the lives of those living with dementia. This is achieved through the reduction of the feeling of loneliness, the development of camaraderie amongst members, and the new experiences enjoyed when joining in with the outings and workshops.

7.To fight loneliness and remove social isolation

Parish of Traprain

Colourful Connections is a creative, welcoming space for people experiencing memory concerns, early dementia, isolation, or loneliness. The two hour session takes place weekly on Tuesday mornings at Prestonkirk Stables, East Linton. In 2026 the project, supported by the Area Partnership, will run 42 sessions throughout the year.



Through guided art sessions, Colourful Connections delivers early intervention and prevention activities to support brain health and cognitive wellbeing as participants explore painting, drawing and creative expression. It also addresses social isolation by providing a space for new friendships and connections to be made. Sessions are led by a trained artist.

8.To provide debt advice

Dunbar Debt Advice Service

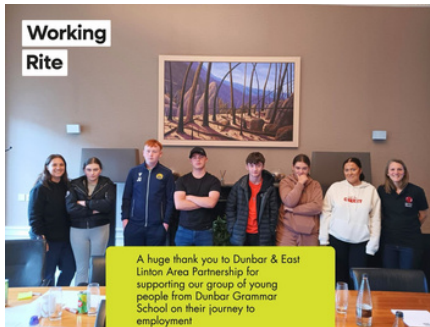
With the support of the Area Partnership, the Debt Advice Service has helped increasing numbers of our community out of their financial predicament, providing free, confidential and impartial advice.

Debt is a stressful and overwhelming issue that can affect people at different points in their lives. Whether the cause is divorce, death of a loved one, job loss, rising costs, or overspending, there is a sympathetic ear ready to listen to anxieties and worries, before offering a path forward, convincing people that they are no longer on their own when facing this problem. This service has made a real difference in the Area, helping many out of poverty.

Annual review of the Area Partnership Area Plan

9.To deliver skills development for the young –

Working Rite



Schooling does not sit easily with all young people, often the disadvantaged or those from challenging family backgrounds. Dunbar Grammar School is keen that such young people should be shown a path to future employment and good citizenship.

Working Rite is a charity working with young people aged 15-25 to create positive choices for what comes next after school. builds connections with employers and create chances for young people to grow their

skills and confidence in working environments. It is committed to coaching young people, engaging their families, carers and communities over a sustained period to create long-term change that will lead them into the workplace.

10. To encourage biodiversity

The Ridge

Over the years The Ridge has turned areas of urban degeneration into places of great natural beauty that encourage biodiversity. The garden around the new building was demolished to allow the construction work to take place and its restoration provides an opportunity for the vulnerable, isolated, or those experiencing poor mental health to engage in activities that promote overall well-being. Through the community garden project, supported by the Area Partnership, Ridge SCIO aims to provide a supportive, inclusive, and therapeutic environment where people can learn, grow, and connect with others.



The project will improve access to both practical and emotional support. Participants will be encouraged to take part in a range of activities that develop essential life skills such as healthy eating, food growing, and self-care. By engaging in these activities, individuals will not only gain knowledge about nutrition and sustainable living but will also build confidence, social connections, and a sense of purpose. We will all enjoy the increase in plant, insect and bird life in the new garden.

11. To promote our area, including the special character of our villages as places to visit

Dunpender Community Council

Working in partnership with East Lothian Council's Amenities Team and the Countryside Rangers, a group of local volunteers will remove the old picnic tables at Traprain and the Pencraig layby, replacing them with new ones. Many people of all ages visit both sites. From 1 April 2024 to 31 March 2025 8,677 people were counted through the carpark gate at Traprain Law. The Pencraig layby is a popular stop-off point for visitors to East Lothian.

Community Policing Update

Festive Safety and a Fond Farewell

We have an important update regarding the Dunbar Community Officer role, coupled with some timely festive crime prevention advice from Police Scotland.

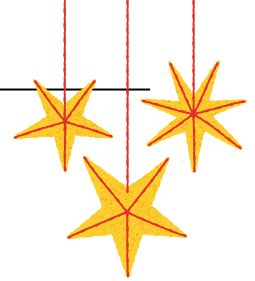
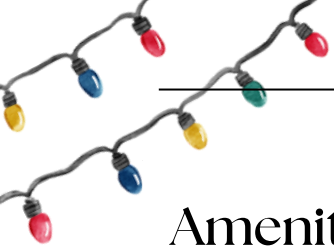
PC Diane Bath will be temporarily stepping into the role of Dunbar Community Officer, taking over from PC Laura Jackson. Diane brings a wealth of experience to the position and is incredibly enthusiastic about serving the local community.

PC Jackson is temporarily stepping away but reflected fondly on her time in the role: "It has been an absolute pleasure and privilege serving as the Dunbar Community Officer. I have thoroughly enjoyed engaging with the residents, tackling issues, and helping to make Dunbar a safer and happier place. I have every confidence that I am handing the role over to the exceptionally safe and capable hands of PC Diane Bath. I wish her all the very best!"

As the holiday season approaches, Police Scotland reminds residents to take a few simple steps to keep themselves and their property safe:

- **Secure your Gifts:** Don't leave high-value items or gifts visible through windows or in unattended vehicles.
- **Home Security:** Ensure all doors and windows are locked, even when you are only popping out briefly. Use your alarm if you have one.
- **Online Shopping Safety:** Be vigilant against phishing emails and check delivery notifications carefully to avoid doorstep theft.
- **"Keep it Tidy, Keep it Safe":** Don't leave tools or ladders lying around outside that could be used by opportunistic thieves to break into your home.

PC Bath is looking forward to meeting residents and discussing any local issues. You can meet her in person at Dunbar Garden Centre on Friday, December 12th at 11:00 am to 1:00 pm. Please take a moment to introduce yourselves to PC Bath



Amenities

With Christmas approaching, we are moving into a quieter time for our Amenities team. Once again, the Area Partnership would like to express its appreciation for a team that has endeavoured at every possible opportunity to help us with our projects, at a time when all financial budgets have been strained. The Area Partnership 2025 newsletters have recorded the many and various improvements that the Amenities Team have made to our towns and villages this year.

Roads

The Area Partnership is grateful to the Council's Roads Team for keeping us informed of their plans and for the many improvements made to our roads during 2025. Most recently, the project identified jointly has been delivered with resurfacing along the Edinburgh Road.

Christmas at the Grammar School

Every year the Parents' Association at Dunbar Grammar School put in a mountain of work to make the Christmas Market a success. The proceeds of the market support the work of the school. Well done to all concerned.



Happy Christmas to you all!

We hope that this month's newsletter has filled you with good cheer.

There is so much good work being achieved in our Third Sector in the Area, and the Area Partnership is delighted to play a small part in this work when it can.

To all our volunteers in the Dunbar and East Linton Area, thank you so much for all you do for us. Have a very Happy Christmas and every success with your ventures in 2026.

THANK YOU FOR READING!