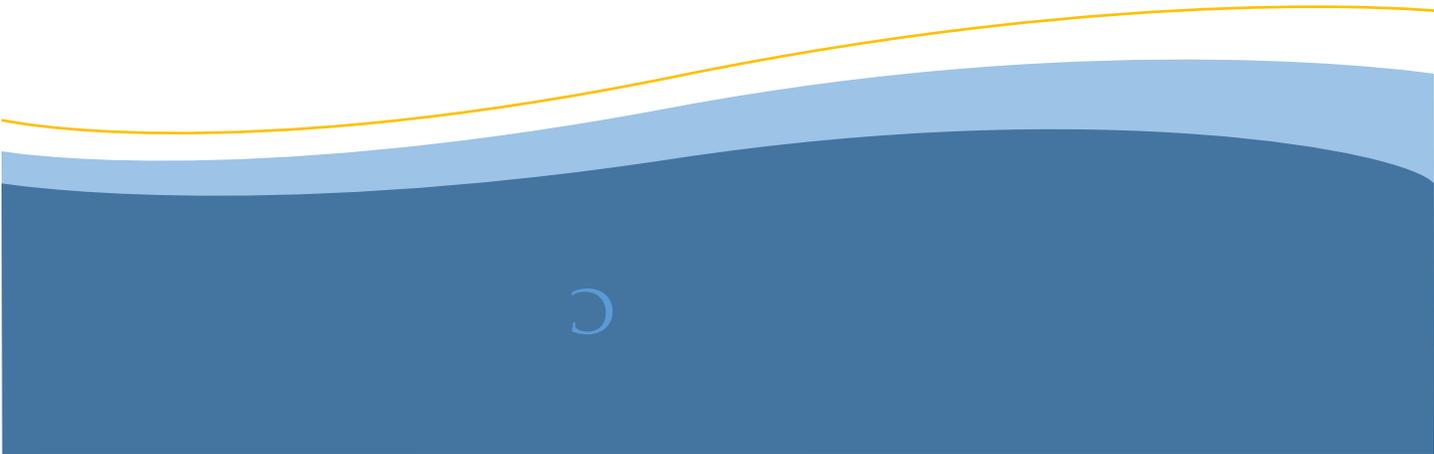


Caledonian Group goes to Berwick



Sam Reddyhoff

Quote Postcards



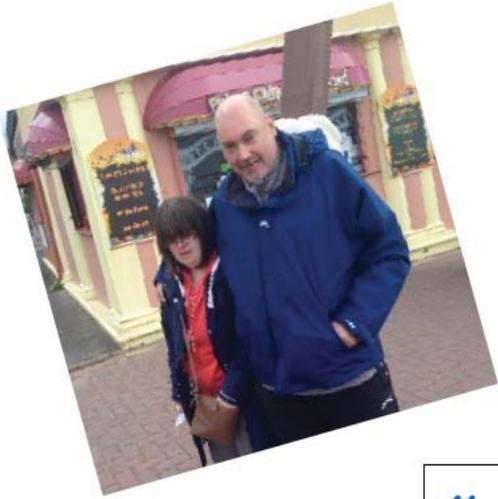


The Day We Went To Berwick

The Group were ready and excited to go
All sat up straight in a row
Laughter and friendship the order of the day
Ken checked all belts, we were on our way
Stopping at Kelso for a refreshment stop
Coffee and scones and a look around the shop
On the bus again, let the chatting begin
With a smile a laugh and Kate starts to sing
Ryan up front with directions in hand
Off to Spittal Promenade Sea and sand
The sun shone and peeped through clouds
Out of the bus and into the crowds
The smell of the sea air blew in our hair
A wee stop at the Arcade a penny, a dare
A snack and a drink was the order of the day
Until the crisp packet flew in the air and blew away
Val chased the packet all over the beach
As it flew and darted and out of reach
It settled in a rock pool, there it lay
Val grabbed it, and the crowd cheered hooray
Off we all went on the bus again for a ride
Off to Berwick and down the quayside
To board the boat for a trip of the day
Steaming ahead over the waves and spray
All smiles on faces as we soared waves

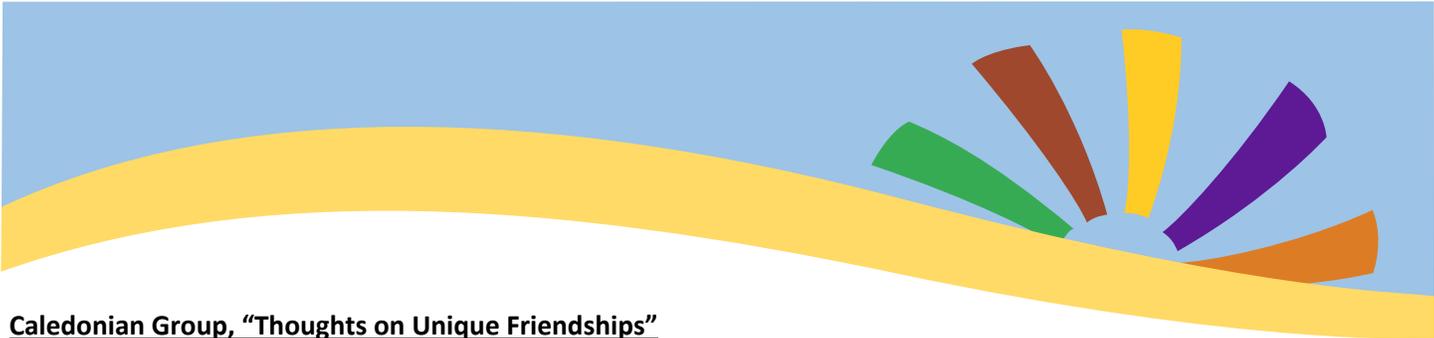
Under bridges and sailing through caves
Learning about history as we sailed on by
In the distance black clouds gathered in the sky.
The clouds gathered and rumbled on
The rain was coming we didn't have long
Before it started and we all got wet
Fun had by all with not one regret
Off we all clambered and on the bus again
All of the group, wet clothes and Ken
Ken drove us through Berwick and off for a cuppa
A warm seat inside and a fish supper
The fish was delightful and fresh to taste
All dishes were cleared with not an ounce of waste
Food hit the spot, thumbs up from us all
The day a success, group had a ball
Homeward bound without a doubt
The great sea air had knocked us all out
Sleeping while the bus trundled home
Dreaming of where we all next should roam.
As we waved bye to Berwick on tweed
A great day out it had been indeed.
Val Reilly





*Holiday Photos
from a lovely day out
at Berwick*





Caledonian Group, "Thoughts on Unique Friendships"

The Caledonian Group is a unique blend of diverse individuals who have met together every month locally for the last 17 years. The group consists of 8 members and 5 volunteers who simply enjoy each other's company. They have respect for each other in many ways. This is evident when they talk about the group, fellow group members and the experiences they share together.

They have many special memories of the time they share together. They are there for each other and chat when they need advice and support. All members have empathy and loyalty for each other, and can't wait till group night comes around and the enjoyment of being in each other's company, the trust in each other and the ability to be themselves when around friends.

The group members emotionally support each other. This in turn ultimately contributes to their own individual mental health and wellbeing. What a wonderful experience where an individual is valued and not judged, and accepted unconditionally within a small group situation.

Overnight stays and days out have tested that theory even further. Caledonian members have chosen to remain friendly with each other over the last few years and continue to gain a great deal from spending valuable time together.

Adulthood is the golden age for consolidating friendships. The bond that all group members have is much more meaningful. Group members have invested their time in maintaining friendships with each other and the proof is obvious. They all turn up on a consistent basis and choose to spend time with each other.

"If you do not choose to see people in person you are really not sharing experiences"

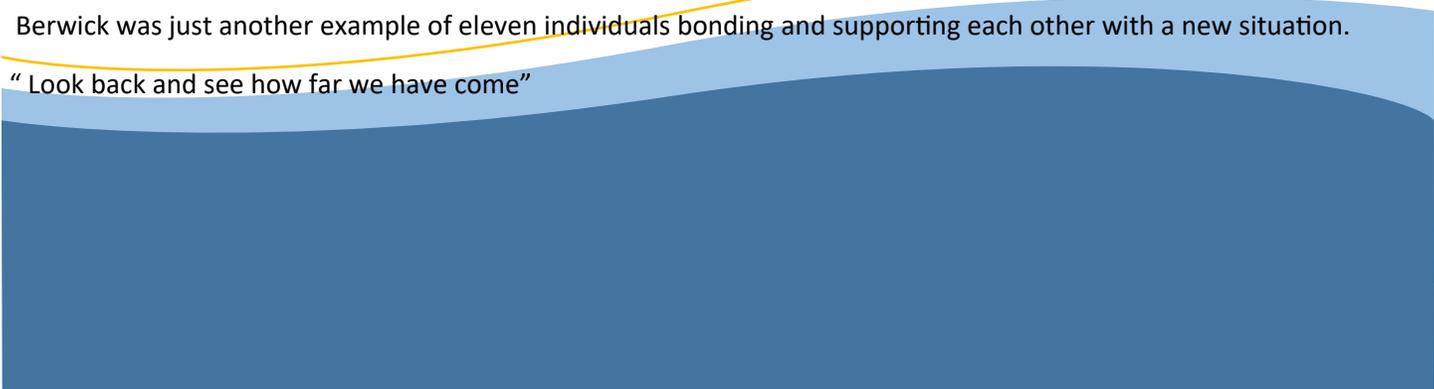
It is the experience that adds value to that relationship. Sharing laughing experiencing, bonding, and doing fun things together are just what's makes this group unique.

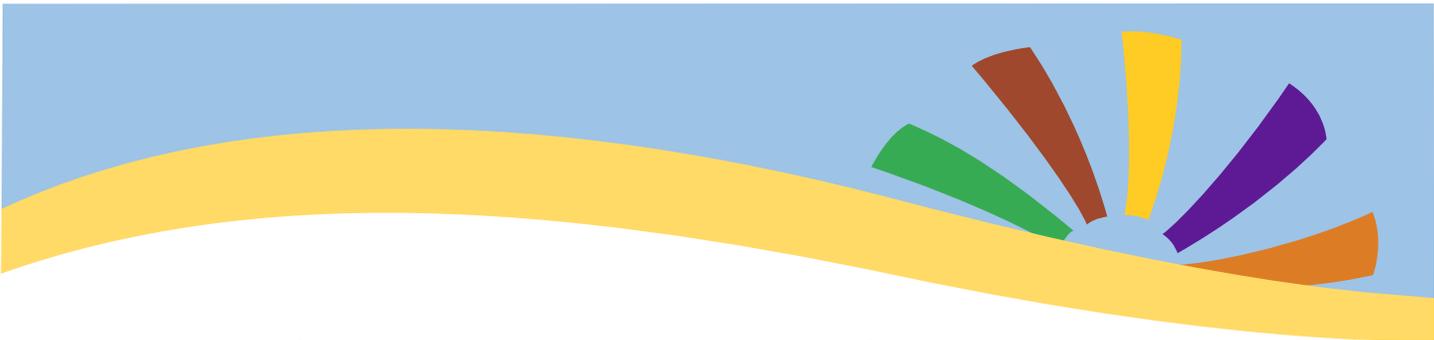
The relationship they have with each is a special one and long lasting. They have a mutual understanding of each other's limitations.

The reward for devoting time to each other and having respect and loyalty for each is rich and can last a lifetime. Care for something we treasure, and maintaining relationships allow these friendships to last and remain interesting, as if they were new.

Berwick was just another example of eleven individuals bonding and supporting each other with a new situation.

" Look back and see how far we have come"





“We all had a great time. Helen loved the boat and Fiona is still talking about the day, who was there and what they did. Where are we going next year Fiona is asking “Helen, Fiona and Christine

“It was all great fun and we enjoyed ourselves” Russell

“A most worthwhile day, I really felt it brought us all together. Kelso garden centre was a great start. On all the drives we have had we had lots of laughs, very important. Spittal was very good it was good to have free choice between the beach and the prom and the amusement arcade. Fish and Chip were great. I appreciate all your organisation. “ Roger

“The Berwick Trip was loads of fun and a great day out at the seaside with everyone” Ryan

“What a lovely enjoyable day at the seaside Emma said she loved the sea and loved catching up with her friends” Emma and Mel

“I had fun and enjoyed the boat ride, and the fish and chips they were great.” Gemma

“What a fabulous day with all and great company. Fancy spending the day at Berwick in September glorious weather and all enjoyed a new experience on a boat.” Val

