

FREE

# eyemouthliving

Your local community magazine

*April 2025*



<https://www.eyemouth.org/magazine>

## welcome

Welcome to our April issue of *Eyemouth Living*. As we enter April, it seems folks are making the most of the opportunities to get outside, including Abi & Kathy, but it's also great to see the Teen Talks page talk about Duke of Edinburgh and a huge well done to those at Eyemouth High School who have just completed their Bronze Duke of Edinburgh Awards. Of course our local Scout group is a great opportunity for our Young People to get outdoors and learn some skills for life – but it isn't just for young people, leaders get to learn these skills too!

If you are looking for something less adventurous you will find great inspiration for getting outside in our gardening notes and wildlife notes or maybe just simply to have a walk to see some of our local history like the coble house mentioned on p.18. There is also loads of information about Rotary, the High School, U3A, Abundant Borders and even a page on Earth Day happening later this month.

Make sure you check it all out maybe as a wee break from reading your book in a warm place, or as you look forward to the summer months and the Herring Queen festival (also featured this issue!)



Andy Haddow  
Chair, Eyemouth Development Trust



## contents

Abundant Borders and Recipe: Easter Egg Nests .....	4
Abi & Kathy Discuss Nothing in Particular .....	6
Fire Safety .....	7
Wildlife Notes .....	8
Gardening Notes .....	10
Splash.....	12
Kirk Square Fair .....	13
Library and Book News .....	14
Puzzles.....	16
Eyemouth Food Bank.....	17
History: The Coble House .....	18
Andys Man Club.....	20
Local MP Info .....	21
Rotary: Primary Schools Quiz .....	22
Eyemouth Herring Queen .....	23
Teen Talks.....	24
Eyemouth High School: Summer Showcase.....	26
Eyemouth Scout Group.....	28
U3A.....	30
Earth Day .....	31
Get the Right Care in the Right Place .....	32

Compiled by Jackie, Jo, Joanna, Lella and Susie.  
Magazine contact: [livingmagazine@eyemouth.org](mailto:livingmagazine@eyemouth.org)

If you would like to promote your commercial business by placing an advert in the magazine our rates are as follows:

Full page (portrait size)	£100.00
Half page (landscape size)	£50.00
Quarter page (portrait size)	£25.00
Eighth page (landscape size)	£10.00

Community and volunteer groups are promoted free of charge.  
Please contact us at: [livingmagazine@eyemouth.org](mailto:livingmagazine@eyemouth.org)

## abundant borders

### 15 Teaspoons of Sugar in One Small Egg!

This article isn't meant as a rant but to make people aware of the shocking amounts of sugar packed in an innocent Easter egg.

It is not to stop people from buying them if that's their tradition, but to buy them with the knowledge of what's inside and maybe eat less of them, or even substitute with a different gift (there are lots of nice Easter themed arts and crafts supplies in many shops).

As a nutritionist I believe in moderation and I think there is a place for Easter eggs within a balanced diet. I let children break them up and eat some but mostly we use them to make Easter egg nests (see *the recipe opposite*). These are fun to make and allow you to control portion sizes better (i.e. serve one nest instead of trying to stop the child from finishing a whole egg!). I also tend to mix the sugary chocolate from the eggs with 74% dark chocolate which has much better nutritional value and the nests still taste wonderful!

NHS recommendations on sugar intake for adults are to consume no more than 30g (6tsp) of added sugar per day. For children aged 7–10 no more than 24g (5tsp) per day and for 4–6 year old children less than 19g (4tsp) per day.

I do not want to bore you with too many numbers and nutritional values but I would like to point out the amount of sugar in the regular size chocolate egg.

As an example I have chosen a popular Smarties Easter egg with a small bag of Smarties inside (119g). The whole egg contains over 73g of sugar, so nearly 15 teaspoons (61.5g per 100g). In comparison, 74% dark chocolate contains only 27g of sugar per 100g.

Therefore, one chocolate egg eaten by a 7–10 year old contains 3 times the amount of the recommended sugar intake for the day. And this is on top of any other sugar consumed that day i.e. from other foods and drinks,



## abundant borders

like cereal or jam in the morning, sugar in tea or fruit juice, fruity yoghurt etc.

With that in mind, I would like to present a very simple recipe you can make with the kids and use up any chocolate eggs they receive. These would make a perfect little gift for friends and family, as well as a nice Easter treat.

*Sabina Sekowska (Food Project worker at Abundant Borders)*

### Easter Egg Nests

**Makes 12**

**Ingredients:**

- 225g chocolate, broken into pieces (mixture of 74% dark and from an Easter egg if using)
- 2tbsp golden syrup
- 50g butter
- 75g cornflakes
- small bag of mini chocolate eggs

**Method:**

1. Line a 12-hole fairy cake tin with paper cases
2. Melt the chocolate, golden syrup and butter in a bowl set over a saucepan of gently simmering water, or use a microwave in short bursts
3. Stir the mixture until smooth
4. Remove the bowl from the heat and gently stir in the cornflakes until all of the cereal is coated in the chocolate
5. Divide the mixture between the paper cases and press 1-2 mini chocolate eggs into the centre of each nest
6. Chill in the fridge for 1 hour, or until completely set.



Abundant Borders (SC049008)  
web - [abundantborders.org.uk](http://abundantborders.org.uk) & [facebook.com/abundantborderscookfresh](https://facebook.com/abundantborderscookfresh)  
contact: [robin@abundantborders.org.uk](mailto:robin@abundantborders.org.uk)

## abi & kathy



### Abi and Kathy Discuss Nothing in Particular

**M**arch was a bit of a funny month weather-wise. Abi and Kathy had to delay sitting on their favourite bench due to the waves coming over the Bantry. Then the weather turned sunny, bright but cold so they were found sitting on their bench getting some very fresh air.

**Abi:** Those waves were something else the other week, with that over-topping. I got a warning from SBC about it.

**Kathy:** I did too. It's good to come and look at them provided you're at a safe distance. I watched someone get soaked as they tried to get along by that new build on the Bantry. Thankfully they laughed as they got wet. I felt sorry for them.

**Abi:** Hope they had some spare clothes to change into. I remember going to Alton Towers many years ago, got soaked on one of the rides and had to go and buy the most awful T-shirt to get me home.

**Kathy:** Oh, so you weren't entering any T-Shirt Competitions then!!!  
(Said Kathy with a glint in her eye!)

**Abi:** Nope it was supposed to be part of a team building event. It built the team as they spent all day laughing at me and that blasted T-Shirt. Anyway the Waterfront should be opening again soon.

**Kathy:** I think so, it'll be good to have them back again for the coming season. I hear the caravan park is busy again. The more choice folks have in town the better. Did you hear that our MP mentioned the street cleaning boys in the English Parliament?

**Abi:** I missed it but someone sent me the clip. I see them when I walk the dog in the morning picking up other people's litter. Let's hope that this year more people get the message and put it in the bins around the town.

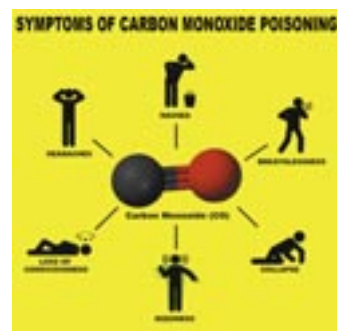
**Kathy:** I hope so, and I hope more people will pick up their doggie poo too. It's been a nightmare recently. That's another of my gripes but maybe it's time to find out when the Waterfront Café is actually opening

With that the left their bench for a quick wander down the Harbour Road managing to avoid dog poo as they went.

## fire safety

### Home Tips to Keep Safe from Fire.

**E**nsure you have a working **carbon monoxide (CO) alarm** in the same room as any heating appliance which does not run off electricity.



In the event of an **e-bike or e-scooter lithium-ion battery fire** do not attempt to extinguish the fire. **GET OUT, STAY OUT, CALL 999.**



The fire can be ferocious, can

keep reigniting and be extremely difficult to extinguish.

Vapours from the burning battery are toxic and can spread quickly, cutting off escape routes.

Don't leave your device charging unattended or when you're asleep.

It's easy for a **cooking fire** to start. It only takes a minute.

If you're tired, have been drinking, or taking drugs, you will be less alert to the signs of fire. You are more likely to fall asleep.

You are less likely to wake up if a fire does start.

If you've been drinking alcohol or taking drugs, don't cook.

**More info:** <https://www.fire-scotland.gov.uk/at-home/kitchen-safety>





## wildlife notes

**“...citizen science offers the power of science to everyone, and the power of everyone to science.”**

**J. Shirk**

**W**ith spring in full swing, wildlife is abundant after the cold, dreich months of winter. There are a whole host of conservation organisations out there that rely on the work carried out by volunteers as ‘citizen scientists’. To understand what our wildlife needs in the future, we must study it now. Any recorded information on population numbers, behaviour and locations allows conservationists to make decisions on how to protect communities of living organisms and the physical environment that they exist in. You might be thinking that “I’m no scientist, I can’t do that” but you can – all that’s required in most cases is a basic knowledge, time on your hands and a passion for what you want to study. It can be done from your home, recording wildlife in your garden, or getting outdoors in the wider community surveying butterflies and fungi. Not only does it help wildlife for the future, it also allows you to keep active, meet new people with passions like yours and learn more about wildlife along the way.

Let’s have a look at some of the projects which **you** can get involved in:



Holly Blue

### **Butterflies and Moths:**

The Big Butterfly Count usually takes place in late July to August when you are asked to survey one location for 15mins a day. However, you can still get involved before then by adding your daily records in your garden or when you are out and about via the iRecord Butterflies app. It’s free, easy to use and the information gets added to a database for verification.

<https://butterfly-conservation.org/butterflies/recording-and-monitoring>  
Links to moth recording can also be found here as well. With 130 species of day-flying moths found in Scotland, there’s plenty to look out for.

### **Birds:**

Many of you will see birds in your garden so why not add to growing number of people who record for Garden Birdwatch. Run by the BTO

## wildlife notes

Pied Wagtail



(British Trust for Ornithology), you send in a weekly list of what you see, including other wildlife.

[www.bto.org/our-science/projects/gbw](http://www.bto.org/our-science/projects/gbw)

### **Bees:**

Pivotal for pollination, including the crops that we take for granted at the supermarket and wildflowers



Buff-tailed Bumblebee

to support other wildlife, bees are vital. BeeWalk, by Bumblebee Conservation Trust, is a national recording scheme which monitors the number of bumblebees throughout the U.K. You select a walking route up to 2km, and record and count the bumblebees you see. It runs from March to October and a great way of helping science and getting your daily steps in.

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

### **Plants:**

Starting in April, the National Plant Monitoring Scheme needs your help to identify species across all different habitats. You are allocated a 1km square locally and then twice a year, you record what’s growing in 5 different plots. There are different levels from beginners to experienced botanists so something for everyone.

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



Lady's Smock

These are just a fraction of surveys you can get involved in; others include beetles, mammals, bats, dragonflies, amphibians – the choice is yours! For more information, follow the link below via NatureScot on how you can get involved with ‘citizen science’ – Good luck and happy surveying!

<https://www.nature.scot/citizenscience>

David Lewis, NTS Ranger Team, St. Abb’s Head NNR

## gardening notes

### Preparing for the Summer...

Spring is definitely here now with hedgerows covered in blossom and catkins dangling from the trees. Hopefully all your spring bulbs are producing a riot of colour in the garden. But what about the coming summer?

Now is the time to start direct sowing hardy annuals and biennial. This means that rather than sowing them inside in a protected environment and then transplanting the seedlings they are sown directly outdoors in the position you want them to flower.

This is really simple for large seeds such as sunflower or nasturtium because all you need to do is place them on the soil and press them underneath with a finger. Remember to label them so that you don't discard them later on in mistake for a weed. Sow Sweet Peas at the base of supports such as canes or wires.

Very fine seeds should be broadcast-sown. Place a small amount of the seeds mixed with some silver sand (not salty sea sand) on the palm of your hand and sprinkle pinches over the soil. Check the seed packet to find out which seeds need covering with fine soil after sowing.

Larger seeds can be sown in drills – small furrows about 1–5 cm deep. Make the drills using a stick and be a bit creative. Make them look natural or in interesting patterns rather than in regular lines. Dribble pinches of seeds into the drill and cover over with a light coat of soil.

Before you start to sow any seeds though, the seed bed needs to be prepared. Dig the soil over, removing any weeds and making sure the soil is loose and free from stones. Give it a good watering before sowing and water regularly afterwards. Protect the new seedlings from pests and diseases as they emerge.

Try sowing some flowers in your veg plot. Companion planting is very beneficial, discouraging pests and diseases and providing pollinators for the



## gardening notes

fruit bushes and trees. For example planting Nasturtium flowers close to any brassica plants will lure hungry caterpillars away from eating your crops.

Whilst thinking about the fruit trees and bushes, mulch them with well-rotted manure or green compost. This is also a good time to empty your compost bins and check whether the rats have started nesting again!

And don't forget your lawn. Fill in bare patches by raking the surface and watering it well. Sprinkle grass seed in the gaps and keep moist. Have you thought about sowing a wild flower lawn? This not only creates a beautifully colourful and scented area but it also encourages insects and birds into the garden, increasing the biodiversity.

### Garden Tasks for April

Sow hardy brassicas such as summer cabbage and cauliflower, Brussels sprouts and broccoli.

Sow root crops including beetroot, turnip and carrots and early peas and beans.

Plant main crop and second-early potatoes.

Plant Jerusalem artichoke tubers and bare-root asparagus crowns.

Regularly plant onions, garlic and shallots in small batches to ensure a good supply all season.

Sow tender plants such as tomatoes and courgettes indoors so that they can be transplanted once all chance of frost has passed.

Lift and divide established border perennials, hardy herbs such as chives and lemon balm and create new plants for your garden. Or share them with your friends!

Deadhead spring bulbs which have finished flowering, leaving the leaves.

Prune hydrangeas and shrubs such as Winter Jasmine, Forsythia and Chaenomeles which have finished flowering. Cut a third of the growth away and then feed.

Sow hardy herbs like parsley, coriander, fennel, dill and marjoram.

*Caroline Lathe (Ayton Gardening Society)*





splash

**Splash**  
it's your space

**Splash**

Our Women's group Activities include crafts, new skills, chat, speakers, trips and lots more. Snacks and hot and cold drinks are served.

April dates:  
1st, 8th, 15th, 22nd and 29th

Every Tuesday. 1pm - 3pm Masons Hall. Eyemouth



## Splash Brunch Hub, Eyemouth Community Centre

BREAKFAST ROLLS, LIGHT LUNCHES, HOME MADE SOUP, HOME BAKING, HOT AND COLD DRINKS

Every Thursday. Breakfast from 10.30. Lunch from 11.30 to 1.30pm





# Kirk Square FAIR Eyemouth

Local Food & Drink • Crafts • Heritage • Music

WOULD YOU LIKE TO BOOK A STALL AT THIS YEAR'S FAIR?



**KIRK SQUARE FAIR. 7TH JUNE 2025**

contact [kstf@eyemouth.org](mailto:kstf@eyemouth.org) or visit our Facebook page

**RN ID** Supporting people who are deaf, have hearing loss or tinnitus

**GET HELP WITH NHS HEARING AIDS**

Visit a free drop-in session, and our friendly volunteers can help with:

- Tube replacement, cleaning and general maintenance
- Information on managing hearing aids
- Replacement batteries

**Eyemouth Library**  
10am till 12pm  
**Third Friday of the month**  
(Starts July 2023)

0808 8080123  
[www.rnid.org.uk/about-us/contact-rnid](http://www.rnid.org.uk/about-us/contact-rnid)

[Rnid.org.uk/NearYou](http://Rnid.org.uk/NearYou)

## book news

Library opening times:

Monday 10am–1pm, 2–5pm, Thursday 10am–1pm, Friday 10am–1pm, 2–5pm.

### **Her by Mira V Shah**

Rani has always felt like an outsider. First growing up among her white, wealthy peers and now next to her successful, child-free friends. Her life is far from idyllic – with two small children and a partner in a tiny, rented flat that has never felt like home, she has always wished for a different life. She imagines being the kind of woman who owns the magnificent house across the street and the life that would bring. Then a beautiful young woman moves into that house – and Rani can't help but be drawn to her. To her life of luxury, to her perfect husband, her perfect house.

As the two women strike up a friendship and become closer, Rani wonders – is Natalie's perfect-seeming life too good to be true? All is not as it seems behind closed doors, and as Rani gets closer to Natalie she discovers everyone has secrets. Natalie's are turning out to be more complicated and sinister than Rani could ever imagine.

A darkly compelling, emotive debut about two women who find themselves sucked into each other's worlds – with devastating consequences. Perfect for fans of Liane Moriarty and Sally Hepworth.

Available at Eyemouth library



Joany Cook

### **Library News**

Just one **Bookbug** in April (due to school break) on Tuesday 29th at 9.45am.

**Drop in Lego sessions** on Fridays 11th and 25th, 2–4 pm.

**Walking Bookgroup** on Tuesday 8th April at 2pm.

**Hearing Aid clinic** on Friday 18th, 10am – 12pm.



## puzzles

**Spot the 8 Differences and Colour me in!**



### SUDOKU

	1		7		4		2	
		9				4		
4			3		5			8
		2	9	4	3	6		
7								5
		3	6	5	7	2		
9			4		6			3
		1				8		
	5		2		1		6	

### Word Search

E E A S T E R D A Y  
 U E N T S A N A P T  
 O G F S P R I N G U  
 V G D A F F O D I L  
 C H O C O L A T E I  
 Y U Z B C R A V N P  
 L N H U Y H C U E S  
 A T V N K Q I X S O  
 M D I N A U Q C T I  
 B Q H Y T R S P K W

CHOCOLATE  
 SUNNY  
 TULIPS  
 NEST

DAFFOIL  
 CHICK  
 SPRING

EASTER DAY  
 EGGHUNT  
 LAMB

# Eyemouth Food Bank



## ARE YOU OR SOMEONE YOU KNOW HAVING DIFFICULTIES MAKING ENDS MEET?

Eyemouth Food Bank is an independent volunteer run food bank covering East Berwickshire. Its volunteers make up and deliver emergency food parcels to help those in difficult circumstances. The Food Bank operates on a referral basis and will only take referrals from the following agencies: Berwickshire Housing Association, Citizens' Advice Bureau, Eyemouth Chemist, GPs and other health professionals, Ministers of any of the churches, Nurseries, Schools and Social Services.

## DONATIONS NEEDED

Donations of money and food are always gratefully received. Food donations can be left at; the Eyemouth Co-op, Eyemouth Larder, Coldingham Priory, Eyemouth Catholic Church and Reston village shop.

Cash donations can be made to:  
 The Eyemouth Food Bank  
 Acc. Number - 00662510  
 Sort code - 16.12.85



## history

### The Coble House

**A**s you walk along Harbour Road towards the mouth of Eyemouth harbour you will notice a plain rectangular building, 30ft long by 20ft wide, with a conventional roof and big blue doors. It stands alone near the slipway



to the beach, at the mercy of wind and waves when a gale accompanies spring tides. It is known locally as the Coble House and is home to Eyemouth and District Rowing Club, but it has several claims to fame.

The Coble House was probably built between 1850 and 1860 (there are no title deeds). Its purpose was to store a rescue boat, or coble, that could be launched to aid seafarers in distress. The building's most distinctive feature originally was its roof (the upturned hull of a Fifie, a celebrated fishing boat design of the time) that was guaranteed to be waterproof! Its other important feature was a large public barometer, fixed to the front of the building, that the fishermen consulted before putting out to sea. A safety measure, but one that most of the fishermen ignored on the morning of 14th October 1881, the day that 129 of them were lost at sea.

The rescue coble was open-decked, could be rowed by 8 men and most of the crew were fishermen. At least ten men were needed to launch the coble from the beach, or down into the harbour via a set of steps built

into the harbour wall. It proved a life-saver. The cost of the building and the coble was met from donations – mainly from fishermen. The first RNLI lifeboat didn't arrive in the town until 1876. A lifeboat shed and launching slip was built for her in front of the Smeaton pier, on the south side of the harbour.

The old rescue boat was no longer needed. The Coble House was used to store nets, ropes and other fishing gear. It



## history

gradually fell into disrepair, losing its unique roof sometime in the 1880s. No one claimed responsibility. It wasn't until the 1950s, that a deed of ownership was drawn up by the town council and Eyemouth and District Fishermen's Association took responsibility for the building.

In 1964 Eyemouth and District Sub-Aqua Club (EDSAC) started to rent the building as club premises. Jim Martin, a joiner and diver, was involved in repairing the building. His firm had been renovating Old Linthill House, outside Eyemouth, a tower house built in 1650 by the Homes and later extended. Jim used old wooden panelling from the house to cover the three interior walls of the Coble House. These panels had been installed in Old Linthill in 1740: 11 years before Lady Billie, mistress of the house, was murdered in her wood-panelled bedroom by her butler, Norman Ross. (Ross was found guilty and was the last man in Scotland to have his offending hand cut off before being hanged.)

EDSAC rented the coble house from 1964 until the early 1990s for use as a changing facility and storage for air tanks. In 2001 it became the premises for Eyemouth Junior Sailing Club, until prohibitive insurance premiums brought the club to an end. In 2010 members of the local community raised enough money to buy a kit to build a St Ayles skiff for coastal rowing: a double ended boat rowed by four rowers and one coxswain. Once the skiff, *Unity*, was completed, she needed a home close to the water. The Coble House was ideal and available: once more in poor condition – apart from the wooden panelling that appeared indestructible!

Since 2010 Eyemouth and District Rowing Club has made good use of the building and has acquired a 25-year-lease from Eyemouth and District Fishermen's Association. The club was given a second skiff, *Seabreeze*, built as an inter-generational project involving pupils from Eyemouth High School. The two skiffs sit happily together in the Coble House and are launched regularly. Efforts are being made to attract funding to restore the Coble House and replace its roof with the hull of an upturned boat!



Fay Waddell



## andys man club

**#ANDYSMANCLUB**

**SUICIDE IS THE BIGGEST KILLER OF MEN UNDER 45**  
**1 MAN EVERY 2 HOURS**

**ALL OUR GROUPS MEET MONDAY 7PM**

**TO FIND YOUR NEAREST GROUP VISIT OUR WEBSITE**  
**WWW.ANDYSMANCLUB.CO.UK**

**JOIN THE CONVERSATION**

- andysmanclub
- andysmanclubuk
- @andysmanclubuk
- info@andysmanclub.co.uk

**#ITSOKAYTOTALK**

We are a peer to peer support group for men. Come have a brew and a chat!



**Rachael Hamilton MSP**  
 Member of the Scottish Parliament for Ettrick, Roxburgh and Berwickshire constituency

The Scottish Parliament  
 Pàrlamaid na h-Alba

If there are any issues that I can help you with, please don't hesitate to get in touch.

- 01573 224862
- 01573 224862
- 7 Abbey Court, Kelso, TD5 7JA
- @rachael2win
- /Rachael2Win

The cost of this publication has been met from parliamentary resources. The SPCB is not responsible for the content of other internet sites.



**John Lamont MP**  
 Member of Parliament for Berwickshire, Roxburgh and Selkirk

**6 ways to contact John**

- 01450 375948
- john.lamont.mp@parliament.uk
- 25 High Street, Hawick, TD9 9BU
- johnlamontmp
- John2Win
- JohnLamontBorders

*Working hard for the Borders, all year round*

The costs of this publication have been met out of parliamentary resources.







### Eyemouth Rotary and the Primary Schools Quiz

Eyemouth Rotary was pleased to organise the first round of the Primary Schools Quiz competition on the 18th March. Six teams took place from Ayton, Reston and Eyemouth Primary Schools.

The quiz questions included: Mathematics; Wellness and wellbeing; Technology and Science; Scottish Borders and its people; Geography; Expressive Arts and Sport. Eight rounds in total with six questions in reach round. A tie break was not needed. The 'Mathematics' and the 'Scottish Borders and its people' questions proved challenging, but there are plans for these.

It was a fabulous morning which we spent in the company of some amazing young people with a wide range of knowledge. Well done to all of the teams who took part.

The two winning teams going through to the Area (Borders) Final which is to be held at Scottish Borders Council offices on the 25th April are Eyemouth Primary team 'The Marie Curie's' and the team from Ayton Primary.

We wish them every success in the Borders final and hope that they will get to the Rotary Scotland South Final on the 17th May 2025.

Watch this space as we hope to share their future successes.

The two winning teams with their certificates.



You would think that after 81 years of Eyemouth Herring Queen history, there could not possibly be another first, but as Grace Gillie kneels to be crowned by Holly Blackie on the 26th of July it will be the first time both the Queen and the retiring Queen join their mums on the EHQ roll of honour. Over the years there have been many family ties: grannies, mums, sisters, aunties and cousins who have had the privilege of being known as EHQ. Lynn Mc Farlane EHQ 1993 was very proud to watch her daughter Holly crowned Queen last year and this year Leanne Gibson EHQ 1997 will now have the same honour as her daughter Grace accepts the crown. For me, this is living proof that this year's festival is very much continuing with the ethos of bringing families together to have fun.

The festival begins with the colourful Crowning Day on July 26th, with the Children's Parade and a flotilla of boats, as Grace and her maids arrive by sea for the Crowning Ceremony. The week continues with the lively Music and Market Day on the 27th, followed by many family fun events like the Sandcastle Competition and Fancy Dress Parade. The dry boat race makes a comeback to the exciting week-long programme of events, which will end with a spectacular firework display. Programmes with a full list of the event details will be available to buy in local shops in early July.

Whether you are a local or a visitor the EHQ family invite you and your family to join them for the annual Herring Queen Festival in our picturesque fishing village with our amazing community, lucky enough to call Eyemouth home.

Wendy Lough



# Teen Talks

## Duke Of Edinburgh

The Duke of Edinburgh's Award (DofE) is a registered charity that provides young people with the opportunity to develop skills, engage in physical activities, and participate in community service.

In order to achieve the DofE bronze award you must complete a service, a sport, and a skill of your choice and choose which ones you will stick at (for 1 hour a week) for 3 months and the one you will participate in for 6 months.

You must take part in the outdoor expedition which includes a 16km walk, then you must put up your tent, cook food alongside your group and camp the night. After this you walk 16km once again. You will get a practice expedition before you're assessed, where you will learn everything you need to know!

DofE teaches young people how to work as a team, leadership, and how to persevere which are all essential skills for the future

The Duke of Edinburgh's Award promotes youth development and engagement by equipping young people with skills, experiences, and values that prepare them for adulthood







## eyemouth high school

### Eyemouth High School Summer Showcase

Join us at Eyemouth High School on Thursday 29th May, from 4–7pm, to see some of the amazing accomplishments of our students. Many of the departments will have displays and demos, with staff available to discuss their subjects – something that we hope will be of particular interest to our new S1 (currently P7) students and their families. For instance, in the Science department, you'll have the opportunity to use a Bunsen Burner to complete a chemistry experiment or try to identify samples under a microscope.

The allotment will be open so that you can see how it has developed under the careful care of our green-fingered Horticulture students – including our new composting system, fresh plants for the pond, as well as the fruit cage and revamped beds.



In addition, we will be incorporating STEAM activities delivered by local partners and businesses. These sessions will be hands on, and will highlight the on-going relationship between school, our local community and DYW (Developing the Young Workforce). A highlight will be the Greenpower Racing Team who will be taking over the much of the outside areas of the school with a track for their race car (including a special guest driver), stalls from partners and an



## eyemouth high school

array of brand new, racing-related activities.

To help encourage students to get involved, and so to thrive together, there'll be information about the opportunities available through our large



range of school clubs and community groups.

Eyemouth and District Rotary will be launching their Interact Club at the Summer Showcase, which will provide a fantastic opportunity for students aged between 12–18 years to make a difference in our

school and community, while developing their leadership skills. Such involvement could support awards such as Duke of Edinburgh, or provide the chance to fulfil community engagement roles within the Army Cadets.

There will be something for all the family, including games and activities for young children.

Refreshments will also available and we're delighted to welcome U've Pulled to help with the catering.



So put the date in your diary and we look forward to seeing you there!





## eyemouth scout group

### Adventure, Skills and Community Spirit!

Looking for adventure, friendship, and life skills for young people in Eyemouth? Eyemouth Scout Group is the place to be!

Eyemouth Scout Group offers 60 children and young people aged 4–18 fun, engaging, and confidence-building experiences right on our doorstep. Split into five sections: Squirrels, Beavers, Cubs, Scouts and Explorers, the group offers an incredible opportunity to



gain #skillsforlife, make new friends, and take part in exciting adventures – all while having loads of fun! Run entirely by dedicated local volunteers, our group provides young people with the chance to enjoy outdoor adventures, camping, team challenges, and hands-on skills like

cooking, navigation, and first aid. Whether it's building dens, learning survival skills, or taking part in community projects, every weekly session is packed with opportunities to learn and grow.

### We Need Your Support

Eyemouth Scout Group is a registered Scottish charity and as a volun-

## eyemouth scout group

teer-led group, we rely on local support to keep providing these fantastic experiences. Whether you can spare some time as a leader or helper, attend a fundraising event, or simply spread the word, your support makes a huge difference.

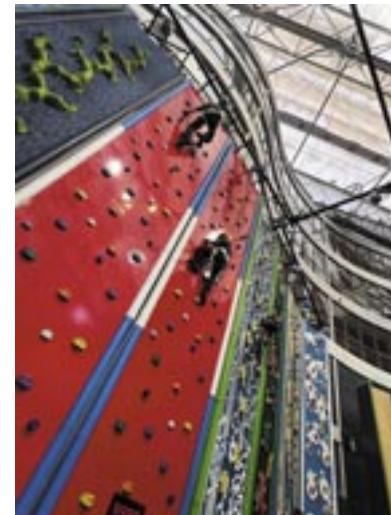
We also run regular fundraising activities to help cover costs and keep Scouting affordable for all. Join us for our next fundraising 'VE Day Coffee Morning' at Eyemouth Hippodrome on Saturday 10 May 2025, 9.30–11.30am.

### Get Involved

If you'd like to volunteer or support us in any way, we'd love to hear from you.

Find out more at [borderscouts.org.uk/eyemouth](https://borderscouts.org.uk/eyemouth) or email [info@eyemouth-scoutgroup.org.uk](mailto:info@eyemouth-scoutgroup.org.uk)

Join us in inspiring the next generation because every young person deserves adventure!





Charity No SCO 31477

u3a

### East Berwickshire U3a Open Meetings

On Wednesday March 12th we were treated to a fascinating and really entertaining talk by Pat Young on 'My Journey to Becoming a Jeweller'.

Starting with a hobby evening class, Pat built a successful career as a jeweller working in silver and gold as well as precious and semi-precious stones. She talked about the different metal varieties, in particular the range of colours and qualities of gold available. It was also interesting to hear how she gets her silver jewellery stamped at the Edinburgh assay office. We saw examples of some beautiful pieces that she has created and got useful tips on how to look after and care for our jewellery. Altogether, we had a fascinating hour and came away knowing a lot more about how attractive jewellery is made.



Next month, our talk will be on the history of the 400-year-old Berwick Old Bridge by Linda Bankier, Berwick Archivist. You don't have to be a U3a member to come along, all are welcome in Hall 1 of the Eyemouth Community Centre on Wednesday 9th March. Tea and coffee are available from 10 am with the talk starting at 10.30.

earth day

Earth Day is an annual event held on April 22nd to demonstrate support for environmental protection. First held on 22 April 1970, it now includes a wide range of events including 1 billion people in more than 193 countries. On Earth Day 2016, the landmark Paris Agreement was signed by the United States, the United Kingdom, China, and 120 other countries.



**Earth Day 1980** was a festival held in Lafayette Park, across the street from the White House.

**Earth Day 1990** mobilized 200 million people in 141 countries lifting the status of environmental issues onto the world stage. It gave a huge boost to recycling efforts worldwide and helped pave the way for the 1992 United Nations Earth Summit in Rio de Janeiro.

**Earth Day 2000** had the internet to help link activists around the world. 5,000 environmental groups worldwide were on board, reaching out to hundreds of millions of people in a record 184 countries.

**Earth Day 2010** saw an estimated one billion people around the world take action for the 40th anniversary of Earth Day.

**Earth Day 2020** was the 50th Anniversary of Earth Day. Due to the COVID-19 pandemic, many of the planned activities were moved online. Celebratory activities centred around five components: citizen science, volunteering, community engagement, education, and the role of art in furthering the cause.

**Earth Day 2025** marks its 55th anniversary with the theme of OUR POWER, OUR PLANET, inviting everyone around the globe to unite behind renewable energy, and to triple the global generation of clean electricity by 2030.

# GET THE RIGHT CARE IN THE RIGHT PLACE



	<p>NHS inform includes self-help guides for a range of common conditions: <a href="https://www.nhs.uk/infomedia/scot/self-help-guides">NHSinform.scot/self-help-guides</a></p> <p>If you think you need A&amp;E, but it's not life threatening, call NHS 24 on 111. If you need same day medical attention that cannot wait for your GP Practice to reopen, call NHS 24 on 111.</p>	<b>NHS 24</b>
	<ul style="list-style-type: none"> <li>• Colds</li> <li>• Cold sores</li> <li>• Sore throat</li> <li>• Diarrhoea or constipation</li> <li>• Indigestion</li> <li>• Aches and pains</li> <li>• Help if you run out of your repeat prescription</li> </ul>	<b>Pharmacist</b>
	<p>Contact your GP Practice</p> <p>Call NHS 24 on 111, 24/7, 365 days a year</p> <p><b>Breathing Space:</b> 0800 83 85 87</p> <p>Weekdays: Monday - Thursday 6pm to 2am</p> <p>Weekend: Friday 6pm - Monday 6am</p>	<b>Mental Well-being</b>
	<ul style="list-style-type: none"> <li>• Tooth pain</li> <li>• Swelling to your mouth</li> <li>• Injury to your mouth</li> <li>• Painful or bleeding gums</li> <li>• Advice on oral hygiene</li> </ul>	<b>Dentist</b>
	<ul style="list-style-type: none"> <li>• Red or sticky eye</li> <li>• Pain in or around your eye</li> <li>• Blurred or reduced vision</li> <li>• Flashes and floaters</li> </ul>	<b>Optometrist</b>
	<p>A range of clinicians, including doctors, nurses and sometimes pharmacists and physiotherapists to help you with both mental and physical health issues.</p>	<b>GP Practice</b>
	<ul style="list-style-type: none"> <li>• Cuts and minor burns</li> <li>• Sprains and strains</li> <li>• Suspected broken bones and fractures</li> </ul>	<b>Minor Injuries Unit</b>
	<ul style="list-style-type: none"> <li>• Suspected heart attack or stroke</li> <li>• Breathing difficulties</li> <li>• Severe bleeding</li> </ul>	<b>A&amp;E or 999</b>

If you are unsure about where to go or who to see, find out at:

**[NHSinform.scot/right-care](https://www.nhs.uk/infomedia/scot/right-care)**