

FREE

eyemouthliving

Your local community magazine

February 2026



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

welcome

contents

Happy New Year and welcome to our February issue of *Eyemouth Living*. The New Year has certainly started as a chilly one – although a little dreich!



A new year can start us thinking about what the year ahead might bring, as well as a chance to reflect on all that went on last year. It's amazing to see all the things Splash, one of EDT's major projects, gets up to – including of course contributing content to and overseeing this magazine! Check out the Splash article on page 4–6 to see if you might like to get involved in some way.

Also if you are thinking of taking on something new, check out our list of things going on locally on page 28–29. (Please do let us know if we've missed anything.)

Now we are already in February some folk are thinking about Valentines Day while others might be looking forward to Pancake Day – check out the articles for ways to engage with these two things. We'd also like to welcome Maddie Reynolds as a new regular contributor with her 'Look After Yourself' articles.

We hope you enjoy reading the magazine and please let us know what you think of your *Eyemouth Living* at livingmagazine@eyemouth.org.

Andy Haddow
Chair, Eyemouth Development Trust

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Compiled by Liza, Jackie, Joanna and Susie.
Magazine contact: 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



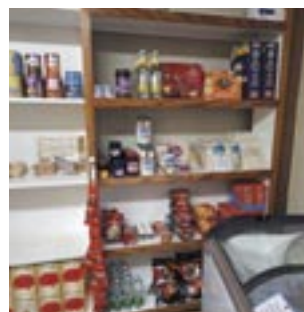


A Year of Community Action and Support

Over the past year, our community projects have continued to grow, thanks to the dedication of volunteers, partners and local people who make this work possible.

The Larder

This year alone, we saved an incredible 20 tonnes of food from going to landfill – double the amount achieved in 2024. Around 15 volunteers help keep the Larder running, supporting food pick-ups, deliveries and weekly sessions. Among them are two young people working towards their Saltire Awards. Food is collected regularly from Lidl, Asda, the Co-op, and occasionally Morrisons, alongside consistent deliveries from Fareshare and Eildon Housing Association. Over the past year, we welcomed approximately 2,425 visits to the Larder, underlining how important this service remains for local households.



Brunch Hub

The Brunch Hub continues to be a warm and welcoming space for the community. In 2025, it welcomed 2,053 visitors, offering not just affordable food but a place to meet, chat and feel connected.



Women's Group

Our Women's Group continues to thrive, with 12–20 women attending each week. Each session includes refreshments and a light meal, helping to create a relaxed, friendly environment where women can spend time together and feel at ease, while taking part in a variety of activities and learning new skills.



Eyemouth Living Magazine

Eyemouth Living remains an important way to share news, stories and events from across the town and surrounding area. We are always keen to hear from individuals and groups who would like to contribute articles or place an advert.

To get involved, please email: livingmagazine@eyemouth.org.

Christmas Hampers

Our Christmas Hamper project was once again a huge success, with 126 hampers delivered to households across Eyemouth and the surrounding area. We were delighted to work alongside BHA, EHA, Eyemouth Rotary, Berwickshire Swap, Sea the Change and many more. Their help with





packing, wrapping and deliveries made a real difference to everyone involved.

Cooking Events in Schools

In January, Splash visited Reston and Eyemouth Primary Schools to deliver



our interactive Stovie event alongside a wide range of partners, including Berwickshire Swap, Field to Fork, Eyemouth Harbour Reserve, Lothian & Borders Police, the RNLI Water Safety Officer and Scottish Building Society.



In February, we are excited to visit Coldingham and

Cockburnspath Primary Schools for the first time, delivering interactive soup-making sessions. Pupils from all schools also receive soup recipe bags to try at home.

Volunteers

We are incredibly grateful to our 52 volunteers, who together contributed 5,029 hours across our projects in 2025. Based on minimum wage, this support is valued at £61,404.

In January, 29 volunteers joined us for a ‘thank you’ meal at The Ship. Feedback was overwhelmingly positive, with many valuing the chance to connect and learn more about each other’s work.

Looking ahead, we plan to recruit more volunteers for the Larder and Brunch Hub and are organising a day out for our young volunteers in February or March as a small way of saying thank you to the 12 fantastic young volunteers we have who are involved in many of our projects. We are also in the stages of planning 2026 Kirk Square Fair, along with an Easter event and children’s floral workshops in partnership with Occasions Flower Shop.

For further information on any of our projects or to get involved, please email susie@eyemouth.org

Just 4 Sentences a Day

The way the world is today (with commitments, lifestyle and the overloading of technology, the internet and social media) means the mind can be harbouring a lot.



The need to constantly take on more and more things, the constant encouragement to say yes to everything for fear of missing out or the guilt of refusing an invite, can leave the mind in a state of exhaustion and anxiety. The lack of any sort of release apart from sleep (which can also become compromised by thoughts constantly popping into your head) can cause us to become sick, uninterested and stressed about everyday tasks.

There might, however, be a solution. Not a ‘be all and end all’ but a simple way which, in less than 5 minutes a day, can take just a bit of the mental load from our consistently amazing but frazzled brains. All it takes is 4 sentences, phrases, words or even symbols (emojis if you wish!). Two positive and two negative. Write them down, save them in a message to yourself or doodle them on the back of envelopes, just make sure you keep them. Two positive things that happened and two negatives each day. It could be as small as someone down the street smiling at you or as big as winning the lottery (you never know, it might happen!).

Just write them down every day. Then, every so often, look back at them and you might giggle at what you thought was incredibly important to you that day. Sometimes, with hindsight, things aren’t so bad after all. If two of each is too much to begin with just start with one as the first step, whatever comes to you in a quiet moment. Just two, three or four little things that can immediately extinguish so much mental overload. Just give it a go for one day, see how it goes and pay it forward if it works for you!



Maddie Reynolds, Yoga and Pilates Teacher
<https://www.littlenamayogi.com/>

wildlife notes

“Winter is a season of recovery and preparation” – Paul Theroux

As the dark days of winter are still with us, and wildlife opportunities are few and far between, it’s a great opportunity to plan and see what there is to get involved in during 2026 – both on national projects and ones closer to home. January has already seen the Big Garden Birdwatch, the annual count by the RSPB which asks you to record birds in your garden. In 2025, nearly 600,000 people took part nationally, gathering data which can be used to highlight increases and declines in species such as Greenfinch and Song Thrush (above right).



So here are a few different projects and events during 2026 which could shape your wildlife year.



Nature’s Calendar – All year

A citizen science project, run through the Woodland Trust, helping to gather information on nature across the board in each recording area: “Help us to track the effects of weather and climate change on wildlife near you”.

The idea is to collect data through the seasons and then compare year on year. So, on a clear day last week, I wandered around my local patch, and I’ve eyed up a beech tree (left) which is now going to be the centre of my recordings. You can download a full nature’s calendar of species and when you are likely to see them to aid your recording.

There’s lots of helpful advice on the website and live maps to compare your records across the country. Get involved: <https://nature-scalendar.woodlandtrust.org.uk>

Great Big Green Week – June 6th–14th

Arranged by the Climate Coalition, who previously ran the ‘Show the Love’ campaign across the country, it will be a week of events to celebrate community action tackling climate change



wildlife notes

and protecting nature. More than a million people took part in 2025, and they are on the lookout for communities to organise their own ‘green week’. <https://www.theclimatecoalition.org>

World Oceans Day – 8th June

A day of celebration to highlight the impact we have on our oceans and why they are so important. 70% of our planet is covered by them, creating 50% of the oxygen we need to survive so as a coastal community, its extremely important we care for our seas. In 2025, the campaign centred around communities, “sustaining what sustains us”, a way in which hopefully a new balance can exist so that oceans can be replenished rather than depleted.



Small Copper



The Big Butterfly Count – July 17th–August 9th

We are blessed with a range of different butterfly species during the seasons in Berwickshire so why not help with the biggest butterfly survey in the UK and count for 15 minutes a day in your local area? Butterflies are a vital part of our ecosystems, both as pollinators and stages of the food chain. They are also

a key biodiversity indicator as they react very quickly to changes in the environment especially with climate change. It’s a great way of getting out in the fresh air and enjoying the summer months.

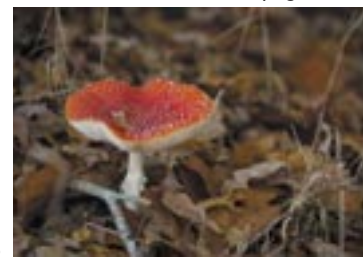
<https://bigbutterflycount.butterfly-conservation.org>

UK Fungus Day – October 10th

Join the annual celebration of all things fungi with walks and exhibitions, delving deeper into the lives of these vital components of our ecosystems. Without their mycorrhizal partners plants wouldn’t grow, through lack of nutrients and water, leaving us without food to harvest. Keep your eye out for local walks and events in October, a brilliant day out. <https://www.ukfungusday.co.uk>

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

Fly Agaric



gardening notes

Frosty February

As I write this in January the temperature is definitely below freezing. There is snow over the hills and the ground is frozen solid. It looks very pretty but can be quite treacherous. It also prevents us getting outside much so we really welcome the warmth when it does return.



The return of warmer days is wonderful but frosts will continue to occur right through to May and this can cause a lot of damage in the garden.

Most things get smaller when they get cold but when water freezes it increases in size. This is why bottles of liquid placed in the freezer will shatter. The same is true of plant cells. When the temperature drops below freezing point, plant cells swell and burst causing irreparable damage. However many plants have ways to prevent this happening, such as storing sugars in the cells to act as 'anti-freeze', losing their leaves and becoming dormant.



As the days get longer and the temperatures rise, dormant plants begin to grow again and the new, young growth is very susceptible to frost. Days can be quite mild and then a sudden frost occurs. This is why gardeners need to be vigilant and take steps to avoid any damage.

Most fruits are hardy and can put up with extremely cold winters but they are particularly susceptible to frost damage in the spring since it can easily damage the flowers as well as the young buds. These plants should be covered with protective fleece when frost is forecast. Use biodegradable fleece or old sheets. Two layers are best and ideally they shouldn't touch the plants. Sometimes the fleece might need to be left in place for a week or so but if possible it should be removed, or rolled up during the days. Smaller plants can be wrapped in leftover bubble wrap (please don't buy any more!) and cloches made from old plastic bottles can be used for

gardening notes

bedding plants.

Garden Chores for February

Start making plans for your spring plantings. Order seeds if you haven't done already and some can be sown in the heated greenhouse. Organise your seeds for the summer ahead, checking their dates and placing them in order for sowing later on. Plan your vegetable plot for this year to ensure good crop rotation and prevent pests and diseases building up in the soil.

Outside you can begin to prepare the seed beds, digging up all the perennial weeds including the roots.

If you already have some early potatoes they can be chitted now.

This is your last chance to prune the raspberry canes. Autumn fruiting raspberry canes need cutting back to the ground to stimulate new canes to grow. Summer fruiting canes which have grown too tall can be cut back to just above a bud.

There's plenty of other pruning to be done. Climbers especially wisteria need pruning as well as the winter-flowering shrubs. It's important to get the pruning done now, before any birds start to nest in them.

Apple and pear trees should be pruned but not other fruit trees and that over-grown hedge could do with cutting right back now.

Tidy up the garden beds, lifting and moving bulbs and cutting back ornamental grasses and other foliage plants.

Greenhouses and sheds also need a good tidy up, checking everything is in order, including tools and machinery. Clear up the last of the autumn's fallen leaves and moss especially on paths and patios.

Keep off the lawn if it's frosty!



Caroline Lathe
(Ayton Gardening Society)



splash



Splash

EYEMOUTH LARDER WITH COMMUNITY FRIDGE

Mon 9am - 11am
 Tues 3pm - 5pm
 Wed 9am - 11am
 Thurs Closed
 Fri 9am - 11am

LOCATED IN EYEMOUTH PARISH CHURCH

We are a non-profit community larder dedicated to reducing food Waste.

The larder is there for everyone in our community. We redistribute surplus food from FareShare along with food donated by:

Eyemouth Coop
 Lidl Berwick
 M&S Berwick
 ASDA Berwick

Please come along and choose up to 10 items for a donation of £1+

Email susie@eyemouth.org for more info on becoming a volunteer









splash



3RD FEB
REFLEXOLOGY/HAND/
FOOT MASSAGE WITH
AMY

JANUARY ACTIVITIES

BINGO

1	12	21	31	42
5	14	22	32	44
7	17	25	33	41

24TH BINGO

10TH PAPER BEADS WITH
LELLA

CO OP

17TH VISIT FROM
THE COOP
CHAMPION

Splash WOMEN'S GROUP

EVERY TUESDAY AT THE MASONS HALL 1PM - 3PM

If you live in Eyemouth and the surrounding area and would like to meet new friends and learn new skills come along and join us.



Splash
BRUNCH HUB





FOOD!!!

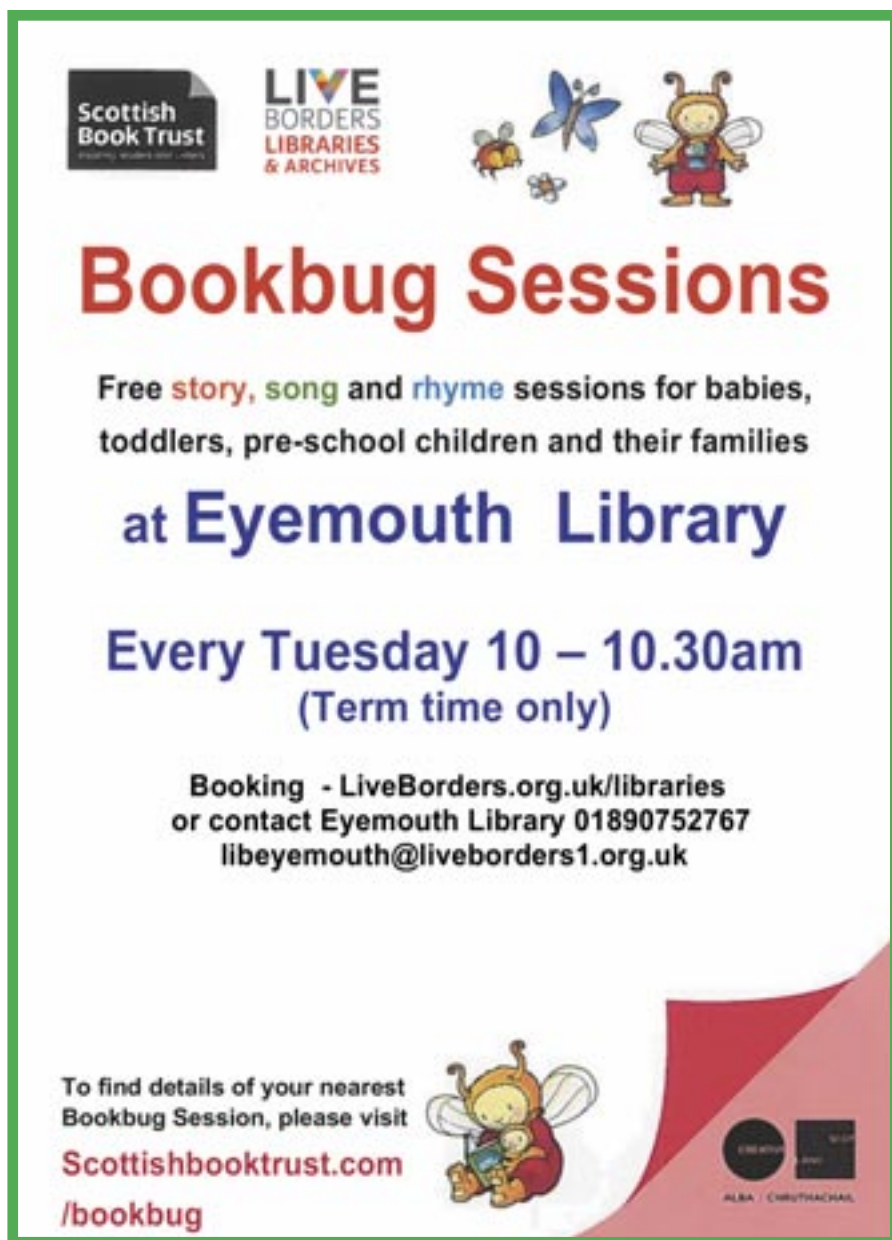
Brunch Hub

Alison and her team look forward to welcoming you to Splash Brunch Hub from 10.30 - 1.30. Open every Thursday at the Community Centre for breakfast rolls, teas, coffees and a lovely selection on home baking, with lunch being served from 11.30.


Keep an eye out for our weekly Specials

Please email susie@eyemouth.org for further information on volunteering opportunities

book news



Scottish Book Trust
LIVE BORDERS LIBRARIES & ARCHIVES



Bookbug Sessions



Free **story**, **song** and **rhyme** sessions for babies, toddlers, pre-school children and their families

at Eyemouth Library

Every Tuesday 10 – 10.30am
(Term time only)

Booking - LiveBorders.org.uk/libraries
or contact Eyemouth Library 01890752767
libeyemouth@liveborders1.org.uk

To find details of your nearest Bookbug Session, please visit
Scottishbooktrust.com/bookbug

book news

Library opening times:

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

All Her Fault by Andrea Mara

One Missing Boy

Marissa Irvine arrives at 14 Tudor Grove, expecting to pick up her young son Milo from his first playdate with a boy at his new school. But the woman who answers the door isn't a mother she recognises. She isn't the nanny. She doesn't have Milo. And so begins every parent's worst nightmare.

Four Guilty Women

As news of the disappearance filters through the quiet Dublin suburb and an unexpected suspect is named, whispers start to spread about the women most closely connected to the shocking event.

Because only one of them may have taken Milo – but they could all be blamed...

In a Community Full of Secrets, Who is Really at Fault?

This is a great psychological thriller which keeps you guessing. The characters are believable and you feel for the different women brought together by this shocking event. It has been televised now too, starring Sarah Snook and Dakota Fanning, and is on Now and Sky TV.

Library News

Bookbug every Tuesday at 10am.

Lego every second and fourth Friday of the month, 2–4pm.

Walking Bookgroup is on Tuesday 10th February 2pm.

Hearing Aid clinic is on Friday 21st February, 10am–12pm.



nature for wellbeing

At the start of October Splash launched a Nature for Wellbeing group. The idea behind this group is to make the most of the health-giving properties of the amazing high-quality natural environment that we have



in and around Eyemouth. Also offering folk opportunities to connect with nature in the company of like-minded people.

The group is led by Splash Community Project Worker, Liza Cole, an ex St Abbs Ranger, who has a particular interest in the therapeutic power of nature. The weekly sessions

involve going for a gentle stroll, practicing a bit of mindfulness, and then coming back to the Mason's Hall for a cuppa and a chat afterwards.

Activities so far have included a visit to St Abb's Head to

see the seal pups; collecting leaves (which the Splash Women's group then used to make leaf art); listening meditations; beachcombing and mindful photography.

If that sounds like your thing, then please come and join in. We meet at the Mason's Hall at 1.30pm on Wednesdays.



All photos by Liza Cole except Dead Men's Fingers (mid right) by Lindsay Benton

Splash

NATURE FOR WELLBEING GROUP

Make the most of the health-giving properties of the amazing high quality natural environment that we have in & around Eyemouth. Connect with nature in the company of like-minded people.

We will go for a gentle stroll, practice mindfulness and generally spend time in nature in all but the worst weather so please dress accordingly.

Meet in the Masons' Hall at 1.30pm on Wednesdays

splash – eyemouth living

Co-op Local Community Fund

We are delighted that the *Eyemouth Living* magazine has been chosen as one of the causes for the Co-op Local Community Fund. The Co-op put their profits where they belong, back into local communities. So if you are a Co-op member you get to choose a cause that's close to your heart and they will get a share of the Local Community Fund. You can choose any time until October. After that, they'll share out the fund between all their local causes. The total amount each cause gets depends on how many members have chosen them.

So if you are a Co-op member and you enjoy this magazine please log in to your account and choose us as your cause! This funding will be used to continue producing the free *Eyemouth Living* magazine, sharing local news, events, services and volunteer stories that connect, inform and celebrate our vibrant community.

The *Eyemouth Living* Magazine brings local people together each month through a wide range of articles written by and for the community. We feature history, nature, events, personal stories and volunteer projects that celebrate what makes Eyemouth and nearby villages special. By sharing authentic voices and local perspectives, the magazine helps people feel informed, valued and connected. It reduces isolation, supports wellbeing and inspires learning, skills and volunteering. This funding will enable us to continue producing and sharing this much-loved magazine, keeping our community spirit alive and strong.





Calling all boys and girls between the age of 4 by the 1st April and 8 by the 25th July who attend Eyemouth Primary School

Would you like to be part of Eyemouth Herring Queen Festival this year ? Perhaps you would like to be a Sailor Boy or a Trainbearer or maybe be part of the Children's Procession on Crowning Day ?

Our festival is such a wonderful and memorable occasion as well as being such a meaningful and historical event. This years crowning ceremony will be held on 25th July 2026.

If you are interested then please come along to our first EHQ practice at Eyemouth Primary School Assembly Hall on Monday 2nd March at 4pm. We look forward to seeing you all .



Eyemouth Herring Queen Committee

Charity No: SC043450



Teen

Things to do...
...for valentine's day



- take a romantic walk
- outdoor adventures
- cooking together
- a romantic dinner
- movie marathon
- spa day
- paint night
- ice skating
- treat yourself
- chill night in



Talks

valentines verse in english

In quiet moments, laughs we share,
In everyday kindness, love is there.
Not grand or loud, but strong and true,
My heart feels most at home with you

valentines verse in polish

W cichych chwilach, w śmiechu dni,
W małych gestach – miłość tkwi.
Nie głośna, lecz prawdziwa, trwa,
Przy Tobie serce dom swój ma.





u3a

Charity No SCO 31477

Our monthly open meetings are held in the Eyemouth Community Centre with refreshments available from 10am before the talk at 10.30. The open meetings are free for all members and non-members. So even if you aren't a member and you see a topic that interests you, please feel free to come along.

Wednesday 11th February

Cameron Robertson: The fascinating tale of William Henry De Lan and his daughters, a family of travelling photographers who eventually settled in Berwick at the end of the 19th century.

The talk will look at the family's journey from Bradford, through the Northeast and the Borders to Berwick. It will also explore some of their extended family members who also followed the same trade.

free to members and non-members!

Wednesday 11th March

Tim Morris: Small Town Hero – the story of a Canadian prairie girl who became a best-selling author and changed the course of Canadian politics by proving that 'the pen is mightier than the sword', and that changes can be effected by argument and humour.

Wednesday 8th April

Chris Rowland: Underwater Surveys – Chris Rowland is a professor at Dundee University. His field of specialism is 3D digital imaging and particularly the survey and high-resolution imaging of underwater structures. He has produced digital models of the shipwrecks in Scapa Flow for the MoD, including that of the *Royal Oak*. And, of particular interest locally, his systems are used for maintenance surveys of offshore wind farms.

eastberwickshire.u3asite.uk

GET THE RIGHT CARE IN THE RIGHT PLACE



	NHS inform includes self-help guides for a range of common conditions: NHSinform.scot/self-help-guides If you think you need A&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.	NHS 24
	<ul style="list-style-type: none"> • Colds • Cold sores • Sore throat • Diarrhoea or constipation • Indigestion • Aches and pains • Help if you run out of your repeat prescription 	Pharmacist
	Contact your GP Practice Call NHS 24 on 111, 24/7, 365 days a year Breathing Space: 0800 83 85 87 Weekdays: Monday - Thursday 6pm to 2am Weekend: Friday 6pm - Monday 6am	Mental Well-being
	<ul style="list-style-type: none"> • Tooth pain • Swelling to your mouth • Injury to your mouth • Painful or bleeding gums • Advice on oral hygiene 	Dentist
	<ul style="list-style-type: none"> • Red or sticky eye • Pain in or around your eye • Blurred or reduced vision • Flashes and floaters 	Optometrist
	A range of clinicians, including doctors, nurses and sometimes pharmacists and physiotherapists to help you with both mental and physical health issues.	GP Practice
	<ul style="list-style-type: none"> • Cuts and minor burns • Sprains and strains • Suspected broken bones and fractures 	Minor Injuries Unit
	<ul style="list-style-type: none"> • Suspected heart attack or stroke • Breathing difficulties • Severe bleeding 	A&E or 999

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)



eyemouth rotary

It's OK not to be OK

Having conversations about mental health can be difficult for both parties.

It's never easy to see someone struggle. We all want to help, with a kind and supportive word, practical advice, or even signposting. Did you know that the two highest-risk groups for mental health issues, high-risk behaviours, or substance abuse, are men under 35 and those doing isolated work, like our farmers and rural workers?

Rotary Eyemouth has borrowed an idea from the Rotary Club of Berwick-upon-Tweed and created a signposting business card. The concept is a simple one: you keep a card to pass on. We are asking that you take a few cards to keep in your purse or wallet, with the sole aim of passing one on. We cannot know when or who we might meet: a brief encounter with a stranger, or maybe a long-needed catch-up with an old acquaintance, could lead to you recognising a cry for help and then passing a card over. Who knows, you may find yourself needing to use a number from the card.

The OK card is bespoke to our community, linking directly to support in Scotland. We consulted with key groups and those involved in supporting the local community. The response was very encouraging, ensuring that we addressed local needs. The cards are available from the GP practice, the dentist, the pharmacy, opticians, gyms, farm suppliers, hairdressers, and community groups.

If you would like to have some of these cards for your group or business, contact any Rotary member or message Rotary Eyemouth on Facebook.

You may also notice that two of the numbers on the card link to the CAB. The debt helpline at the CAB offers a service to help with any financial problems, including assistance in identifying areas of benefit support that a person may be eligible for but perhaps doesn't claim.

It would be truly heartening to know that you have been able to give someone something physical to take away from your chance meeting, knowing that when they are ready, you have helped them, to 'create hope in their world'.



NEED HELP GETTING BACK ON A BIKE?



See the Change is here for you.

Need a bike repair, or looking for a bike of your own?

If money is a concern, please don't let that stop you - we can cover the cost.



Get in touch with us.
louise@seathechange.org.uk

abi & kathy



At the Start of the Year

It's January 2026 and Eyemouth has missed all the snow that fell further north. The flooding that was predicted for the town did not happen and Abi and Kathy are sitting in a café with coffee and cake.

Abi: I cannot believe it is 2026 already. Where did last year go?

Kathy: Each year goes quicker when you get to my age. I wouldn't have thought that would be bothering you yet Abi, with all the stuff you do and how busy you are?

Abi: Normally it wouldn't but I was listening to the radio and they played Bon Jovi 'Living on a prayer' and then said it was 40-years-old this year. They went onto to say that the Chernobyl disaster is 40 years this year. To me 40 years ago is the 1950's not 1986.

Kathy just smiled, looked at her friend and said:

Kathy: It's finally happening – age is catching up with you! In your head you may be in your 20's but time is passing.

Abi seemed to be a little depressed at this thought but before she could say anything Kathy continued...

Kathy: Ageing is a natural process which brings with it challenges and opportunities. I know it can be difficult and daunting but it's also a gift that has been denied many. One of my favourite quotes is from the American author Betty Friedan., who said "Aging is not 'lost youth' but a new stage of opportunity and strength."

Abi: I've been following a podcast from a woman in Australia who is asking us all to reimagine our middle age: we are wise women who have vast knowledge and experience.

Kathy: That's it! When I look at some of the younger women now, I often feel they need mentors who can remind them of that.

Abi: That's it exactly! We've lost that ability to help each other. We're all so wrapped up in our own lives and problems we don't realise that we can make a difference. I'm glad we talked, I feel so much better.

Kathy: Good, now let's go and order a bit more cake!

With that the January blues did not seem so dark for Abi.

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.

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f /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

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👤 johnlamontmp
📺 John2Win
f JohnLamontBorders

Working hard for the Borders, all year round

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

eyemouth clubs/activities

Do please let us know if you would like your voluntary organisation/community group included, or your information updated.

Club/Activity	Information	Contact
60's, 70's, 80's Music We Love	E Berwickshire U3A	https://u3asites.org.uk/eastberwickshire/welcome
Abundant Borders	Community food gardens and food related activities	https://abundantborders.org.uk
Andy's Man Club	Mon 7pm Parish Church Hall	https://andysmanclub.co.uk
Art Appreciation	E Berwickshire U3A	see website
Basic French	E Berwickshire U3A	see website
Berwickshire Nerd Guild War-gaming and Boardgame Club	Parish Church Hall, Friday 6–10pm	see facebook page
Bingo	Tavern Bar Thursdays	see facebook page
Birdwatching	E Berwickshire U3A	see website
Book groups, various	E Berwickshire U3A	see website
Busy bees baby/toddler group	Tuesday 10.30–12, Friday 10.30–12.25	see Eyemouth Parish Church facebook page
Chirnside Amateur Boxing Club	Monday, Wednesday, Friday see page for details	see facebook page
Coldingham and Eyemouth Netball Club	Tuesday 8–9pm, Eyemouth High School during term time	see facebook page
Coldingham Brave Bayers	Sundays 10am and see page for details, Coldingham Beach	www.facebook.com/groups/2709684882686174/
Coldingham Ukeles	Tuesdays 7–8.30pm	see facebook page
Community Café	Thursdays 10.30am–1.30pm Community Centre	www.facebook.com/Splash.Eyemouth/
Community Choir	Wednesdays 6.30–8pm EU church	
Connect Berwickshire Youth Project	Thursday 5.30–7pm P7 to S2 Thursdays 7–8 S3 +	https://bypconnect.com/drop-in-sessions
Dabbling with Words	E Berwickshire U3A	see website
Eyemouth and District Amateur Swimming Club	see page for details	see facebook page
Eyemouth and District Coastal Rowing	see page for details	see facebook page
Eyemouth and District Walking Football	Thursdays 6–7pm High School Sports Hall	www.facebook.com/groups/1196035434451614/
Eyemouth Bowling Club	Seasonal	www.facebook.com/groups/1747266198918352/
Eyemouth Golf Club	Junior membership <16 yrs £5	www.eyemouthgolfclub.co.uk
Eyemouth Mens Shed	Tuesdays 9am–2pm	see facebook page

eyemouth clubs/activities

Group/Club	Information	Contact
Eyemouth Rotary	Thursdays via Zoom 6 for 6.15pm	jo.pawley@talktalk.net
Eyemouth Scouts	Tuesday evenings, ages 6–18	www.borderscouts.org.uk
Eyemouth United Football Club	Weekly	stephanspeirs@hotmail.com
Eyemouth Variety Group	see page for details	www.eyemouthvariety.co.uk
Fisherman's Choir	Tuesdays 7pm Hippodrome	see facebook page
French Conversation	E Berwickshire U3A	see website
Gardening Group	E Berwickshire U3A	see website
Geology Group	E Berwickshire U3A	see website
Junior parkrun	Sundays 9.30am	www.parkrun.org.uk/eyemouthpriplayingfields-juniors/
Knit 3 purl 3 Knitting Group	E Berwickshire U3A	see website
Lego Club	Every 2nd and 4th Friday 2–4pm Eyemouth library	www.liveborders.org.uk/home/our-libraries/library-lego-sessions/
Lipreading Group	Community Centre	www.scotborders.gov.uk/disabilities/deaf-deafened-hard-hearing/3
Local History Group	E Berwickshire U3A	see website
Majong Group	E Berwickshire U3A	see website
Music Appreciation	E Berwickshire U3A	see website
Opera Appreciation	E Berwickshire U3A	see website
Poetry Group	E Berwickshire U3A	see website
Prostate Cancer Support Group	1st Tuesday of month 7–8pm Eyemouth Golf Club	check facebook page
Quiz Group	E Berwickshire U3A	see website
Scottish Country Dancing	E Berwickshire U3A	see above
Scottish Karate Federation	Thursday 6–7pm and 7–8.15pm Eyemouth High School	www.skfscotland.co.uk/clubs/eyemouth.html
Scottish Womens Institute	Chirnside, Ayton and Coldingham	hello@theswi.org.uk
Sea the Change	E-bike hire, cycling support etc	info@seathechange.org.uk
Singing For Fun	E Berwickshire U3A	see website
Skill, Chill, Chat Womens Group	Tuesdays 1–3pm	susie@eyemouth.org
Table Tennis	E Berwickshire U3A	see website
Walking for Wellbeing Book Group	2nd Thursday of month 1.30pm Eyemouth Library	www.liveborders.org.uk/exercise-referral/walking-for-wellbeing/
Walk It (low impact, accessible, 55 minute walks)	Tuesdays Community Centre 10am	SBC Walk It Walks website
Walking group	E Berwickshire U3A	see website

shrove tuesday

Shrove Tuesday

This year Shrove Tuesday, Pancake Day or Mardi Gras, falls on February 17th. In the Christian calendar Shrove Tuesday is the day before Lent, the 40-day period of fasting and reflection which begins on Ash Wednesday. The French name Mardi Gras translates as Fat Tuesday, from the custom of using all the fats in the home before Lent. It is a time to use up indulgent ingredients including eggs, milk and sugar before the fasting period begins.

Today, while the religious aspect remains important to many, the making and enjoying of pancakes on Pancake Day has become a popular tradition in many households. After all, from classic lemon and sugar to adventurous toppings like chocolate spread, fruits and savoury fillings, pancakes can be as unique as the people making them. The best part? Making pancakes is an experience that brings everyone into the kitchen, from little hands eager to mix the batter to grown-ups perfecting their Olympic flipping technique!

Shrove Tuesday Pancakes

Ingredients

- 100g plain flour
- 2 eggs
- 300ml semi-skimmed milk
- 1 tbsp sunflower or vegetable oil, plus extra for frying
- Pinch of salt

Method

1. Put 100g plain flour and a pinch of salt into a large mixing bowl.
2. Make a well in the centre and crack 2 eggs into the middle.
3. Pour in about 50ml of the semi-skimmed milk and 1 tbsp oil then start



shrove tuesday

whisking from the centre, gradually drawing the flour into the eggs, milk and oil. Once all the flour is incorporated, beat until you have a smooth, thick paste. Add a little more milk if it is too stiff to beat.

4. Add a good splash of milk and whisk to loosen the thick batter. While still whisking, pour in a steady stream of the remaining milk. Continue pouring and whisking until you have a batter that is the consistency of slightly thick single cream.
5. Heat the pan over a moderate heat, then wipe it with oiled kitchen paper.
6. Ladle some batter into the pan, tilting the pan to move the mixture around for a thin and even layer.
7. Leave to cook, undisturbed, for about 30 secs. If the pan is the right temperature, the pancake should turn golden underneath after about 30 secs and will be ready to turn.
8. Ease a palette knife or fish slice under the pancake, then quickly lift and flip it over. Make sure the pancake is lying flat against the base of the pan with no folds, then cook for another 30 secs before turning out onto a warm plate.
9. Continue with the rest of the batter, serving them as you cook or stack onto a plate.



Sweet and savoury topping ideas

Traditional: Sprinkle each pancake with caster sugar and freshly squeezed lemon juice, fold in half, then in half again to form triangles, or simply roll them up. Sprinkle with a little more sugar and lemon juice.

Tropical fruit & ginger: Fresh fruits, stem ginger syrup and Greek yogurt.

Maple Syrup, banana and blueberry. Mash or chop the banana and top with maple syrup and blueberries or other soft fruit of your choice.

Smoked salmon: Mix yoghurt, dill and lemon juice with a pinch of salt and ground black pepper in a bowl. Spread yoghurt mix over pancake and top with smoked salmon and dill garnish.

Cream cheese and spinach: Mix steamed and chopped spinach with cream cheese and seasoning.

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MEET MONDAY 7PM**

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Church Hall
WWW.ANDYSMANCLUB.CO.UK

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