

FREE

eyemouthliving

Your local community magazine

June/July 2025



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

welcome

Welcome to our bumper summer issue of *Eyemouth Living* covering the months of June and July. I'm hoping that you are able to be out and about enjoying the summer weather and that we hadn't already experienced summer back in May when we had that great run of weather!

Having a glance through the magazine I note there's plenty of things to do and to see over the summer months. Of course this includes the Herring Queen Festival where there is a multitude of activities for all ages – a great week to be enjoyed by all.

Also contained in this issue are some great ideas for getting more involved in things over the summer months so make sure you take the advice from our Teen Talks page and get stuck in!

Thank you to all who came along to Eyemouth Development Trust's AGM in May and it's with great pleasure we welcome two new trustees to the board as we look forward to all that the future year might hold.

Finally as usual there are plenty more articles, including many of our regular columns for you to check out, so relax, enjoy and maybe take your magazine away with you for some good summer reading!

We hope you enjoy your summer and look forward to welcoming you back in August.

Andy Haddow
Chair, Eyemouth Development Trust



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Magazine contact: livingmagazine@eyemouth.org

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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

abundant borders

Foraging for Elderflowers

It's the season for elderflower cordial again! Elderflowers are usually ready to harvest from late May up until mid-June. It's best to pick the cream-coloured flowers on a nice, sunny day when the flowers are fully open. Older blossoms, with greyish shade, should be avoided as they have likely lost their potency. Remember to leave plenty of the flowers on the tree as they develop into berries later in the year and are a crucial food source for the birds and another foragers delight! Neither should be eaten raw.

Elderflowers are rich in antioxidants and have many medicinal properties. They are beneficial for swollen sinuses and may improve the symptoms of colds and flu. Known for their diuretic properties, they are said to increase urine production and keep the kidneys free from disease. They can also prevent and treat constipation.

Elderflowers might work like insulin and help lower blood sugar levels, therefore improving conditions such as type 2 diabetes (please be aware it may interfere with some diabetes medication).

The flowers have a very distinctive sweet taste and make delicious cordial – please see our easy recipe opposite, and make your own batch.

You can use them to make wine or champagne too!

They can also be used in baking, added to stewed fruit for an oatmeal or yoghurt topping, or simply brewed for a delicate tea.

Please remember not to forage any plant you're unsure of.

Elder tree in our community garden



abundant borders

Elderflower Cordial

Ingredients:

- 20 elderflower heads
- 2 lemons, rind and juice
- 700g granulated sugar
- water (enough to cover the flowers, ~1l)



Method:

1. Shake the flowers to ensure that there are no insects inside
2. Remove larger stalks
3. Cover flowers with water
4. Add lemon zest and bring to the boil
5. Lower the heat and simmer for 20-25 minutes
6. Strain the liquid through the dish cloth
7. Measure the amount of juice
8. Add 350g of sugar and juice of half the lemon to every 500 ml of strained liquid
9. Heat gently to dissolve the sugar
10. Pour into sterilised bottles
11. Once cooled, keep in the fridge

Dilute to taste with plain or sparkling water



Abundant Borders (SC049008)
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wildlife notes

“Water is the driving force of nature”

Leonardo Da Vinci

As I write this on a balmy evening in May, I am hoping that the heavens will open, and it just pours down for half an hour. It's been a long time since our region saw any significant rain and although the heat and bright sunshine has been welcome, the knock-on effect for nature can be huge without the essence of life – water. Across the U.K, it was the driest start to Spring since 1956, and the warmest since 1960. Locally, the average rainfall for April is around 40mm, but this year, it was recorded by SEPA (Scottish Environment Protection Agency) at 8.4mm. May's figures were equally as alarming.



river levels affect the ability of creatures to spawn in pools which in turn leads to missed lifecycles. Even the vegetation around riverbanks starts to wilt and reduces the areas that nature can shade from the heat.

So how does nature try to cope with these dry periods of weather and what affect does it have?

Birds:

Not just for drinking, birds require water for bathing and keeping their feathers healthy. Like us they need to regulate their body temperature and water helps with metabolism and staying disease free. They will be able to get some hydration from food sources such as insects but seed-eating

birds such as finches, buntings and sparrows will need a water source to drink from. You can help by providing water in your garden all year round – the birds love this assistance especially in hot weather. Some birds such as Yellowhammers change their diet, moving away from seeds and onto insects if required.

wildlife notes



Yellowhammer

Butterflies:

The increase in butterfly numbers on the wing has already been very noticeable since the brighter weather set in. Orange Tips and Green-veined Whites have been plentiful in the Spring. Butterflies like high temperatures and lots of sunshine, and if they become too hot, they will seek shade and take time out. However, it's the offspring of butterflies – the caterpillars, that will face the biggest threat. Many species choose a single plant e.g. Small Blue caterpillars live only on the flower heads of Kidney Vetch. If the plants have withered and died due to lack of water, then the caterpillars will eventually starve leading to a significant reduction in numbers of the next generation. Butterflies, as adults, can get water from dew and



Small Blue

boggy areas plus sugary fluids from nectar-rich flowers. They too, have been seen drinking water from garden water bowls so it's not just birds we could be helping here.

Damsels and Dragons:

No, it's not a scene from a fantasy adventure book. Damselflies are emerging now, and it won't be long before their big brothers, the Dragonflies are out. They can both obtain water from food sources, such as small insects

wildlife notes

Blue-Tailed Damselfly Basking



'boom and bust' years for Odonata because of water sources drying up.

Other insects:

Bugs and flies need water to stop them drying out. Most will use dew pockets or small puddles to obtain a supply, but some, such as beetles, are able to absorb water from the air around them. It is already apparent that the dry weather has helped create swarms of Fever and Hawthorn flies, especially on the coast. This, in turn, has helped returning migrant birds such as House Martins who have been tucking into the feast.

Mammals:

Water is essential for mammals, it is needed for regulating body temperature, maintaining cell function and transporting nutrients around the body. Smaller creatures such as mice and voles are susceptible to dehydration, so a water source is vital. Some vegetation will provide this through roots and stems. Desperation may force them out more during daylight hours which is when danger from predation is higher.

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

Common Wasp eating a fly!



gardening notes

Summer is a wonderful time of year – unless you suffer from hay fever.

Most of us will have experienced some form of hay fever but for some people it can ruin their summer, producing not just itchy eyes, coughing and sneezing but prolonged headaches and tiredness. Hay fever is caused by pollen in the air getting into your eyes and up your nose. It can't be cured but there are many ways to help yourselves. Have a look at the NHS website for advice.

Flowers are produced by plants in order to reproduce and the pollen is the male gamete which needs to travel from one flower to another to carry out fertilisation. In order to get from one plant to another the pollen can be transported by insects such as bees, or by the wind. Gardeners should bear this in mind when choosing plants and avoid the worst offenders. This includes lawn grass which we are encouraged to leave un-cut during May to allow the insects to collect the pollen. Not great for hay fever! Keep your lawns mown and don't plant ornamental grasses. Other plants to avoid are amaranthus (Love Lies Bleeding), sunflowers, asters and chrysanthemums, and any daisies. Also dahlias, though dahlia hybrids classified as formal doubles are okay. Surprisingly birch and oak trees produce lots of pollen too and privet hedges should be kept clipped to remove any flowers.

Clematis (top right) doesn't cause any problems and roses produce lots of scent but luckily little pollen.

Wisteria however (below, left) does produce a lot of pollen and is a known allergen.

Garden tasks for June/July

There is so much to do in the garden at this time of year especially after the



gardening notes

Aquilegia (Granny's Bonnet) is a good food source for bees and doesn't cause hay fever.

glorious weather we have been having. Everything is flowering early and profusely, including weeds!

It's time to plant out any tender crops and annuals that are still in the greenhouse, such as tomatoes, and there are plenty of vegetables and flowers which can be sown now as well as filling hanging baskets and containers with bedding plants. Last month I highlighted the importance of hardening off your new bedding plants and now these can be moved into their final positions. Hanging baskets can be moved outside but remember to keep all these young plants moist.

This warm, dry weather means that water resources are being depleted and it is important to think about this when you are watering and make the most of rain water using water butts. To reduce water wastage make small dips in the soil about 6 inches across, around individual plants and use these when watering to encourage the water to soak into the roots. Getting the surface soil wet just encourages weeds and doesn't get to the roots.

Hanging baskets and container displays will need a liquid feed every two weeks and it is a good idea to pinch out the growing tips of bedding plants such as fuchsia to encourage bushier growth.

Continue to earth up potato plants and if lucky you may be harvesting your first earlies.

If you are harvesting salad crops remember to continue to re-sow each week to ensure a continual supply. Start picking tomatoes as they ripen and continue to remove the side shoots.

Once the leaves of snowdrops and bluebells start to turn yellow they can be lifted and the clumps divided.

To prevent wind damage use stakes with tall perennial plants and dead head and cut back oriental poppies. Cut them close to ground level and they will produce new growth.

Caroline Lathe – Ayton Gardening Society



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splash

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 note, we are **CLOSED** throughout July to give our volunteers a very well deserved break

Closed
during JULY to
give volunteers
a well-earned
break.

splash

I have always used the community larder and been grateful for my 10 items for £1. You never know what foods are going to be there and I have tried and enjoyed new foods I would never have thought to buy.

Last year I was asked if I would be a volunteer at the larder. As I had recently retired and had some spare time, I agreed. This opened my eyes to how the larder is run. Not only are there volunteers keeping the shelves stocked when the larder is open, there are a host of background volunteers doing pick ups from various supermarkets, often at night and in all weathers, delivering the food straight to the larder ready to go on the shelves. A lot of work goes into running the larder; that as a customer I was totally unaware of.

I used to wonder if the volunteers thought, 'here she comes again' when I visited the larder; now I hope that my regulars and new customers will keep turning up to help save all this food from going to waste. I love to see the shelves emptying and chatting to everyone.

My friends who don't have access to a larder are envious. The larder is for everyone, so give it a try and see what you can get for your £1.

See poster for opening hours.

Liz O'Brien

VOLUNTEERS NEEDED

- Eyemouth Larder
- Splash Brunch Hub
- Eyemouth Living Magazine

Join Our Team and Make a Difference Today!

JOIN NOW

MORE INFO
EMAIL:
susie@eyemouth.org
or pop into our office;
Masons Hall
Masons Wynd
Eyemouth

Splash

EYEMOUTH LARDER AND COMMUNITY FRIDGE

OPENING HOURS

Monday	9 - 11
Tuesday	3 - 5
Wednesday	9 - 11
Thursday	Closed
Friday	9 - 11

PARISH CHURCH, EYEMOUTH

EMAIL SUSIE@EYEMOUTH.ORG FOR MORE INFO





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- Local food banks
- Homelessness accommodation settings

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Choose from a range of products
We offer a range of products such as sanitary pads, tampons, reusable cups and pants.

Please take what you need. Stocks are refilled regularly.

If you can't find what you're looking for, ask at reception where staff will be happy to help.

Find out more
For more information including a list of venues and products, visit: www.scotborders.gov.uk/freeperiodproducts



Scottish Borders COUNCIL

book news

Library opening times:

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

Away with the Penguins by Hazel Prior

Prior

Veronica McCready lives in a mansion by the sea. She loves a nice cup of Darjeeling tea whilst watching a good wildlife documentary. And she's never seen without her ruby-red lipstick.

Although these days Veronica is rarely seen by anyone because, at 85, her days are spent mostly at home, alone.

She can be found either collecting litter from the beach ("people who litter the countryside should be shot"), trying to locate her glasses ("someone must have moved them") or shouting instructions to her assistant, Eileen ("Eileen, door!"). She doesn't have family or friends nearby. Not that she knows

about, anyway... And she has no idea where she's going to leave her considerable wealth when she dies.

But today ... today Veronica is going to make a decision that will change all of this.

This is a lovely, uplifting story about a curmudgeonly, lonely old lady who goes on an adventure after watching a wildlife documentary. She discovers things about herself and the world and her life changes forever. Well worth a read!

Joany Cook

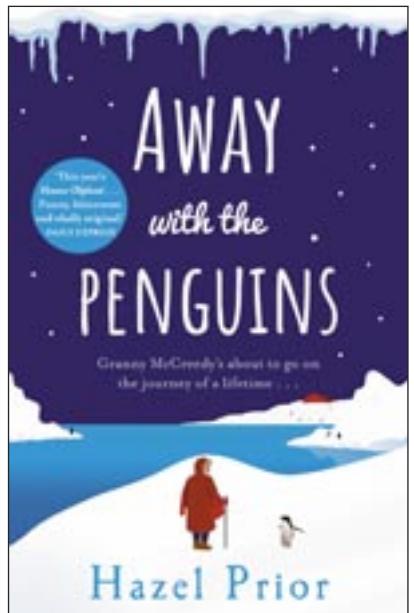
Library News

Bookbug on Tuesdays at 9.45am. Last session before the summer holidays is 17th June.

Drop in Lego Sessions on the 2nd and 4th Fridays of the month, 2–4pm.

Hearing Aid clinic on Friday 20th June, 10am–12pm.

Walking Bookgroup on Tuesday 10th June at 2pm.



abi & kathy



Abi and Kathy Discuss Life and Nature

Abi and Kathy were found this month sitting on the bench by The Ladies with takeout coffee and a bun. You know the bench, with the great view.

Kathy: That was a good walk over from the town. And the coffee is still warm, I've been looking forward to a sit on this bench. How are you? You have been a bit quiet on the way over.

Abi: Sorry yes I've have got a lot going on in my head. It never seems to quiet down. Do you ever get like that, no matter what you do it's never good enough, you are never valued and you second guess yourself all the time?

Kathy: Look at that Saltire in the sky. Can you see it? I look and wonder where those flights are going to and from. What are those people thinking? Are they going for work, business, holiday or to see loved ones?

Abi sat there and thought: 'Kathy is not listening to me'.

Kathy: Look out there did you see that fin? Yes, look it's the dolphins. Did you see it jump? It looks like there is a baby with them. Did you see the Orca pictures down in Northumberland? I also heard the otter is back in the harbour. Don't turn around but there is a hare watching us. Saw two of them boxing the other day by the football pitch.

Abi sat there and looked at the dolphins breaching the water. She cast a glance at the hare only to see it run off. The water was clear and different shades of blue. She calmed, the noise in her head slowly stopped.

Kathy: There you see! Just coming and sitting here watching the sea and the wildlife is calming to the body and mind. Just sitting here is a break from the demands of the life across the harbour. It gives us space to think and feel.

Abi still sitting there felt a greater connection to the sea and land. She felt a greater connection to her friend who had been listening all along without really saying much but saying what Abi had needed to hear.

Sometimes all we need is to reconnect and listen.

eyemouth foodbank

About Our Foodbank, Celebrating 6 Years of Serving Our Community!

In the summer of 2019 in response to growing numbers of local people and families living through poverty, hardship and distress, Eyemouth Foodbank was formed by some local volunteers as an initiative to try and bring some relief. Originally set up at the Leisure Centre we now operate from Eyemouth Parish Church working solely on a home delivery service.

Since our formation we have provided around 2,200 parcels to people and families in the Eyemouth area, which has provided around 6,500 meals and demand is still there. Prior to and during the pandemic the vast majority of our food was generously donated by supermarkets, people in the local community, schools, businesses, churches and individuals. Since lock-down ended, food donations have dramatically reduced to the extent that the Foodbank is now largely self-funded and relies on grant awards to keep going. However grant aid is becoming more difficult to obtain.

The families and individuals who come to us have been referred by care professionals, social workers, Citizens' Advice, health visitors, school liaison officers, housing associations and others, work with us to help people in crisis so that they do not have to go hungry. We work closely with all local agencies and also have links to similar national organisations.

We are working hard to assist the local community but need your support to maintain this valuable service. All donations welcome.

Donations can be made to:

The Eyemouth Foodbank
RBS a/c No – 00662510
Sort code – 16.12.85

history

Making History – CounterRowing8GB

I expect that by the time you read this article, ocean rowing boat *Nanook* will have left Eyemouth harbour on her attempt to be the first boat to be rowed counter-clockwise around mainland Britain. Preparations are complete and all that Leven Brown and his crew need now are a few days with a southerly wind to help *Nanook* on the first leg of her voyage up the east coast of Scotland and into the Pentland Firth.

Some of you may have noticed the long white rowing boat, sporting the logos of her sponsors, lying at the east pontoon in the harbour, or moored in the river beside Eyemouth Marine. You may have seen Leven Brown, a well-known record-breaker in the world of ocean rowing, or some of his crew, loading *Nanook* with provisions. Last year two of the crew rowed with Eyemouth Community Rowing Club, much less of a challenge, but the club hope to escort *Nanook* up the bay when she sets off on her adventure, and to go to sea to welcome her back.

Leven Brown was born, and lives, in the Scottish Borders and Eyemouth Marine is one of his main sponsors – two of the reasons Eyemouth has

been chosen as the start and finish of this attempt.

Nanook is a type of Atlantic ocean rowing boat fitted with safety and communication equipment, solar panels and a desalination machine. She will be rowed by a crew of eight, in two shifts of four, and has automatic steering,



history

unless the sea conditions mean she has to be steered manually. At the bow and stern there are accommodation pods which give shelter from the elements. The crew consists of two men and six women, all of whom have experience of rowing and have trained hard for this adventure. As well as stamina they need to be able to work as a team, endure cramped conditions, eat re-hydrated food, and cope with the minor aches and pains of sustained physical exercise. Each team will row two hours on and two hours off, and snatch sleep, food and liquids whenever they can!

Coastal rowing is very different from ocean rowing. Tides and currents have much more influence especially around headlands – and there are plenty of headlands around the coast of Britain. There will be small and large boat traffic that has to be negotiated, not to mention rocks and islands, but there is sometimes the chance of shelter. Rowing in an ocean gives limitless space and fewer obstacles, but there is no shelter.

Leven has successfully rowed the Atlantic several times, in boats of various sizes. He has rowed the Indian Ocean and set several rowing speed records. During the summers of the past two years Leven, with a different crew, attempted to row further through the North-West Passage than any other rowing boat had done previously. It was only when his boat *Hermione* was holed, 100 miles from their destination, that they had to give up the attempt. Leven has said that voyage was his most gruelling and dangerous adventure so far.

I hope to be able to report on their progress in the August edition of *Eyemouth Living* but until then we wish Leven and his crew 'fair winds and calm seas' in their attempt to complete the first counter navigation of mainland Britain and make history. In the meantime you will be able to follow their progress on Facebook and Instagram: counternavig8GB.

Fay Waddell



Splash it's your space

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10.30-12.30 Book Now

Children MUST be accompanied by an adult

- Grab a sheet
- Collect the clues
- Return to base
- Receive a picnic bag for every child

Fun for all the family!

East Links family day out for the winning family!

For More Information:

email: susie@eyemouth.org

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

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

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Working hard for the Borders, all year round

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



Eyemouth Primary School Quiz Team Attend the Rotary Scotland South Primary School Quiz: District Final

It's a Saturday morning, on what looks like it's going to be one of the very best days of the year so far. Wall-to-wall sunshine forecast, temperatures probably rising to, at worst, the low twenties centigrade.

What does a team of four intrepid P7s from Eyemouth Primary School want to do? A trip to the beach? An ice cream at Giacopazzi's (other ice creams are available)? A bike ride to enjoy a picnic beside the Eye Water?

No, they were not tempted by any of the above. With their quizzing heads on and accompanied by Miss Paterson, all they had on their minds was getting to Kirkintilloch by 1.00pm to take part in the District Finals of the Rotary Primary School Quiz.

To get to this stage, they had competed in the local round with teams from the other Primary schools in the Eyemouth High School catchment. They had, along with a team from Ayton Primary, gone forward to the Rotary, 'Borders Area' round where they competed with 10 other teams, coming third in that round.

So, to Kirkintilloch, where they met fourteen other teams from across Scotland South. Ready to compete in front of an audience of over 100 parents, supporters, teachers and Rotarians.

At the start of the event, the Quiz Master made three really important statements. All teams were already winners for getting to this stage. The most important thing today was that the teams should enjoy themselves. If each team member learned at least one new thing today, the event was a success.

The concentration on the team's faces, the way they worked together and the speed of their responses showed how seriously they were taking the competition. Sadly, on this occasion they were not in the top three. Exactly where they were placed we will be able to let them know shortly.

However, winners for getting there! Winners for the manner in which they conducted themselves! A credit to themselves, their parents and the brilliant team at Eyemouth Primary School. The two Eyemouth Rotarians who were present couldn't have been more proud of you!

TEEN TALKS

Volunteering

benefits:

1. Volunteering is extremely rewarding as you are always working towards a goal and feeling a sense of 'giving back' to the community.
2. It can help build your confidence as you meet and work with new people all the time
3. Volunteering massively improves your teamwork skills because you work with others doing lots of different activities.
4. Many people see volunteering as 'boring' and decide not to do it but actually it is quite the opposite of that! There is huge range of activities to participate in while also helping out in the community.



WHAT DO SPLASH OFFER?

Splash offer a huge range of volunteering opportunities for all ages (including teens)

We hold community events such as cooking events in the local primary schools. The young volunteers help out with prepping, insuring safety, helping the young children cook and making sure everyone has a good time!

We have Splash Brunch Hub running every Thursday in Eyemouth community centre, where there are 10 volunteers, who set up, prep the food, serve and clean up. Most weeks we welcome over 55 visitors!



The local larder is all about saving food from local supermarkets from going to waste. There are 14 volunteers who help out with pickups, dropoffs and shifts. Supermarkets included are Lidl, Asda, M&S and our local coop.



eyemouth high school

Eyemouth High School Prepares for a Busy and Exciting May and June!

Eyemouth High School has an action-packed few months ahead, with a variety of educational and exciting activities lined up for students. These 'wider achievement' opportunities are part of Eyemouth High School's commitment to offering students well-rounded, enriching experiences that complement their academic learning, develop teamwork and personal growth, helping to prepare them for future challenges.

Two residential trips are coming up this year. The first takes students to the European Space Centre where they will take part in hands-on space activities, learning about space exploration, before enjoying the thrills of Euro Disney. There's also a visit to a chocolate factory – an educational treat for those with a sweet tooth! Senior students are also heading to London for a residential trip that will immerse them in the rich history and culture of the city. This experience offers students the chance to visit landmarks and institutions they've studied in social studies classes.

Senior science students have an exciting opportunity to visit Edinburgh University for Advanced Higher Chemistry experiments. This collaboration with the university gives students the chance to apply their classroom knowledge in a real-world setting, deepening their understanding of scientific research.

In addition to these trips, students will learn about agriculture and sustainability through visits to Bee Edge Farm and the Royal Highland Show. At the farm, students will get hands-on experience with farming practices and sustainability efforts. At the show, they'll explore Scotland's agricultural heritage and take part in activities organized by the Royal Highland Education Trust. S2 students will also participate in the 'Field to Fork' program at The Hirsel, learning about food production from farm to table.

Finally, the Eyewell Team has planned two health and well-being days focused on promoting physical and mental health. These workshops will provide students with valuable tools for managing stress and maintaining a healthy lifestyle.

It's going to be an exciting couple of months!

netherbyres walled garden

The unusual elliptical walled garden at Netherbyres was built by William Craw in about 1740. He was a mathematician and engineer who built the first sea wall at the entrance to Eyemouth harbour. He built the garden wall to give shelter from the sea; there being no trees on the estate in those days. The garden was designed to grow fruit – more of an orchard than a formal garden. One of his original pear trees survives to this day. The advantage of an elliptical wall, as well as being a mathematical shape, was that it gave a greater length of south- and west-facing wall on which to grow fruit.

The garden was further developed by Captain Sir Samuel Browne, the builder of the Union Chain Bridge over the Tweed. He made his name and fortune by having designed and supplied anchor chain to the Admiralty. He then went on to use this idea to build chain suspension bridges and piers, including those at Brighton and Granton Edinburgh.

The present layout of the garden was made by the Ramsay L'Amy family who bought the estate in the 1860s. They built a large conservatory and green houses, planting intricate box edges and the present yew hedge which divides the garden into two parts, for flowers in the main part, and fruit and vegetables below. The estate was bought by my father, Sir Christopher Furness in 1928 (hence the local nickname of 'Kit's Place') and I took over the garden from my mother when I retired from the Army in 1979. When my mother died and I decided to move out of the big house, I took down the conservatory and built the Garden House.

The garden is open as part of the Herring Queen week on Sunday 27th July 2–4.30pm.

Colonel SJ Furness





border women's aid

We've Got Your Back: the Work of Border Women's Aid

Anyone can be a victim: domestic abuse in the Scottish Borders. Domestic abuse is a pattern of behaviour which can include physical and sexual violence, emotional, psychological abuse and other forms of coercive control. It is happening right now, right here, in every part of the Scottish Borders, including Eyemouth. Every year, hundreds of incidents are reported but many more are unreported – hidden, unheard, unseen.

Domestic abuse is overwhelmingly experienced by women and perpetrated by men (Police Scotland: 4 out of 5 cases) but can also happen in same-sex relationships. It doesn't matter how old someone is, whatever their race, ethnicity, sexual identity or class may be. Or if they have children; whether they are disabled or not. Anyone can be a victim of abuse and controlling behaviour, which can continue even after an intimate relationship has ended.

Long-term trauma caused by domestic abuse often leads to poor mental health, which can affect physical health and wellbeing; access to education and employment opportunities are impacted. Financial abuse is a common aspect of coercive control, together with the threat of economic disaster.

Border Women's Aid is here to help.

At this all-women organisation, every day we witness the damage that domestic abuse does to women and their children, and every day we help women to live lives free from abuse and fear. Safe accommodation and specialist support are provided either through refuge or community outreach. In this past year we supported 299 women.

We help our clients plan a life beyond the experience and threat of domestic abuse, supporting them as they escape from isolation and engage in community activities. Social involvement is facilitated, as we promote a sense of belonging. Many of the women we work with take part in our highly successful 'Own My Life' group programme, which enables them to understand the dynamics of domestic abuse and become acquainted with fellow survivors, so they can support each other.

Everyone is different, so we treat each woman as an individual. We don't

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tell anyone what to do – we are enablers, not fixers. We listen to women who come to us so that we can understand what they need to empower themselves. As facilitators we help them build on their own strengths and develop the knowledge, skills and tools they need to determine their own futures. Our advice and support are confidential, free, and non-judgmental.

Confidentiality is central to what we do, and we will provide support via telephone, e-mail, text, face-to-face – whatever works best.

The difference we make

We know we make a difference because the women we support tell us so. Here are some typical endorsements:

“My BWA support worker was the first person who really listened to me and I could confide in.”

“Thank you for showing me care, compassion and empathy at a time when I needed it most. Thank you for listening – for making me feel heard and understood. Thank you for all your support, guidance and advice. You have saved my life.”

“You provide a safe space to discuss difficult things.”

“The service is exemplary and without it I would not have survived.”

“The service has been genuinely amazing and my situation could have been so much different if I had not got in touch with you.”

“I have got my life back.”

Border Women's Aid is here to help.

Please contact:

Border Women's Aid

T: 01450 218409 (Mon–Fri)

National Domestic Abuse Helpline (24 hours)

0800 027 1234

You can learn more about our work here:

www.borderwomensaid.co.uk





11th - 15th August
Eyemouth Parish Church

For new p1-s1 pupils

A Tale of Two Kings
A Bible based holiday club

10am - 12.30 everyday

Songs, games, Bible stories, crafts, snack
Entry only £2 a day!

<https://form.jotform.com/251332856460355>

Find us on **Facebook** @EyemouthParish Church

EPC Eyemouth Parish Church

Scripture Union Scotland is registered in Scotland as a charity (no. SC011222) and as a company limited by guarantee (no. SC4297). Registered office: 70 Milton Street, Glasgow, G4 0HR.

Eyemouth Parish Church of Scotland is a registered Scottish charity: SC06499



Splash

Childrens Floral Workshops
WEDNESDAY 9TH JULY
10.30, 12.30 & 2.30

Eyemouth Herring Queen themed workshop
Monday 28th July
12.30, 2pm, 3.30

MONDAY 4TH AUGUST
10.30, 12.30 & 2.30

MASONS HALL
FREE EVENT
Age 3 and over
Including
picnic bag & goodie bag

To book, contact Occasions of Eyemouth
Children must be accompanied by an adult



coldingham brave bayers

Empowering People through Coaching, Well-Being, and Community Connection

Founded by three individuals whose lives were changed by wild swimming, and located next to Scotland's only Voluntary Marine Reserve, Coldingham Brave Bayers CIC (CBB) is committed to making open water activities safe, inclusive, and empowering. With a focus on resilience, confidence, and inclusion, our mission is to support people to connect with blue and green spaces to enhance their physical, mental and social well-being.

Coaching for Confidence and Community

Whether you're new to open water swimming or looking to refine your skills, our qualified coaches can tailor coaching sessions to meet individual or group needs. We support swimmers with: Building water confidence and safety awareness • Overcoming fears and learning to float or put your face in the water • Understanding the environment, assessing risks, and reading conditions • Refining breathing and stroke techniques in a friendly and supportive group • Preparing for events or simply enjoying the water with friends and family • Couch to 5km.

Well-Being Through Wild Swimming

Our well-being programme funded by the Scottish Government is designed to support mental, physical, and social wellbeing through wild swimming and nature-based activities. These six-week programmes are suitable for those moving from indoor to outdoor swimming, as well as those already comfortable in open water looking to improve their well-being.

With a holistic approach, our sessions include: Wild swimming and safety training • Seasonal yoga and breath-work • Art for health and well-being (with Kevin Peden) • Snorkelling with Blue Adventures • Marine life education with Berwickshire Marine Reserve • Guided reflections and the use of safety equipment like tow floats.



coldingham brave bayers

Community Swim Initiatives: Inclusion Through Water

CBB is passionate about making open water swimming inclusive and accessible. Our community initiatives promote well-being, build confidence, and raise awareness about water safety, sustainability and the environment. See our facebook page and instagram or email us for more information.



We also offer: Supported dips in blue and green spaces through Berwickshire, Scottish Borders and East Lothian • Swimming, snorkelling, walking, bus and boat trips • Provide volunteering opportunities and skills-building workshops • Corporate events utilising our partnerships with local groups to deliver bespoke itineraries • Inclusive and fun community events to promote connection and social participation • Loan of safety equipment via Be Bright Be Seen project funded from the Neighbourhood support fund Scottish Borders Council.

Upcoming Dates:

Mondays 6:30–8:30pm from 19 May –23 June, Coldingham Bay
Wild Swimming, Seasonal Yoga, Snorkelling, Marine Conservation

Wednesdays 6:30–8:30pm from 11 June – 16 July, Eyemouth (Men Only)
Wild Swimming, Breathwork, Art for Well-Being

Wednesdays 6:30–8:30pm 20 Aug – 24 Sept, Eyemouth
Wild Swimming, Breathwork, Art for Well-Being

Mondays 6:30–8:30pm 25 Aug – 29 Sept, Coldingham Bay
Wild Swimming, Seasonal Yoga, Marine Conservation

Join us and discover the power of cold water, connection, community and cake!

Please contact coldinghambravebayers@gmail.com or QR

Coldingham Brave Bayers are fully insured, and accredited with the STA (swimming teachers association) Open water swim coaches level 2, Open water safety and RLSS National Water Safety Management Programme, qualified first aiders and mental health awareness trained.



eyemouth herring queen

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81st Eyemouth Herring Queen Festival

Saturday 26th July to Sunday 3rd August 2025

EHQ Elect
Miss Grace Gillie

Charity No. SCO43450



This year we have some fantastic events during our Herring Queen Week and we are bringing back some much loved favourites!

SOMETHING SCOTTISH

FANCY DRESS

DRY BOAT RACE

**SAND CASTLE
COMPETITION**

**CHILDRENS FLOWER
ARRANGING**

AND SO MUCH MORE!

Charity No. SCO43450

Keep an eye out for our programmes being on sale, very soon!

fire safety

Home Tips to Keep Safe from Fire.

Batteries should never be placed in household waste. If they get damaged they can cause a fire.

Check with your local authority for recycling guidelines.



<https://ow.ly/GOPp50V6NtW>

A great example of why we recommend **closing internal doors** before you head to bed. Closed doors can help reduce the spread of fire and smoke, keeping your escape route free.



Get our night time checklist here:
<https://www.firescotland.gov.uk/at-home/bedtime-checks/>

Did you know that **wildfires** are usually started by thoughtless or accidental behaviours?



- Careless disposal of cigarettes
- Unattended BBQs and open fires/campfires
- Fires not being extinguished properly
- Sunlight magnified by glass bottles

We can all act responsible and play a crucial part in preventing wildfires!

For more guidance visit
<https://ow.ly/jKYH50QJuVP>

Test It Tuesday! Making sure you have working smoke and heat alarms could save your life. Test them weekly to make sure if fire does break out everyone in your home has time to get out safely.



Number four . . .

Contemporary art and craft gallery



Kate Hanney 'Harbour sun' 60 cm x 80 cm Screenprint with mixed media

Summer show 2025

Preview weekend 5th/6th July 10.00 am - 5.00 pm

Join us over our preview weekend for drinks and nibbles, and a truly unique, relaxed and inspiring gallery experience, as we launch our Summer exhibition. New work sourced from some of the country's finest artists and makers. All work is for sale, with a varying price range suitable for all buying occasions. We look forward to seeing you . . .

Number four gallery, Northfield farm, St Abbs TD14 5QF
 Tel - 01890771111 email info@numberfourgallery.co.uk
 Thursday - Sunday 10.00 am - 5.00 pm
www.numberfourgallery.co.uk

women's group

Since January, the Women's Group has taken part in a wide range of activities designed to bring people together, build confidence, and simply enjoy some time out in good company. From trying their hand at Polish cooking and macramé to making book hedgehogs and enjoying the calm of chair yoga, there's been something for everyone. The group has also explored massage oils, welcomed a visit from BARK – complete with two black kittens, a Chinese water dragon, and a very charming African grey parrot – and most recently enjoyed a fantastic day trip to Floors Castle on Tuesday 29th April.

The women gave feedback about how much they enjoyed their day out looking around the castle, gardens and a delicious afternoon tea in the courtyard. Comments included:

'I thought the trip was fantastic; I LOVED it. The Castle was lovely.' T.M.

'The staff were very friendly and helpful, I really enjoyed the day and the company.' H.P.

'Alison was very helpful and helped us around the castle. It was a shame you couldn't take pictures inside, but it was lovely and the afternoon tea was really good.' L.S.

'I thought it was amazing. The guides were brilliant and happy to answer lots of questions about the Castle.' A.A.

'It was Absolutely amazing! I enjoyed it all from start to finish.' M.W.

Each session offers something new, but it's the laughter, connections and friendships that keep people coming back week after week.

The group runs every Tuesday from 1-3pm in the Masons Hall, Eyemouth.



New members are always welcome and there are always plenty of refreshments on the go.



24TH ABUNDANT BORDERS ALLOTMENT & PICNIC

JUNDAY BORDERS

3RD WAX MELTS

JUNE ACTIVITIES

WOMEN'S GROUP

Berwickshire Swap 10TH BERWICKSHIRE SWAP

17TH SWEETIE TREES

Splash

EVERY TUESDAY AT THE MASONS HALL 1PM - 3PM

Ladies, 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.



 **BIKES FOR SALE**



We have a wide selection of refurbished bikes available. All bikes have been donated, up-cycled from the Eymouth Recycling Centre or from our friends at Just Cycle and Hap! Bike charities in the Scottish Borders.

Come along to the Cycle Shack on Manse Road, Eymouth and get on your bike today!

 **CYCLE SHACK**
MANSE ROAD, EYMOUTH

 **E-BIKE HIRE**



We can provide e-bike hire from the Cycle Shack in Eymouth. We offer heavily discounted rates for local residents.

With step through frames, suspension and long life battery for effortless cycling. The easy and eco-friendly way to view Eymouth and beyond!

 **CYCLE SHACK**

bike sales
bike hires
bike repairs
bike rides


MANSE ROAD, EYMOUTH

 cycleshack@seathechange.org.uk
 01406 081632

Sea the Change is a registered charity

 **KID'S BIKE LOAN CLUB**
BERWICKSHIRE



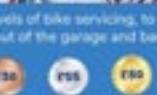
We offer FREE 6 month bike hire for children. If you live in Berwickshire and know a child in need of a bike, please get in touch. Various sizes available. For more details email:

cycleshack@seathechange.org.uk

 **BIKE SERVICING**



We offer various levels of bike servicing, to help get your bike out of the garage and back on the road.



 **CYCLE FOR CHANGE**

Based from the Cycle Shack in Eymouth, Sea the Change are delighted to offer all things BIKES to Berwickshire with our new Cycle for Change project. From guided Trishaw rides to eBike hire and cycling support sessions, we've got everything covered to help get your wheels in motion.



- Electric bike hire
- Trishaw rides
- Reconditioned bike sales
- Kid's free bike loan scheme
- Bike servicing and repairs
- Support sessions: led bike rides, cycle confidence sessions and more!

For more info or to make a booking, visit: www.seathechange.org.uk
or call us: 07498 081632



FREE TRISHAW TOURS
FEEL THE WIND IN YOUR HAIR...

Sea the Change is delighted to host the Eymouth Chapter of Cycling Without Age Scotland.

With the help of our wonderful team of volunteers, we provide guided Trishaw rides around beautiful Eymouth and it's local area. The rides are primarily for those with limited mobility and/or social isolation but can also be available to others - offering an opportunity to enjoy the outdoors with a smile on your face.