

FREE

eyemouthingiving

Your local community and healthy lifestyle magazine

October 2023



Getting Creative Issue

welcome

Welcome to our special 'Getting Creative' issue of *Eyemouth Living* for this October. It's amazing to see the creativity that's all around us in our community. Whether it's seeing the High School's amazing artworks or photo competitions, or visiting one of the many pop-up markets and seeing the work of our local artisans. However being creative isn't just restricted to the artists, creativity is needed in all kinds of things and we can see it too in the many different and new projects taken on by organisations within our wee town. Eyemouth Development Trust are always on the look out for folk keen to try out a new project that might just improve the town and maybe just need the backing of a group to support and help them. It's been a delight to see the lunch hub go from strength to strength led by the volunteers running it or the community larder and fridge be such a success. Each one of us can be creative and it's an amazing way of helping with our mental health and washing away the stress of our day. Especially as the nights begin to draw in, maybe now is the time to take up a new hobby and get creative, hopefully you might even find some inspiration in this issue of *Eyemouth Living*. Enjoy!

Andy Haddow
Eyemouth Development Trust



Pick up points for the magazine in Eyemouth are currently: Community Centre, Mason's Hall, EU Church, The Pet Shop, Beachcomber, The First and Last, FMA, ReTweed, Waterfront Cafe, Oblo, Larder, Petrol Station, Swimming pool/Leisure Centre, BAVS shop, Coop, General Store, Swan Court, Linkim Court. We also distribute to: Ayton, Reston and Coldingham village shops.

You can also view the magazine at: <https://www.eyemouth.org/magazine>

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If you would like to promote your business or simply support us by placing an advert in the magazine please contact us at: livingmagazine@eyemouth.org
 Any advertising must remain true to our healthy living ethos and we reserve the right to refuse any adverts that do not uphold this.

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



eyemouth herring queen

eyemouth herring queen

The preparations for the Herring Queen Festival come in many guises and being creative certainly helps. With houses and lorries to decorate, impressive shop window displays to create, and of course, the fancy dress costumes to make. Thinking up spectacular sandcastle designs, building dry boats or even creating dance moves to perform at the talent competition. You can soon fill up your summer holidays creating and preparing for the week. Here are a few pictures of some of the most creative accomplishments from the festival.



sea the change

Electric Vehicle Information Day at Ayton Castle

Join us on Friday 6th October 10am–12 noon for our Electric Vehicle Information Day at Ayton Castle. This is an opportunity to explore and understand more about the transition to sustainable transport.

By 2025 20% of all new cars sold globally will be electric so why not come along and hear all about the available options, the potential cost saving implications and the experiences of local EV owners.

Book your space on eventbrite or contact Alice Fisher: alice@seathechange.org.uk

u3a
East Berwickshire

FRIDAY 6TH OCTOBER
10AM- 12 NOON, AYTON CASTLE

Seathe Change

**WOULD YOU LIKE TO
TRANSITION TO ELECTRIC?**

PLEASE BOOK VIA EVENTBRITE
<https://www.eventbrite.co.uk/e/709457003997?aff=oddtcreator>

alice@seathechange.org.uk

Splash
it's your space

THE EYEMOUTH LARDER & COMMUNITY FRIDGE

EYEMOUTH LARDER

Our Larder is a non-profit group dedicated to reducing food waste. The Eyemouth Larder is there for everyone in our community. We redistribute surplus food donated by Fareshare and various local Supermarkets. You are welcome to go along and choose up to 10 items for a small donation.

Opening Times
 Mon: 9am - 11am
 Tue: 3pm - 7pm
 Wed: 9am - 11am
 Thur: CLOSED
 Fri: 9am - 11am

Eyemouth Parish Church

DONATION BASED SERVICE



splash

abundant borders recipe

Splash
BRUNCH
HUB

Pay as you feel!

THURSDAYS | 10.30AM-1.30PM

BREAKFAST & LUNCH

Jacket Potatoes - Toasties - Sandwiches - Cakes - Coffee

EYEMOUTH COMMUNITY CENTRE - ALBERT ROAD

This Month's Winter Warmer
Get creative in the kitchen!

LIGHTLY SPICED LENTIL & TOMATO SOUP

Serves 4

Ingredients

- 1 tbsp olive oil
- 1 onion, roughly chopped
- 2 celery sticks, roughly chopped
- 1 carrot, peeled and roughly chopped
- 1 garlic clove, crushed
- 1 tsp ground cumin
- ½ tsp ground coriander
- 175g split red lentils

Method

1. Heat the oil in a saucepan.
2. Add the onion and cook over a low heat for 7-8 minutes, stirring occasionally, until beginning to soften.
3. Stir in the celery and carrot and cook for 3 minutes, stirring frequently.
4. Add the garlic, cumin and coriander and cook for a further minute, stirring constantly.
5. Add the lentils, stock, tomatoes with their juice, tomato purée and bay leaf.
6. Bring to the boil, reduce the heat, then half-cover the pan with a lid and simmer for 25-30 minutes until the lentils and vegetables are very soft.
7. Meanwhile, stir the coriander into the yoghurt for the garnish.
8. Remove the bay leaf from the soup.
9. Blend the soup in the pan using a hand-held blender, (or tip into a blender or food processor, process until smooth), then return the soup to the pan.
10. Check the consistency; it will be fairly thick, so if you prefer it thinner, dilute with more stock.
11. Season to taste, then reheat until just bubbling.
12. Serve drizzled with some of the coriander yoghurt



- 1.2 litres vegetable stock
- 400g can plum tomatoes
- 2 tsp tomato purée
- 1 bay leaf
- **For garnishing**
- 4 tbsp Greek yoghurt
- 2 tbsp chopped fresh coriander



Abundant Borders (SCD49008)
web - abundantborders.org.uk & facebook.com/abundantborders
contact: robin@abundantborders.org.uk



splash

Women's Chill, Skill & Chat

These group sessions run every Tuesday from 1-3pm in the Masons Hall, Eyemouth and are open to women of any age.

So far we have welcomed 15 women to the sessions since beginning back in July.

The aims of the Women's Chill, Skill and Chat group are to gather feedback to understand what the ladies would like from the weekly sessions; whether this is up-skilling, finding new hobbies, making friends or just coming along to chat to other like-minded women.

The group suggested we meet for a cuppa and a blether to give everyone the chance to get to know each other before engaging in any activities. This is exactly what we have done.

A few weeks on and we have made jewellery, framed pictures, baked scones, crocheted and pressed apples with some lovely results!

Plans for the group over the next few months include:

October

- 10th Nurturing positivity workshop with Jennie Sutton
- 17th Bodyshop demo and products with Tiegan Bates

November

- 7th Soup making (Abundant Borders) TBC
- 14th Dobbies and Fort Kinnard Christmas trip
- 21st Pickling/preserving with Abundant Borders

December

- 5th Christmas wreath making with Jemma Landels 5-7pm
- 12th Christmas Party

If you feel this is something you would like to try please just pop in one Tuesday morning for a cuppa and see what it's all about.

For more information, please contact susie@eyemouth.org



splash

Chill, Skill & Chat

STARTING 4TH JULY, EVERY TUESDAY 1PM -3PM.

MASONS HALL, EYEMOUTH

We are a women's group based in Eyemouth, all ages welcome. Refreshments are provided at every session.

WHY JOIN US?

- Learn new skills and bring new skills.
- Meet other women around the community.
- Variety of workshops available.
- And more...

CONTACT US:

SUSIE@EYEMOUTH.ORG



wildlife notes

Getting Creative for Wildlife

Build a bug hotel

Autumn is the perfect time to build a bug hotel in your garden to provide a safe hideaway for wildlife during the winter months. A well-built hotel can shelter anything from hedgehogs to toads, solitary bees to bumblebees, and ladybirds to woodlice.

Step 1 Choose a suitable site.

It needs to be set on level and firm ground. The basic structure needs to be a strong, stable framework that's no more than a metre high! Old



wooden pallets are perfect for a large hotel as they're sturdy and come with ready-made gaps. Start by laying some bricks on the ground as a base. Leave some spaces in between the bricks for insects to move in. Add three or four layers of wooden pallets on top of your bricks. If you leave larger ends, you're more likely to attract hedgehogs.

Step 2 Fill the gaps.

- The idea is to provide all sorts of different nooks and crannies, crevices, tunnels and cosy beds and should include:
- dead wood and loose bark for creepy crawlies like beetles, centipedes, spiders and woodlice
 - holes and small tubes (not plastic) for solitary bees made out of bamboo, reeds and drilled logs
 - larger holes with stones and tiles, which provide the cool, damp conditions that frogs and toads like – if you put it in the centre you'll give them a frost-free place to spend the winter
 - dry leaves, sticks or straw for ladybirds and other beetles and bugs
 - corrugated cardboard for lacewings
 - dry leaves which mimic a natural forest floor
 - you can even put a hedgehog box into the base of the hotel.



wildlife notes

Step 3 Add a 'roof'.

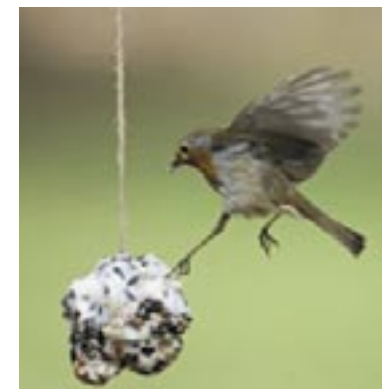
When you think you've gone high enough, put a roof on to keep it relatively dry. Use old roof tiles or some old planks covered with roofing felt.

Make some pinecone bird feeders.

These are so easy to make and the birds will thank you for providing an extra source of energy in the winter.

You will need

- Pine or fir cones, dried out so they don't open. It's best to collect pinecones from outdoors rather than purchasing them at a craft store. (Nature items sold at craft stores are often treated with chemicals or colouring to enhance appearance.)
- A mix of bird seed, raisins, peanuts, grated cheese, sunflower hearts etc
- Lard or peanuts



Method

1. Tie a 20cm piece of twine around the base of the pinecone. This will serve as the hanging mechanism for your bird feeder.
2. Allow the lard/peanut butter to warm up to room temperature, but no need to heat it. Smear the lard over the pinecones.
3. Place the other ingredients in a bowl and roll the lard coated pinecones in the mix.
4. Put your cones in the fridge to set for an hour or so. Hang your pine-cone bird feeder from a tree branch or shepherd's hook outside a window where you can enjoy watching the birds eat from your home-made feeder.



eyemouth town team

Town Team

The second Town Team meeting took place at the Community Centre on Monday 14 August, chaired by Mick Pawley. Seventeen people attended including two from SBC. The Town Team is currently supported by Beth Landon of Borders Community Action. Both meetings so far have been dominated by long-standing matters, perhaps indicating that there could have been more effective consultation previously. These were thoroughly debated by the Town Team.

At the first Town Team meeting the issue was the Primary School examining the various previous proposals and the then current proposal for building on the High School car park. The latest report on this is that the Primary School will probably not be located at the High School and SBC are working on further proposals.

In the second Town Team meeting the main issue was the expansion of the existing cemetery with a proposal that took up a significant part of the old High School site. Not only was this a large area, but it brought into focus other uses for that site such as a park, social housing and, inevitably, the required Primary School. It was suggested that the location was too important for the ongoing life of the town and that it was time to look to the edges of the town for the cemetery expansion. It seems that this had happened in the 19th century, with the closure of the old burial ground and the allocation of the new cemetery which at that time was well out of town. The engineer who made the presentation agreed to take the issue back to his team. So where should the new cemetery be located and what qualities should it have? Should it be a place of quiet meditation and for gatherings, with paths, woodland and views of the sea? All thoughts welcome.

These discussions have inevitably delayed defining and progressing the main business of the Town Team. Apparently this is not unusual for Town Teams as they get going. However, there was a discussion on community energy following the group that started meeting in 2021. Essentially there are two objectives and benefits of a community energy project. Firstly to make a local contribution to sustainable renewable energy and secondly to

eyemouth town team



achieve an investment income through the project that can be used for community support. (The second depends on the first!) SBC have indicated their support for the initiative and the Town Team were generally supportive. Further information has been provided to Beth for circulation to the Town Team.

The date of the next Town Team meeting will be set soon. Do you have thoughts on the future of the town? Should the magazine have a regular section on a vision for Eyemouth?



flag for berwickshire

Here are the final 5 designs for our Flag for Berwickshire! Go to www.flagforberwickshire.org to vote for your favourite as the public vote is open until October 31st. Explanations of the designs and how they relate to our county can be found on the website.





book news

book news

Go Green at the library this Libraries Week!

Get involved at www.librariesweek.org.uk

02-08 Oct 2023

Eyemouth Library

JOIN US AND MAKE A PICTURE!

Recycling crafts session

Friday 6th October
Drop in from 2pm – 4pm

Come into the library and make a picture from old books, fabrics and other bits and pieces!
Free (donations welcome) and open to all ages 4+.

LIVE BORDERS LIBRARIES

ORGANISED BY **CILIP** The Library and Information Association

SUPPORTED BY **Nielsen BookData**

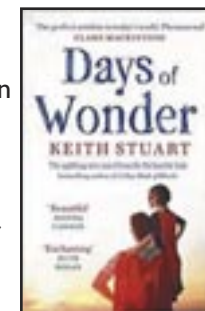
#GreenLibrariesWeek

Library opening times:

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

Days of Wonder by Keith Stuart

Days of Wonder is the story of Tom and Hannah who live in a small West country town. Tom is a devoted single father to Hannah and the manager of a tiny local theatre. Every year on Hannah’s birthday, he and its colourful cast of part-time actors have staged a fantastical production just for his little girl, a moment of magic to make her childhood unforgettable. These are the ‘days of wonder’ which are so special to Hannah.



But there is another reason behind these annual shows: the very first production followed Hannah’s diagnosis with a heart condition that will end her life early. And now, with Hannah a funny, feisty girl of fifteen, that time is coming.

With the theatre under threat of closure, Hannah and Tom have more than one fight on their hands to stop the stories ending. But maybe, just maybe, one final day of wonder might just save them both.

The story is narrated in alternate chapters by Hannah and Tom so as a reader you get to know them both well. It is a lovely story about a sad issue but you don’t mind that as it’s full of joy too!

Joany Cook
(library supervisor)

Library News!

It is Library week in October and this year’s theme is Green! Join us for a recycling crafts session on October 6th (see poster opposite).

The Walking Bookclub day has now changed to the first Tuesday of the month at 2pm. Join us at Eyemouth library for a gentle stroll and discuss the latest read. The month’s title can be collected from the library.

Our drop-in Lego sessions are the second and fourth Fridays of the month between 2 and 4pm so visit any time between then to build a masterpiece!

The October Hearing Aid clinic is on Friday 20th between 10am and 12pm.

berwickshire marine reserve

Welcome to the 2023 Bioblitz Report

On Wednesday 9th August 2023 Berwickshire Marine Reserve and National Trust for Scotland conducted a bioblitz across St Abbs Head National Nature Reserve and the BMR Shoreline (North end of St Abb's Harbour).

Unfortunately weather and sea conditions meant that the dive element of the bioblitz had to be cancelled but all land-based surveys went ahead as planned.

The aim of the bioblitz was to record as many different plant and animal species located within St Abb's Head NNR and the Berwickshire Marine Reserve as possible to create a snapshot of data in one day.

The last time a bioblitz was carried out here was in 2018 when 298 individual species were recorded. We were hopeful of exceeding that number this year!

The day was just as much about collecting data as it was getting members of the public excited about the wildlife in this part of the world. We hosted several events over the course of the day including a guided bird/general wildlife spotting walk, a guided bug hunt and a rockpooling session in St Abb's Harbour, which was attended by researchers from St Abb's Marine Station. DNA sampling tests were conducted in the intertidal zone to discover a whole host of species that wouldn't have been easy to spot otherwise! As well as these events there were also telescopes set up for a cetacean watch up by the lighthouse, a range of moth species that were caught overnight on display in the NTS Visitor Centre, plus a gazebo sheltering wildlife ID guides and books from the wind and rain. There were also activities for children to get involved with, including Bioblitz Bingo.

An app called iNaturalist was used to photograph and record the species we found and by the end of the day we had 499 observations of 326 species. This was a brilliant result considering the weather conditions and the day was attended by



berwickshire marine reserve

over 50 members of the public who either took part in events or integrated recording species into their plans for a walk around the nature reserve. We also had a group from renewable energy company Orsted join us on a team day out from Edinburgh who thoroughly enjoyed their guided bird/wildlife walk.



The scheduled dives were completed on Wednesday 23rd August in more favourable conditions. Three volunteer divers joined us on board along with BMR and NTS staff members, and a visiting scientist from the Traversing European Coastlines (TREC) project.

Two sites were dived – Anemone Gullies and the Peanut Wreck Boilers, and a further 26 marine species were found. Also spotted was a butterfly, which had proved elusive during the land-based survey due to the wet conditions!

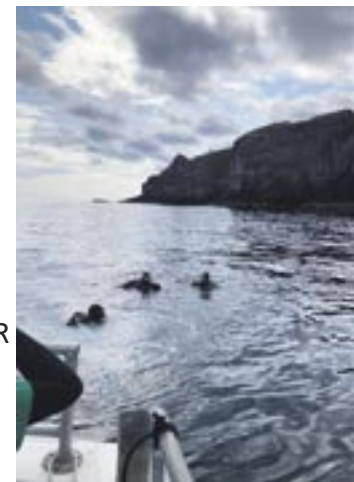
A full list of species observed is available separately. These include marine molluscs, cnidarians, crustaceans and seaweeds, seabirds, moths, plants and grasses, mammals and insects, fungi and lichens.

The bioblitz was a great success with a total of 352 species being recorded over the 2 days, and this project is something that we will definitely strive to repeat on a more frequent basis in the years to come. We now have a solid baseline of data that can be used to compare to future years and allow us to observe any biodiversity changes that take place across the two reserves.

Thanks to Simpsons Malt Ltd and the Simpson's McCreath Trust for providing funding to allow us to hire a dive boat for the offshore element of the bioblitz.

A final thank you to our funders and volunteers for your continued support, without which our work would not be possible.

Team BMR



pop-up shop

Many people aspire to running their own shop. This can include a substantial investment in time and money. There is an alternative though and Eyemouth pop-up shop is following a growing trend throughout the UK to offer shop facilities without the associated financial risk.

The shop is run by Berwickshire Code, a **Community Organisation for Development and Enterprise**. The Eyemouth-based not-for-profit group has further plans to develop more projects to benefit local people. Our



aim is to help and support people into work and business. So all our local crafters, makers, bakers, therapists, teachers and tutors, photographers and sellers are welcome to hire the facilities on offer. If you try it and it's not for you there is no further obligation. If it does work out, then you can book a regular slot and work around other work and home demands. The group want to offer people a stepping stone into retail.

The pop-up shop is hired out by the day. There are a couple of folding tables and chairs and a counter area. People can bring in any additional display equipment they need. The group

set out initially to help people move up from tabletop, car boot and market selling but who are not yet ready to take on a shop full-time. Since opening in August many local businesses have discovered the benefit and versatility of the space available. Locals and visitors have had the benefit of buying from visiting traders, bringing increased footfall to the town centre, and while they have ventured onto the high street, they are more likely to explore the other businesses in and around the town centre.

To book the shop, find out more or arrange to visit contact us on Facebook or by e-mail at berwickshirecode@gmail.com

Eyemouth Golf Club

Visitors are welcome and memberships are available. We always aim to offer the full course on a year round basis. Enjoy our great views and testing golf course!



- One year Full Membership £480.
- One year Country Membership (must live 30 miles distant) £360.
- Young Adult Memberships (18–29) available with reductions subject to age.
- 10% discount on the above for new applicants or past members who have been away 3+ years.
- Join as a Winter Member (October 1st to March 31st) for only £198. (Reduces by £33 monthly through the winter.)
- Junior Memberships available (up to 17 years) at token costs only.

Our catering partner **The Heathers Restaurant** is on-site.

unbored yourself

What will you discover at Eyemouth Library?

Opening times:
 Monday: 10:00-13:00 & 14:00-17:00
 Thursday: 10:00-13:00
 Friday: 10:00-13:00 & 14:00-17:00

T: 01890 752 767
 F: 018907 51633
 E: libeyemouth@liveborders1.org.uk
 W: www.liveborders.org.uk
 Maipse Rd, Eyemouth TD14 5JE

TEEN TALKS

October

BEING CREATIVE!

In this months Teen Talks, we are discussing creativity and what makes us creative in the subjects we are studying at school, as well as our outside hobbies and what we do in our spare time.

What is creativity to us?

'Creativity to me is using your imagination and capturing what is in our minds and putting it on paper'

'I think creativity to me is having a vision and then trying to recreate that in person'

'Creativity to me is trying to use my imagination and recreate what I thought about in my head'

DRAMA

I take drama at school and I think that drama helps me become creative by making my own plays up and using my imagination as I am following the scripts I am given. Musicals and plays have a lot of creativity in them as you can portray your role however you want, you also use your imagination to come up with better ways to play the character you have been given.

Music is my creative hobby!

My creative hobby is listening to music everywhere I go, I think this is creative because it helps me concentrate and inspires creative thoughts. This helps me with my other creative hobbies as well such as art as when I am listening to music my thoughts run wild.

Photography

I like photography as it helps me capture images of pretty imagery that I am seeing in person. You can play around with the camera, change the angles to make the pictures stand out and capture the moment better. I like the colours in the pictures I take and make sure they are mostly captured when photographing a scenery or a flower

What is your creative hobby?

history

History of the Masons' Hall Part 2

The minutes of the monthly meetings of Lodge St Ebbe from 1757 to 2007 make fascinating reading and teach us a great deal about Freemasonry. Some minutes deal with applications to join Lodge St Ebbe, a process that has changed little over the centuries. If an application was successful a new Brother became an Entered Apprentice. He could take exams to become a Fellow Craftsman or Journeyman and eventually become a Master. He could also hold an official position within the Lodge as Secretary, Treasurer, Warden, Tyler or Steward.

The Lodge still meets on the first Thursday of the month. Stewards are responsible for organising food, drink for toasts and entertainment after the formal business is over. It's interesting that on a few occasions in the past the minutes recorded that some Brethren had to be reminded that their behaviour had to be 'orderly and decent'!

There are many references to processions. The most important and most anticipated were on special festival days eg St John the Baptist (24 June), St Andrew (30 November) and St John the Evangelist (27 December). Bands provided music, the Brethren marched through the streets in a specific order, wearing special regalia and the 'jewels' would be carried. From 1777 to 1826 there were regular processions on horseback to the ruins of St Ebba's nunnery near St Abb's Head, until the local farmer complained that "the injury done by the rabble was so great I will never agree to it again"!

The Lodge was represented at the laying of many foundation stones in the area eg Dunbar Reservoir 1767; the bridge over the Whiteadder at Preston 1771; Duns Parish Church 1790; the new pier at Berwick 1810; Eyemouth Parish Church 1811; Burnmouth pier 1831; Freemasons' Hall, Edinburgh 1911; Royal Infirmary, Edinburgh 1970.

There are many mentions of the generosity of the Masons:



history

to their members in financial difficulties; to widows and families; to members of other Lodges; to visiting Masons and to local causes. They also gave support to initiatives eg a savings bank, new school, CCTV cameras. Mutual friendship, support and charitable work continue today to be the main tenets of Freemasonry.

Some of many interesting events recorded are: March 1762 – the first Masonic Ball held in the Lodge; March 1775 – the Master and Brother Renton tried to win an organ for the Lodge by throwing dice, but failed; 1790 – plans were drawn up to create a 'musicians' loft'; November 1798 – money was paid to the garrison at the barracks to fire a salute to celebrate Nelson's victory at the Battle of the Nile; 1849 – winter meetings were suspended because of the cholera epidemic; 1881 – six Masons were lost in the Fishing Disaster; 1940 – Brother Swanston on board HMS Ajax was first to spot the Graf Spee which resulted in the Battle of the River Plate.

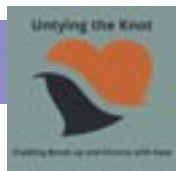
There are mentions of repairs to the building but it was 1881 before a toilet was 'erected' and the outside stairs repaired. Then in 1913, after years of discussion, there were structural alterations: an extension on the east side that enclosed the staircase; a new anteroom above what is now the kitchen and toilet; the ground floor became a refectory or Harmony Hall; the original anteroom became part of the temple to create more space. On the ceiling of the temple a panoramic mural of local scenes was painted by Brother Christison.

Unfortunately, Masonic membership is decreasing. The Officers of the Lodge have approached Eyemouth Development Trust to take on the running of the building. This will mean the temple and its history will be preserved as one of only three custom-built Lodges remaining in the world.

The Brothers are keen to encourage people to visit Lodge St Ebbe and will give guided tours. Visits can be arranged by contacting Susie at Splash in the Masons' Hall.

Fay Waddell





break-up & divorce coach

break-up & divorce coach

Press Pause

Sometimes life can take hold of our lives, making us feel like we're losing control, that life is in charge rather than us. But here's an invitation for you: raise your awareness that you can Press Pause, take control of certain aspects of your life, and step back for a moment or two. Let me explain...

Imagine you're starting a new job, a situation that often brings stress and questions:

- What's the best route to the office?
- How long will the commute take?
- Where can I park?
- What's my new boss like?
- Will I fit in with the team?
- Should I bring lunch or is there a canteen?
- Is there a locker or should I bring a small bag?
- Plus, the perennial question: What should I wear on my first day?

Our brains can generate a multitude of options and concerns, leaving us stuck in a cycle of stress. But fear not, there are numerous ways to train your mind to be calm. I've put together a mnemonic, CALM, to help you remember when you feel the need to 'Press Pause.'



C – Connecting

Connect your mind and body through mindfulness to slow down a racing mind. Practicing mindfulness by being present and aware of the moment can lead to inner calm. Try starting your day mindfully, even during routine tasks like brushing your teeth. Feel the toothpaste tube, observe its colour, smell it, and savour the taste as you brush. This simple practice can set a calming tone for your day.

A – Active

Being active is a superb stress reliever. It not only distracts you from stress but also releases endorphins, which elevate your mood and reduce stress hormones like adrenaline and cortisol. It doesn't have to involve intense

workouts: a leisurely walk with a friend or while listening to a podcast; Pilates or yoga for strength and flexibility; or even dancing to your favourite music in the kitchen can help. Dedicate at least 10 minutes daily to physical activity to train your mind to be calm.



L – Listen to your thoughts

Listening to your thoughts can reveal negative thinking patterns. When you feel the need to Press Pause, ask yourself questions to understand where these negative thoughts are coming from. Are they helpful or accurate? What advice would you offer a friend experiencing similar thoughts? Remember, thoughts aren't facts; they're opinions, memories and biases from past experiences. By questioning and challenging these thoughts you can shift to a more positive and manageable perspective, breaking free from negative biases.

M – Make A Plan

Creating a plan or tick list can instil a sense of control and reduce stress around a situation. Overwhelm often stems from keeping everything in your head. Plan not only for the present but also for enjoyable activities in the future to help you navigate stressful situations. Whether it's meeting up with friends or a day out, these enjoyable social activities will bring a balance to all the 'doing' you do to enable you to Press Pause.

So, remember CALM when you feel the need to press pause. These steps can help you regain control and achieve a calmer, more balanced state of mind.

Jennie Sutton
www.untyingtheknot.me



u3a

Charity No SCO 31477
<https://u3asites.org.uk/eastberwickshire>

Knit 3 Purl 3 Knitting Group

Following Enrolment in September, the group will now be based at the group leader's home on the third Thursday of each month from September to April 2.00 – 4.00pm.

We will exchange patterns and advice on stitches, different types of wool and needle sizes and there are pattern books available to borrow. For anyone joining as a complete novice, we have *A Ladybird Book About Knitting* which is an excellent introduction as it has clear instructions from casting on stitches right through to making a simple article.

We all enjoy the company and conversation and it is always good to see everyone's latest project at the beginning of the season, so it is a very sociable group and we can chat over tea or coffee and biscuits.

If you would like to join our group, please see the East Berwickshire u3a website: <https://u3asites.org.uk/eastberwickshire> and contact Lyn Warholm through the Groups section. You will be made very welcome.



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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Working hard for the Borders, all year round

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20TH OCT 2023



An evening with Reston Concert
Band/Eyemouth Fishermen's
Choir



DOORS OPEN 6:30PM
TICKETS £ 10.00
LIGHT SUPPER INCLUSIVE
OCASSIONS FLOWER SHOP/OBLO OR EYEMOUTH
COMMUNITY CENTRE

EYEMOUTH COMMUNITY CENTRE,
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