

FREE

eyemou**th**living

Your local community and healthy lifestyle magazine
June 2023



Volunteers & Volunteering Issue

welcome

Welcome to the June issue of *Eyemouth Living*. This month we are celebrating Volunteer’s Week and is dedicated to all the volunteers in our local community, we couldn’t do without you – you know who you are! Volunteer’s Week takes place every year from the 1st–7th June. It is an annual celebration of the contribution millions of people make across the UK through volunteering in their communities.

Volunteers are active at the heart of every community in the UK and this annual event gives us the opportunity to celebrate and recognise the fantastic contribution volunteers make in our own small community. So, a big thank you to everyone who volunteers and willingly gives up their time for our community and thank you also to all those unpaid carers and kind-hearted folk who help out friends, neighbours and family.

We have showcased many of our local community groups here in the magazine and if you would like us to promote your group please feel free to get in touch - we would love to hear all about what you do.

Jackie, Susie, Joanna, Jo and Ellen

Magazine contact: jackie.clifford1958@gmail.com



Pick up points for the magazine in Eyemouth are currently: Community Centre, 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: jackie.clifford1958@gmail.com

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	£100.00
Half page	£50.00
Quarter page	£25.00
Eighth page	£10.00

see the change

Grand Opening of New Wheelchair Boardwalk at Coldingham Bay

On Thursday 25th May, Sea the Change, a local charity that connects communities to coastlines, will be hosting a grand opening of the new wheelchair boardwalk at Coldingham Bay.



This was all made possible following a grant awarded from the Place Based Investment Fund. The Place Based Investment Fund is provided by the Scottish Government and administered on their behalf by Scottish Borders Council .

This funding has enabled Sea the Change to deliver the recommendations identified in a recent Feasibility Report conducted in the area to identify barriers to accessibility and has enables the following adaptations will be made to improve accessibility at Coldingham

Beach:

- Camber levelled on the steep path to ensure safe access to toilets
- Path outside café raised to make wheelchair accessible
- Boardwalk extended with zigzag path from disabled parking to reduce need to use steep slipway
- Roll out matting installed to get wheelchairs easily over soft sand
- Storage unit upgraded to ensure equipment easily accessed

In addition to the infrastructure works carried out, Sea the Change have also recently been awarded National Lottery funding, allowing us to expand our team by creating a brand new position of Volunteer and Events Coordinator. The main duties of the role will be to recruit, manage and co-ordinate our Beach Wheelchair Volunteers, and manage the delivery of Sea the Change community events and activities in Berwickshire.

For more information, contact Alice Fisher, alice@seathechange.org.uk or 07515 859 693

see the change

VOLUNTEER



COLDINGHAM BEACH WHEELCHAIRS NEED YOU!

If you can spare a little time to help someone get down to the beach, please get in touch...



alice@seathechange.org.uk
www.seathechange.org.uk
 Coldingham Beach Wheelchairs

eyemouth police station

Domestic CCTV Advice

As the use of domestic recording equipment, such as CCTV or smart door bells becomes ever more prevalent in our communities, Officers are often approached by members of the public seeking advice over the legalities of using such equipment. In order to help simplify the matter, we have answered the most frequently asked questions below:

What should I consider prior to installation?

Before installing domestic recording equipment, it may be useful to consider the following points:

- Why do I need CCTV?
- Could I use another means to protect my home, such as improved lighting?
- What do I want my CCTV system to view and record (this could be the front door, a parking space, the back yard, a shed, and so on)?
- Does it need to record all the time?
- Does it need to record audio?
- Where will I position the CCTV to minimise intrusion into my neighbours' and other people's privacy?
- Will the range of the cameras include my neighbours' property, gardens, pavements or other areas? If so, you could consider systems that can reduce intrusion, such as those which have privacy filters
- How will my neighbours feel about my CCTV?
- Informing your neighbour(s) about your system
- Putting up a notice informing people that recording is taking place
- You are also responsible for all the information that is recorded by your system
- You must make sure that the information is not used for any other purpose than protecting your property



PCs Kris, Luke and Suzanne

eyemouth police station

Police Scotland receives numerous complaints from members of the public who are concerned that CCTV systems are being used to spy on them and the above points will ensure that the risk of intrusion is minimal.

**Is it illegal to capture footage outwith my property?**

The use of CCTV/Smart door bells to capture video or audio recordings outside the user's property boundary is not a breach of data protection law. However people should always be mindful of how intrusive this activity may be perceived and should try and point cameras away from their neighbours' homes and gardens, shared spaces or public streets. When images are captured outwith the property boundary, the person responsible for the recording system should consider whether they can point their cameras elsewhere or if possible, apply filters or privacy blocks.

If your CCTV system captures images of people outside the boundary of your private domestic premises then you must ensure your use of CCTV complies with the General Data Protection Regulation (GDPR) and the Data Protection Act 2018. This legislation is regulated and enforced by the Information Commissioner's Office (ICO).

Often neighbours wish to make a formal complaint regarding the use of domestic CCTV, however this is a civil matter, not criminal, so the complaint would be investigated by a solicitor concerning their own privacy or anonymity.

Can I post footage from my CCTV on Social media?

Officers are frequently asked if footage from personal CCTV systems can be posted on Social media or the internet in order to help identify criminals. This is not permitted – as an individual, if you post identifiable CCTV images into the public domain you may be liable for a breach of right to anonymity and a civil action may be commenced against you. Any identifiable images of perpetrators MUST be passed to the Police for identification and detection purposes.



Mighty Mice in Jackets



INGREDIENTS

- 4 medium potatoes
- 1 tbsp oil
- 75g cheddar cheese, grated
- 25g sunflower spread
- 5 tbsp milk

TO DRESS YOUR MOUSE:

- Whiskers – chives, cut to length
- Nose – half a cherry tomato
- Tail – spring onion, sliced
- Ears – radishes
- Eyes – raisins

METHOD

- Pre-heat the oven to 200°C/fan 180°C/gas mark 6
- Wash and then prick the potatoes with a fork, place them on a baking tray, brush with oil and bake in the oven for an hour – turning them half way through
- Once the potatoes are cooked, cut off the top
- Scoop out the potato, mash with milk, sunflower spread and ¾ of the cheese
- Put potato mixture back into skin and sprinkle with remaining cheese
- Cook under the grill until golden on top
- Complete your mouse by adding the remaining ingredients as per dress your mouse ingredient list

TOP TIP

To save time, you can cook the potatoes in the microwave for 8-10 minutes, and then transfer to the oven for 20-30 minutes, until the skins are crispy and potato is soft in the middle

Use a cocktail stick to hold the nose in place – but be careful and remember to remove the cocktail stick before eating

One thing we all have, that we can all give, is our time. Although time is a very precious resource, and especially in these days where we are encouraged to spend some of our time on ourselves to help our mental health. At the same time we may all be familiar with the well known phrase 'It is better to give than to receive'. This phrase actually comes straight out of the Bible, words that are attributed to Jesus by one of his followers, a man named Paul, recorded in the book of Acts in the Bible. (Acts, chapter 20, verse 35.)

Yet how do we balance this call to freely give our time and the need to look after our own mental health? We might think that this means we should be ignoring volunteering opportunities as that is time not spent on ourselves, time given away to others. However interestingly enough studies have indicated that volunteering is great for your mental health. It has been shown to decrease stress levels, depression, anxiety and boost your overall health and satisfaction with life. On that basis any time you give away in volunteering will actually be good for you. Volunteering has many other benefits for us, including meeting new people, getting out and about and it even may give you a whole new perspective on life! Interestingly enough elsewhere in the Bible in the wisdom of the book of Proverbs we read "One person gives freely, yet gains even more; another withholds unduly, but comes to poverty". (Proverbs, chapter 11, verse 24) The benefits of giving away our time in volunteering are clear, we gain more, whereas when we don't do it we are truly missing out! Actually many volunteers might, if being really honest, enjoy doing it more because of the benefits they get rather than from those they are helping.

It truly is better to give than to receive!

God bless
Andy

Minister, Eyemouth Parish Church

wildlife notes

More Moths by Day and Night

by Barry Prater

With warmer summer conditions, many more moths are on the wing now. These cold-blooded creatures will mostly spend the winter in the pupal stage or perhaps as a caterpillar – they're all still around us but not usually visible. And while we think of flying moths as a feature of night-time, there are quite a few which are fully active by day and some of these are easily spotted along the coast or in our gardens. For others the most reliable way of finding them is using lights – either purpose-designed light traps or just an outside porch or security light.

Towards the end of June one of our most colourful day-flying species is the Six-spot Burnet (*right*), which gets its name for obvious reasons. The caterpillars feed on Common Bird's-foot Trefoil which is widespread along the coast and the adult moths have a buzzing sort of flight as they move around to feed on thistles and knapweed. The moth is around until early August and is easy to spot on a sunny day.



Some of our nocturnal moths will get up and start flying around very early in the evening, well before it's dark and a lovely one to see is the Brimstone Moth (*left*). As the light dims this lemon-yellow coloured shape seems to shine more brightly and become more noticeable as it moves around a garden. The first ones are seen in May and it can be found from then until September or even October.



wildlife notes

Continuing with the colour theme, one of our most beautiful moths is the Green Silver-lines (*right*). This one is associated with woodland where its caterpillars feed on the leaves of oak, birch and beech. Usually the adult moth is only found at lights but one fluttered down in front of me from a tree in the woods at Penmanshiel a couple of years ago. Quite a surprise as I mistook it for a fresh tree leaf.



Amongst the big boys of moths is the Poplar Hawk-moth (*left*) which, although most people have never seen it, is really, really common and there are nearly 700 records of it in Berkshire involving over 1200 moths, mostly from light-traps. It has a wingspan of 8 cm or more and, most remarkably, it does not feed as the adult. All the nutrients and energy it needs

to live, fly and mate have been stored up by the caterpillar.

I mentioned last time that I am a volunteer with Butterfly Conservation. If you'd like to get involved with doing things to discover more and help these flying wonders, why not have a look at the website and see? (<https://butterfly-conservation.org/in-your-area/east-scotland-branch>)

Email me at barry@prater.myzen.co.uk

berwickshire marine reserve



The Berwickshire Marine Reserve was set up in 1984 in order to protect and conserve the biodiversity of these unique waters and to maintain the sustainability for the future.

It is situated on the Berwickshire Coast around the towns of Eyemouth and St Abbs. The scenery here is stunning, with dramatic cliffs



and rock formations as well as beautiful beaches and secluded bays. The combination of spectacular land formations, crystal-clear waters and abundant wildlife make it a paradise for visitors of all kinds.

The Berwickshire Marine Reserve sits within some statutory designated areas. This means that certain activities are controlled by legislation.



However our Codes of Conduct (see page 14) were established with the help of local users to promote sustainable, safe and enjoyable recreational use and to further protect the things that make the BMR such a special place.

These Codes of Conduct are voluntary and everyone working within the BMR or participating in the many recreational activities found here are asked to adhere to these agreed codes, appropriate for each activity.

Please call in at the Hippodrome or visit our website for further information.

berwickshire marine reserve

Volunteering with the BMR

Berwickshire Marine Reserve runs a programme of events and volunteer opportunities which range from beach cleaning and maintenance, intertidal habitat monitoring, various training opportunities, talks from guest speakers and much more!



Volunteer Wednesdays

The BMR has a group of regular volunteers who meet every Wednesday. We do a variety of different activities such as carrying out surveys or clearing the Himalayan balsam and recently we had a visit to the Marine Station in St Abbs.

If you are free on a Wednesday and would like to meet like-minded people with similar interests please come along. We normally meet at

the Eyemouth Hippodrome or the beach hut in Coldingham. To find out more email us at info@berwickshireremarinereserve.org.uk or keep an eye on our Facebook page for event updates!

The Marine Education Centre at the Hippodrome

This is where the BMR has its office which is run by the permanent staff and is where the regular programme of training, talks and events are held. The centre displays a range of information about the BMR, as well as interactive activities ranging from virtual-reality diving to rockpool tanks.

Call in and say hello!

By Caroline Lathe trustee at BMR

Berwickshire MARINE RESERVE
Scotland's first voluntary marine reserve

Code of Conduct - Respect & Protect

In order to conserve the Berwickshire Marine Reserve, we need to respect other users and protect the environment and biodiversity of the organisms that live within it:

-  • Stay safe - always check local conditions and inform someone of your location
-  • Respect wildlife- Leave animals and plants where you find them, taking care not to damage them
-  • Use marine friendly equipment and products to avoid pollution and entrapment
-  • Give nesting seabirds the space they need to breed successfully (March to September)
-  • Do not tamper with lobster pots - it is illegal and dangerous
-  • Do not approach wildlife - especially seals hauled out on the beach or rocks - If concerned, call British Divers Marine Life Rescue: 01825 765546
-  • Always take all rubbish away with you, and pick up any litter you see if it is safe to do so

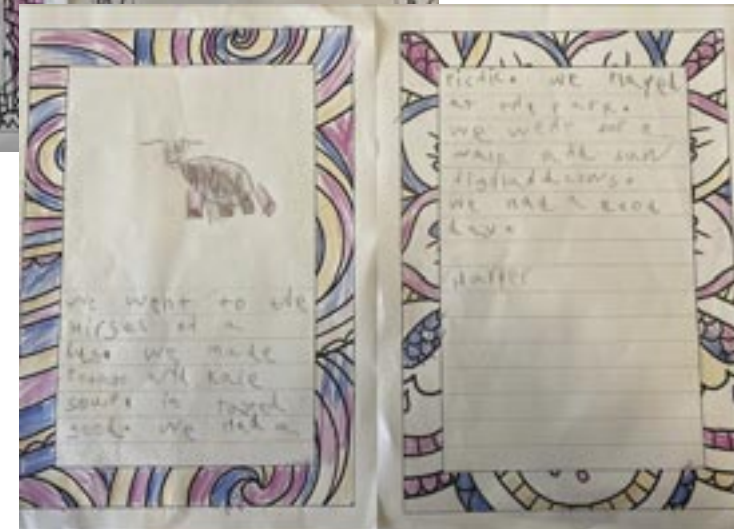
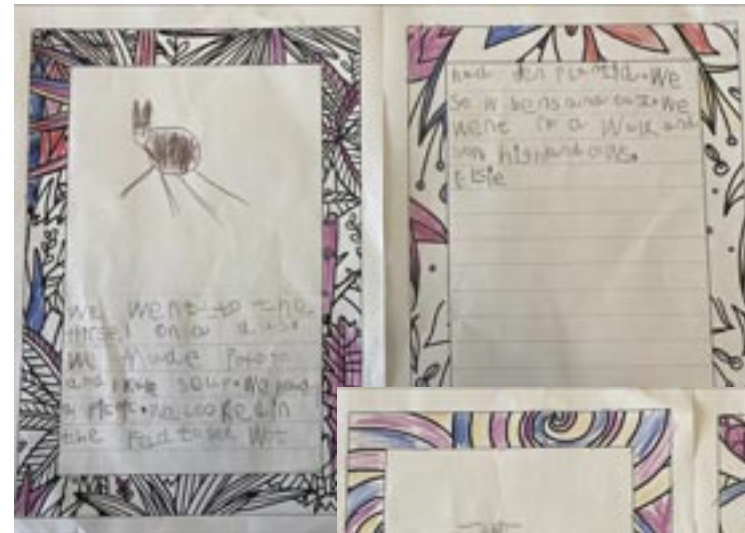
 *Leave nothing behind but ripples on the water and footprints in the sand* 

www.berwickshireremarinereserve.org.uk

Everyone at Eyemouth Primary School want to say thank you very much to The Rotary for their kind donation towards the bus costs to allow PI's to visit the Hirsell. They had a fabulous time, learned so much and it has aided their learning in the classroom.

Here are 2 pieces of writing from Harper and Elsie in P1 who wrote an account about their trip for the *Eyemouth Living* magazine.

Shona Easingwood



eyemouth high school



Volunteering is an invaluable part of growing up. It provides teenagers with the opportunity to learn, interact, and gain skills that will follow them throughout their lives. By volunteering, teens can learn the importance of selflessness and helping others, form meaningful connections, increase their sense of self-confidence and acquire valuable experiences that will prove to be a great benefit in the future and this is why Eyemouth High school provides lots of opportunities for our young people to volunteer.

The act of volunteering can be a great benefit to teens. When teens volunteer, they have the opportunity to think beyond themselves and their own interests. It is a chance to think about how they can give something to something greater than themselves. Pupils in S5 and S6 are asked to fill their timetables up with volunteering activities. Some of these activities include being a First Year Friend, helping out in classrooms, coaching sporting activities and helping out with the school's Eyewell group. Our pupils are also encouraged to volunteer outside of school with organisations in the community such as Scouts, the Variety group as well as sporting clubs. We can see first hand how beneficial volunteering is for our pupils.

We know that volunteering helps teens to develop valuable job skills that will come in handy in the future. Volunteering demonstrates leadership qualities, problem-solving and communication skills, which are huge resume-building qualities that can show potential employers that an individual is willing and able to go above and beyond for a cause. We want to make sure that the pupils of Eyemouth High School are prepared for what comes next for them and this is why volunteering is so important to us as a school.



abundant borders

Abundant Borders is sure that a great volunteer experience benefits the individual giving their time just as much as it benefits the organisation and so we are committed to working with YOU to provide as many really interesting and creative volunteering experiences as possible.

Whether you want to help out with our healthy eating and nutrition workshops, come and work on the land, act as mentor to trainees, share your own story and expertise or simply help with transport between sites, there are many, many ways to get involved.

You can volunteer to grow food for the community at the community gardens in Eyemouth. So if you are a keen gardener, or if you want to learn, get in touch. We offer full FREE training courses and can offer financial support with transport costs to and from the site for those who would otherwise find travel difficult.

If cooking is your thing, we offer REHIS certificated training courses in basic cooking skills to all of our volunteers. We can then offer financial support to volunteers who want to continue to learn and to help at our social lunches and food workshops. This can include help with transport costs and with further food courses, such as food hygiene.

If you have experience with funding bids, we would welcome your support.

If you have tools you can spare we can make sure that they find a good home. Or if you have materials like topsoil, compost, fence posts and other useful garden stuff, let us know.

Or if you have any other ways in which you think you can help, contact us. We want to create as many useful, creative, mutually beneficial volunteering possibilities in Eyemouth as we can!

So if you have time and want to do something really positive to help your community to flourish, contact robin@abundantborders.org.uk.





eyemouth rotary



flag for berwickshire

What do Eyemouth Rotarians do?

We have helped make loans in Peru, Vietnam, Rwanda and Malawi

We have raised funds for projects helping people affected by Natural Disaster

Since 1st July 2022 we have given 935 volunteer hours to projects locally and abroad

We are helping a project in India for women & Girls

We do Litter Picks

We are people of action

We have supported, Eyemouth High School & Eyemouth Primary School

We have helped at the Border Union Show doing wristbands for children



Think You know all About Eyemouth Rotary?

We invite YOU to our **Discover Rotary Evening**
 Find out what we do, see some of our local projects and how to join in the fun.
 Come see how an AquaBox works; See the GreenPower Racer; a Shelter Box and some of our other local projects.

On Friday 23rd June 2023. 7pm till 9pm
 At The Tavern Eyemouth

Enjoy complimentary glass of wine
 Teas, Coffees and Sandwiches.

We look forward to meeting you.
 For more information contact:
 Email/ jim.hettrick@btconnect.com



Would you like to be involved in a project to create a new, official flag for the county?

Berwickshire disappeared in legal terms in 1996 after 800 years of existence. And yet we all still call our region Berwickshire – the Berwickshire High School is a good example. We are now allowed to create a flag to represent our community. Just like our friends in Northumberland, whose flag is to be seen everywhere, we ought to have a symbol of our identity as Berwickshire.



The benefits are obvious. A county flag can be flown to show we are proud to be Berwickshire folk, but producers can also use it to brand their goods as originating in Berwickshire, tourist and hospitality operations can celebrate our very special locality and you and I can put the image wherever we want to show our pride in our part of the world.

Berwickshire Civic Society has launched this competition to give individuals and groups the chance to submit a design for the flag.

As well as a £250 prize for the winning design, the winner will have the thrill of seeing their creation flying across the county. It will be recognised by the Court of Lord Lyon – the body responsible for recording and protecting all heraldry, flags and national symbols in Scotland.

This competition has the full support of Scottish Borders Council and our elected representatives.

The competition opens on 1st June and runs until 30th July. The 5 best designs will be put to a public vote, and the winning design will be announced in late September.

The website is www.flagforberwickshire.org and there is a Facebook page as well for further information about how to enter. You can also enter by going to the BAVS shop, picking up a paper entry form, and then either dropping your design off to BAVS or posting it.

Even if you don't want to enter yourselves, you can help by telling other folk about the competition. The project is open to anyone who has a love of Berwickshire.

mini ads

Lynsay Oliver
WELLBEE WILLBEE COACH

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coach@lynsayoliverwellbее.co.uk
www.lynsayoliverwellbее.co.uk



thepayneclinic 

Joanna Payne
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Redhall Steading 018907 81825
 Eyemouth 07702 293018
 Berwickshire jp@thepayneclinic.co.uk
 TD14 55G www.thepayneclinic.co.uk

Caldingham Beach Wheelchairs




www.seachange.org.uk
 07520 899 673
alice@seachange.org.uk
 Colddingham Bay

VOLUNTEERS NEEDED!
CONTACT ALICE @
SEA THE CHANGE

Berwickshire MARINE RESERVE

Scotland's first voluntary marine reserve

EYEMOUTH GOLF CLUB



Tel: 01890 750 004
www.eyemouthgolfclub.co.uk

Eyemouth Golf Club
 Gungreenhill, Eyemouth, TD14 5SF

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You could add your business card here for only £10 per month!

what's on

The Eyemouth Twilight 5k Walk/Jog/Run, organised by Active Communities Eyemouth (ACE), will take place on Friday 25th August at 8pm. Online entries in advance only as spaces are limited. Registration at the Tavern Bar opens at 6pm on race night.

Splash BRUNCH HUB



THURSDAYS | 10.30AM-1.30PM
 BREAKFAST & LUNCH

Jacket Potatoes · Toasties · Sandwiches · Cakes · Coffee

EYEMOUTH COMMUNITY CENTRE · ALBERT ROAD

Do let us know 'what's on' in our community to include here – we need copy/advert in by the middle of the previous month.

TEA & TOAST



A WARM HALL, TABLES, COMFY SEATS AND TEA/COFFEE & TOAST

Drop in for a cuppa, some toast and a chat with others. Bring your friends and your neighbours!

FRIDAYS - 9-10.30AM
EYEMOUTH CHURCH HALL



local awards

Lough's Home Bakery named Best Bakery in the County

Lough's Home Bakery has been named the Best Bakery in the County for the third time running by the National Bakery Awards 2023!

As a county winner, they will now attend The National Bakery Awards Grand Final in London this July where they will collect their award in person.

Lough's Home Bakery has also been nominated for the following two categories: 'Best Bakery in South of Scotland Region' and 'Best Bakery in the UK'. The winners of these categories will be announced on the night of the Grand Final.

Reece Lough of Lough's Home Bakery said: "Recognition like this makes all the hard work worth it. It's the third time running that the bakery has won this accolade at The National Bakery Awards and all of the family couldn't be more proud. We are looking forward to the Grand Final in July where we can hopefully bring back the 'Best Bakery in the South of Scotland' for the third year running too."



andys man club

Come along to hear a Presentation from Andys Man Club on 13th June 2023 at The Mason's Hall, Eyemouth from 7pm to 9pm. Refreshments will be provided, all are welcome. For more information please contact Susie Hopwell at susie@eyemouth.org

#ANDYSMANCLUB

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

ALL OUR GROUPS MEET MONDAY 7PM

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

JOIN THE CONVERSATION

- [andysmanclub](https://www.facebook.com/andysmanclub)
- [andysmanclubuk](https://www.instagram.com/andysmanclubuk)
- [@andysmanclubuk](https://twitter.com/andysmanclubuk)
- info@andysmanclub.co.uk

#ITSOKAYTALK

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

TEEN

JUNE TALKS

Young Volunteering

We have been very busy this year volunteering with Splash. We have been helping out at the brunch hub, helping out with youth groups, litter picking, events, helping with the young S2 groups and much more!

'I like volunteering with Splash because I like working in the brunch hub that is on every Thursday. I like socialising with the customers that come in to have a coffee or for their lunch. I have learnt a lot of kitchen skills and customer service skills in the brunch hub too'.



WHAT WE'VE BEEN UP TO

We as volunteers have been up to so much volunteering with Splash. Here is a little look at what we have done so far...



Interested in volunteering?

Email us at:

susie@eyemouth.org

history

John Whillis, Master Mariner and Ship Owner

John Whillis was born in Eyemouth on 23rd October 1791, first son of George Whillis and Isobel Paterson, both from old, established Eyemouth families. John had a younger brother, William, but his mother and his new born sister died in 1796. George Whillis went on to marry Jean Dunbar and have seven more children. Several of their descendants still live in Eyemouth.

At this time Eyemouth was a trading port with ships arriving from Scandinavia and Europe with wood, iron, hemp, wine and leaving with cargoes of corn, meal and wool. This may have influenced John's decision, aged 10 years, to become a ship's boy on a sailing smack engaged in the North Sea coastal trade between Berwick and London. 1804 found him in Wapping, London making a living in a pub, near the new West India Docks, frequented by captains and sailors. He cleaned boots, sold fiddle strings and listened to tales of faraway places. Soon he began crewing on sailing ships that traded between London and the West Indies.

John was enterprising, taking with him items that could be sold on his own account, and gradually working up to First Mate and then Captain. He would return to Eyemouth by coastal ferry and courted Janet Dunbar. They were married on 27 July 1815 in Wapping but, as John was often at sea, they set up home in Eyemouth where their first four sons were born. John was



North Sea Smack



history

proving to be a very skilled, reliable seaman. In 1817 he captained *Mariner* and *Azores* and continued to trade on his own account. By 1820 he had made enough money to buy shares in two of the ships he captained, *Lucretia* and *Demerara Planter* (pictured opposite, bottom). They were owned by John Pirie, formerly of Duns.

In 1825, when his son, John, was 10 years, and old enough to go to sea, the family moved to Wapping where many Scots sailors, chandlers, ship-owners and shipwrights had already settled. By 1830 John was able to buy half shares in *Demerara Planter*, and benefited from the lucrative trade in rum, sugar and molasses with the colony of Demerara (now Guyana). In 1835 he commissioned his first ship, *Janet Willis* from a yard in Sunderland. John decided to Anglicise the family surname by dropping the 'h' and adopted the slogan 'Where There's a Will is a Way' for his newly formed shipping company, John Willis and Sons: the only people who would own shares in his ships.

More new and larger ships followed. Many were named after places in his home county: *Borderer*, *Merse*, *St Abbs*, *Lammermuir*, *Whiteadder* and *Berwickshire*. All were sailing ships. John earned the nickname Old Stormy because he was fearless captain. A sea shanty *Stormalong* was composed after his death in 1862. By then John had owned 13 ships.

All of John's older sons, John, George, James and David were encouraged to make their careers at sea. But it was his eldest son, John (later referred to as Jock) who was the most successful captain, and most like his father in temperament, ability and business acumen. A ship's captain was not only responsible for the safety of his ship and the lives of her crew, but once the ship arrived at her destination and discharged her cargo, it was the captain who had to find a profitable cargo for the return trip. Jock was only 19 years old when he was given command of his first ship, *Demerara Planter*, and would become even more famous and successful than his father.

To be continued...

House Flag of the John Willis Shipping Line





Charity No SCO 31477

u3a

East Berwickshire University of the Third Age

EBU3A is run entirely by volunteers who give up their time and expertise either to run groups and/or as a committee member overseeing the day-to-day running of the organisation.

University?

Think University of Life. There are no entrance qualifications, no exams and no certificates – just enjoyment. The u3a offers members learning opportunities both locally and nationally, in person and online. From local groups, online events, creative writing competitions and photography challenges, there is more on offer than you might realise.

Third Age?

The u3a is open to anyone who is no longer working full-time, who'd love to learn, laugh and live. There is no age limit. Currently, most members are retired or are working part-time.

What is it?

A place to make friends, learn new skills or develop existing ones East Berwickshire u3a is based locally – Eyemouth to Berwick, Chirnside and Cockburnspath. There are lots of different activities running every day of the week with monthly talks too. We run our sessions from September to May.

What does it cost?

Annual membership (is currently £20) and for that you can join as many groups as you want, from Afternoon Tea to Wine Tasting! All groups are led by volunteer members.

Will I be made welcome?

Absolutely, we'd love to welcome you and have your company. Our enrolment day is held in September, look out for the August issue of the *Eyemouth Living* magazine for a full list of our amazing groups.

You can find out more details at

East Berwickshire u3a: Home (u3asites.org.uk)



splash

Splash are kicking off volunteers week with some special mentions about the projects we have been running over the past year, which have seen over 40 volunteers help with, support and deliver in their community. Some of these projects include:

Eyemouth Larder with Community Fridge, where you will find a total of 14 volunteers picking up food waste, weighing food items and overseeing the larder 4 days per week.

Splash Brunch Hub (*top right*); running every Thursday in Eyemouth community centre by 7 volunteers, assisting with setting up, cooking, taking orders, serving and providing hot drinks.

26 volunteers came together at Christmas to help make up hampers, wrap presents and deliver over 70 hampers in December 2022; our 3rd year running this project. Well done to everyone involved which would not have been possible without them.



Our 5 young volunteers assist with many of these projects including the Interactive Soup and Pasta events (*left*) held in Eyemouth Primary school, where every pupil in the school gets involved in prepping dishes and sitting together to enjoy their tasty homemade dish.

Macauley Sanderson our fantastic young volunteer, who assists with the Brunch Hub, litter picks, youth group

and pretty much anything he can get involved in won the Volunteer Centre Borders 'Young volunteer of the year Award' back in February this year. A fantastic achievement and very well deserved!

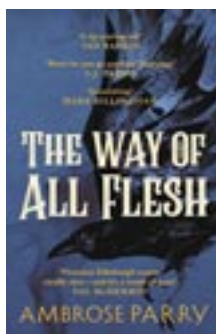
If you are interested in getting involved in any of our projects please email Susie at; susie@eyemouth.org



book news

Eyemouth Library book review: *The Way of All Flesh* by Ambrose Parry

The Way of All Flesh is a crime novel co-written by husband and wife team Christopher Brookmyre and Marisa Haetzman, it is the first book in a new detective series written under their pseudonym of Ambrose Parry. Chris Brookmyre is already a crime author, Marisa Haetzman is an anaesthetist and together they have used their skills to create the characters of Will Raven and Sarah Fisher.



Will Raven is an apprentice doctor living in Edinburgh during the 1840s. He has his troubles but manages to get an apprenticeship to work alongside the esteemed Dr Simpson – who is pioneering anaesthesia in the city. Will Raven moves from a grotty dwelling in the Old Town to lodge in Dr Simpson’s smart townhouse in the New Town. There he meets the household’s maid, Sarah Fisher. Sarah is a reluctant housemaid, having come into the position through necessity rather than choice, she is intelligent and educated and has a great interest in Dr Simpson’s work. Initially the pair clash but the suspicious deaths of several young women bring them together in a quest to find the murderer.

The book is very good at showing you what nineteenth-century Edinburgh was like. If you are familiar with the city you will recognise the streets and places! It is also excellent in describing life as it was then and how difficult it could be. The descriptions of childbirth are eye-opening and you discover how precarious life was for mothers and babies. You also read how Dr Simpson developed anaesthesia and improved the experience for those mothers lucky enough to have him at hand.

Most characters in the book are real and this combined with life in 1800’s Edinburgh makes a great story. It is available in the library and well worth a read!

Joany Cook

berwickshirehelp.org.uk

Berwickshire Help

BERWICKSHIRE HELP

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VISIT berwickshirehelp.org.uk

Eyemouth Food Bank

Needs **YOU!**

Volunteers needed to join our team to assist with the day-to-day running of the food bank. If interested please contact us:
eyemouthfoodbank@gmail.com

