

FREE

eyemou**th**living

Your local community and healthy lifestyle magazine

June / July 2024



Bumper Summer Issue

welcome

Welcome to our Bumper Summer issue of *Eyemouth Living* covering the months of June and July. Maybe this summer you could choose to be a tourist around our wee town. There are plenty of things to do and see over the summer months, and not just during the Herring Queen Festival. Thinking about the Herring Queen there's a great article in this magazine that talks about the history of the festival, and in Eyemouth we are surrounded by history, some well-known, some not so well-known. So if you are a history buff make sure you pop down and visit our museum for a fascinating insight into the history of Eyemouth. There's a wee article in here to give you a taste for it, but nothing beats seeing it for yourself. Or maybe if the weather is as good as it promises to be, a wee stroll to Fort Point might give you the history hit you are looking for. Make sure to take your magazine with you so you can read all about the fort while you are there. Of course as always there are plenty more articles to check out, so relax, enjoy and maybe take your magazine for some good summer reading. We hope you enjoy your summer and we'll be publishing another magazine ready for the start of the new school term in August.



Andy Haddow
Chair, 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, Library, 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>

contents

Flag for Berwickshire	4
Essentials for Living: Physiotherapist.....	5
Puzzles	6
Abi and Kathy Discuss Tourists and Seagulls	7
Prostate Support Group	8
Abundant Borders: Fresh Tomato and Basil Pasta Recipe.....	9
Eyemouth Museum.....	10
Wildlife Notes	12
Eyemouth Bowling Club.....	15
Gardening Notes	16
Rotary: Young Artist Competition.....	18
Library and Book News	20
Berwickshire Marine Reserve	22
History: Eyemouth Fort and the Rough Wooing	24
Local MP info	26
Eyemouth Herring Queen	28
Puffin Cycling	30
E-Biking	32
Splash Brunch Hub	33
Whats On.....	34
NHS How to get the Right Care in the Right Place.....	40

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

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

Community and volunteer groups are promoted free of charge.

Please contact us at: livingmagazine@eyemouth.org

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flag for berwickshire

Official Flag Raising

Having had its Warrant granted on 14 November 2023 by Lord Lyon of Arms, our new county flag was officially raised by Jeanna Swan the Lord Lieutenant of Berwickshire. The ceremony, held at Berwickshire High School on April 26th this year, was a community event organised by Berwickshire Civic Society – organisers of the competition to design the flag – and the High School. The person on the left of the picture is Philip Tibbetts, March Pursuivant Extraordinary (Scotland's official flag expert whose help enabling our flag design competition was invaluable).



Fancy a mug with the Berwickshire flag on it? Or a pen? A sticker? Want to add it to your website or Facebook page? Your email signature? Your products? The flag design is now an open source asset for all to use, whether you are an individual, a local community group or a business.

You can download it for free whenever you like at:
<https://www.flagforberwickshire.org/download/>



essentials for living

Local Physio

Hi there! I'm Leanne, I'm all about helping people move with confidence and get back to doing the things they love. My physiotherapy clinic – Leanne Gillie Physiotherapy – is based right in the heart of Eyemouth.

Growing up in the town instilled in me a love for the outdoors and an active lifestyle. That passion for staying strong led me to the world of physiotherapy after graduating with a BSc (Hons) in Physiotherapy from the University of Teesside in 2003. I honed my skills in the NHS, working across both acute and community settings, gaining a deep understanding of both musculoskeletal and neurological conditions.

In 2008 I decided to bring that knowledge and passion to my own community by opening my clinic where I've had the privilege of helping people of all ages overcome pain and limitations. Over the years I've developed specialised assessment and treatment techniques, including shockwave therapy, acupuncture and a toolbox of other therapies to get you back on your feet (or bike, or hiking trail!).

But it's not just about the treatments in my clinic. I believe in empowering you to take charge of your own health. That's why I always provide personalised exercise programs and self-care strategies so you can stay strong and active long after you leave my practice.

Your journey to recovery begins with a thorough initial assessment where I take the time to understand your issue from your perspective, allowing you to share your concerns and thoughts openly. Following this a detailed movement and hands-on assessment of your muscular, skeletal and neural systems will be conducted, giving valuable insights into your condition. I will then provide a clear explanation of my findings and work with you to discuss and agree on the most appropriate treatment options.

To further support your recovery, I will equip you with exercises and activities that you can easily incorporate into your daily routine at home. Your well-being and progress are my top priorities, and I am here to guide you towards a healthier, happier you.



puzzles

abi & kathy

CAN YOU SPOT THE 7 DIFFERENCES?



SUDOKU

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Tourists and Seagulls

Those two Eyemouth ladies, Abi and Kathy, have managed to get their favourite seat on the Bantry and are sitting eating ice creams and having a blether.



Abi: Phew Kathy I'm glad we managed to get our favourite seat. It's good to be out in the fresh air and get some sun. Mind you that queue for the ice creams was a bit long.

Kathy: Well, it is the Bank Holiday weekend Abi and there's lots of folk going about. Not sure about the fresh air though with that whiff of something by the end of the Cobble House.

Abi: Oh, I forgot about it being a Bank Holiday. This must be the proper start of the tourist season then as Easter was early. It's good to see people in Eyemouth. Hope they are spending some cash in the town. Every little helps and I hope they enjoy themselves.

Kathy: Yes, it is nice to see them but it's shame when they forget the Harbour Road is a working harbour and wander about and then feed the gulls. Did you see the state of the cars parked there as we walked by? That will take some cleaning to get the

Abi: Oh, I know what you're going to say and it's not great is it! I got caught the other day walking the dog. The dog was covered and I got it in my hair. Not sure which one of us was the most horrified and it stank. I even saw a gull trying to steal chips out of a man's hand the other week. Good job we don't have any chips at the momen. I'm not sure I like the look of that big gull on the Bantry wall eyeing us up.

Kathy: Yes it does look well-fed! Was that the one that got you Abi? He seems to be winking at you. Maybe he wants to try again. It is supposed to be lucky you know. The chances of being pooped on by a bird are incredibly slim, with odds as low as winning the lottery. Maybe you should go and buy a lottery ticket.

Abi: Thanks for that Kathy. Before he strikes again, fancy a coffee?

Kathy: Yes, lets go and see what's open.

prostate support group

Eyemouth & District Prostate Cancer Support Group was established in April this year for Eyemouth, Borders and North Northumberland men who have been diagnosed and treated for prostate cancer. The meetings are held between 7pm and 9pm on the first Tuesday of each month in the Splash Charity Hall (Mason's Hall), Eyemouth. Men from outside this area would also be welcome to attend.

This informal and independent group was set up to support men diagnosed with prostate cancer, which affects about one in every 6 men in the UK. The group is in it's infancy but it is hoped that with time, it could be extended to support the families of those affected.

The meetings consist of attendees having an informal chat over a cup of tea while sharing their experiences and concerns. Those in attendance have all agreed that listening to other men's experiences has helped them with their own diagnosis. Some of the attendees have been treated for prostate cancer for a number of years and others have either been recently diagnosed or are having tests following various symptoms. A suggested donation of £1 is requested to cover the costs of refreshments and the hire of the hall.

If you have a friend or family member who has had a prostate cancer diagnosis, please make them aware of the group.



abundant borders recipe

Try this summery supper dish!

FRESH TOMATO and BASIL PASTA

(Serves 2 people)

Ingredients:

- 6 fresh tomatoes
- 1 large onion
- 2 tablespoon oil
- Handful of fresh basil
- 1 tablespoon tomato puree
- 160 grams pasta twists

Method:

1. Wash the tomatoes and chop up
2. Chop the onion
3. Put a pan of water onto the heat and, when boiling, add pasta
4. Heat the oil and gently fry onion until soft
5. Add the tomato puree
6. Add in tomatoes and simmer gently
7. Add chopped basil to tomato mixture just before serving
8. Drain the pasta when cooked
9. Add sauce to pasta and mix through



Abundant Borders (SC049008)
web - abundantborders.org.uk & facebook.com/abundantborders
contact: robin@abundantborders.org.uk



eyemouth museum

Eyemouth Museum, housed in the Auld Kirk in the centre of Eyemouth, brings to life the social, fishing and farming heritage of Eyemouth and the surrounding district.

With exhibits appealing to all ages the Museum is a fantastic place in which to spend time. Exhibits include:

The Great Disaster Tapestry: Stitched by 24 local women for the centenary of the 1881 disaster, the tapestry stunningly conveys the event and its horrors, ensuring that the Berwickshire fishermen from Burnmouth, Eyemouth, St Abbs and Cove who lost their lives in the Disaster will not be forgotten.

Eyemouth Fort: Built originally in 1547 the fort is long gone but you can re-live its history through a virtual tour in the Museum. Learn that the original fort, built by English troops, was demolished after three years, being built again several years later by French troops – showing the strategic importance of Eyemouth's location on the border between Scotland and England.

Farming and Fishing: Farming as well as fishing played an important part in the development of Eyemouth and the surrounding area. The museum showcases a fascinating array of historic farming and fishing implements, reminding us of the hard labour, on land and at sea, once needed to produce food for the table.

Replica of an Old Kitchen: Imagine how it was to live over a hundred years ago when you view our replica of a typical kitchen of the late 19th century with most of its furniture and implements alien to us now.

East Coast Threads: The Museum's exhibition for 2024 recaptures aspects of local life circa 1870–1920, focussing on Eyemouth and showcasing clothing of the time including hand-knitted and hand-sewn articles as well as lots of fascinating old photographs of Eyemouth. The exhibition includes a wonderful video dating from around 1910, of the pier at Great Yarmouth, giving a snapshot of the scale of the herring fishing industry with footage of boats sailing into the harbour as well as women gutting herring at an in-



eyemouth museum

credible rate. Some of those women were likely to have been from Eyemouth, as over the summer months the women working in the fishing industry travelled from port to port, following the fishing boats to do the hard work of gutting and packing the fish into barrels for export.

Forthcoming Attraction: We are excited to announce that Jill Watson, sculptor of the 'Widows and Bairns' Memorial on the Bantry, is donating the wax model of the Memorial to the Museum. We expect it to be in the Museum later this summer. Jill explains the role of the model in creating the 'Widows and Bairns Memorial':

The wax model was made to show the client what the finished bronze Memorial would look like. Also the final composition of the grouping of figures and the story they tell was worked out on the model. Once the height of the figures and the height of the base was decided for the bronze Memorial, the size of the model in the same ratio of figure to base was calculated.

Alongside the model we will also be displaying Jill's drawings of the family groups, showing the names of the people the sculpted figures represent.

Opening Times

To view these exhibits and much more, visit us any day between 11am and 4pm up to 2 November 2024 when we will close for the winter.

Admission cost: Adults £5, over 65s £4.

There is no charge for children or carers.

Supporting Eyemouth Museum

Eyemouth Museum is largely self-funded through admission charges, membership and the profit made from our well-stocked gift and book shop. If you would like to support Eyemouth Museum, for an annual membership fee of £10 currently, you can visit the Museum for free any number of times during the open season – March to November.

We look forward to seeing you!

Image from The Great Disaster Tapestry



wildlife notes

“I like this place and could willingly waste my time in it...”

William Shakespeare

We are truly blessed when the summer arrives in the Scottish Borders, and none more so than on our coastal locations where we live, breathe, relax and enjoy the wonders of nature. There is so much to see, from the sights, sounds and smells at St. Abb's Head NNR seabird colony to the dramatic geology from Linkim Shore to Gunsgreen. There is variety of different habitats with changing wildlife so get on those walking shoes and embrace all you see.

The Sea Cliffs and beyond:

Summer brings the cliffs alive with nesting seabirds from Auks and Kittiwakes (*Rissa tridactyla*) to the colony of Gannets (*Morus bassanus*) past the lighthouse at St. Abb's Head. By early July most of the Guillemot (*Uria aalge*, right) and Razorbill (*Alca torda*) chicks will be ready to make their first plunge into the sea.



'The jumplings' as they are known, take a massive leap of faith from the cliff ledges, called on by their fathers in the water below. Their wings are not fully developed for flying at this stage, so they have to take this perilous route. It's a wonderful spectacle, and best seen early evening.



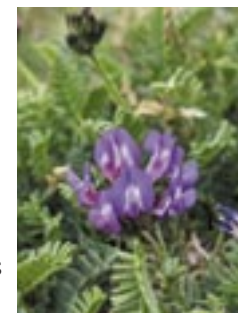
Away from the cliffs, the summer can be an excellent time to spot cetaceans as they pass up and down our coastline. From mid-June to September, Minke Whales (*Balaenoptera acutorostrata*) look for shoals of sandeels and herring, whilst Bottlenose Dolphins (*Tursiops truncatus*, left) are very active especially at river openings to the sea looking for those elusive salmon.

wildlife notes

The Flowers:

There's a pink explosion at this time of year as Thrift / Sea pinks (*Armeria maritima*) carpet the coast. Our wildflower meadows will be graced with Purple milk-vetch (*Astragalus danicus*, right), its name coming from the belief that if cows munched on it, they would yield more milk.

Bird's foot trefoil (*Lotus Corniculatus*) or 'eggs and bacon' as it was known in my childhood, will bring a dash of yellow to



proceedings whilst Northern marsh orchids (*Dactylorhiza purpurella*, left) will be enjoying damper areas around bogs and ponds.

Later in the summer, Meadowsweet (*Filipendula ulmaria*) and Willowherb (*Epilobium*) will fill damp ditches around our walkways and trails, providing food sources for a variety of moth larvae, including Hebrew Character (*Orthosia gothica*) and Grey Pug (*Eupithecia subfuscata*).

Butterflies and Day-Flying Moths:

After the outburst of Orange Tips (*Anthocharis cardamines*) and Green Veined Whites (*Pieris napi*) during the spring, it's time for different butterflies to emerge. Northern Brown Argus (right) and Small Blue are key BAP (Biodiversity Action Plan) species in our area, both rare and most threatened, relying on key food plants to maintain their survival – rock rose for the Northern Brown Argus and kidney vetch for the Small Blue. Both are very small butterflies: blink and you may well miss them, so any sightings are important to record (iRecord Butterflies).



Across the grasslands, there will be the more abundant species, such as Meadow Brown and Common Blue and also the increasing number of Skippers (Small and Large) who are making their way further north each year. Keep your eyes peeled as well for day-flying moths which get over-

wildlife notes

looked by passers-by. The summer is a great chance to see species such as Yellow Shell (*Camptogramma bilineata bilineata*), Clouded Border (*Lomaspilis marginata*, right), and Lattice Heath (*Chiasmia clathrata clathrata*) across the vegetation, and later in the season the delights of the Burnets with their colourful red dots. Do NOT miss the moths – they are a wonderful part of our wildlife.



Be afraid, be very afraid!

The world of insects may seem like a scary one to some people, but the summer will provide a host of opportunities to see something a bit different from bees, hoverflies and parasitic wasps to strange looking beetles. Under dead wood and stones, on top of umbellifers, there are creatures that can fascinate and hold our attention. For example, there are over 4,000 beetle species in the UK alone, ranging from carrion and click to water and fungus beetles. One I came across recently was on the Berwickshire Coastal Path: a Red-breasted beetle (*Oiceoptoma thoracicum*). Unlike anything I've seen before, this carrion beetle has an orange pronotum (like a head plate). It is usually seen on a rotting carcass but strangely enough it doesn't feed on the decaying material but on the fly larvae and bugs that surround it. It also lays its eggs close by so that when the offspring hatch, they too can enjoy the feast. Gruesome stuff but mesmerising.



So, whatever your passions are, from our feathered friends to the creepy crawlies, the summer is there for us to feel warm, happy and cherish the wildlife that we have around us.

David Lewis, NTS Ranger Team, St. Abb's Head
Photo Credits: David Lewis, Ciaran Hatsell, NTS

eyemouth bowling club

2024 is the Centenary year for Eyemouth Bowling Club. Founded in 1924, the opening day got a good write up in the *Berwickshire News*, which reported that 'the attendance was enough to delight the hearts of even the most enthusiastic of clubs'.

Over the years, Eyemouth Bowling Club has had success in the Berwickshire League and the competitions organised by the Berwickshire and Border Bowls Associations as well as the now named Bowls Scotland. Players from the club have also been chosen to play for the aforementioned organisations, as well as representatives from the club holding a post of office within the Berwickshire and Border Associations.

The size of membership has varied over the years but the club and its members have certainly encouraged people of all ages and bowling ability to participate in the sport. Like the majority of sports there are members who play for social interaction and those who are more competitive.

Over the years from the late 1970s, a number of changes have transpired to the clubhouse and changing facilities which included the installation of a bar to sell much needed refreshments.

Presentation dinners are now held within the clubhouse but these were previously held in established businesses as well as the town hall

For the town of Eyemouth, the bowling club has contributed to the town in various ways and been an integral part of such.

Over the years club members have also come from neighbouring villages as well as Eyemouth itself (before Ayton set up their own club). Indeed, the writer of this article remembers in his early days of playing bowls starting out from Burnmouth on foot, playing a game of bowls and then getting a lift back home.

It is hoped that Eyemouth Bowling Club will continue to give a sporting outlet to the people of Eyemouth for a long time to come. Well done to Eyemouth Bowling Club for reaching its 100 year birthday.

Neil McMurdo

Sophie McNeil delivering the original silver jack from the opening of the club in 1924.



gardening notes

Looking after your plants in the Summer

After such a long, wet winter it's hard to imagine that our plants will need any extra water but even a couple of days with bright sun and a brisk breeze can dry out plants in the garden. In particular any plants in containers will run out of water very quickly. This means we have to provide routine water using a hose or a watering can. The best time to water containers is in the evening when it is cooler – and it's a much more pleasant task then too. A tub to collect rainwater is a good idea and saves you trailing back into the house to refill the can. Try not to flood the containers, but add water slowly.

When using a hose, a spray gun is a very useful and efficient way to water plants. Some will have different nozzles so that you can choose how forceful to make the jet of water.

If you are going to be away for a few days though, you need to make some special arrangements to care for your plants. Treat your container plants just like you would for your houseplants and find a way to provide a longer lasting source of water for them. Firstly move them out of the sunshine if possible.

The simplest method for plants in pots is to place the pots on to capillary matting. This is a thick piece of material which will hold the water but also allow it to be drawn up into the pot to the plant's roots. Plants should be grouped on the matting and firmly pressed down to ensure they make good contact. Any clay pots will need to be made wet to start them off.



Larger containers can be irrigated using a wick. Stand a reservoir of water next to the container and cut a piece of capillary matting which will reach from the water in the reservoir into the soil in the container. The water will be drawn up the 'wick' and into the soil (see left).



gardening notes



If you have a large number of pots or a greenhouse which will need watering it is worth investing in some 'leaky hosing'. This is a special type of hose which is full of little holes and water will leak out onto the soil or the capillary matting. A timer can be placed on the tap to turn the supply of water on and off as required.

Things to do in the garden in June and July

Hopefully, following a successful spring you should have lots of potatoes and salad crops to harvest but remember to keep the allotment clean and tidy and hoe regularly for small annual weeds.

Young tomato plants growing either indoors, in the greenhouse or maybe in the garden, need to be 'pinched out'. Select side shoots which are growing in the angle of the main stem and just nip them off (see right). This will help control the growth of the plant and provide more fruit.

Now is the time to plant out summer bedding plants and vegetables. There are plenty around to buy if you haven't been able to sow your own.

There is still time to direct sow annuals such as calendula, candytuft, nigella and nasturtiums.

Sow winter-flowering pansies in seed trays so they'll be ready for your winter containers.

It might seem a bit early, but start thinking about spring flowers for next year. Sow perennial seeds such as aquilegia, bellis, Canterbury bells, delphiniums and lupins indoors for flowering next year.

Caroline Lathe (Ayton Gardening Society)





Eyemouth Young Artist goes forward to National Final

The judging of the Rotary District 1320 Scotland South round, of the Rotary Young Artist competition, took place at Eyemouth High School, on Thursday 25th April.

This year's theme was 'Creating Hope', with the sub-theme of Through Innovation or Rebuilding. Three classes were judged, Junior P4-P7, Intermediate S1-S3 and Senior S4-S6, with entries from across Scotland South. All of the entries were already winners in their own right, having been placed in the top three in their local Rotary competitions.

Judging this year, we were fortunate enough to be able to draw on the expertise of local Artists, Linda Foster and Helen McKnockiter. Both are passionate about supporting and encouraging young talent and both were super impressed with the talent and creativity on display.

The winners selected were: Junior class Maria O'Hara from Hallyrude Primary School, Peebles; the Senior class Emma Carroll from St Stephen's High School, Gourrock.

However, most importantly for our readers, the Intermediate winner is Patrick Whitehead from Eyemouth High School.

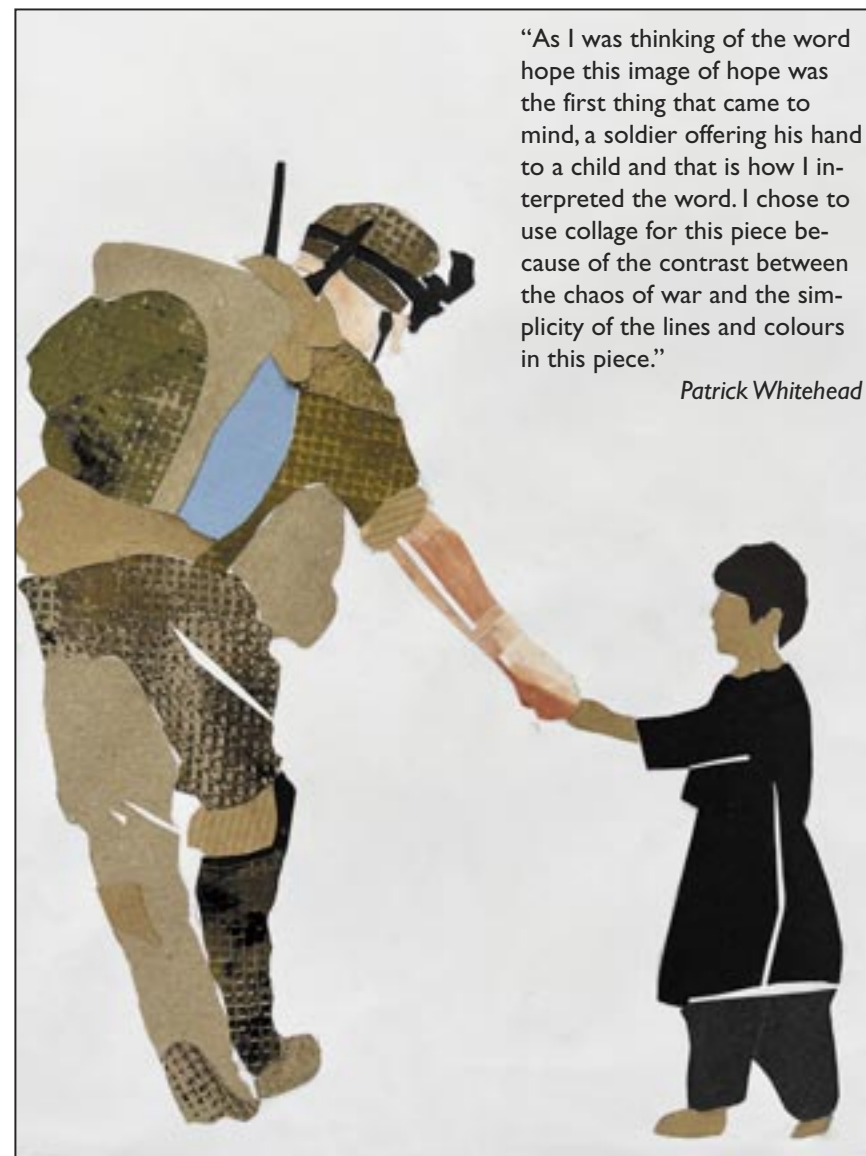
The National competition is sponsored by Lucy Pittaway Ltd and The Fine Art Trade Guild: the winners of each class will receive £150 plus an hour's online meeting with Lucy Pittaway and Caroline Evans of the fine Art Trade Guild.

Patrick's entry will join all the other District winners for the National UK round of judging which will take place in the Midlands during the week commencing 20th May. All of us at Rotary Eyemouth, Eyemouth Living and Eyemouth High School pass on our best wishes to Patrick for the next round.

Jim Hettrick

*District 1320 Scotland South-Young Artist
Coordinator*

*Judges Helen McKnockiter and Linda Foster with Art Teacher Mrs Coch-
rane present Patrick with his Rotary District 1320 Scotland South trophy*



"As I was thinking of the word hope this image of hope was the first thing that came to mind, a soldier offering his hand to a child and that is how I interpreted the word. I chose to use collage for this piece because of the contrast between the chaos of war and the simplicity of the lines and colours in this piece."

Patrick Whitehead

book news



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book news

Library opening times:

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

The Good Sister by Sally Hepworth

The Good Sister is the story of fraternal twins and their very different lives. Fern lives alone and works in her local library. She has sensory issues and leads a very controlled life with set routines. She avoids crowds, bright lights and loud noises as much as possible. Any disruption to this sends her into stress mode. Her sister Rose is very different. She is happily married and outgoing. Fern leans on Rose a lot for support, even going for dinner three set days a week, and Rose is her first point of contact for any problems. When Rose discovers she can't have children Fern sees this as her chance to pay her sister back for everything she has done for her. This decision changes their lives in more ways than you can imagine.

The Good Sister is a dark, domestic thriller with the twin dynamic which gives it an interesting slant. The relationship between the sisters starts and ends in very different places and as you read on much more is revealed about their past, their personalities and their lives.

I really enjoyed this book by Sally Hepworth. She is an Australian author I have recently discovered and she writes great domestic stories with a twist. I am working my way through her other titles!

Available from Live Borders libraries



Joany Cook

Library News!

The last **Bookbug** session before the summer holidays will be on June 18. **Hearing Aid Clinic** is on Friday 21st June, 10am – 12pm.

Drop In Lego sessions will continue through the holidays on 2nd and 4th Fridays of the month 2pm – 4pm.

Why not try our **Pressreader App**! Library members can access thousands of newspapers and magazines from around the world for free. Pop into the library to join or join online at:

<https://www.liveborders.org.uk/home/our-libraries/libraries/>

berwickshire marine reserve

Berwickshire Marine Reserve are delighted to have received 2 years of funding from The National Lottery for our Community Led Environmental Action for the Berwickshire Coast project. This funding will help develop our community volunteer programme and assist us in increasing engagement with not only local communities but also tourists and visitors to the Reserve.



At BMR we run a programme of events and volunteer opportunities which range from Coastal Clean-ups and maintenance, Intertidal Marine Monitoring, Shorewatch, talks from guest speakers, various training opportunities and much more. Keep an eye on our facebook page for upcoming events and activities, come along and join in with our volunteers, you may become one of our latest 'Coastal Champions'.

2024 marks the 40th Anniversary of the designation of the voluntary marine reserve and BMR is planning a programme of events at both St Abbs and at Eyemouth over the birthday weekend of the 17–18th August. Our facebook page has details on how to book events and activities.

Over the summer we will run the Marine Education Centre at the Hippodrome once more, which will be open to visitors and locals with some new environmental displays, fascinating facts, crafts and activities and of course a cup of tea! Opening dates and times will be announced very soon. We will also have our Summer Marine Rangers on board to lead our summer activities, there will be rockpooling, nurdle hunts, beach cleans and more going on and we hope you can join us for some summer fun.

berwickshire marine reserve

We also have our summer bioblitz scheduled for 10th August at St Abbs Head. We will be running this alongside the National Trust of Scotland and we'd love you to join us to help us record the wonderful biodiversity of the reserves.

Our annual photography competition 'Splash In' is now open. To enter, simply submit a photograph into one, or more, of the following three categories:

- **Marine Life**
- **Scenic**
- **Then & Now**

This year's competition sees the addition of a new category 'Then & Now', to celebrate the Berwickshire Marine Reserve's 40th anniversary. For this particular category, we are looking for images taken over the past 40 years with a new image taken from the same vantage point.

The competition is free to enter and all images must be taken along the Berwickshire Coast. All entries must be received by 31st July and submitted as a JPEG image by emailing:

info@berwickshiremarinereserve.org.uk

There are some great prizes to be won.

Looking forward to seeing you over the summer months!!



history

Eyemouth Fort and the Rough Wooing

On the headland that protects Eyemouth Bay from the north and west can be found a number of substantial grassy mounds, deep weed-choked ditches and eroded cliffs: all that remains of two forts that, for a short time, played an important role in mid-sixteenth century Anglo-Scottish relations.

Since 1295 Scotland and France, constantly harried by English ambition and aggression, had 'The Auld Alliance'. When Henry VIII broke with the Church in Rome in 1534 leaving him with no European allies, he wanted James V of Scotland (son of Henry's sister Margaret and James IV) to break with Rome too. James refused. Henry tried to 'persuade' James by destroying Border towns and monasteries in a conflict that lasted eight years. Despite support from French soldiers Scotland suffered a heavy defeat at the battle of Solway Moss in 1542 and King James died two weeks later. His daughter and heir Mary was only six days old.

Henry decided that Mary should marry his son and heir Edward, thereby uniting the two countries under English rule. The Scots Parliament refused to agree to the match. Henry, enraged, once again employed force and so began the period known as 'The Rough Wooing'. English armies overran southern Scotland as far as Edinburgh, looting, killing and burning many Border towns and abbeys. Despite some Scottish successes, the Battle of Pinkie, near Musselburgh in 1547 resulted in another defeat for the Scots. Henry died in January of that year without fulfilling his aim but Lord Protector Somerset, Regent for the young King Edward, continued the war.

It was Somerset who saw the potential of Eyemouth Bay. He ordered his men to build a fort on its headland. Along with forts at Dunglass, Fast Castle and Berwick, the English could command the North Sea coast and



history

control the Eastern Borders. Eyemouth Fort was one of the first fortifications in Britain built in the Trace Italienne style with impressive arrow-headed bastions, a formidable symbol of English power in occupied Scotland. However in 1548, by the Treaty of Haddington, the Scots agreed that Mary would be betrothed to Francis, Dauphin of France. 'The Rough Wooing' had failed: the English left. Two years later the French and English signed the Treaty of Boulogne. The English agreed to return Boulogne to France but insisted that Eyemouth Fort, now in Scottish hands, was destroyed.

Peace was short-lived. Mary of Guise, Mary's French mother, became Regent and relied heavily on 'The Auld Alliance'. Always wary of English intentions, Mary authorised the rebuilding of Eyemouth Fort by French troops, adding deeper ditches and bigger earthen ramparts that could better withstand cannon fire. It is reputed that during this time the Scots garrison was awakened by seabirds disturbed by the approach of an English army. The Scots rushed to repel the enemy and succeeded, despite not taking time to pull on their boots. The field near the fort where the skirmish took place is still called the Barefoots.

Henry's daughter Elizabeth became Queen in 1558. She recognised the threat that Eyemouth Fort posed to the north of England. Straightaway she ordered the building of the massive Elizabethan fortifications at Berwick that still stand today. One year later the Treaty of Cateau-Cambresis ended several European conflicts. By its terms, England lost Calais to France but, in return, Elizabeth demanded that Eyemouth Fort be razed to the ground.

Thanks to the research, digital and technical expertise of St Andrews University, further information is available from Eyemouth Museum, Friends of Eyemouth Fort and the internet.



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

The cost of this publication has been met out of parliamentary resources.

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

The Scottish Parliament
Pàrlamaid na h-Alba

Summer Surgery Tour 2024
Please use the contact details below to book an appointment.

✉ rachael.hamilton.msp@parliament.scot

☎ 01573 224862

Monday 1st July • Duns • Swinton • Colinton	Monday 8th July • Tynninghall • Rutherford • Hawick	Friday 12th July • Reston • Grantchester • Cockburnspath • Longformacus
Tuesday 2nd July • Clippensburgh • Ettrickbridge • Selkirk	Tuesday 9th July • Auldhame • Lifford • Newburn St Bonwells • St Bonwells	Monday 15th July • Pilton • Chirnside • Eyemouth
Wednesday 3rd July • Gordon • Greenlaw • Stukess	Wednesday 10th July • Selkirk • Monkscliffe • Housham • Jedburgh	
Thursday 4th July • Densholm • Branchedale Bridge • Newcastleton		

HERE TO HELP

The cost of this advertisement has been met from parliamentary resources.

BETHAN HAIGH, MCFHP MAFHP
FOOT HEALTH PRACTITIONER
07508 953062

REGISTERED & INSURED FOOT HEALTH PRACTITIONER COVERING THE SCOTTISH BORDERS & BERWICKSHIRE

PROFESSIONAL TREATMENTS FROM THE COMFORT OF YOUR OWN HOME

NAIL TRIMMING • CORNS • CALLUS • DIABETIC FOOT CARE • VERRUCAS • INGROWN TOENAILS • THICKENED AND FUNGAL NAILS

Hello my name is Bethan Haigh. I currently live in Reston and I am a fully qualified and insured domiciliary foot health practitioner, which means I come to you and treat you in the comfort of your own home. If you or someone you know is struggling with mobility and now finds it difficult to reach your feet let alone get to an appointment at a clinic, I can take that stress away. With busy lifestyles, work commitments, day classes etc, sometimes it's just more convenient having someone come to you so I can also do evening appointments for those busy with other commitments. I am trained in nail trimming, diabetic foot care, fungal and thickened nails, ingrown toenails, callus and corn removal and of course general foot care. All appointments are £30. I am looking forward to meeting you!

eyemouth herring queen

When you ask anyone in Eyemouth what springs to mind when they think of summer, one of the first things they will say is the Herring Queen Festival.

The 20th of July will mark the start of the 80th celebrations and past Queens from as far away as Texas in the USA will be making the pilgrimage home to take part in the festival. Some of these ladies are now well into their 80's and even 90's but they still make the effort to come together with those who have had the privilege of wearing the crown. They are bonded together by the unique experience and have shared in the towns' history for over 8 decades. Many are related not only by the experience but also by blood: sisters, mother and daughters, grandmothers and grand-daughters. This year our Herring Queen will be Miss Holly Blackie, whose mother Miss Lynn McFarlane was crowned in 1993.



An early fisherman's picnic

The festivals origins are in the fisherman's picnic, later known as the Peace Picnic, which was a day in the calendar when the townspeople got together to let their hair down and have a community picnic. In 1939 it was felt that the teenagers were not inclined to join in and that something should be done to encourage them to get involved. One of the organisers had seen a festi-

val while on holiday on the west coast and thought it would be a good idea to have something similar in Eyemouth to involve all the young people of the town. The first Herring Queen, Miss Mary Craig, was crowned by Flower, Lady Furness in 1939. There was a break during the second world

eyemouth herring queen



war, after which the festival was started again in 1946. Each year the Queen has crowned her successor, and Holly will join this elite club in July. Take a look at the lamp-post banners which are displayed around the town, each one honouring a Queen in her year.

The committee have been working hard behind the scenes all year to make the weeklong programme of events as entertaining as possible with the limited help and resource they have. There is something for all ages – from the sandcastle competition and fancy dress to quiz nights and spectacular firework displays. Programmes will be available in local shops from the end of June with all the information you need for this fun-filled week.

We hope that you will coming along and take part in as many events as you can – bring your family and friends with you. The whole ethos of the festival is, as it has been since the days of the Fisherman's picnic, to bring families and community together for some fun.

The past queens' gathering for the 75th Anniversary





puffin cycling

Social Cycling in the Scottish Borders

Puffin Cycling is a social cycling group based in Burnmouth. Gill Caine founded the group in 2014 and has been arranging weekend group road rides around the Borders since then.

After many years of experiences in various cycling clubs she recognised the need for a more relaxed approach to cycling. This led to the creation of Puffin Cycling, a group that emphasises the social aspects of cycling, fostering a sense of community among its members.

Cycling for everyone

Puffin Cycling welcomes adult road cyclists from intermediate to seasoned riders. Our group rides are designed to be inclusive and enjoyable while building fitness and making new friends.

What is a day out with the Puffins like?

The ride begins with the group gathering at a predetermined location where everyone checks their bikes and gears up for the journey. The atmosphere is relaxed and friendly with riders chatting and laughing as they prepare to set off after the compulsory group photo has been taken.



puffin cycling

As the ride commences, the group maintains a steady pace and no cyclist is left behind or made to cycle at a pace they cannot sustain. The speed on the day is determined by who is in the group and is ideal for social cycling, as it allows for easy conversation and enjoyment without the ride becoming too strenuous.

The route covers a pre-arranged route, be it coastal or inland, of around twenty-five miles.

Join the Puffin Cycling community

We invite anyone interested in a more relaxed, social approach to cycling to join Puffin Cycling. Whether you are relatively new to cycling or an experienced rider looking for a friendly community, Puffin Cycling offers a unique and rewarding experience. This is what you will need:

- A road bike that is in good working order, a puncture repair kit, a pump and a helmet.
- Basic understanding of how your bike works. This includes being able to safely start, stop, use the gears, brakes and steer effectively.
- A basic level of fitness: this will ensure you can keep up with the group and enjoy the rides.
- Social cycling is all about enjoying the ride and the company of others. A positive, friendly attitude is important.
- After 2 taster rides, you need to join Cycling UK. (Puffin Cycling is affiliated to Cycling UK.)

All group rides are put on Facebook in advance, with a description of the starting location, ride mileage, route description, café stops and any other details. There is a link to sign up (collecting contact information and emergency contact details). If you are not a Facebook user, we also operate a WhatsApp Group so please get in touch via mobile to be added to the group.

*Facebook.com/puffincycling
Gill Caine 07761 053094*

e-biking

E-Biking: A Revolution in Healthy Aging

As a sustainable and enjoyable form of exercise, e-biking is transforming the way we think about healthy aging. E-biking provides a low-impact form of exercise that can be tailored to an individual's fitness level.

It helps to improve cardiovascular health, increase muscle strength and enhance flexibility without putting undue stress on joints. This makes it an ideal form of exercise for older adults who may struggle with more strenuous forms of physical activity.

Beyond the physical benefits, e-biking also contributes to mental well-being. The enjoyment of being outdoors and exploring new environments can reduce stress, improve mood and contribute to a positive outlook on life. It's not just about the destination, but the journey itself.

E-biking offers opportunities for social interaction, whether through group rides or shared experiences with friends and family.

With features like pedal-assist and adjustable speed settings, e-bikes offer a safe and controlled riding experience.

There are several types of e-bikes available on the market, each designed for different needs and preferences. Here are some of them:

- Electric All Terrain Bike (e-ATB): these are versatile e-bikes designed to handle various types of terrain.
- Electric Mountain Bike (e-MTB): designed for off-road terrain, these bikes come with added power to help you navigate tough inclines.
- Electric Road Bike (e-road bike): these are sporty e-bikes designed for road use, often used by those interested in performance biking.
- Electric Touring Bike (tour e-bike): these e-bikes are designed for long-distance rides, offering comfort and efficiency.
- Electric Folding Bike (e-folding bike): these e-bikes can be folded for easy storage and transportation, making them a great option for commuters

I would invite everyone, regardless of age, to discover the joys and benefits of e-biking. It's never too late to start a new adventure!

Gill Caine



Please note the Brunch Hub will be closed during July to give the volunteers a break. We will be back up and running Thursday 1st August 2024.



EYEMOUTH BRUNCH HUB

10.30 - 1.30

EYEMOUTH COMMUNITY CENTRE. EVERY THURSDAY

Children's portions available

BREAKFAST ROLLS

BACON ROLL Or why not upgrade to a BLT

SAUSAGE ON A ROLL Vegetarian sausage also available

EGG ROLL fried egg or egg mayonnaise filling

VEGETARIAN OPTIONS AVAILABLE

LIGHT LUNCHES

BAKED POTATOES Cheese, tuna, beans or daily specials fillings

TOASTIES Cheese, ham, tuna, and daily specials fillings

HOME MADE SOUP Ask your server what the soup of the day is.

DAILY SPECIALS a daily selection of meat, pasta or plant based options

HOT AND COLD DRINKS

TEA, COFFEE, HOT CHOCOLATE

JUICE

HOME BAKING

CAKES AND SCONES

A suggested donation of £2.50 helps to cover the cost of running the cafe.





Charity number
SC045880






Calling All Businesses!

Our well-established local magazine, with a monthly circulation of 500 copies, distributed in Eyemouth and the surrounding villages, is the ideal place for you to promote your business. Our reasonable rates start at £10 for a business card size – £25 quarter page – £50 half page – £100 for a full page.

Calling All Local Community and Volunteer Groups!

We can promote your group activities and events for free on our What's On pages. Or feel free to get in touch if you would like to contribute an article about your group.

Please contact us at: livingmagazine@eyemouth.org

what's on



School Uniforms

High School & Primary



28th June, 12noon – 5pm

Eyemouth Parish Church

Browse our stock of second hand uniform items all at £1 each!

All money raised is split between Eyemouth Primary School & High School.

Open to all!



Please help us raise funds by donating outgrown or unwanted items of uniform (washed) either directly to the church hall or via the uniform buckets at school.

what's on

Sparta Games

Sparta Games, a fitness competition, where individuals and local teams race against each other, is taking place again this year on Sat 13th July from 8am to 5pm. Teams compete for the *Scott Purvis Shield*.

Entry is now open and it costs £15 per head. Please contact Sparta Gym Eyemouth to register.

Last year approx £500 was raised for the Eyemouth Herring Queen and this year they are aiming for £750.

With a broad range of entrants already signed up this year it is bound to be a fun event.

Last year a good crowd gathered to watch and we are expecting same again this year so pop it in your diary and come along!



what's on



5th - 9th August Eyemouth Parish Church

LOVE

fit for a king

PEACE

JOY

KINDNESS

FAITH

TRUST

Book



Online:

For new p1-s1 pupils



10am – 12.30 everyday

Songs, games, Bible stories, crafts, snack
Entry only £1 a day!
Book online @
<https://form.jotform.com/241294676010352>



Find us on Facebook

@EyemouthParish Church



SU Scotland



EPC Eyemouth Parish Church

Scripture Union Scotland is registered in Scotland as a charity (no. SC011222) and as a company limited by guarantee (no. SC54297). Registered office: 70 Milton Street, Glasgow, G4 0NK.

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

what's on

HELLO SUMMER



What's on this summer...

Feel Good Fridays

10am-noon, each Friday thought-out the summer starting 31 May. Meet us at the Beach Wheelchairs hut at Coldingham Beach for a free cuppa, chat and some Vitamin Sea!



Dr Bike Sessions

10am-noon, Saturday 1 June, 6 July and 3 August. At the new Cycle for Change Garage, Eyemouth. Book in to get your bike back on the road. Only £10 a slot! Email louise@seathechange.org.uk to book or for more info.



Greener Berwickshire Meeting with Anti-Litter Group (BAG)

10am, Friday 7 June at Duns Volunteer Hall. Email helen@seathechange.org.uk to book or for more info.



Duns Litter Pick with Keeping Duns Blooming Marvellous and BAG

2pm Sat 15 June, 10am Sun 7 July, 2pm Mon 29 July, 10am Tue 20 Aug. Meet outside Duns Volunteer Hall. Litter pickers can be provided.



Chair Yoga at the beach with Amy from Seasonal Yoga

10-11am, Friday 21 June at Coldingham Beach boardwalk. Free of charge. Email helen@seathechange.org.uk to book or for more info.



Sea the Change at Coldingham Gala

From 10am onwards, Sunday 28 July at Coldingham Playing Fields. Come along to our stall to find out more about what we do.



www.seathechange.org.uk

what's on

Accessible entry/ toilets
Interested in a stall?
please contact:
marketdays@gunsgreenhouse.org

Gunsgreen House
Indoor Markets

Free Entry

Sun 16th June
Sun 14th July
Sun 25th Aug
Sun 22nd Sept
Sun 20th Oct
Sun 17th Nov
Fri-Sun 13-15th Dec

Locally handmade quality seasonal
traders, makers, crafters and bakers!
hot, cold drinks and food available



Netherbyres Garden

This year the garden will be
open on Sunday July 21st
2-4.30pm.

Entry by donation in aid of
the Eyemouth Herring
Queen Funds.

(No teas on this occasion
and limited parking).



what's on

EYEMOUTH TWILIGHT RUN
Sponsored by Giacobazzi's Gelato

5K and Fun Run

Friday 23rd August 24
From 6pm
Eyemouth

All ages welcome
Goodie bags,
ice-creams & more
for all participants!

PRE-REGISTRATION ONLY
Scan the QR code to read more and BOOK your space today

Please look at our Facebook Page for information leading up to the event




GET THE RIGHT CARE IN THE RIGHT PLACE



NHS Inform includes self-help guides for a range of common conditions: [NHSinform.scot/self-help-guides](https://nhs.uk/inform/scot/self-help-guides)
If you think you need A&E, but it's not life threatening, call NHS 24 on 111. If you need same day medical attention that cannot wait for your GP Practice to reopen, call NHS 24 on 111.

NHS 24



- Colds
- Cold sores
- Sore throat
- Diarrhoea or constipation
- Indigestion
- Aches and pains
- Help if you run out of your repeat prescription

Pharmacist



Contact your GP Practice
Call NHS 24 on 111, 24/7, 365 days a year
Breathing Space: 0800 83 85 87
Weekdays: Monday - Thursday 6pm to 2am
Weekend: Friday 6pm - Monday 6am

**Mental
Well-being**



- Tooth pain
- Swelling to your mouth
- Injury to your mouth
- Painful or bleeding gums
- Advice on oral hygiene

Dentist



- Red or sticky eye
- Pain in or around your eye
- Blurred or reduced vision
- Flashes and floaters

Optometrist



A range of clinicians, including doctors, nurses and sometimes pharmacists and physiotherapists to help you with both mental and physical health issues.

GP Practice



- Cuts and minor burns
- Sprains and strains
- Suspected broken bones and fractures

**Minor
Injuries Unit**



- Suspected heart attack or stroke
- Breathing difficulties
- Severe bleeding

A&E or 999

If you are unsure about where to go or who to see, find out at:
[NHSinform.scot/right-care](https://nhs.uk/inform/scot/right-care)