

FREE

eyemouthliving

Your local community magazine

September 2026



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

welcome

Welcome to the September issue of *Eyemouth Living* magazine! This month we look back on some amazing summer events including the children's Floral Workshop and the Edible Boat Race held during Eyemouth Herring Queen week, Splash volunteers' team-building day, Splash Young volunteers' residential trip, and the Rotary Sportive races.

Our Gardening Notes in this issue focusses on making friends through a shared interest in plants and gardens so why not pop along to one of the Abundant Borders Apple Pressing days and chat over a glass of juice! Or why not head along to the Ayton and District show to get some ideas to maybe join in and enter some of the classes for next year!

As ever we invite you to contact us if you have anything you'd like us to include for next month. Copy needs to be in by the middle of September. (livingmagazine@eyemouth.org)

Eyemouth Living Editorial Team



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Magazine contact: livingmagazine@eyemouth.org

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

Community and volunteer groups are promoted free of charge.
Please contact us at: livingmagazine@eyemouth.org



let's eat better

Helping Families Thrive through Better Nutrition

Meat Sabina, the nutritionist empowering communities to eat better.

Good nutrition is about much more than what's on our plates – it's about building healthier families, stronger communities, and brighter futures. That's the vision driving Sabina, a trained nutritionist and founder of Let's Eat Better CIC.

After studying Nutrition at Queen Margaret University, Sabina developed a passion for helping people understand how simple, practical food choices can have a lasting impact on health and wellbeing. Recognising that many families face challenges when it comes to accessing reliable nutrition advice, she decided to put her knowledge into action by establishing Let's Eat Better CIC, a community interest company dedicated to improving nutrition through education and support.

At the heart of Let's Eat Better is a commitment to making healthy eating accessible, affordable, and enjoyable for everyone. The organisation works with families, schools, and community groups to provide practical advice, interactive workshops, and engaging activities that inspire lasting lifestyle changes.

A key focus of the CIC is educating children and young people. By teaching healthy eating habits from an early age, Sabina believes young people can develop the confidence and skills they need to make informed food choices throughout their lives. Through fun, hands-on learning experiences, children discover the importance of balanced nutrition, food preparation, and the connection between healthy eating, physical wellbeing, and mental health.

For families, Let's Eat Better offers guidance that fits into everyday life. Rather than promoting complicated diets or expensive ingredients, Sabina encourages realistic, sustainable changes that can improve health while working within household budgets.

By combining professional expertise with a genuine passion for community wellbeing, Sabina is helping to create healthier futures – one family, one child, and one meal at a time.



look after yourself



Easing the Tension

We've had a fair few wamer months recently with plenty of picnics, maybe holidays, drinks with the football, and family BBQs. Suddenly it gets to September and you realise the body feels a bit stiff, your digestion sucks and you are a little slumpy in your chair. The back to school blues!

Stretch it out! No, not when you're slumping in that chair. but actually get up and stretch your body. Creating gentle movement to increase your mobility and improve your energy as well as overall body health.

Doing a few minutes of daily stretching really can help your body in all sorts of ways. There's now peer-reviewed research developing the idea that the stomach and digestive system functions as a second brain – if the digestion isn't happy, your mind and body won't be either.

Slow digestion can deplete energy sources as well as making you feel slow and sluggish. This reduces your metabolism so you feel tired...doing some gentle stretches where your legs are drawing into your chest (massaging the digestive system) or twisting your body (extremely effective in detoxifying the body of unneeded fluid as well as dead tissue) can show great results. This will quickly assist you to get back to your best self for the forthcoming seasons and ready to soak up the last few days of summer.

If you'd like a simple template of a few stretches to try, scan the QR code below:



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



splash

Volunteer Team-Building Day

Here in Eyemouth, we are incredibly fortunate to have the Eyemouth Development Trust, with Splash being one of the wonderful projects it manages and whose work is powered by the heart and dedication of over 50 volunteers.

The volunteers take on a huge variety of jobs to keep things running smoothly. This includes everything from organising and manning the food larder to sourcing, preparing, and cooking meals for our weekly brunch. At the heart of all this coordination is Susie Stewart, our Community Development Manager, alongside Liza Cole, our Project Worker. They are both wonderful and organise so much for us, including our young volunteers group and events like Kirk Square Fair. Susie is deeply person-centred and truly guides the care of our volunteers with passion.

"Do you know what's also with Splash? Loads, actually!" shares one of our attendees. "I'm personally involved with the Tuesday afternoon women's group. What a laugh we have! We have around 30 members, although not everyone attends every week; that's absolutely fine, as we all have lives to live." Some of our activities include going on trips, or we have visitors coming in to showcase their talents and ideas, which also includes collaborations with other organisations in the town. This group is solely for women so that they can feel safe, and no one is judged if they have a bad day.

"The wonderful support continues throughout the week. Liza also organises nature walks on a Wednesday afternoon for the nature group.

There are absolutely no age restrictions for anyone wanting to get involved with Splash. Susie organises the brilliant young volunteers group that teaches vital life skills to youngsters. As part of this, we visit local primary schools to run sessions with



splash



the children. Together, we prepare and cook delicious dishes like stovies, pasta and soup. This gives the children a wonderful opportunity

to discuss the food, prep everything from scratch, and proudly taste the finished articles.

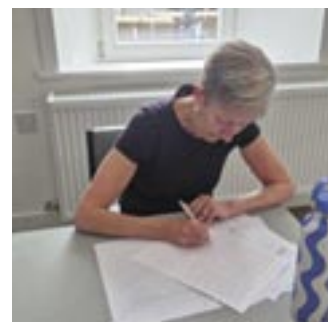
Our impact continues to grow through fantastic community partnerships. We have teamed up with the emergency services to deliver life-saving skills, such as CPR training, to both primary and high school pupils. Additionally, in the past, non-swimmers age 11+

have been given the life-changing opportunity to take swimming lessons at the local leisure centre.

To celebrate this incredible team, today Splash hosted a wonderful volunteer team-building event. The attendees were separated into two different groups, putting our skills to the test with fantastic and varied challenges such as baking cookies, a scavenger hunt, putting together a beautiful floral design, writing this article, and even picking out outfits to dress up as pirates. There were a number of other challenges we were tasked with completing, but we ran completely out of time and were just too exhausted from all the fun! It was a truly brilliant day, beautifully rounded up with a fantastic lunch supplied by the Herbur café.

You can find all the information about our projects on the Eyemouth Development Trust website @ www.eyemouth.org

Mary-Lou (left) & Helen (right)



wildlife notes

“Autumn carries more gold in its pocket than all the other seasons” – Jim Bishop

September is, in my opinion, one of the best months of the year. As those long summer days fade away, the landscape around us changes. Golden leaves appear on our trees, hedgerows become alive with ripening fruit, foraging wildlife roam around our woodlands and the skies are filled with migrating birds. There is so much to see in the daylight hours but what about at dusk and at night?

It's time for the appearance of autumn moths and they are definitely worth the wait – from Sallows to Quakers, from wandering migrants to second generations, there is still so much to see as the nights draw in. Here's a few of my favourites:

Canary-shouldered Thorn

This is a beauty of a moth (*top right*), with its bright yellow furry thorax (the middle section of insects), hence the name. Its wings look like crumpled leaves, a mixture of orange and yellow colours with variations of speckling. It is common throughout mainland UK, preferring woods, parks and gardens. It is nocturnal but will come to light.

Orange Swift

What I like about this moth is the variety between the two sexes – the male (*left*) being much smaller with a ginger appearance whereas the female (*right*) is browner with grey and pink streaks. To add to the mayhem, there is a darker female version as well. They are a grassland species, developing underground in the roots of docks and dandelions for two years before emerging as adults.

Centre-barred Sallow

The Sallows are a group of moths that blend into autumn perfectly. Their burnished yellow and pink appearance allows them to disguise themselves amongst leaf litter easily. One of



wildlife notes

the first to appear is the Centre-barred Sallow (*right*) which prefers woodlands, especially broad-leaved but can also be found in hedgerows, river-banks and gardens. It can be seen in August and is usually a sign to moth enthusiasts that autumn is just around the corner. Unlike a lot of adult moths, it can feed as it has moving mouthparts, allowing it to take on nectar sources. You can attract them in your garden with sugar ropes.



Red-line Quaker

A silvery grey moth (*left*), with a dark spot in the kidney marks on the forewings, its name comes from the beautiful red cross line, going from one edge of the forewing to the other. It almost looks like someone has deliberately drawn on it with a Sharpie. There is another Quaker with a similar cross line – that being a Yellow-line Quaker. Common across the UK, preferring a range of habitats from gardens, woodlands and heaths.

Merveille du Jour

A long time ago, an old teacher (a legend of a naturalist) of mine said that the day you see a Merveille du Jour, will be the day your mothing journey will truly begin. For years, I heard about this moth, and with the advent of social media, read about people seeing it in gardens and moth traps. It's not uncommon, it can be found near Pedunculate Oaks, where the buds and leaves are food for the larvae. But it's so so good at camouflaging as lichen (see *picture right*). Imagine my joy, on the 27th of September 2023: “OMG – there's a Merveille du Jour in the moth trap!” If I come back in the next life as a moth – it will be as a Merveille du Jour!!!

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

Photo Credits – David Lewis



gardening notes

Making Friends through Gardening

Gardening is a great way to keep fit and active but it is also a wonderful way to meet people and make friends. Chatting over the garden wall or fence, sharing ideas and gossip and maybe exchanging plants. And even if you don't have your own garden there are plenty of places needing an extra pair of hands and providing a good opportunity to meet new people.



The East Berwickshire u3a has an active gardening group which meets monthly every 4th Thursday in St Ebba's Episcopal Church. 10am coffee for a 10.30 start. In winter they have a speaker, a quiz, and sessions where they discuss their successes, failures and disappointments. Throughout the summer they have regular garden visits. This year's enrolment day will take place on September 2nd at Eyemouth Community Centre 2–4pm.

There are also plenty of community gardens across the Scottish Borders, supported by Abundant Borders. They run training courses and workshops on all aspects of sustainable food growing and cooking. There are community gardens in Ayton, Eyemouth and Coldingham – volunteers are always welcome. Please contact projects@abundantborders.org.uk

Have you considered an allotment? Eyemouth has allotment plots available through the Scottish Borders Council, as well as private and community-managed sites. The Council allotments have a waiting list and there is a charge but concessions are available. They can be contacted through their Allotments online contact form on the website or by phone on 0300 1001800.

Many of our towns and villages have enhancement groups who are always looking for people to help them. In Ayton there are beds and borders needing regular work so please get in touch if you might be interested. And the Ayton Show always welcomes volunteers. Come along and chat to one of our committee at the Show on September 5th.

gardening notes

Things needing doing in September

Harvesting the autumn raspberries is a joyful task and even better when carried out in the evening before eating them with some cream or ice cream (or both!). This is what home produce is all about!

There should be plenty of potatoes to bring in and eat too. If you are lucky there will still be some new potatoes which don't need to be peeled but do need to be eaten immediately. More mature maincrop potatoes should be stored in hessian or paper sacks in a cool, dark, well ventilated place.

Apples and pears will also need storing carefully, using only undamaged fruits. If you've eaten enough apple crumble and made your jams and chutneys and still have fruit to spare then try drying the apples. Slice thinly and soak in a basin filled with water made acidic with lemon juice or vinegar before laying on racks in the oven until dry. An air fryer is perfect for this.

Start sowing hardy varieties of peas and beans for early cropping next year. Hardy greens eg mustard, kale and pak choi can be sown now to provide fresh greens through the winter. Plant onion and shallot sets making sure to leave their tips just showing above the soil.

Jerusalem Artichokes should be left to flower before harvesting and can be left growing in the soil right through the winter. They may need staking!

Hopefully we have had some rain now and the soil is soft enough to consider digging up clumps of perennials which have finished flowering. Divide them up into smaller clumps ready for re-planting or sharing with friends but make sure they are kept well watered. September is the time to plant spring flowering bulbs such as crocus and daffodils. Wait until November to plant tulip bulbs and wait until next spring before planting summer and autumn flowering bulbs.



Caroline Lathe
(Ayton Gardening Society)



splash



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NATURE FOR WELLBEING GROUP

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

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

Meet in the Masons' Hall at 1.30pm on Wednesdays



Splash

BRUNCH HUB

FOOD!!!

Brunch Hub

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

Keep an eye out for our weekly Specials

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

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splash



EYEMOUTH LARDER & COMMUNITY FRIDGE

LOCATED IN EYEMOUTH PARISH CHURCH

We are a non-profit community larder dedicated to reducing food waste. We are here for everyone in our community. Please come along and choose up to 10 items for a donation of £1+

Mon 9.30 - 11am, Tues 3 - 4.30pm, Wed 9 - 10.30am, Thurs Closed, Fri 9 - 10.30am

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



Splash

Women's Group

SEPTEMBER ACTIVITIES

1ST - NO SESSION
8TH - QUIZ
15TH - PIZZA MAKING
22ND - PEBBLE DECORATING
29TH - GAMES DAY

Our Women's Group in Eyemouth meets every Tuesday in **EYEMOUTH HIPPODROME**, 1pm-3pm.

Weekly activities are shaped by the women who attend. New faces are always welcome - drop in anytime or email: susie@eyemouth.org for more information.

£1 Entry

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u3a

Charity No SCO 31477

EBU3A Talks and Events 2026/27

Once again, this year we have an interesting and varied programme of speakers lined up for our monthly meetings. Our monthly open meetings are free and open to all, members and non-members. They are held on the second Wednesday of the month in the Eyemouth Community Centre, doors open at 10am for a 10.30 start with refreshments available before the talk starts. Please bring along your own cup and £1 for tea or coffee and biscuits.

14th October 2026

Sandra Gann: Industrial Archaeology of Cocklawburn – a talk about the several communities who lived along Cocklawburn from 1850 to the beginning of the 20th century.

11th November 2026

Rob Longworth: Trimontium – the history of the Trimontium Trust, the story of the Roman fort of Trimontium and the interaction with the local peoples of Southern Scotland.

9th December 2026

John McEwen: Marchmont – a short history of the 20th century seen through the prism of one family's association with a house: Marchmont near Greenlaw.

13th January 2027

Peter Gage: Walking the Jurassic Coast: Exmouth to Poole – the 116-

mile walk from Exmouth to Poole; as the final stretch of the 630 mile Southwest Coast Path (The Salt Path).

10th February 2027

Rachel Abbott: Wild Food Foraging

10th March 2027

Peter Aitchison: Eyemouth Witch Hunts of the 17th century – the appalling story of the dozens of Berwickshire women, and a few men, who were accused, tried, condemned and burnt for witchcraft during the 17th century.

14th April 2027

Pat Oldale: Boots (the Chemists) Booklovers' Libraries – the story of Boots' circulating libraries until 1966, started in Nottingham by Florence Boot in 1898.

book news

Library opening times:

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

The Wedding People by Alison Espach

It's a beautiful day in Newport, Rhode Island, when Phoebe Stone arrives at a grand beachside hotel wearing her best dress and least comfortable shoes. Immediately she is mistaken by everyone in the lobby for one of the wedding people – but she's actually the only guest at the Cornwall Inn who isn't here for the big event.

Phoebe has dreamed of coming here for years. She hoped to shuck oysters and take sunset sails with her husband but now she is divorced and depressed, and not sure how to go on. She's not been sure how to do anything, lately, except climb into bed and drink gin and tonics and listen to the sound of the refrigerator making ice.

When the bride discovers her elaborate destination wedding could be ruined by this sad stranger, she is furious. Lila has spent months accounting for every detail and every possible disaster – except for, well, Phoebe...

Soon, both women find their best-laid plans derailed and an unlikely confidante in one another.

Available from Live Borders Libraries.



Library News

Joany retired in August. *Eyemouth Living* wish her a happy retirement! The new library supervisor is Shannon. She is looking forward to meeting you!

Drop in Lego on Fridays 11th and 25th September, 2–4pm

Walking Bookgroup on Tuesday 8th September, 2–3pm



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Floral Workshop

During Eyemouth Herring Queen week, Splash teamed up with Occasions Florists to host a fun children's floral workshop in Eyemouth Hippodrome. The event successfully combined community spirit, creativity, and seasonal fun for local families.

The children created some stunning floral designs during the three packed



sessions held across a single afternoon. It was great to see Lily and her Court join in with the workshop, alongside the children who attended with parents, grandparents and friends.

All of the children who created the beautiful floral rings were provided with a packed lunch along with a flower press to continue the crafting magic at home. This was a very popular event, which attracted 90 children and was sponsored by Splash. All funds raised during the workshop were donated to the Eyemouth Herring Queen festival.

The feedback from families after the event was overwhelmingly posi-

tive, highlighting the value the workshop brought to the community:



"We loved making ours. Thank you. It's now proudly hanging on the children's bedroom door."

"Thank you for a lovely afternoon. My granddaughter loved it."

"Absolutely brilliant activity, E loved it. Thank you so much to all of the Occasions ladies & helpers. £2 for the wreath-making, a lunch bag & flower press to continue activities at home is just incredible. Summer holiday activities can be super expensive & stressful, and the community of Eyemouth is very special. Thanks again."

This workshop gave the children beautiful keepsakes and provided a fun-filled afternoon. We are looking forward to seeing what creative events we can bring together again next year.



splash

Edible Boat Race

On Thursday 30th July Splash ran an Edible Boat Race as part of the Eyemouth Herring Queen celebrations. The idea behind the event is to highlight how fortunate we are to have such a high quality marine environment off the Berwickshire Coast and how important it is not to do anything to jeopardise that whilst also having a bit of silly fun! So instead of running a boat race using man-made materials, we ran a boat race with boats made only out of



splash

natural materials!

There were three prizes: for the most spectacular boat, the most seaworthy boat and the fastest boat. We teamed up with three local organ-



isations to come and act as judges: Berwickshire Marine Reserve as the experts on the environmentally friendliness of the crafts, Eyemouth Marine as the experts on boat building and Eyemouth Lifeboat as the experts on how seaworthy the crafts were. Thanks also go to Lough's,

Giacopazzis and the Herbur Café for donating the prizes (edible of course)! Thanks also go to the Herring Queen, Lily, and her Court for playing their part too.

As usual, it was amazing to see the imagination and ingenuity that went into designing the vessels, and the enthusiasm involved in launching them on a (thankfully) calm sea on such a fine day.



history

The History of Dundee House

Dundee House was built on the west side of the River Eye in Eyemouth Parish in the late 18th century. The building was an impressive two-storey Georgian terrace of three houses. In the 1780s, it stood in a rural setting on the outskirts of this fishing town that clustered tightly along the harbour and beach. Adjoining the southern gable of the building was a fine walled garden and, above the building, a further area of land. (see *plan*)



I have trawled through the title deeds to find out as much as possible about the property and its owners, but it isn't clear who built the terrace of houses. Patrick Home of Wedderburn, Paxton and Billie estates appears in the deeds in 1769 when the 'land and property'

was transferred to William Darling, joiner in Eyemouth. Later a portion of land was transferred to William Johnstone, stonemason. The main title passed to George Hay described as a 'wright' (an old name for a joiner) in Eyemouth in 1819. When Hay died the property passed to his daughter Mrs Agnes Hay, and then in 1909 to her daughters, Mrs Margaret Hay (or Plumpton), and Mrs Grace Hay (or Gilroy). As time went on the property was subdivided and parts were sold off or leased: to George Ewart, blacksmith, who gave the Smiddy Brae its name; to Thomas Sinclair, agricultural

engineer from Reston, who had shares in several fishing boats; to Thomas Walker shopkeeper, renter of punts and operator of the *Nimrod* in 1951; to Thomas Evans of Eyemouth Boatbuilding Company in



history

1957; and to the Roman Catholic Church in 1961. Older members of the community may also remember lease holders Johnny's Bingo, and Willie Watt's Marine Radio. By the late 1940s the main building was divided into two parts and passed into commercial use: today the part on the right is owned by David Collin (Bing) electrician and the part on the left by three friends who love working with wooden boats and the modern technology that keeps boats safer at sea.

Local stories suggest that from 1815 one of the three houses was rented by a local boy made good. John Whillis was born in Eyemouth in 1791 and ran away to sea. Promoted to Captain he sailed out of London's West India docks, but he married local girl, Jean Dunbar, and they set up home in Eyemouth. Captain Whillis would have been able to afford the rent! In 1825 the family moved to London where Whillis started his shipping company – John Willis and Sons – dropping the 'h' to make it easier for the English to pronounce!

By the early 1950s the buildings became workshops and offices, and were referred to as 'Bridgend' because of the wooden bridge built to link the town with the Gunsreen side of the river. The flood of August 1948 washed away the wooden bridge and was replaced by 'the silver bridge'. No-one seems to know when, or why, the building became known as Dundee House!

Thomas Evans started the Eyemouth Boat Building Company on the left side of the building and turned the outside space into a boatyard. Years later Evans bought Weatherhead's boatyard on the east side of the river but kept the old boatyard. It was this that attracted a group of friends interested in sailing, rowing, restoring wooden boats and repairing electronic equipment. A lease was signed in 2010 and 14 years later the same three friends purchased the old boatyard from James Evans.

Fay Waddell



abi & kathy



Events and Stuff

Abi and Kathy catch up after a busy summer.

Abi: I haven't seen you for a while, it's about time we managed to catch up. How was your summer?

Kathy: Life just gets in the way sometimes. There's been a lot going on in the town over the last few months with the Herring Queen Festival, Eyemouth Rotary Sportive, stuff going on in Berwick and Coldingham. I have to say I really missed the Herring Queen banners around the town this year.

Abi: It was a shame they weren't put up. It was a problem with the fixings onto the poles I think. I hope they can raise funds to have them up next year. It's such a lot of work and I'm not sure people realise just how much.

Kathy: Yes it is. Mind you I hate the fireworks. Seems such a waste of money to me. Why do they do it twice a year – in July and then again in November. I must be getting old but I just hate the noise and bangs. I know it's only on for 10 minutes but it unsettles me for the rest of the night.

Abi: I'm sorry you don't like them. We love them. Did you ride in the Rotary event then?

Kathy: No! Don't be daft! I just helped out. It was lovely to see so many people coming out and doing the cycle rides. I cannot believe it rained on the day, what a shame. There were lots of folk helping out which was nice. So many people give up their time to organise events in our communities. It's lovely to live here.

Abi: It is and it's been lovely seeing the town full with tourists and the beach too. I just wish they would realise Harbour Road is a road and a working harbour and not wander aimlessly down it.

Kathy: It's bad enough walking down it and trying to avoid them, let alone driving. Mind you the amount of folk making seal noises by the Crab-bit Sole makes me laugh every time I hear them!

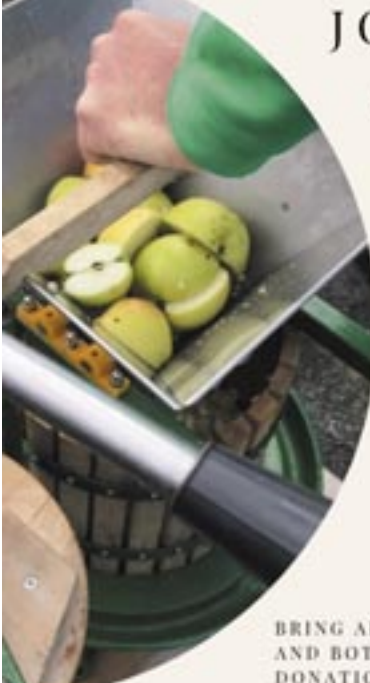
And with that another coffee was needed.

abundant borders



Our ever-popular Apple Pressing Days return to the Community Food Gardens this autumn. Our trusty apple press will be touring the gardens in late September and early October. It's been another good year for apples and if you've got apples growing in your garden, then bring them along to your nearest session and turn them into delicious juice. Don't forget to bring along clean bottles if you'd like to take the juice away! Don't worry if you don't have apples, you can still come along to try some freshly-squeezed juice. We've been holding these events for years and have never found anyone who doesn't like it!

The events are also a chance to have a look around your local community food garden and see what we've been growing this year. There should be plenty to harvest and share with attendees.



JOIN US

APPLE PRESSING

THROUGHOUT AUTUMN

AYTON COMMUNITY GARDEN
Monday 21 st September, 1-3pm
FOULDEN COMMUNITY GARDEN
Wednesday 23 rd September, 1-3pm
EYEMOUTH COMMUNITY GARDEN
Friday 25 th September, 11.30am-1.30pm
DUNS COMMUNITY GARDEN
Monday 28 th September, 10-12noon
KELSO COMMUNITY GARDEN
Tuesday 29 th September, 10-12noon
HAWICK COMMUNITY GARDEN
Tuesday 6 th October, 10-12noon

BRING APPLES TO PRESS
AND BOTTLES TO TAKE AWAY FRESH JUICE
DONATIONS WELCOME



teen talks

During the summer, Splash's young volunteers took a trip to Ullswater Outward Bound to complete a three-day course consisting of scenic walks, lake diving, canoeing, abseiling, and cliff jumping. Seven of us piled onto the bus, and even though we started off quite quiet, everyone was pretty hyped for the trip.



Once we got there, we sorted our rooms, made our beds, and met up at this little wooden cabin that became our base. We wasted no time and jumped straight into the lake for a proper swim. It wasn't as cold as we thought, and it was nice, as the weather was so hot!

"I felt this helped me gain confidence as I haven't swam properly in years, and also helping my peers gain confidence was really nice too."

After that, we had some tea and hiked up this massive hill. It was literally boiling outside, but we pushed through. To top off a great first day, we got back to the centre just in time to watch the football final together.



"The long walk up the steep hill taught me to push through discomfort in order to reach goals I once saw as impossible. This brought me closer to my peers as we all accomplished a once daunting task."

On day two, we fuelled up on a massive full english breakfast and pancakes and grabbed our kayaks. "I was a bit scared of falling in, as I'm not the biggest fan of swimming in lakes, but we picked it up quite easily and gave the others tips on steering." We paddled all

the way
across the
lake to the
Howtown

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teen talks

Centre, had a nice picnic, and then walked up to do some abseiling. It was so cool climbing up and dropping down the rocks!

"I found climbing up the cliff fairly easy; however, once it was time to abseil down, it began to feel much more daunting. I decided to go through with it, as I felt I would regret not challenging myself. I began my descent, which began smoothly at first, however, after a few steps, my foot slipped, and I lost my confidence as I dangled in mid-air. After taking a moment to calm down, I continued and made it successfully to the bottom"



Because the heat was so crazy, we changed plans, got back in the kayaks, and headed to the beach to cook our tea right there. We even got some free time to splash around in the water before heading back for toast and bed.



The last morning was pure chaos. We packed our bags, stripped the beds, and loaded onto a speedboat for the cliff diving! We had to swim to the shore and jump off these high rocks into the lake. By the time we got back on the bus, we were all exhausted, but we had the best time ever and loved every single minute of it.

"The residential taught me many great life skills and was a great experience. I enjoyed working with my peers and working as a team throughout the trip, making everyone that bit closer."

"I think the residential really made us all work together better and become closer, as we all had challenges we accomplished together."

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the last ship home

The Last Ship Home: a drama of Eyemouth, for Eyemouth

This past July, my wife and I were honored with the opportunity to lead a group of university students across Great Britain for a cultural, spiritual, and academic tour. Hailing from Bob Jones University in South Carolina, we were profoundly moved and inspired by Great Britain's history, culture, and especially its people. We so enjoyed our time in Scotland. We hiked famous glens, got muddy and wet, and landed in Eyemouth for an amazing, final week.

For many years, we've partnered with Stephen and Marcy Bender and Eyemouth Baptist Church during our academic tour. They always enrich us with local food, history, and amazing walks. This year, we were able to collaborate on producing a new play for Eyemouth based on the Eyemouth fishing disaster of 1881 entitled *The Last Ship Home*. The university students are studying a variety of courses (drama, music, nursing, criminal justice), but all auditioned to take part in this original drama.

About ten years ago, I purchased a fascinating history of 'Black Friday'. Titled *Children of the Sea* and written by Peter Aitchison, the book profoundly moved and inspired me. Having visited Eyemouth several times, I had heard of the disaster, been inspired by the memorial sculpture, and talked with the Benders about many of the people who endured that dark day. The book added so much to my understanding of Eyemouth's history and courage. I knew many artists had already created lovely work honour-

ing that day; our group hoped in a small way to tell anew the stories of courage and hope from that Friday, October 14, 1881.

During 2025 I made notes and compiled research and began writing. In January of 2026, the first draft skimmed off the printer.



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Many revisions, readings, and working drafts followed. Our ten university students began rehearsing 2-4 times a week for four months, creating characters, improvising action, and exploring how a small troupe of actors could honour this important story and bring the past to life in the imagination. We wanted the production to thrive in a simple, 'poor theatre' environment. We



knew music and sound should be a part of the story. And we wanted each actor to honour the truth of the real people who died that day and bravely held on to hope in the midst of the storm.

The group has performed the play over ten times, but our favourite experience was the performance in Eyemouth. Author Peter Aitchison along with many other local celebrities were in attendance. The audiences captured us with their attention and care. They spoke with us afterward, sharing historical artifacts and anecdotes. We often heard, "That was my grandmother you played," or "My great-uncle was the one on that ship." As we performed, the audience seemed to hang on every word, every gesture, every whisper. There was a sacredness to the performance. It wasn't 'our play,' it was Eyemouth's play – Eyemouth's story. A story that needed no introduction, a story that many more should hear.

To all in Eyemouth – thank you for your endurance and courage. You are an inspiration.

David Schwingle



the clothes loop

The Clothes Loop

Formerly Berwickshire Swap, The Clothes Loop has a new name and look to better reflect who we are today and the growing community we support.

Founded in Reston in 2019, we began as a small Berwickshire-based service and have since grown into something much bigger, providing practical, welcoming support that families genuinely need and value. Our ethos is simple: empowering families, building sustainable communities.

Families can donate outgrown children's clothes, toys and baby items, giving them a new life rather than sending them to landfill. Our team sorts these donations before redistributing them through events across the area, including regular events in Eyemouth, where families can come along and take what they need. With the cost of everyday essentials continuing to rise, The Clothes Loop helps ease pressure on family budgets while making good-quality, pre-loved items accessible to everyone.

Our services

Community events: 0–12 and 0–5 events, mini swaps and more.

HQ events: Maternity Mondays, big-item events, toy and school-uniform pick-ups, with new activities added regularly.

Volunteering: Join us at HQ on Wednesdays, 10am–12pm, or help at events across the area.

Emergency parcels: Referral-based, individually prepared parcels containing clothing and essentials, including new underwear and socks.

Partnership work: Working alongside local organisations to support families across our communities.

The Loop charity shop in Duns: Raising funds that are reinvested directly into our services.



Whether you want to donate, access support, volunteer or work with us, there are lots of ways to get involved. Find out more: theclothesloop.co.uk; Facebook & Instagram: @theclothesloopcharity

RACHAEL HAMILTON MSP
Member of the Scottish Parliament for Eastrick, Roxburgh & Berwickshire Constituency

YOUR VOICE MATTERS

- ✓ Listen to your views and concerns
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- ✓ Help with local issues
- ✓ Champion our local communities

Get in touch - No issue is too big or too small.

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Working hard for the Borders, all year round

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Sudoku

7				8				4
	4		1	6		9		
	9	3	2		4	5	8	
5			7	4	1			8
	2	4				1	6	
1			8	6	2			5
	1	6	5		3	8	7	
	7		4		8		1	
3				1				9

Tae Hill and Back

Yup, it was that time of year again, 9th August, when Rotary Eyemouth Sportive organiser Gill Caine, in conjunction with Kevin Simpson of Malawi Fruits, managed to pull together a group of cyclists, a team of marshalls and supporters to deliver this two-route event.

One was the Heymoth Gowkie Cutter, a simple forty-mile circular route from Eyemouth High School and the other was the Heymoth Mony-Nutter, a more challenging 70 miles and nearly all of it on the flat.

I may be being significantly more than economical with the truth, using the word 'flat' for any of the course. One rider on the Mony-Nutter stated, "when I got to Redstone Rig, I thought it would be all downhill from there, how wrong was I?" Though to be fair, that is the highest point on the course at 1377 feet above sea level. Despite the harsh lesson about, or maybe from, the rolling Lammermuir hills, said cyclist had a smile on his face in the telling of the tale at the finish line.

There were a hundred cyclists registered for the event. Given the dreich (at best!) weather conditions around 8.00am which was the first riders starting time, some had obviously looked out of their bedroom windows and thought, pain and rain – maybe stay where I am. To those people, thank you for registering but you don't know what you missed.

Not only was there stunning scenery, there were 80 plus other like-minded folk chatting their way around the courses. Yes, I know, impressive lung capacity pedalling and talking!

There were wonderful, smiling, totally professional marshalls from Rotary clubs in Ayr, Eyemouth, Borderlands and Dunbar, and from Puffin cycling and Chirnside Van Centre. There were the amazing, possibly world-renowned, egg mayonnaise rolls and happy smiling faces at Abbey St Bathans, then a welcoming janitor with warm fruit scones, tea and coffee back at the High School.

All in all, a totally brilliant day with a very positive outcome with close to a £4,000 surplus after costs, split between Malawi Fruits and Rotary Eyemouth. A massive thank you to everyone that played a part in the day's success.



invite you to



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**Saturday 5th September
1–4pm**



**Ayton Primary School
& Ayton Bowling Club**



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Tombola**



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or download from website: www.aytongardens.com
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