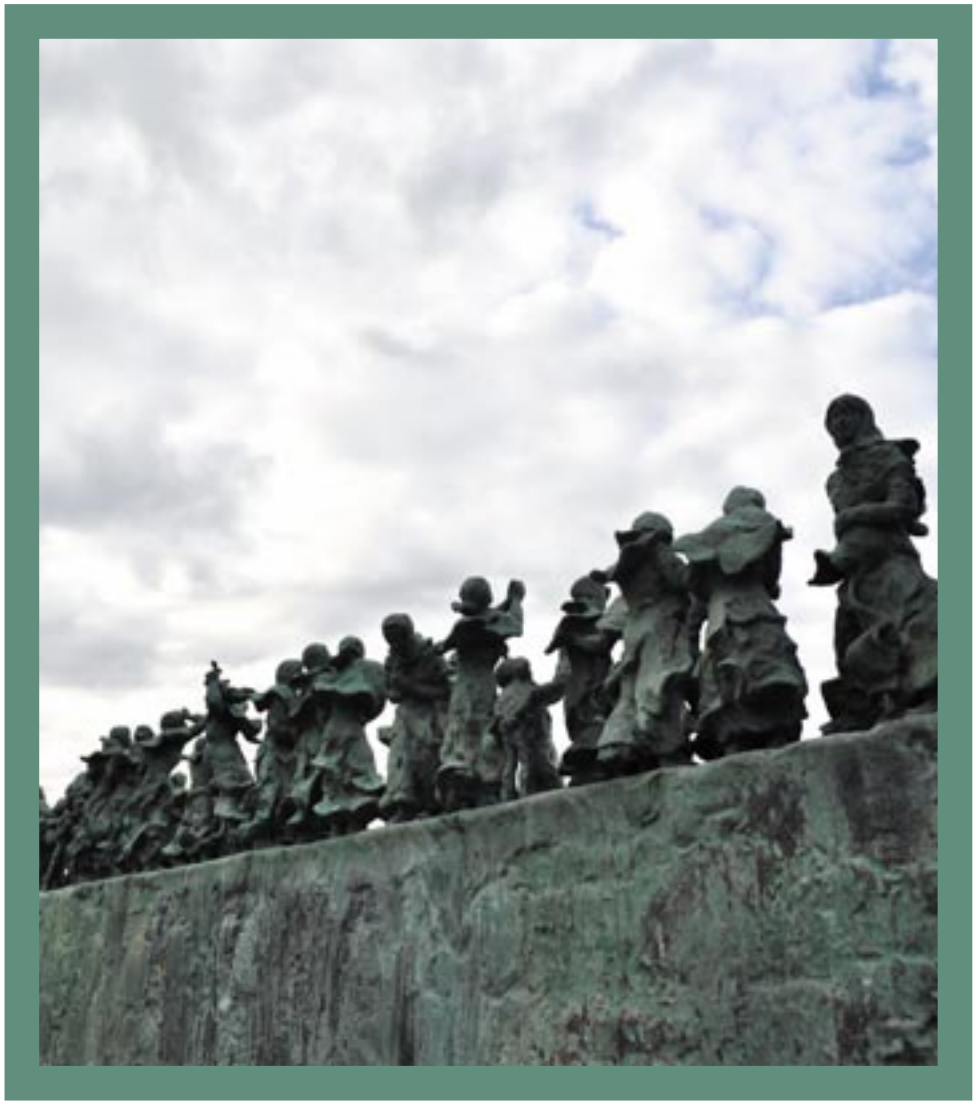
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eyemouthliving

Your local community magazine

October 2026



https://www.eyemouth.org/magazine

welcome

Welcome to the October issue of *Eyemouth Living* magazine!

Although we're heading into darker nights it is still a good time to be out and about as the weather can still be mild. In this month's Wildlife Notes you can discover all about some of the non-native wildlife that have been imported onto our shores. As always the Gardening Notes from the Ayton Gardening Society have lots to keep you busy in your own garden over the next wee while too.

It being October it would be remiss of us not to include something about the fishing disaster and there's a wonderful history article about the brave rescue of the fishermen on one of the boats caught in the hurricane of 1881. And this month Abi and Kathy also reflect on some of the current struggles for our lifeboat crews across the nation.

Looking back at more recent history there is a double page album of photos from this year's Herring Queen festival to enjoy. There are also articles from the Rotary, u3a, and the new Live Borders local Health Coach, along with a book review, recipes and a message from the new Lord Lieutenant of Berwickshire.

If you have something you would like to include in our forthcoming issues then please feel free to get in touch with the editorial team at living-magazine@eyemouth.org

Andy Haddow
Chair, Eyemouth Development Trust

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Compiled by Liza, Jackie, Joanna and Susie.
Magazine contact: livingmagazine@eyemouth.org

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Half page (landscape size)	£50.00
Quarter page (portrait size)	£25.00
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Community and volunteer groups are promoted free of charge.
Please contact us at: livingmagazine@eyemouth.org

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abi & kathy



Abi and Kathy are Disgusted by Idiots

Abi and Kathy are sitting enjoying a coffee watching the harbour with the lifeboat on station and the St Abbs lifeboat also in the harbour.

They are supporters of both lifeboats and are absolutely sickened that lifeboat crews are being targeted in other parts of the UK.

Abi: I can't believe what I have seen on the news about what the RNLI Crews are having to put up with from misinformed morons. I'm absolutely speechless, so angry! Listen to this press release I found on social media from the RNLI:

"RNLI is a charity that exists to save lives at sea. But recent events have generated deliberate misinformation and a misunderstanding about our purpose and our lifesaving work in the Channel.

As a result, some of our volunteers and staff have been the subject of online and, in some cases, physical abuse. This is unacceptable.

The RNLI's people represent the very best of society. For over two hundred years they have dedicated themselves to rescuing people they've never met before, without judgment, fear or favour.

We are tasked by HM Coastguard to help those in distress, and we'll do so whenever, wherever and whoever they are.

We launched 9,058 times in 2025. Only 109 of those launches were to those in distress in the Channel – 1.2% of our total rescue work. Anyone rescued from a small boat by the RNLI is then taken into the care of the relevant UK authorities.

To those who stand with the RNLI, thank you. For more than two hundred years, we've saved lives at sea around the UK and Ireland, and that commitment remains unchanged."

Kathy: I can't understand it, the volunteer crews risk their lives to help people. We both know people on both lifeboats and I am grateful for what they do. We are an island nation.

Abi: Our communities benefit from their service. Thank goodness they do what they do and thanks must go to their families too.

Both shake their heads and can't understand what the world is coming to.

look after yourself

New Opportunites!

How's everyone doing? I, for one, am not excited that everyone is already talking about autumn and winter while I'm still basking in the glow of the late summer sun, hopefully what ever you do you can get some too.

You may or may not know that Live Borders has a community arm (not just the Community Centre) and I am the new Health Coach in and around Eyemouth. Our goal is to assist the community in health improvement, maintentanance and goals.

We deliver physical activity options for a wide range of health conditions. Assisting more people to increase their activity levels through classes (such as Chair Yoga) and/or other exercise and health education options.

Our aim is to increase awareness of the options available to:

- Embrace a new lifestyle
- Enable you to take back control
- Improve your quality of life
- Improve your overall health and wellbeing

We work with health and social care professionals to enable referral to the programmes, nutrition and lifestyle options that are available to you. It's as simple as walking into the health centre and asking for a GP referral to Live Borders. – you don't even need an appointment! It's honestly that simple and then we will be in touch to signpost options, create a programme and check in with you to assist you on your 'journey' (I'm sorry I used that word, couldn't avoid it!).

If you'd like more info you can contact me direct or come to a class (the Seated Yoga class on Monday 10.45am at the Community Centre is open to everyone) and I can shed some more light.

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

P.S. If you're already in the system/about to sign up, bear with me!!! I'm currently on a course but will be back online ASAP.

eyemouth herring queen

eyemouth herring queen

EHQ 2026 Photo Album

Photo credit: Jake Dougal



wildlife notes



"Look deep into nature, and then you will understand everything better" – Albert Einstein

October is a busy month in the wildlife calendar as bird migrations continue with flocks of redwings and fieldfares coming to the UK, alongside whooper swans, geese and other wildfowl. They will spend the autumn and winter here, raiding the natural larders on offer. They are welcome guests, but not all species are, and the UK is now home to over 3,000 non-native species – this number is increasing every year. Some of these are common and well-known, brought onto these shores by man. The impacts can be devastating.

Grey Squirrel:
Native of North America, deliberately released into the wild in the UK in 1876, this familiar rodent of woodlands and parks carries the squirrel pox, disastrous for our native reds. It has now taken over most of England and Wales and is making inroads into Scotland. It is also a predator of bird eggs and chicks.



American Mink:
Introduced in 1929 for use in the fur-farming industry, mink is now found across the UK and can be seen in the Scottish Borders. Slightly smaller than the native otter, with a more pointed snout, it is at home by water or on land and can have huge environmental impacts. It will prey on poultry, birds, fish and small mammals. Its destructive nature has been linked to the 94% decline in water vole population along our canals and rivers across the UK. If you see one out in our region, report the sighting to the Scottish Invasive Species Initiative.



Ring-necked Parakeets (Rose-ringed):
Escapees from private collections during the 20th century, they are now rife down in London parks but are making their way further north and

wildlife notes



there are small populations in Glasgow and Edinburgh. You might think "it's a parrot, it can't be invasive"– well, think again. It's a brash invader, outcompeting native birds for nesting sites and food sources, especially in the winter where it can tolerate the colder climate.

Himalayan Balsam:
This fast-growing plant divides opinion, but first-hand, I've seen what it can do. Introduced originally as an ornamental plant, it is a fantastic nectar source at this time of year for bees, flowering up to November. However, after the flowers, come the seed pods, with each containing up to 16 seeds and once dispersed, can cause havoc. It grows mainly along river courses, impacting water flow and erosion of riverbanks. It will grow quickly in the spring, outcompeting native species. It is easy to control as it pulls out of the ground with little effort (as my back will testify to) but areas must be managed year after year, otherwise it will return. It is all along the River Teviot and the Tweed now in big patches.



Harlequin Ladybird:
What harm can a ladybird do? Native to Asia, it was introduced in North America to control aphids on cereal crops. It has now become the most common species there and was then introduced here in the UK in 2004. The grey squirrel has taken about 100 years to spread across the UK; this beetle has done it in less than a decade. The Harlequin is highly variable, with different colours, but usually red with up to 21 spots. It's a predator with a huge appetite and outcompetes our native species, tucking into their eggs and those of butterflies and moths. It's known in the States as the Halloween Bug – frightening stuff!!!



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

Photo Credits – David Lewis

Fruit Trees



This has been a funny year for fruit trees, with some trees bearing an abundance of fruit and others producing hardly anything. It's a good time to think about what fruit trees you have in the garden and whether you want to make some changes. Bare-root plants should only be planted from autumn through to early spring so October is a good time to start planning what to buy.

But what type of fruit? And how much fruit do you need? Do you just want fresh fruit to eat in summer, or will you be preserving it as well? Or do you just like the blossom and the attractive foliage? There are many different types of fruit: pome fruit like apples, pears, quinces, and crabapples or stone fruit such as peaches, nectarines, plums, apricots, and cherries. You also have to consider which types are suitable for growing here in this climate.

The most important thing to remember is diversity. Building diversity into your garden at every level is your best bet for harvesting a crop from your fruit trees every single year.



Diversity means having multiple types of fruit as well as understory plants, including flowers, vegetables, herbs, shrubs, or even weeds. Not forgetting a variety of microbes and animals like birds, lizards, and insects.

Whatever type of fruit tree you choose you need to make sure you provide it with a good, moist soil with plenty of organic matter, plenty of light and a good supply of pollinators such as bees.

Prepare the soil before you plant. The hole only needs to be big enough to accommodate the roots of your tree and you may need to prune the roots back a bit to fit the hole or to remove any damaged roots.

Position the tree in the hole so it's upright, and hold it while you backfill a few shovels of soil over the roots. Make sure the soil fills the gaps between the roots, and then carefully but firmly tamp the soil down around the roots before filling the rest of the hole. There's no need for stakes since your tree should be self-supporting.

gardening notes



This is also a good time to prune other bushes and trees, particularly young trees whilst they are dormant. In the case of deciduous trees you can see the tree's structure more easily when there are no leaves.

Or buy a tree in a pot!

Other Gardening Jobs for October

Remove any diseased fruits from branches or the ground so they don't infect next year's crops.

Finish harvesting peas and beans. When they've finished cropping simply cut the plant away at ground level, leaving the roots in the soil. These crops fix nitrogen which is slowly released into the soil as the roots break down.

If you plan to grow peas and beans next year, start preparing the site by digging trenches and filling with manure or kitchen waste.

Herbs like basil, oregano, and thyme can be harvested and dried or frozen.

Lift and divide any overcrowded herbaceous perennials whilst the soil is still warm. Cut back perennial plants that have died down. Alternatively leave the dead foliage in place to shelter friendly wildlife. Clear up fallen leaves and mulch the beds with well-rotted manure, leaf mould or bark chips.

Take hardwood cuttings from the deciduous shrubs whilst you are cutting them back.

If your greenhouse is fairly empty, now's a good time to clean and disinfect it. This lets in more light, and prevents pests and diseases from over-wintering.

Protect half-hardy plants with fleece or bring them into a frost-free greenhouse.

Caroline Lathe
(Ayton Gardening Society)


Splash
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
FOOOD!!!
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


EYEMOUTH LARDER &
COMMUNITY FRIDGE
Splash
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 Closed, 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
FareShare
Lidl
M&S
ASDA


Splash
Women's Group
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
OCTOBER ACTIVITIES
6TH - FLOWER ARRANGING
13TH - INDOOR BOWLING
20TH - CHAIR YOGA
27TH - PUMPKIN CARVING
Lidl

u3a

Charity No SCO 31477

What is the u3a?

The u3a was founded in 1982 and has been bringing people together for over 40 years. From the start the guiding principles were to promote non-formal learning through self-help interest groups and the founders envisaged a collaborative approach with peers learning from each other. The movement grew very quickly and by the early 1990s local u3a groups were opening every fortnight and by 2008 membership was increasing by 11% every year. 2010 saw membership hitting the quarter million mark.

The u3a movement is self-funded, with members not working towards qualifications but learning purely for pleasure. There is no distinction between the learners and those sharing their skills and knowledge – everyone can take a turn at being both if they wish. Each u3a is a mutual aid organisation, operationally independent but a member of the Third Age Trust, which requires adherence to the guiding principles of the u3a movement. Each u3a is self-funded with membership subscriptions and costs kept as low as possible.

Lifelong learning, along with supporting and promoting a positive later life, remains at the heart of everything we do. While there are no age limits in place many of our members have stepped away from full-time work, or from raising a family. The focus at u3a is creating communities for those who love to learn together. Members of a u3a form interest groups, covering as wide a range of topics and activities as they desire, by the membership for the membership. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or awards.

learn with others.

laugh with friends.

live for the moment.

It's not too late to enrol for the new session and you can find more information about your local u3a at https://eastberwickshire.u3asite.uk

book news

Library opening times:
Monday 10am–1pm, 2–5pm, Thursday 10am–1pm, Friday 10am–1pm, 2–5pm.



***City of Widows* by Nadia Hashimi**

This is an unusual choice for me. I don't typically pick up novels that are closely tied to political events. However, this book proved to be both engaging and thought-provoking, offering a perspective I knew little about before reading.

Set during the Taliban's return to power in Afghanistan, the novel follows a group of women whose lives are transformed as freedoms they once enjoyed are stripped away. Through characters including a former soldier, a journalist and a military commander, Hashimi explores how political change affects women on a deeply personal level. Careers, education, independence and even basic freedoms suddenly become uncertain, creating a powerful sense of tension throughout the story.

What I found most compelling was the focus on women's experiences. Hashimi shows how changes in government shape everyday life. The novel highlights the importance of rights that many readers may take for granted, while also demonstrating the resilience and determination of women facing extraordinary challenges.

The book offers an interesting insight into the realities of women's rights in Afghanistan. It illustrates how progress can be fragile and how quickly opportunities can disappear, but avoids reducing its characters to victims. Each woman is portrayed as complex, capable and resourceful, making their struggles and successes feel genuine and relatable.

Although *City of Widows* deals with difficult themes, it is ultimately a story of courage, friendship and hope. I would highly recommend.

Available from Live Borders Libraries.

Library News

Shannon (*pictured above*) has found it an absolute pleasure meeting you all and is thoroughly enjoying her role in the library. There will be new groups starting in the library soon, so keep an eye out!

Drop in Lego on Fridays 9th and 23rd of October; 2–4pm.
Walking Book Group on Tuesday 13th of October; 2–3pm.

A Taste of Autumn

Pumpkins are widely available in October and are a great seasonal ingredient to use in both sweet and savoury recipes. Their naturally sweet flavour works well in a warming bowl of soup as well as in a moist, spiced loaf cake.

Pumpkin is also a nutritional little star. It is a good source of beta-carotene, which our bodies turn into vitamin A, a nutrient that supports skin health. So while we may reach for creams and lotions, it is worth remembering that healthy, glowing skin can also begin with what we put on our plates.

These two recipes are a simple way to make the most of pumpkin this October. The soup is perfect for a chilly day, while the loaf makes a lovely autumn treat – and both are delicious reminders that seasonal food can be nutritious, comforting and enjoyable.

Pumpkin Soup

Prep Time : 10 minutes
Cooking Time : 20 minutes
Serves: 6



Ingredients:

- 1 tbsp oil
- Small onion, chopped
- 2 garlic cloves, minced
- 300g potato, chopped
- 1 kg pumpkin, chopped
- ¼ tsp dried chillies
- 2 tsp ground coriander
- 1 litre vegetable stock
- Salt and pepper, to taste

Method:

1. Heat oil in a large pan
2. Add onions, garlic, potatoes and pumpkin
3. Cook for 5 minutes
4. Add chillies and ground coriander
5. Cook for another couple of minutes
6. Add vegetable stock
7. Bring to the boil and simmer for 15-20minutes
8. Cool slightly and blitz with hand blender
9. Adjust the taste with salt and pepper

Pumpkin Loaf

Prep Time : 10 minutes
Cooking Time : 60 minutes
Serves : 8



Ingredients:

- 200g light brown soft sugar (or caster sugar)
- 100g vegetable oil
- 200g pumpkin puree
- 3 eggs
- 225g self-raising flour
- ¼ tsp baking soda
- 2 tsp cinnamon
- 1 tsp mixed spice

Method:

1. Preheat the oven to 180°C (160°C fan)
2. In a bowl whisk the eggs with the pumpkin puree
3. Add sugar and oil and mix well
4. In a second bowl mix self-raising flour, baking soda and the spices
5. Pour pumpkin mixture in and stir to combine
6. Pour the cake batter into prepared baking tin
7. Bake for 1 hour

lord lieutenant



The New Lord-Lieutenant of Berwickshire – Connecting Crown and County

On 1st March 2026, having served as a Deputy Lieutenant for some years, I had the honour to be appointed Lord-Lieutenant of Berwickshire, taking over from Jeanna Swan who had served for more than ten years. The Lord-Lieutenant is the representative of His Majesty the King in the community, and acts on his behalf and on behalf of all working members of the Royal Family. There is no salary. In Scotland the candidate is recommended by the First Minister and the Prime Minister to the King for his personal choice .

After leaving school I was a regular Army Officer in the Royal Artillery. My last posting was to the King's Troop, Royal Horse Artillery, until retiring early from the Army after the collapse of the Soviet Union. I then qualified as a Barrister and I have spent the last thirty years as a specialist in criminal law, principally in prosecution work.

My mother's family have been at Netherbyres on the outskirts of Eyemouth for just under a century, and my wife Joanna and I have lived at Redhall for 14 years. I have played an active part in Berwickshire life throughout that time, sitting on the board for Gunsgreen House, chairing the Berwickshire Civic Society and was also President of the Berwickshire Naturalists' Club in 2024. I organised the Flag For Berwickshire campaign which led to the official adoption of a new flag in 2023.

I, and my team of Deputy Lieutenants, have many responsibilites. However, in a nutshell, I cover such things as planning and organising visits and other contacts between the Royal Family and the area. I have a responsibility to identify and nominate people and organisations who deserve public recognition through the honours and awards system, and to promote public access to that system. You may not be aware, but anyone in the UK can nominate a deserving candidate for an honour or award, and part of my job is to advise and assist people to do that. The honours system has been radically overhauled in past years to allow more people to be considered.

lord lieutenant



The King wants voluntary work to be properly recognised and rewarded. Very many people give their time for free to help others or carry out a service to the community. Most of those people regard it as 'just part of their everyday lives' and are surprised to be contacted about the exceptional work they do. To mark the devotion that an individual gives to their community I can nominate them to recieve an invitation to the Garden Party at Holyrood or to the Christmas Carol Service at Westminster Abbey as a guest of the Royal Family. At other times in the year, I and my team attend and support voluntary and traditional events, and sometimes I act directly at the request of the King by standing in for him when he cannot attend.

In the past, the Lord-Lieutenant was responsible for raising local military forces in times of trouble. That duty has lapsed (!) but I have an official role in the promotion of and running the Cadet Forces. In Berwickshire we have Army Cadet Detachments in Eyemouth and Duns.

I also take an interest in the Veterans' community and am always happy to be involved in Armed Forces Day or in supporting Veterans' charities. The Lieutenancy makes a particular effort at the time of Remembrance Day. My deputies and I attend as many remembrance ceremonies as we can, including sometimes sadly being the only person there to lay a wreath at a war memorial that would otherwise be forgotten.

I would like to make it clear that I not only work for and on behalf of the King but also for and on behalf of the people of Berwickshire. Please don't feel shy about contacting me or my team – see the website for some ways of how to do that – or even by stopping me in the street as I go about my messages in Eyemouth.

Brian Payne

https://berwickshire-lieutenancy.co.uk



An Amazing Escape

There are many stories told of the 1881 Eyemouth fishing disaster of 145 years ago, but I only heard this one recently. I was told it by Jim Dougal, 98, who lives near Braintree, Essex, on one of his regular visits to his home town (*right*).

Jim showed me an old cutting from the *Berwickshire News* of August 1996. Jim's Aunt, Belle Dougal (*below left*), had been interviewed about her father's amazing escape from drowning during the disaster which caused the deaths of 189 men. Belle's father, George Dougal, on board *Pilgrim*, was perhaps the youngest fishermen at sea that day. Belle described how, years later, her family would sit at the fire on a Sunday evening as her father related what happened.



The sunny, calm weather of 14th October had deceived the fishermen. The pier head barometer showed pressure at an all-time low, predicting a fierce storm. But, after a week ashore, the fishermen were keen to get to sea and not waste the bait on their long lines. Despite the reservations of older fishermen, forty-one boats, led by *Press Home*, put to sea.

Not long after they reached the fishing grounds, 6 or 7 miles from shore, the sky turned black and a hurricane struck with such force that the men abandoned their long lines. Most boats headed for the harbour: the waves were the biggest the men had ever seen. Several boats sank within minutes. Some skippers decided to head out to sea and take their chances.

Back in Eyemouth the whole community rushed to the shore. The Volunteer Rescue Brigade with ropes and rocket apparatus, the rescue coble and the lifeboat, *James and Rachel Grindlay*, stood ready to help, but the tide was dangerously low and the storm so great, there was little anyone could do. Some boats were wrecked within sight of the harbour.

By the time George's boat, *Pilgrim*, entered the bay her crew knew they



couldn't prevent the boat being wrecked on the rocks beneath the Fort Point. The men, knowing they would drown, took a bold decision. They wrapped ropes around young George's waist and body and threw him as far away from the boat as possible. George was washed up into the arms of rescuers on the beach.

Belle Dougal believed the rest of the crew had drowned, but Belle's recollection was flawed. A team of rescuers, led by George Hair, risked their own lives to get ropes on board *Pilgrim* and they rescued all the crew just minutes before the boat splintered and sank. The crew of *Pilgrim* were lucky! Nineteen boats were lost and 129 Eyemouth men died.

But the horror and despair of that dreadful day had to be overcome. Eyemouth was a town where fishing was a way of life. Bravely George (*below*) went back to sea and eventually skippered his own boat. Belle learned to bait with mussels the long lines of 1200 hooks for her father's creel and later she was among hundreds of Scottish herring girls who 'travelled the herring' from Stornoway to Yarmouth. But change was coming.



Fishing communities had always known that fishing was a dangerous occupation. But 1881 was a turning point. Some men left the sea. Most women began to realise that a good education would mean safer jobs for their menfolk onshore. George Dougal's son, Johnny, (Belle's brother) became a joiner and his grandson, Jim Dougal, joined the Custom and Excise Service.

Today, in the fight for a new primary school, the community of Eyemouth have shown that they still believe that a first-class education for their children and young people is essential.

Fay Waddell

gunsgreen house



what's on



Coldingham Brave Bayers Celebrate a Summer of Adventure and Look Ahead to Autumn

It has been a summer packed with adventure, achievement, mindful movement and community spirit for Coldingham Brave Bayers CIC. Local people and visitors have taken to the water, explored the outdoors and discovered new ways to connect with the coast and countryside.

The group's first Blue & Green Adventure Club has offered a welcoming mix of outdoor activities, from wild swimming to creative sessions, with one participant describing the experience:

> "Loved the flexibility to adapt to weather. Great group who were happy to share knowledge… Never done stone painting, t-shirt dying or seaweed pressing before… Loved it."

The summer also saw the Brave Bayers take part in filming for More4's *Scotland's Golden Coast*, a new 10-part series showcasing communities, businesses and natural history along Scotland's eastern shoreline.

There has been plenty to celebrate in the water too, with members taking on long-distance swimming challenges ranging from 750m to 5km. For some it was their first competition, while others have been building up the miles for physical and mental wellbeing. Supporters have also played an important part, cheering swimmers on from the shore.

The organisation has also been shortlisted as a finalist for the Scottish Tourism Awards, recognising its commitment to inclusion and accessible outdoor experiences.



Meanwhile, the Second Wave Swims project has continued to tackle both financial and environmental barriers to participation. A total of 37.9kg of unwanted swimming equipment has now been redistributed, repurposed or reused – roughly the weight of a harbour seal – helping keep equipment out of landfill and making swimming more accessible. (Send us your gear for community good).

coldingham brave bayers



Looking ahead, our autumn programme funded by Scottish Government for Wellbeing is now open for booking:

- **Sea Sense, Breathwork & Art**. Every Wednesday 21st October – 25th November at 6.30pm in Eyemouth. Mixed – a six-week programme with resident artist and breathwork practitioner Kevin Peden. Learning sea sense without going in the sea.
- **Cold Dipping & Wellbeing.** Every Thursday 12 November – 3 December, 6.30–8.30pm in Coldingham. (MEN only) with Shelley Sim, introducing participants to cold-water immersion, breathwork, movement and wellbeing. Again, no sea swimming involved.

  Book via website or message coldinghambravebayers@gmail.com. Places are limited and priority will be given to people with barriers to participation. Scottish Borders residents over 18 only.

Volunteers have been busy too, completing food hygiene and water-safety training and taking on new challenges including water testing and river-fly monitoring and just being all-round awesome!

From October, Sunday Social moves to 10am at Coldingham Community Beach Shed, offering the chance to beach clean, socialise and dip. As one recent participant put it:

> "I've attended two events and I have found them so welcoming and inclusive… The people are so friendly."

With volunteering, collaborations and corporate social responsibility opportunities also available, Coldingham Brave Bayers is proving that there really is something for everyone.

Follow Coldingham Brave Bayers on Facebook and Brave on Instagram or visit www.wildandfreezing.co.uk, or come along on a Sunday at 10am.



Rotary Ramblings

October's area of focus for Rotarians across the world is Economic and Community Development.

How do we in Eyemouth contribute to this grand concept? Well you might be surprised by how many small business start-ups we have assisted through working with Lend with Care. In short, we have a small fund that we have built over the years, that we lend to micro business start-ups across the world. As these businesses grow, they pay back the loan and we are able to help another business.

We also support our Rotary Scotland South, Challenge Enterprise weekend. This is a residential weekend designed to help 14–17 year-olds who might be contemplating a career in the many aspects of business, production, marketing, design, or finance, or who simply want to experience opportunities to build their confidence, improve their communication and problem-solving skills.

In addition to the above, on October 23rd in the Hippodrome we will be further demonstrating our own communication, fund-raising and educational skills. We are holding a quiz night, open to all, where teams of four can compete for the title of Rotary Eyemouth October 2026 Quiz Champions. This should be a great night for competition, to have a natter with other like-minded quizzers and no doubt to test the quiz setter's interpretation of a correct answer. You know that always happens. "Well it was the USSR when they launched Sputnik, so can I have a half mark?"

We also hope to encourage some discussion about what Rotary Eyemouth currently does, or maybe what else it might do, within communities at home and abroad. We will have some images of activities on display that we are currently involved in.

We hope it will be one of those memorable evenings where we can all have some fun, bust some myths, learn some lessons and all go away feeling better for the experience. The fact that you have consumed some of the contents of the beer/wine or caffein-packed fizzy drink bottle that you brought with you as there is no bar, may also be a contributory factor to this feeling of contentment.



Poem

Eyemouth Dawn by Christine Henderson

The sun picks up the fronds of the earth's grey mantle
Dispersing to some higher sphere, the dregs of early morn
And glittering, wakes the slumbering headland, stirring seas
Perfoms its daily miracle…and paints the season's dawn

The breeze that drifts from sea to drowsing bay
Exhales its briny tang across a waking land
Daylight dispels the formless greys of fitful nights
Restores its genial coolurs with a kind and healing hand

From harbour's haven seawards steams a smack
Sole challenger to front a hallowed, fickle foam
Compliant cargo bred to brook the daily dues
To reap the oceans harvest…and steer steady home

Whilst vigilant seabirds dog their foamy wake
And swoop to snatch their quarry's silvery store
Their urgent case, in mournful strangled cries they plead
Pick up the chorus from their rooftop peers ashore

From earth – to sea – to heaven – a jetstream trail
Migratory passage thro' a new washed, azure sky
Impassive bird, with here and now commercial tastes
To trendy terminii its jaded cargo fly

Inconstant traveller…linger yet awhile
The vain and venal world demands too fast a pace

We have to change…to live with Nature once again
And you may find a measured peace within this place





puzzles

Spot 8 Differences



food bank

Eyemouth Food Bank

ARE YOU OR SOMEONE YOU KNOW HAVING DIFFICULTIES MAKING ENDS MEET?

Eyemouth Food Bank is an independent volunteer run food bank covering East Berwickshire. Its volunteers make up and deliver emergency food parcels to help those in difficult circumstances. The Food Bank operates on a referral basis and will only take referrals from the following agencies: Berwickshire Housing Association, Citizens' Advice Bureau, Eyemouth Chemist, GPs and other health professionals, Ministers of any of the churches, Nurseries, Schools and Social Services.

DONATIONS NEEDED

Donations of money and food are always gratefully received. Food donations can be left at; the Eyemouth Co-op, Eyemouth Larder, Coldingham Priory, Eyemouth Catholic Church and Reston village shop.

Cash donations can be made to:
The Eyemouth Food Bank
Acc. Number - 00662510
Sort code - 16.12.85

DONATE NOW

GET THE RIGHT CARE IN THE RIGHT PLACE

NHS SCOTLAND

NHS inform includes self-help guides for a range of common conditions: NHSinform.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