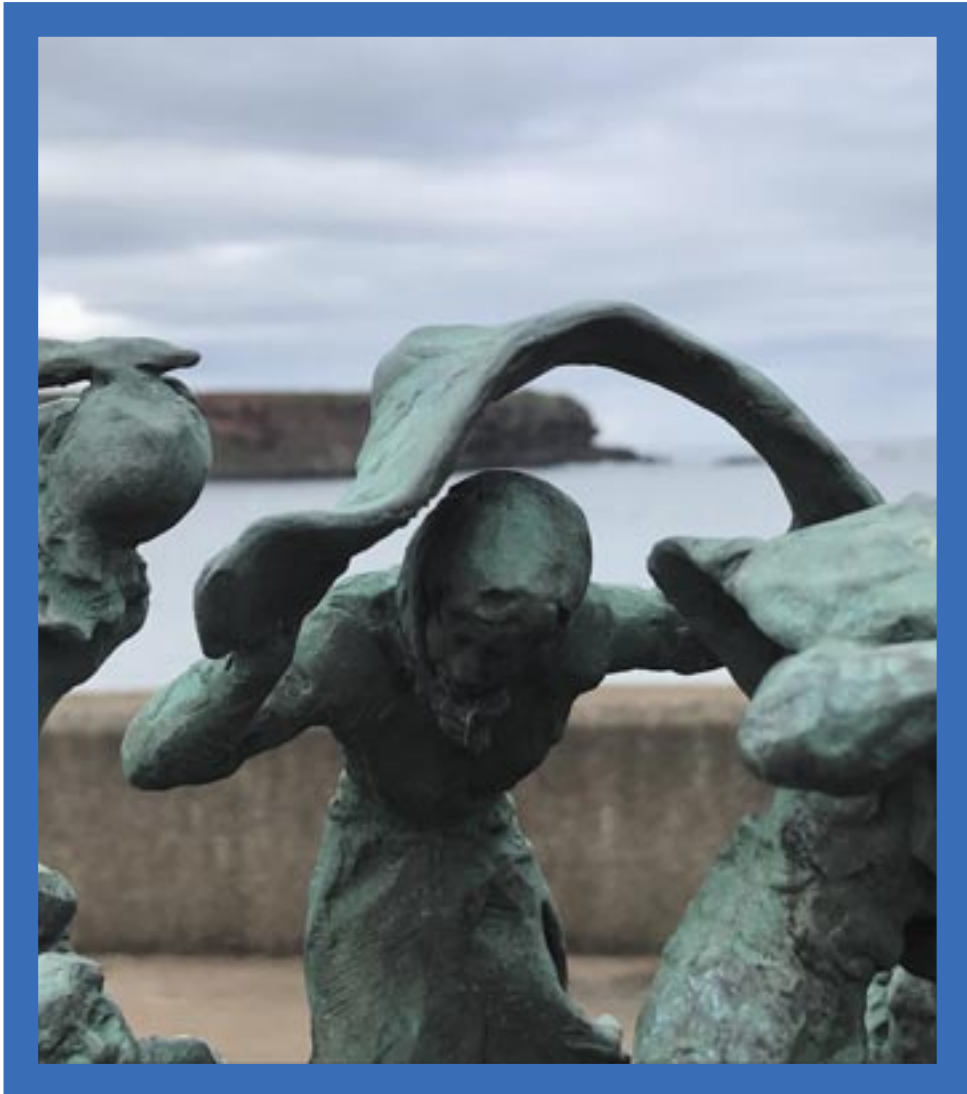


FREE

eyemouthliving

Your local community magazine

October 2025



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

welcome

Welcome to our October issue of *Eyemouth Living*.

Although the nights are 'fair drawing in' as they say and it might feel like the sort of time you want to just simply snuggle up in the house, it is still a great time to get out and about. So in this month's wildlife notes you can discover some amazing facts about snails, and then maybe try your hand at identifying the many species of snail you might find out on a walk or in your own garden. As for gardens, there's an article about what needs done at this time of year as well as thinking about the right kind of plants for living by the sea and even giving your garden a sea theme.

If out and about is not quite your style, then our history pages have an interesting article about the famous artist John Bellamy who had family connections from Eyemouth. Maybe this autumn you could try your hand at some art work? Or something more active, but less weather dependent, is pickleball – a great sport that is worth giving a go while meeting some new folk?

Finally there's a wee article about the amazing people who put this magazine together every month – a huge thank you to them from me and all on the board of the Development Trust.

May we all enjoy a cosy October and look forward to many new things as the year slowly wraps up!

Andy Haddow
Eyemouth Development Trust



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

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

abundant borders

Dorset Apple Tray Bake

Ingredients

- 225g low calorie spread softened, plus extra for greasing the tin
- 450g cooking apples (such as Bramley)
- ½ lemon, juiced
- 280g golden caster sugar
- 4 eggs
- 350g self-raising flour
- 2 tsp baking powder
- A little sugar to sprinkle on the top

Method

1. Heat the oven to 180C/160C fan/gas 4.
2. Grease and line a rectangular baking tin (approx 27 x 20cm) with baking parchment.
3. Peel, core and thinly slice the apples, then squeeze over the lemon juice. Set aside
4. Put the spread, caster sugar, eggs, flour and baking powder into a large bowl and mix well until smooth.
5. Spread half the mixture into the prepared tin.
6. Arrange half the apples over the top of the mixture.
7. Repeat the layers.
8. Sprinkle sugar over top.
9. Bake for 45-50 mins until golden and springy to the touch.
10. Leave to cool for 10 mins, then turn out of the tin and remove the paper.
11. Cut into bars, squares or slices.

Equipment: vegetable peeler, knife, mixing bowl, scales, 27cm x 20cm baking tray (or a large round cake tin will do)



abundant borders

COOK FRESH *Al Fresco!*



This Autumn, Sabina will be joining us in the Community Gardens to cook up some delicious dishes from seasonal produce growing in the gardens.

Duns Community Garden
Monday 15th September, 10-12noon
Monday 27th October, 10-12noon

Eyemouth Community Garden
Friday 26th September, 10-12noon
Friday 31st October, 10-12noon

FREE ENTRY!

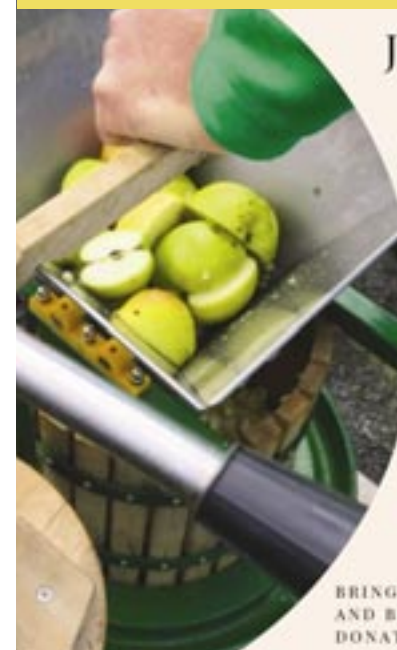
More details: projects@abundantborders.org.uk

JOIN US APPLE PRESSING

THROUGHOUT AUTUMN

FOULDEN COMMUNITY GARDEN
Wednesday 8th October, 1-3pm
AYTON COMMUNITY GARDEN
Monday 20th October, 1-3pm
EYEMOUTH COMMUNITY GARDEN
Wednesday 22nd October, 10-12noon
DUNS COMMUNITY GARDEN
Monday 27th October, 10-12noon
KELSO COMMUNITY GARDEN
Tuesday 28th October, 10-12noon
HAWICK COMMUNITY GARDEN
Tuesday 4th November, 10-12noon

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



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



wildlife notes

“We should learn from the snail: it has devised a home that is both exquisite and functional”

Frank Lloyd Wright

As the crisp clear mornings of autumn greet us with vibrant colours all around, it's a time of change as our wildlife looks to get ready for the winter ahead. Seasonal migrants will be heading from the north; the skies filled with the sights and sounds of geese and swans making their journeys to winter feeding grounds.

Across our region, fungi will start to appear as it shows its array of colours in the damper conditions. And the seals – let's not forget the returning greys, as they make their way to pupping beaches along our coasts. There is so much to enjoy in this wonderful season and none more so than an overlooked species, the molluscs.

Loathed by gardeners and vegetable growers alike, snails are widespread across the UK, evolving over 500 million years ago. There are 100 species of land snail in the U.K, plus a further 46 freshwater species. These gastropods like certain conditions to thrive and autumn is ideal as it's not too hot or too cold. They ideally like wet environments so after a rain shower, go and have a look on any wall, under pots, over leaf litter – you will be amazed by how many different types you can see. Dry conditions force them into a dormancy phase called 'aestivation' so you can get huge clumps of closed snails together during the summer. The colder weather of winter will force them into hibernation, so autumn is a great time for them to breed.

Snails rely on vibrations and chemo sensors to find their way around, following trails in search of food. This makes up for their limited vision as they can only see differences in light intensity and blurred objects. They also possess light sensitive cells across their bodies which allows them to retreat into their shell at any 'shadow' moment. The slime acts as a barrier to prevent dehy-



wildlife notes

dration but also has antibacterial properties in that it stops infections. It also helps as a lubricant whilst moving at slow speeds across terrains. It can become foamy which puts off any predator who fancies snail for tea.

The lifespan of most UK snails is one to two years, and many are hermaphrodites – i.e. they possess both female and male organs. They will need to mate with a partner, but both can lay eggs. They pierce the skin initially with a 'love dart' which starts the mating process. The eggs are laid in soil (around 100) and take about a month to hatch. The young snails start with a

soft shell which hardens over time.

Down to the big question – what do they eat? Yes, some do eat brassicas and love the garden environment, but *most* UK snails actually prefer decaying or dead vegetation. They act as a recycler of nutrients and are brilliant for the ecosystems they live in, including your veg patch. They are excellent in compost heaps. Snails have a tongue-like structure called a radula which acts as sand-paper and takes layers off vegetation. Some species can eat other snails by drilling into the shell with this tongue. Not only are they good for our garden, but they also provide

food for birds and mammals alike. Song thrushes have developed the knack of smashing the shell against stones to get at the snail body within.

Common species include the Common Garden Snail, Banded Snails, White lipped and Brown lipped.

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



from the archives

From the *Berwickshire News and General Advertiser*, 17 October 1939, page 4

The Disaster Day

An old man and a fair young maid
Sat on the harbour quay;
“Tell the story, please”, she said,
“Of the great Disaster Day”.

The old man’s eyes grew dim with tears,
As he whispered very low,
“Lass, that was a dreadful day,
Some fifty odd years ago.

“Yonder sea was as smooth as glass,
The sky o’er head was blue,
When one by one the fleet set sail,
Each manned by a gallant crew.

“The deep sea reached, their toil began,
To the waves their lines were cast;
Dreaming not that death was near
E’er many hours were past.

“No sea to toss their little crafts.
No wind to fill the sail:
But that eerie silence was the sign,
To tell of the approaching gale.

“Suddenly the sky grew black,
Like boiling surf the sea;
The wind swept down, with an angry howl,
Like the demons of Hell set free.



“The boats were tossed about like corks,
On angry seething foam;
And many went down with their crew board,
Within sight land and home.

“Some tried in vain to reach the shore,
Some made for the open sea;
Some prayed to Christ,
Who stilled the storm the Lake of Galilee.

“The women crowded to the shore,
Where were their loved ones dear?
Oh Lord! how long would that darkness last,
The sky would it never clear.

“Then through the gloom the boats are seen,
On the billows fall and rise;
But many saw a dear one drown
Before their loving eyes.

“One hundred and twenty-nine fishermen
Were drowned from Eyemouth;
For death did knock at every door
That great Disaster Day.”

Lizzie Nisbet. 5 Harbour Terrace, St Abbs

gardening notes

Oh, I do like to be beside the Seaside!

I love living beside the sea but there are many plants which definitely do not like to be near the sea. So gardeners have to choose plants which will withstand the salt and winds. Luckily there are some beautiful plants which thrive in these extreme conditions. One is red valerian (*Centranthus*



ruber) a very common and long-flowering plant, ideal for a seaside garden with poor soil. It will provide bright colour from July to October and good shelter for other plants. Another good choice is turkish sage *Phlomis russeliana*.

Providing shelter is important beside the sea and trees such as alder, both native alder *Alnus cordata* and italian alder *Alnus glutinosa* are a good choice. Scot's pine is a native which grows quite tall and provides good wind protection without blocking out too much light. The holm oak (*Quercus ilex*) is extremely resistant to salt and wind as well as dry soils. It can be pruned hard and provides excellent protection for wildlife.

Sea-buckthorn is a large, deciduous shrub that has pointed greyish leaves and small, green flowers. Its bright orange berries are a great food source for overwintering thrushes and can be used to make a delicious jelly. Other perennials for a seaside garden are sea-lavender (*Statice*), agapanthus, fleabane (*Erigeron*), and cat mint (*Nepeta*) which is robust and a good source of food for insects. Add some summer colour with annuals such as cosmos, calendula and snap dragons.

However, when you are thinking of a seaside garden it's a good idea to think of how to build the seaside theme into its design. Add some features which tie it all together such as wood, rope, a creel or even a small boat!



gardening notes

Grasses provide excellent cover with a huge range to choose from. Use stones or gravel as a mulch and don't enrich the soil – use plants which are happy with the soil you've got already.

What needs doing in the garden in October

If, like mine, your vegetable garden got out of hand over the summer then now is the time to clear it out and start to plant hardy vegetables which can overwinter. Make sure you have dug up all the potatoes, throw all those insect-chewed brassicas on the compost and get planting.

Peas, broad beans, garlic, shallots and onions can all be sown now.

Cabbages can be sown indoors or out, and there are lots of varieties with different harvesting seasons. If you sow a small batch of each you should be able to harvest them all year round. Spring cabbages are sown now and usually form small pointed heads. The leaves can be picked off as spring greens or left to mature to a complete head.

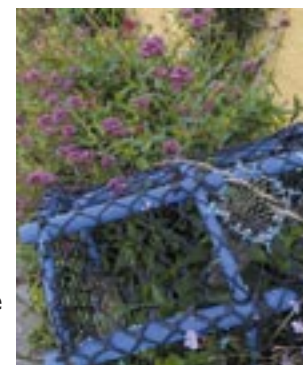
Pruning is a crucial task in October which helps maintain the health and shape of your trees and shrubs. By removing dead or diseased branches, you prevent the spread of pests and diseases and this encourages the growth of strong, fruit-bearing branches. Carefully prune your plants in October to create an attractive garden that can withstand the stresses of winter.

Another task for October is aerating your lawn to improve soil health and promote grass growth. Make small holes in the lawn using a fork to allow air, water, and nutrients to penetrate the grass roots. Once this is done you might need to fill in bare or thin patches with fresh grass seed.

Perennials should be divided regularly to ensure healthy, vigorous plants that will continue to perform year after year and this can be carried out throughout the autumn. Make sure you include the rhubarb.

Enjoy harvesting the last of the fruit too!

Caroline Lathe
Ayton Gardening Society





splash

Splash
it's your space

LIVE BORDERS

Splash & Live Borders
6-week learn to swim
SWIMMING COURSE

Starting Wed 8th Oct
for young people 11 - 16 years old

FREE lessons

Register Now
susie@eyemouth.org
or
Message us through
our facebook page

- Water bottles
- Goggles
- Meal bag all included!

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splash

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

Splash WOMEN'S GROUP

OCTOBER ACTIVITIES

- 7th OCT BERWICKSHIRE SWAP
- 14th OCTOBER WOULD I LIE TO YOU?
- 21st OCT APPLE BUTTER MAKING
- 28th OCT MASK MAKING

EVERY TUESDAY AT THE MASONS HALL 1PM - 3PM

If you live in Eyemouth and the surrounding area and would like to meet new friends and learn new skills come along and join us.

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EYEMOUTH LIBRARY LEGO CLUB

DROP IN SESSIONS

**2nd and 4th FRIDAY of the month
2-4pm**

**Suitable for ages 5+
(under 8's must be accompanied)**

Tel: 01890752767

Email: libeyemouth@liveborders1.org.uk

book news

Library opening times:

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

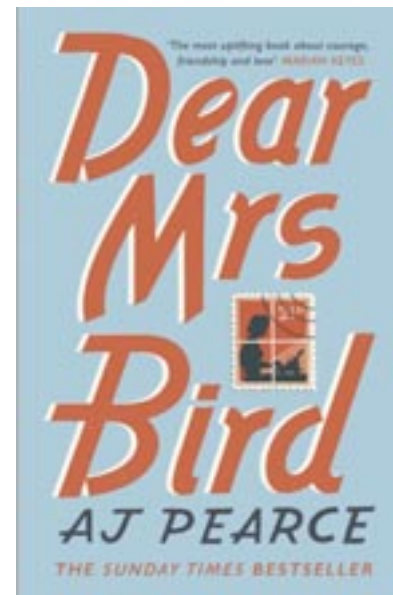
Dear Mrs Bird by AJ Pearce

London, 1941. Emmeline Lake and her best friend Bunty are trying to stay cheerful despite the Luftwaffe making life thoroughly annoying for everyone. Emmy dreams of becoming a Lady War Correspondent and when she spots a job advertisement in the newspaper she seizes her chance – but after a rather unfortunate misunderstanding, she finds herself typing letters for the formidable Henrietta Bird, the renowned agony aunt of *Woman's Friend* magazine.

'Mrs Bird is very clear: letters containing any form of Unpleasantness must go straight into the bin. But as Emmy reads the desperate pleas from women who may have Gone Too Far with the wrong man, or can't bear to let their children be evacuated, she decides the only thing for it is to secretly write back...

'Irresistibly funny and enormously moving, *Dear Mrs Bird* by AJ Pearce is a love letter to the enduring power of friendship, the kindness of strangers and the courage of ordinary people in extraordinary times.'

Available at Eyemouth Library.



Library News

There is a new time for **Bookbug**. Still every Tuesday but now 10–10.30am.

No session at half term on 14th October.

Lego every second and fourth Friday 2–4pm.

Hearing Aid clinic on Friday 17th October 10am – 12pm.

Walking Bookgroup on Tuesday 14th October 2–3pm

history

John Bellany and Eyemouth

Some of you may know that John Bellany (1942–2013) was one of the most significant Scottish painters of the twentieth century, but I wonder how many of you know his strong connection with Eyemouth.

At the official opening of Gunsreen House in 2010 John told us that his mother, Nancy Maltman, of 10 Home Street, Eyemouth, met his father, Richard Bellany, on Eyemouth harbourside in 1940. Nancy worked for the Dougal family who ran Gunsreen House as a guest house. Richard, from Port Seton, was part of the crew of a WW2 mine-sweeper operating in the approaches to the Firth of Forth. The couple later married and John was born in Port Seton on 18th June 1942. But, when Richard was posted to the Far East, John and his mother moved in with her parents, Alexander (Sonny) and Maggie Maltman at 10 Home Street until his father returned from the war.

John had a very happy childhood among the fishing community of Port Seton but he loved spending the long summer holidays in Eyemouth with his grandparents. It was here as a young boy that he drew his first fishing boat and was later quoted as saying, “the hustle and bustle of activity, that was the core of my life. I still think it’s one of the most beautiful places in the world.”



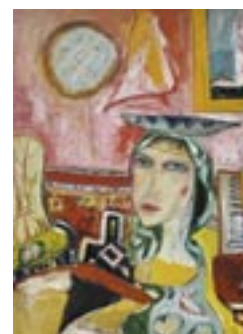
The fishing and boat-building environments of these two close-knit, religious east coast communities remained in his blood throughout his life and he retained a deep respect for the men and women who made their living from the sea.

John’s love of drawing and



history

painting took him to Edinburgh College of Art for 5 years where he worked hard and enjoyed a wild social life, drinking and playing in a band at weekends and gutting fish on Saturdays to eke out his student



grant. It was here he met his first wife, Helen, before moving to London College of Art but not before regularly bringing Helen to Eyemouth, in a borrowed van, to get to know his beloved grandparents and his extended Eyemouth family.

Over his long career John lectured, completed hundreds of sketches and etchings, and painted large canvases that featured boats, fish, seabirds, women, death and religion in an expressionist and often surreal style that changed dramatically over his lifetime. His work has been exhibited all over the world. He completed many portraits and self-portraits but none were more extraordinary than those he sketched after he survived a liver transplant in 1988. After that near-death experience his work became more optimistic. Helen and he remarried (they had divorced in 1978) and they spent several happy years in Barga, Italy.

In 1998 John was invited to become the first president of Gunsreen House Trust, and 12 years later to preside over the House’s re-opening. As a result of his generosity, three of his paintings now hang on its walls.

After John died in 2013 Helen wrote a biography of their life together called *The Restless Wave – My Two Lives with John Bellany*. In the book she emphasises John’s love of Eyemouth, recalls their many visits and explains what Eyemouth still means to her. “I never arrive or leave Scotland without going to Eyemouth. It is a pilgrimage. Since you died, many are the days when I am saddened by my inability to feel your presence around me, but there in Eyemouth I know I’ll find you.

Fay Waddell



supporting ukraine

Driving from Eyemouth to Ukraine again – 1560 miles by road

A year ago, a friend of mine from Army days, and I took an old pickup out to Ukraine as part of the Pickups 4 Peace charity initiative. Following the Russian invasion of Ukraine, a group of Scottish farmers with links to the agricultural sector in Poland and Ukraine, founded the charity, whose initial aim was to deliver a few vehicles filled with support (eg medical supplies and tools). Impressively to date they have delivered over 700 vehicles containing support items worth over £6m.

I became involved last year when I heard other folk from Berwickshire talking about a trip they had made. I also discovered that there are Ukrainian men of my age (64) fighting on the front line and having been a soldier during the Cold War and knowing what the Russians are really like as an occupying nation, I willingly signed up to deliver a vehicle. For the record, the Ukrainians do not conscript young people into their Forces until they are aged 24 or over – to allow them to complete University or vocational training. That means that the older members of the population bear the

brunt of the fighting – something to reflect on if you are having a bad day in the office safe and sound in the UK.

Before the end of October this year I will be taking another 4x4 to Lviv with Pickups 4 Peace. This trip carries more dangers as Lviv has been targeted for missile attacks recently and the Russians would dearly love to frighten off the many support efforts that come from the UK.



supporting ukraine



It is a hard flog! I have already raised the money from over 60 wonderful donors to buy, insure and transport a 4x4. I will be driving 1560 miles, over twice the distance from Lands End to John O'Groats, delivering the vehicle and then flying home.

Now, I need to fill the 4x4 with support items. The box below shows what is currently needed. If you are able to donate any of the items that are listed here, and they are in working order, please contact me on bwpayne@msn.com and I will organise collection.

Please don't give items that are damaged or not serviceable as I have no time or money to have them repaired.

If you would like to donate money please go to my GoFundMe account: <https://gofund.me/1c9a9e604> The second support trip – Scotland to Ukraine 2025.

Brian Payne

Cars	Fan Belts	Tyres	Jump Leads	
Screen Wash	Engine Oil	Tow Slings	Diesel Can	Ratchet Straps
Battery Chargers	Spades	Chainsaw	Tarpaulins	Cable Ties
Generators	Powerful Charging Stations	Startlinks	First Aid Kits	Trekking Socks
Sleeping Bags (not bright)	Warming Insoles	Roll mats (not bright)	Mosquito & Fly Repellants	Energy or Sweet Drinks
Instant Soup	Energy bars	Canned meat / fish in iron cans	Backpacks	THANK YOU!

andys man club

#ANDYSMANCLUB

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

**ALL OUR GROUPS
MEET MONDAY 7PM**

in Eyemouth Parish
Church Hall
WWW.ANDYSMANCLUB.CO.UK

**JOIN THE
CONVERSATION**

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info@andysmanclub.co.uk



#ITSOKAYTOTALK

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

fire safety

**Working together
for a safer Scotland**



**SCOTTISH
FIRE AND RESCUE SERVICE**
Working together for a safer Scotland

We need your help to reach those most at risk.

The Scottish Fire and Rescue Service have identified an increase in dwelling fires within the Scottish Borders over the previous two quarters compared to previous years, with over 93% recorded as accidental.

This sadly also resulted in two fire deaths within the locality, on each occasion, these were individuals over 65 who were living alone. These incidents have a significant impact on, not only the families involved, but also within the communities themselves, and to those responding to these incidents within their local communities.

- Many of us know a friend, relative, neighbour or client, often living alone, who could be vulnerable from fire.
- If you know someone who could be at risk from fire, please tell them about Home Fire Safety Visits and submit a referral to the Scottish Fire and Rescue Service.
- The Scottish Fire and Rescue Service will work with you to make sure that the person is safe in their own home.

Prevent the person you care for becoming a victim of fire.



- To find out whether you or someone you know could be eligible for a Home Fire Safety Visit, go to firescotland.gov.uk or scan the QR code to complete our questionnaire.
- You can also contact us on behalf of a friend, relative, neighbour or client. If you don't have access to the internet, please call **0800 0731 999**.
- After answering our questions, you will either be offered a Home Fire Safety Visit; or be given a Personal Fire Plan/Home Safety Guide with info on how to stay safe in your home.

Safety. Teamwork. Respect. Innovation.



Where can I involve myself?





meet the editorial team

The *Eyemouth Living* magazine began life as part of the NHS Gateway to Good Health initiative back in December 2021, in order to promote a sense of community and healthy lifestyle in the town. Once the initiative came to an end and the funding with it, the enthusiasm and commitment of the editorial team ensured its continuation. The Eyemouth Development Trust then undertook the responsibility for funding the project. A few advertisements and grant funding have enabled the team to give local groups free promotion and offer the magazine to you for free.

Volunteers Joanna Payne and Jackie Clifford have been on the magazine production team since its inception, along with Susie Stewart from Splash and other EDT representatives including Jo, Ellen, Lella and now Liza and Ailsa. Everyone has brought their different skills to the process.

Joanna and her experience in publishing and graphic design is essential to the professional production of the magazine, and you will have no doubt admired her photographic skills each month on the front cover. Jackie brings exceptional editorial skills and goes through each article to tweak the grammar and punctuation bringing cohesion to the final result. Together and over time they have developed a close-working relationship and a shared vision for the magazine.

Overseen by Susie, the small production team (currently 4 of us) meets once a month to develop ideas for articles and events for the following month's issue. These meetings are vital for us to pool information and ideas. We each manage a group of contributors, liaising with them to discuss content and due dates.



When the pieces come in they are collected centrally by Joanna who then organises the page layout and starts to place and format the articles and adverts. This is done on a desktop computer in a page layout programme. When she has everything more or less in place Jackie joins her for an afternoon's work of editing and refining before it is finally sent off to the printers. Occasionally they also have to write articles and create pages in order to fill the magazine and meet the deadline. Thankfully this happens

meet the editorial team

less often now as we have a great team of amazing and dedicated regular contributors, including pupils from the high school who do the Teen Talks page, all of whom are volunteers. We are so very grateful for their continued enthusiasm for the magazine.

We also have a wonderful gang of volunteers who distribute the 500 copies to various pick-up points in the town and surrounding villages.

If you run, or know of, a local not for profit group or activity which would benefit from some free advertising please get in touch with us at livingmagazine@eyemouth.org.

If you are a commercial enterprise and you would like to pay for an advert for your business or a special event or promotion our rates are very reasonable (see page 3).

ENERGY ADVICE

We can help you with...

Expert advice on energy efficiency & home renewables.

Info & referrals for available **energy schemes, grants & loans.**

Support with **energy bills.**

Book your FREE Home Energy Visit Today!

PLUS get free energy-saving measures with your visit.

01750 778020

info@sustainableborders.org.uk

Sustainable Borders
by SelkirkRegeneration

COMMUNITY FUND SGN LEAP

pickleball

Pickleball was started in the USA and is currently the fastest growing sport in the world with new clubs popping up all over the UK. It's a bonkers combination of several sports played on a badminton court using a tennis height net with a large table tennis paddle and a hockey sized practice golf ball! Unlike tennis, it's not a game of power so men, women, young or old can compete against each other.



Coldingham Pickleball Club has been playing in the sports hall at Eyemouth High School for over 2 years now and has 48 members, (although only a maximum of 16 players can play each session). If you'd like to have a go there's a taster session on Thursday night 16th October. Please email jen@thecottageonthebeach.co.uk for more information and to book.

Jennifer Mole



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.

☎ 01573 224862

@ rachael.hamilton.msp@parliament.scot

✉ 7 Abbey Court, Kelso, TD5 7JA

🐦 @rachael2win

f /Rachael2Win

The cost of this publication has been met from parliamentary resources. The SPCB is not responsible for the content of other internet sites.

John Lamont MP

Member of Parliament for Berwickshire, Roxburgh and Selkirk

6 ways to contact John

☎ 01450 375948

✉ John.lamont.mp@parliament.uk

📍 25 High Street, Hawick, TD9 9BU

🌐 JohnLamontMP

📺 John2Win

f JohnLamontBorders

Working hard for the Borders, all year round

The costs of this publication have been met out of parliamentary resources.

puzzles

Two Sudukos for you this month!

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Spot The Difference Game

There are eight differences in the images below. Can you spot them all and win the game?



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EYEMOUTH AND DISTRICT COMMUNITY YOUTH
THEATRE GROUP PRESENTS

PETER PAN

by
J M BARRIE

TICKETS: £10 - £12

EYEMOUTH (OLD) HIGH SCHOOL HALL

13TH - 15TH NOVEMBER, 7PM

TICKETS AVAILABLE OCTOBER 1ST AT
OCCASIONS, EYEMOUTH

THIS AMATEUR PRODUCTION OF 'PETER PAN' IS PRESENTED BY ARRANGEMENT WITH GREAT ORMOND STREET
HOSPITAL CHILDREN'S CHARITY AND CONCORD THEATRICALS LTD. ON BEHALF OF SAMUEL FRENCH LTD.
WWW.CONCORDTHEATRICALS.CO.UK

NODA

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u3a

Charity No SCO 31477

Our Enrolment event on 3 September was very well attended and it was good to see so many returning members and to welcome new ones. The existing groups were well subscribed and the latest addition of Dabbling with Words proved very popular. Most of the groups start late September/early October. If you missed enrolment, it is always possible to join/sign up to groups on our website: <https://eastberwickshire.u3asite.uk>



As usual our Open Meetings are open to anyone and are held at Eyemouth Community Centre starting at 10.30am (refreshments from 10am).

Our next Open Meetings are:

Wednesday 8th October

Bruce Keith on Scotland Beneath the Surface.

Bruce will give a talk about his book, published in autumn 2023; a journey exploring the natural and man-made heritage under our feet, a subterranean odyssey.

He will cover subjects such as natural caves, tunnels, buried treasure, oil shale and coal mining. Also hydro-electric power generation, including Scotland's hollow mountain and the building materials sourced from the rocks beneath our wellies.

Wednesday 12th November

Charlotte Keeley from Berwickshire Marine Reserve will give a talk about the ongoing work of the Marine Reserve and the opportunities to get involved.

Hope to see you there.



East Berwickshire University of the Third Age

**There is no age limit and is open
to anyone who is no longer
working full time and would love
to**

learn, laugh, live!

**Your annual membership fee of £25 covers
as many groups as you wish to join:**

Art Appreciation • Basic French • Birdwatching • Book Groups x 5
• Dabbling with Words • French • Gardening • Geology • Knit3
Purl3 • Local History Research Group • Mahjong • Music
Appreciation • Music of the 60's 70's 80's and upward • Opera •
Poetry • Putting • Scottish Country Dancing • Singing4Fun • Table
Tennis • U3A Online Across Scotland • Walking

You can join online at

<https://eastberwickshire.u3asite.uk> from August 1st 2025

Annual membership of £25 runs for 12 months from September 1st (or
£12.50 for joining from January onwards).

Charity No SC031477



Sea the Change is a Scottish Charity based on the Berwickshire coast that helps us get outdoors, to enjoy and protect our environment.

WHAT WE DO



COLDINGHAM BEACH WHEELCHAIRS

With our Coldingham Beach Wheelchairs service, Sea the Change promotes accessibility for people of all ages and physical abilities so that everyone can enjoy the beach. We offer:

- Free beach wheelchair hire - 3 chair options
- Changing hut and hoist available

Coldingham Beach offers:

- Accessible boardwalk, toilets, cafe and parking
- Lifeguards in the summer



CYCLE FOR CHANGE

Based from our garage and workshop in Eyemouth, Sea the Change are delighted to offer all things BIKES to Berwickshire with our new Cycle for Change project. From guided Trishaw rides to eBike hire and cycling support sessions, we've got everything covered to help get your wheels in motion. We offer:

- Electric bike hire
- Trishaw rides
- Reconditioned bike sales
- Kid's free bike loan scheme
- Bike servicing and repairs
- Support sessions: led bike rides, cycle confidence



VOLUNTEER WITH US

We could not operate without the support of our fantastic volunteers. If you would like to find out more about volunteering with us, we'd love to hear from you. Please get in touch...

info@seathechange.org.uk



For more information or to make a booking, please visit:
www.seathechange.org.uk or call us on 07496 081 632



Scottish Charity SC020664