

FREE

eyemou**th**living

Your local community and healthy lifestyle magazine
August 2024



Artwork by Patrick Whitehead, the 2024 National Winner of the Rotary Great Britain and Ireland Young Artist Competition in the Intermediate (S1–S3) category.

Friendship Issue

welcome

Welcome to our August issue of *Eyemouth Living* where our theme this month is friendship. Friends come in all shapes and sizes, from those who are always stopping round for a cuppa and a chat to those you might only see once or twice a year or even less frequently, but it always feels like you've never been apart. Friends can be a great source of support and making friends seems to get more complicated the older we get. Just look at any kids' playground and see how easily kids just strike up friendships when thrown together doing something they love. Well actually it's no less complex when your older, we just don't like getting ourselves into those kinds of situations. Yet in this issue there's plenty to read about where there's opportunity to get together with others. Whether it's volunteering, learning together at U3A, going on a cycle ride as a wee group, getting together to talk about a book you've both read, or joining the men's shed (women and men both welcome!) There's plenty more to read this month and maybe you could simply have a chat with someone else about the things in this magazine? Either way we hope you take opportunities to get stuck in and maybe renew some friendships or even find some new friends along the way.



Andy Haddow
Chair, Eyemouth Development Trust

Pick up points for the magazine in Eyemouth are currently: Community Centre, Mason's Hall, EU Church, The Pet Shop, Beachcomber, The First and Last, FMA, ReTweed, Waterfront Cafe, Oblo, Larder, Petrol Station, Swimming pool/Leisure Centre, Library, BAVS shop, Coop, General Store, Swan Court, Linkim Court. We also distribute to: Ayton, Reston and Coldingham village shops.

You can also view the magazine at: <https://www.eyemouth.org/magazine>

contents

Rotary: Young Artist Competition	4
Abi and Kathy: Friendship.....	5
Men's Shed.....	6
Berwickshire Marine Reserve & Eyemouth High School.....	7
Wildlife Notes	8
Gardening Notes	10
Teen Talks.....	12
Sea the Change: Bike Hire	14
Library and Book News.....	15
Cycle Route	16
History: Women and the Fishing	18
Local MP info	21
U3A Enrolment Day.....	22
BAVS.....	24
Berwickshire Anti-litter Group.....	26
Whats On.....	28

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Half page (landscape size)	£50.00
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Community and volunteer groups are promoted free of charge.

Please contact us at: livingmagazine@eyemouth.org

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Eyemouth Rotary present National Winner Patrick

What a day for Eyemouth Rotary and Eyemouth High School pupil Patrick Whitehead. Just before the end of term we were able to meet up with Patrick and to confirm to him that he was indeed the 2024 National Winner of the Rotary Great Britain and Ireland Young Artist Competition in the Intermediate (S1–S3) category. Patrick beat all the other competitors from England, Wales, Scotland, Northern Ireland and Ireland.

To say we are super excited is an understatement. Presenting the Trophy and certificate to Patrick was Eyemouth Rotarian and Rotary Great Britain and Ireland Board Member Jo Pawley, Art Teacher Mrs Cochrane and Head Teacher Mr Chapman all of whom are extremely proud of Patrick and his achievement.



Friendship

The weather has not been great in Eyemouth and Abi and Kathy have been unable to sit and blether on their favourite seat. Kathy is concerned as she has not been able to see her friend especially as Abi is facing difficult times with an operation looming. Kathy has decided that she will let Abi know how much her friendship means to her and buys a card to send to her and in it she writes her favourite poem about friendship.

I could skip a heartbeat, and I would survive.
 I could be in a car crash and still be alive.
 The clouds could fall out of the sky.
 The oceans could disappear and all turn dry.

These things in life are all bad, I know,
 but there's far worse things, just thought you should know.

Life would not be the same without someone like you.
 You're there when I need you to help me through.
 Through the good times and through the bad,
 Be them happy or be them sad.

I don't have to be with you to know you're there.
 We don't have to see each other to know that we care.
 We could be apart for years upon end
 and still remain the best of friends.

Life goes on, and people change,
 And through it all, our friendship shall remain the same.
 That's such as life and how things come to be.
 Just thought you should know how much you mean to me!

The poem is by Annie Hall. *Through Thick and Thin*. Family Friend Poems, 2011. <https://www.familyfriendpoems.com/poem/through-thick-and-thin>

men's shed

Eyemouth Men's Shed would like to welcome new members. We meet every Tuesday from 10–3pm in the Connect building behind the swimming pool. The Men's Shed started in 2018 and is a registered charity (SCO48035) and a member of the Scottish Men's Shed Association.

Our aim is to contribute to community development and provide recreational facilities to advance the social needs, health and wellbeing of adult men and women of all ages and backgrounds living in Eyemouth and surrounding area.

Although we are registered as a Men's Shed we are a community organisation open to both men and women.



We have a large meeting room, tea- and coffee-making facilities, a pool table and a well-equipped workshop where we make and refurbish various things including garden planters and garden benches.

If you are interested please come along any Tuesday or contact us through our Facebook page.

bmr & eyemouth high school

Let's all go on a Nurdle Hunt!

Most of our plastic products, such as drinks bottles or tooth brushes, are made from small pellets of plastic which are melted down and re-moulded in factories. These tiny pieces of plastic are called nurdles and are defined as microplastics because they are less than 5mm in size. It takes about 600 nurdles to create one small disposable plastic water bottle. Unfortunately these beads of plastic are finding their way into our natural environment, particularly the ocean. Here they are consumed by marine animals and enter the food chain. Nurdles have now been found in the reproductive organs of humans. They do not break down or decay so we must monitor their levels and try to find ways to remove them – and stop them being spilt.

In an inspiring fusion of environmental activism and practical education, the S2 Technology enrichment pupils at Eyemouth High School, in collaboration with the Berwickshire Marine Reserve, have taken their beach clean-up efforts to a new level with a handmade nurdle machine.

This journey began in STEM enrichment, where students and teachers brainstormed solutions to tackle the nurdle pollution problem. With guidance from their STEM ambassador, Mr. Watson, and class teacher, Mrs Brown, the students designed and built a nurdle machine from scratch. The machine, constructed from some recycled materials and powered by a hand crank, works by sifting through sand to separate nurdles and other small plastic debris. Extra funding was kindly donated by an external source.

Along with staff from the BMR a group of students recently took their invention to the beach where they embarked on a clean-up mission, methodically sifting through the sand and collecting an impressive amount of nurdles and microplastics which were removed from the beach.

If you would like to go on a Nurdle Hunt then please contact either the BMR or Eyemouth High School in order to borrow the Nurdle machine and help us tackle this growing problem.

info@berwickshiremarinereserve.org.uk
eyhs@scotborders.gov.uk



wildlife notes

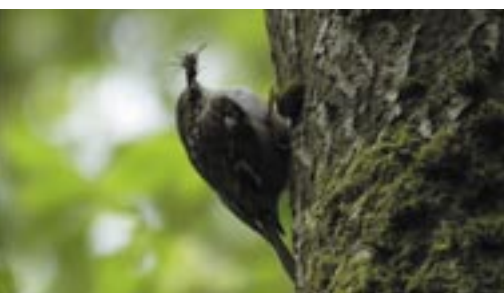
“The love for all living creatures is the most noble attribute of man” **Charles Darwin**

The connections and friendships we forge as humans, through our love of wildlife, can last a lifetime and this is true within nature itself. From murmuring starlings to how our trees support their guests, there are many examples of how friendships are formed, helping wildlife defend itself and thrive in all sorts of ecosystems.

Sexton beetles (*right*) are part of a group of carion beetles (*Silphidae*) that with their large club antennae actively source dead animals and birds using these decaying bodies to lay their eggs in. They make a hole underneath the carcass and drag it through, creating a chamber for their offspring to hatch out into the rotting flesh. Pretty gruesome stuff, and with all this food available it can attract other species. However, they form a relationship with tiny mites who cover their bodies, sometimes in large numbers. These phoretic mites need the carion to reproduce as well but can't move around so basically hitch a ride with the sexton beetles. They do however perform a cleaning service for the beetles and will feed on fly larvae in the carcass, and potential harmful microbes. This friendship is known as 'symbiotic' – an interaction that benefits one or both organisms.



The oak tree is vitally important to our woodlands and our survival, giving us an atmosphere full of oxygen but also it supports over 2,300 wildlife species, of which 326 depend on it for their survival. The flowers are eaten by squirrels and many insects, including the caterpillars of the Purple Hairstreak butterfly, and the fruits (acorns) devoured by badgers and wood mice on the woodland floor. The leaves provide food sources for insects which in turn helps out our bird species such as Redstart and Pied Flycatcher. Overtime, the bark becomes thick and gnarly, opening gaps for insects to breed in and provide nesting areas.

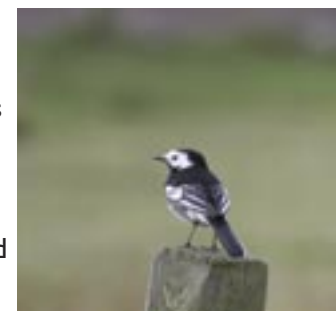


8
Treecreeper on Oak

wildlife notes

And even under ground, the tree is forming relationships to benefit its cause, having a symbiotic relationship with mycorrhizal fungi, to gain access to nutrients beyond the grasp of its roots.

Large groups of birds can form friendships as well and can come together to provide warmth at night but also to have a chat about the best feeding grounds. In our urban areas, keep an eye out at dusk for Pied Wagtails (*above, right*), coming from all corners to form roosts in trees. I can always remember watching this from the top of a high rise building in Nottingham city centre many moons ago ... it was amazing to see the huge number of birds coming together, roosting only feet away from passing commuters who were totally oblivious.



The bird which most people will recognise and forms a magical spectacle later in the year is the Starling. Thousands of birds come together from all areas to roost at night, in reedbeds and under sea piers. The murmuration (*right*) is a swirling mass of birds, making shapes galore in the lowering light to distract predators – how they organise it and who decides who's going to drop first is still a bit of a mystery. Teamwork in its finest.



There are many more examples of how relationships work in the natural world but it's our connections as people that make these wildlife moments more special. Through local groups, volunteering and meet ups (*left*), we are able to share knowledge, and enjoy the wonders of our local wildlife. Friends for life!

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

gardening notes

Enjoying your garden all year

There maybe plenty of things needing to be done in your garden just now but first of all find a peaceful spot to sit down for a moment. Take some time to relax and look around. Listen to the sounds of the birds, breathe in the scents of the flowers and appreciate how lovely it is. Take stock of which parts are really delightful and for those parts which need some attention, start planning how you are going to improve them. Are there any trees or large bushes shading other areas? Could the layout of the bedding plants be improved? Have you got a suitable area to sit and enjoy it all from? What do you want your garden to look like next year?



Stones can be a great way to add some interest to your garden. Firstly, decorative stones are an effective weed suppression solution, as they create a barrier that prevents weed growth. This can significantly reduce the need for manual weed removal and chemical herbicides, making your garden more environmentally friendly.



Pebbles can be used to make paths or as decoration around points of interest. And larger stones can be used as a landscape feature.

Gardens with decorative stones can provide habitat and refuge for various forms of wildlife. Small crevices between the stones can offer hiding places for insects. Thrushes like to use a stone as an anvil on which to hammer the slugs they have caught. By incorporating decorative stones into your



garden, you can create a more biodiverse and wildlife-friendly environment.

Decorative stones can also help improve drainage allowing water to flow more freely, preventing water-

gardening notes

logging and root rot. They can help regulate soil temperature too by keeping the soil cooler in hot weather and warmer in winter.



Things needing doing in August.

When the days are hot and bright you should keep the garden tasks to a minimum and potter around your garden just enjoying being outside. Use the cooler evenings to water any plants which need a little extra help such as hanging baskets and tubs. Your lawn will need regular mowing but again this is best done in the evening. During the day wander around and remove any weeds, hoeing if necessary. But increase the biodiversity in your garden by leaving selected weeds to continue to grow. Teasels and Dead-nettles are very attractive and help all sorts of wildlife. Keep your plants looking at their best by dead heading them. Removing old flowers and seed heads encourages them to produce new flowers and prolongs their flowering season. Some plants won't need deadheading since they produce decorative seed heads or seeds which the birds would enjoy. Honesty and Nigella have very attractive seed heads and cornflowers and sunflowers are good examples of seeds the birds like.

Elderflowers produce masses of flowers and I recommend harvesting their flowers to make some elderflower cordial. Try making some to enter into the Ayton Show.

Collect the seeds of Aquilegia (above right), Poppy and Sweet Peas and keep them for sowing next year. And remember that some roses produce lovely hips and should be left to mature.



Unless you are going to enter a marrow into the Ayton show, you will need to pick any courgettes before they start to get too large. There are plenty of ways to preserve them though personally I recommend making lots of ratatouille to freeze.

Caroline Lathe
(Ayton Gardening Society)

Teen Talks



What does friendship mean?

Friends are some of the best people in your life. They are the people who will understand you and stand by your side even when you think no one else will.

Friends are the people you can have a good belly laugh with and also a good cry. They are there for you at your highest and lowest.

A real friend to me should be kind, caring and compassionate towards you. They should trust you and you should be able to trust them in return.

When you're with your friends you should feel like you can happily be yourself.

Friends are especially important in these teenage years as sometimes your parents don't seem to understand you, but your friends will as a lot of the time they are experiencing the same things as you



Friendship



"The best time to make friends is before you need them"

Sometimes in your life you will meet people who may act like your friend, but don't always treat you with respect you should give your friends.

These people might act like your best friend when it's just the 2 of you but sometimes you might find that when you're in big groups that friend may not treat you the same or leave you out.

It is natural to feel upset but you have to remember you are an amazing person! That one friend might not see it but plenty of other people will. You can always make new friends who do see how amazing you are.

Some things friends can do together:

- Movie night*
- Going on a walk*
- Shopping and Costa*
- Sleepovers*

sea the change

book news



E-Bike Hire

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Step through frames, suspension and long life battery for effortless cycling

Rates	Visitor	Local
Full Day	£35	£15
7 Day	£150	£40
30 Day	—	£100

To Book: louise@seathechange.org.uk



Library opening times:

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

Pavilion in the Clouds by Alexander McCall Smith

Many people will be familiar with Alexander McCall Smith's series of books like *The No. 1 Ladies' Detective Agency* and the *44 Scotland Street* series, but he has also written several standalone novels, of which this is one.

Pavilion in the Clouds is set in Ceylon in 1938, in the dying days of the British Empire, before it gained its independence and became Sri Lanka. The story is told through the eyes of eight year old Bella who lives with her mother Virginia and father Henry, who is the manager of the Pitlochry tea plantation.

The pavilion of the title is small summer house built in the bungalow garden at the edge of a steep drop. Virginia's passion is reading, and she has dragooned the other colonial wives to set up book group meetings in the pavilion.

Bella's education has thus far been managed by her mother, but as is the case with all the children of colonials, she will soon have to leave her parents and the only home she has ever known, to continue her education back in Scotland. To this end, her mother decides to employ a governess to ensure Bella's primary education is up to scratch. But the employment of the opinionated Miss White sets in train a set of circumstances which will alter all their lives, due in no small part, though in all childish innocence, to Bella.

The final part of the story moves to Scotland, where the adult Bella is finally able to come to terms with her actions of the past.

Pavilion in the Clouds is available to order from Eyemouth Library.

Pat Oldale



Library News for August!

Bookbug will return on Tuesday 20th August at the new time of 11am.

The Walking Bookclub will meet on the second Tuesday of August (as opposed to the first) at 2pm at the library.

The Hearing Aid clinic is on Friday 16th August 10am–12 noon.

eyemouth cycling route

To tear out and keep

To St Abbs for Ice Cream (10.64 Miles / 17.2 Km)

1. Starting Point:

Begin your journey at the Eyemouth Museum, with the charming Old Bakehouse building straight ahead.

2. Manse Road and Harbour Road:

Turn left onto Manse Road, then quickly take a right onto Harbour Road.

Enjoy the ride along Harbour Road, (the Harbour was completed in 1887) taking in the sights and sounds as you pedal gently uphill.

3. Coldingham Road:

Continue up Coldingham Road, passing lovely old traditional houses, the Primary School on your left, and the Police Station on your right.

Mind the speed bumps as you follow this road!

4. Northburn Road (B6355):

At the T junction, turn left onto Northburn Road.

This quiet road offers birdwatching opportunities and scenic countryside views.

5. Alemill Bridge and Whitecross:

After approximately two miles, take a right turn at the next T junction (Alemill Bridge).

Pass Alemill (on your left) and Whitecross (on your right) you are now at the village of Coldingham.

6. Coldingham Village:

Turn left onto the A1107 and head on into Coldingham.

With the Garage on your left and The New Inn on your right, turn

eyemouth cycling route

right, following signs to St Abbs.

It is well worth stopping at Coldingham Priory for a breather and to take in the history of the Priory.

7. St Abbs Village:

Arrive in St Abbs, where you will find delightful cafes like The Old School Café in the village and Ebbcarrs Café at the harbour.

Do not miss the St Abbs Visitor Centre – it is well worth a visit!

8. Return Journey:

Cycle back up to the village of Coldingham, turning left by the Bus Shelter and The New Inn.

Stay on the A1107 all the way back into Eyemouth.

After the climb up Hallydown Hill, you are rewarded with magnificent views looking down the coast to Eyemouth and beyond.

9. Eyemouth Finish:

As you enter Eyemouth, take the left turn by the playpark.

Follow Northburn Road down the hill into the town, following the road back to the Eyemouth Museum.

Enjoy the ride, the ice cream, and the stunning coastal scenery!

Strava Route (for reference)

<https://www.strava.com/routes/3243284601129732330>



history

Women and the Fishing

It was an accepted fact in the nineteenth and early twentieth centuries in Scotland that a fisherman needed a wife (or mother or sister) if he was to go to sea and make a living catching fish. The winter fishing for haddock and cod with long or short lines depended on women gathering limpets or mussels along the shore for bait, attaching the bait to the thousand hooks that made up the fishing line and then coiling that line into a 'skull' (basket), the hooks separated by grass to prevent them tangling. Each fisherman had to provide a baited line when fishing in winter. A fisherman's wife was expected to do all this as well as keeping house, washing clothes, making meals, looking after children, and knitting woollen ganseys to keep her husband warm at sea. Sometimes she would walk miles to sell the fish! It was a hard life that bred strong, capable women.



During the summer women played an integral part in the herring industry. The sighting of shoals of herring round the British coast began in early Spring off the Isle of Man. From there the herring swam up the west coast of Scotland, through The Minch, round the north of Scotland to Orkney and Shetland and then down the North Sea coast to Yarmouth. By the end of the nineteenth century local fishing fleets didn't wait for the herring to come to them: they set off to hunt the herring. Curers, coopers, shore crew and teams of herring lassies travelled by train, following the fleets and processing the herring as soon as they were landed. Most of the salted herring were sold to Eastern Europe. While their husbands fol-



history

lowed the herring, fishermen's wives were left to cope with making decisions about any difficulty or emergency that arose.

Women of all ages followed the herring: young women, widows and even grandmothers travelled to distant fishing ports with their 'kists' of essential belongings. They worked in teams of three: two gutters and a packer. Their day began at 6am and could last until 6pm or later. Once the fleet returned to harbour the women hauled baskets (crans) of herring to the farlins (gutting tables, *above right*) where the silver darlings were tipped out – to be gutted, salted and then packed tightly into barrels while they were still fresh. Speed was important and some women could gut 60 herring per minute. They stood all day long – their hands at the mercy of sharp gutting knives and the sting of salt crystals. They tied up their fingers with rags to protect them. Even wearing long aprons, scales and salt clung to their clothes and exposed skin. There was little respite.



Their only day off was Sunday when they could be seen strolling with their friends along the harbourside, knitting as they walked (*left*). The Scots herring lassies, in particular, had a reputation for being hard working, handsome and always cheerful.

For many young women it was their first opportunity to be away from home: to have fun with their friends and to enjoy the company of young men, without the constant supervision of their parents. Many romances began on the harbourside. It was a novelty to experience the entertainment available in the larger fishing ports, like Yarmouth, and to learn how other people lived. Often they

history



made their own entertainment with dances and sing-songs. The curer to whom they were contracted arranged and paid for their accommodation, meals and transport and so they were relatively carefree. At the end of the season they received their

wages: more money than most of them had ever seen.

I remember talking to my grandmother and her sister who, as young women, travelled the herring. They would laugh as they reminisced enthusiastically about these far-off days and the fun they had in Stornaway, Lerwick or Yarmouth. There was no doubt that, despite the long days at the farlins, it was one of the best times of their lives.

(Visit "Threads" exhibition in Eyemouth Museum for more insights.)

Fay Waddell

Rachael Hamilton MSP

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

The Scottish Parliament
Pàrlamaid na h-Alba

If there are any issues that I can help you with, please don't hesitate to get in touch.

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- /Rachael2Win

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

Eyemouth Golf Club

Visitors Welcome and Memberships available.
We always aim to offer the full course on a year round basis.
Enjoy the great views & testing golf course. Course selected by Scottish Golf to host two National Competitions in 2024 & 2025.

Catering partner, The Heathers Restaurant, on site

One year full membership £480
One year Country membership (must live 30 miles distant) £360

Young Adult (18–29) Memberships available as significant reductions subject to age

10% discount on the above for new applicants or those past members who have been away 2+ years, paying in full.
Monthly payments available for most adult member categories

Join as a Winter Member 1st Oct thru 31st March for significantly reduced rates (TBD – £198 in 2023/24)

Junior memberships available (up to 17 years) at token costs only

John Lamont MP

Member of Parliament for Berwickshire, Roxburgh and Selkirk

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- johnlamontmp
- John2Win
- JohnLamontBorders

Working hard for the Borders, all year round

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

u3a



u3a
East Berwickshire

**New Members and Past Members
are very Welcome!**

Enrolment day on

**Wednesday 4th September
2-4pm**

**Eyemouth Community Centre and also
online at :**

<https://eastberwickshire.u3asite.uk/>

Learn, Laugh and Live



CHARITY NO SC031477

u3a



Join East Berwickshire u3a

East Berwickshire u3a looks forward to welcoming both new and returning members to the new session in the Autumn. Part of the wider u3a movement, EBU3a is open to anyone in later life, from the area, who is retired or not in full time work. It is a member-led organisation all run by volunteers who share their interests, knowledge and passions with others. There is everything from table tennis to book groups, geology to knitting, as well as a quiz group, lunch club and gardening group. Try your hand at French or learn more about art at the art appreciation group. If music is your interest, then there is music appreciation, opera and singing for fun. Groups meet monthly, weekly, or twice a month in local halls, community centres and in individual homes. As well as regular groups there is a monthly open meeting with a range of invited speakers on interesting topics. The morning starts with coffee and a chat before the more formal talk begins.

This season subjects planned include Sea the Change and James Hutton.

The motto of the u3a is **learn laugh live** and it is all about coming together to learn new things, keeping active, making new friends and above all enjoying yourself in the process.

Members can join as many groups as they like and attend the monthly meetings all for £20 a year.

Groups meet in the autumn and winter months and usually finish again at the end of April. This year's enrolment will take place on Wednesday 4th September 2-4pm in Eyemouth Community Centre.

There is also the opportunity to find out more, join on-line and choose the groups that you would like to join at:

<https://eastberwickshire.u3asite.uk/>

Perhaps you have an interest or passion that you would like to share with others? Then why not come along and start your own group EBU3a would love to hear from you.

Charity No SCO 31477



bavs

Eyemouth Shop

We hope you like our new refreshed look with more space for home décor and books. We are continuing to upgrade the shop including our storage area for donations but for now if you could check before bringing in large amounts of donations that would be a big help!

Thank you so much to Eyemouth residents for your generous donations and for shopping with us!

Volunteering With BAVS

We need more helping hands! We have a huge choice of volunteering roles with BAVS whether it is helping in our shops, workshop, or reuse hub, assisting on sorting days, delivering goods and furniture, or teaching employability and digital skills: there are countless opportunities to contribute and make a difference in our community.

Berwickshire Reuse Hub

Our Reuse Hub is up and running in Chirnside: find us on google maps and come for a visit (right). We are accepting donations of furniture and have a delivery and collection service. We have a fabulous selection of furniture, home décor, garden and leisure items and more.



Upcoming courses and classes at the Hub

We are now running workshop classes in subjects including Art, Sewing, Wellness and Upcycling with even more to come soon! If you are interested or can help with any of these please note your interest at reuse@bavs.org.uk.

Coming soon at the Hub:

- Get Well! Be Well! Stay Well! Friday 26th July 9.30 – 11am
(every Friday for six weeks!)
- Summer Christmas Extravaganza Saturday 24th August 10am – 2pm
- Kilo Sale Saturday 28th September 10am – 2pm

For more information, please see the Bavs website: www.bavs.org.uk or pop into our shop.






EXTRA PAIRS OF HANDS NEEDED



SCAN QR CODE TO FIND OUT MORE



bag

Berwickshire Anti-Litter Group (BAG)

In 2022 Keep Scotland Beautiful declared a Litter Emergency in Scotland. According to the Scottish Government, over £60 million of public funds are spent annually on cleaning up litter and fly-tipping, with over 15,000 tons of litter and another 26,000 tons of fly-tipped material collected each year. The cost isn't just financial; litter and fly-tipping pose risks to public health, threaten our natural environment and wildlife, and are unsightly.

In October 2022 a small group of Berwickshire residents met informally over coffee at Oblo's Eyemouth to discuss what we could do to address this issue locally. There were eight of us that morning, and the Berwickshire Anti-litter Group (BAG) was formed. Since then, we've grown significantly in numbers, commitment and activity, supported by Sea the Change.

We agreed to focus on three main areas:

1. Promoting Litter-Picking Locally: We support existing groups and individuals and establish new ones. We now have litter pickers throughout Berwickshire, either in regular groups or coming together as needed, such as during the Sea the Change Big Community Clean Ups held twice a year.
2. Campaigning on Litter Issues: We consistently lobby MPs, MSPs, local councillors, Council departments, Scottish Government Ministers, Transport Scotland and BEAR Scotland. Key issues include litter thrown from cars, overflowing bins, unsecured lorries shedding waste, lack of enforcement and poor coordination between agencies. We've focused much of our efforts on the often disgraceful state of the A1 from the Scottish Border to Edinburgh. While we aim to hold responsible authorities to account, we also strive to cooperate with them. For example our Layby Adoption scheme involves volunteers helping to keep various laybys on the A1 and other local roads clean between SBC litter removals.
3. Awareness Raising, Education, and Publicity: Some of our group have undertaken litter-related projects in local schools. For instance, a group from Grantshouse developed publicity materials with primary school

bag

children. We aim to extend this activity, particularly with local high schools. We've also had positive contact with fast-food outlets in Berwick and Dunbar, an area we plan to revisit. As litter pickers, we often find plastic and glass bottles and cans, highlighting the urgent need for the bottle and can deposit scheme promised by the Scottish Government.



We are always looking for people to help and get involved in various ways – everyone has something to offer. We hold BAG meetings every couple of months and regular online meetings with representatives from Scottish Borders Council, BEAR Scotland and East Lothian Council.

If meetings aren't your thing, there's no pressure to attend. We have a Berwickshire Anti-litter Group (BAG) Facebook page where folks can share concerns, ideas and information. Litter picking isn't just about 'do-gooding'; it's a social activity that benefits mental health, offers fresh air, exercise, a sense of achievement and above all, it's fun. For more information or to get involved, please contact Alison at 07503162533 or alison.l.currie@yahoo.com.

To report a litter or fly-tipping problem, Scottish Borders Council has an online reporting form on their website, or you can call their Neighbourhood Services Team at 0331001800.

Let's all work together to Keep Berwickshire Beautiful!

what's on



WOMENS GROUP ACTIVITIES

AUGUST 2024

6TH - TILE PRINTING TBC
 13TH - BEACH LITTER PICK
 20TH - RESIN JEWELLERY MAKING SESSION
 27TH - NO SESSION - STAFF TRAINING






what's on

EYEMOUTH TWILIGHT RUN
 Sponsored by Giacobazzi's Gelato



5K and Fun Run

Friday 23rd August 24
 From 6pm
 Eyemouth

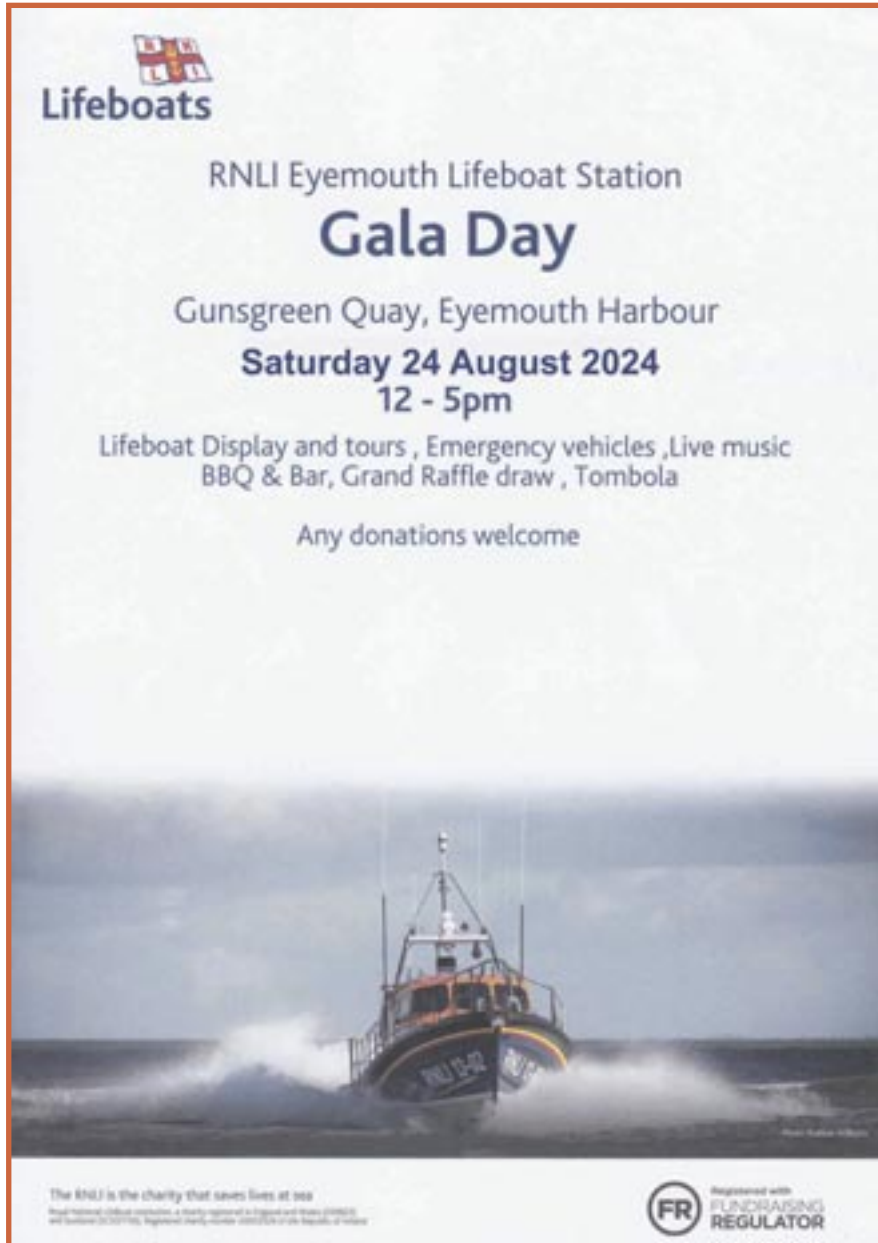
All ages welcome
 Goodie bags,
 Ice-creams & more
 for all participants!

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

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




what's on




Lifeboats


RNLI Eyemouth Lifeboat Station
Gala Day
 Gunsreen Quay, Eyemouth Harbour
Saturday 24 August 2024
 12 - 5pm

Lifeboat Display and tours , Emergency vehicles ,Live music
 BBQ & Bar, Grand Raffle draw , Tombola

Any donations welcome



The RNLI is the charity that saves lives at sea
 Royal National Lifeboat Institution, a charity registered in England and Wales (204832) and Scotland (SC221745), Registered Charity Number 100022246 in the Republic of Ireland



what's on




AYTON
Gardening Society



invite you to

THE AYTON (& DISTRICT) SHOW 2024

Saturday 7th September
1-4pm
Ayton Primary School
& Ayton Bowling Club

Refreshments
Tombola
Norham Brass Band



Schedules are available at **Ayton Mini Market**
 or you can download one from our website: www.aytongardens.com
Please note entry forms to be submitted by Friday August 30th!
 Follow us on instagram [@aytongardens](https://www.instagram.com/aytongardens) or facebook **Aytongardens**

eyemouthisliving

Your local community and healthy lifestyle magazine

This is YOUR magazine and we would love to know what you think of it! Are we getting it right? Anything else you'd like included?

Scanning the QR code will take you to a couple of questions we would like you to answer to give us an idea of what we might be doing right or wrong. Please be polite!

A very small group of real people will read your comments!



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