

FREE

eyemou**th**living

Your local community and healthy lifestyle magazine
May 2023



Keep Moving Issue

welcome

Welcome to the May issue of *Eyemouth Living*. The theme of this month's magazine is 'keep moving'. Even if we can't get out for a walk or an exercise class, we can always have a quick dance around the kitchen while waiting for the kettle to boil! Why not try standing on one leg while you clean your teeth – it's great for improving balance! Housework and gardening are also underrated forms of keeping fit...so this month why not just keep moving as much as you can?

We are now fully operating under the umbrella of the Eyemouth Development Trust and aim to become self funding in the future. So if you or anyone you know would like to support us through advertising or sponsorship, please get in touch with Jackie on the email below.

Free to all local community groups!! Do let us know if you are organising a fund raising event to include on our What's On? page; give us the details by the middle of the previous month for free inclusion.

Jackie, Susie, Joanna, Jo and Ellen

Magazine contact: jackie.clifford1958@gmail.com



Pick up points for the magazine in Eyemouth are currently: Community Centre, Larder, Petrol station, Swimming pool/Leisure centre, BAVS shop, Coop, General store, Swan Court, Linkim Court.

We also distribute to: Ayton, Reston and Coldingham village shops.

contents

Rowing Club.....	4
Eyemouth Police Station: CrimeStoppers.....	6
Splash Brunch Hub	7
Links Recipe	8
Community Centre	9
Wildlife Notes	10
Berwickshire Marine Reserve and RNLI	12
Eyemouth High School	14
Eyemouth Golf Club	16
Wellbeing.....	17
Rotary: Quiz Night.....	18
Keeping Fit: Walking Football	19
Keeping Fit: Kult Fitness	20
Countryside Code.....	21
Vision 4 Eyemouth.....	22
TeenTalks	24
History: Tides Explained.....	26
U3A.....	28
What's On.....	29
Book News	30
Mental Health & Wellbeing.....	31
Berwickshire Help	32

If you would like to promote your business or simply support us by placing an advert in the magazine please contact us at: jackie.clifford1958@gmail.com

Any advertising must remain true to our healthy living ethos and we reserve the right to refuse any adverts that do not uphold this.

Our rates are as follows:

Full page	£100.00
Half page	£50.00
Quarter page	£25.00
Eighth page	£10.00

rowing club

Interview with a Skiffy

Q – I see a couple of boats out in the bay regularly. What are they?

A – They are St Ayles Skiffs. They belong to Eyemouth and District Community Rowing Club. There are two. The yellow one is called *Unity* and the red one is *Seabreeze*.



Q – It looks fun. Is it difficult to do?

A – Not really. You have to have a reasonable amount of fitness to get in and out of the boat. There are 4 rowers in each boat and a coxswain who steers it and is in command, so it is a team effort. It is quite hard work getting the boat in and out of the water but everyone mucks in to help.

Q – Can anyone have a go?

A – Yes. It is a community club so everyone is welcome. You can have up to three tries to decide if you would like to take part then you have to join the club. We keep the joining fees (£25) as low as we can to encourage everyone to be able to have a go but we have to cover some costs like insurance and maintenance of the boats.

Q – Is that all the costs involved?

A – No, we put £2 in the rowing bucket each time we go out, again to help cover expenses. This may go up slightly when we have our AGM at the end of April but hopefully not by much, if at all.

Q – Do I need to have any special clothing or equipment?

A – No any old clothes will do although quick drying things are good. Shoes you don't mind getting wet are advisable and gloves are a must to stop your hands getting blistered. I have cheap cycling ones but gardening gloves work well too. We provide lifejackets.

rowing club

Q – Where do you row to?

A – It all depends on the weather and tide conditions. Sometimes we just play about in the bay or harbour. If it is really nice we might go up to St Abbs or Coldingham Bay for a coffee and cake. Hopefully we will get to Burnmouth this summer. Once a year we do the Tweed Row where we meet up with lots of other clubs. We row from Tweedmouth to Paxton House and have a picnic then row back to Tweedmouth. It's a grand day out! Some clubs meet for regattas but we are not very competitive so don't do that.



Q – Is it dangerous

A – As with any water sport we have to respect the sea. We would not go out in adverse conditions and insist that lifejackets are worn (even on the harbour pontoon). We carry radios with us so we can radio for help in the unlikely event of a problem. The boats are very stable.

Q – Is that it then?

A – No we usually go for a coffee after a morning row. If we meet and decide that conditions are not good to take the boats out we will go straight to the coffee bit.

Q – How do I get involved?

A – Initially get in touch with Alison Davidson on 07957 987948. We meet on a Saturday morning at 10.15am and on a Wednesday night at 6.15pm so you can just turn up. We meet at the Coble House between the beach and the harbour.

Alison Davidson



CrimeStoppers.

0800 555 111

100% anonymous. Always.

CrimeStoppers is an independent charity that gives you the power to speak up to stop crime, 100% anonymously. It is not affiliated with any Police Force.

Independent research confirms that a fifth of the public have known about a crime, but have failed to report this. Some of the reasons for people not speaking out are:

- I do not want to speak to the Police
- I would need to report someone I know
- I am worried that others will know if I speak out
- I am not sure what I know will help
- I do not want to get involved with court or give evidence

CrimeStoppers can be contacted by calling free on 0800 555 111 or by completing an anonymous online form and are available 24/7, 365 days a year. Your call will not be recorded nor will it appear on any form of statement. Calls and online forms cannot be traced.

After receiving your report, CrimeStoppers will ensure it does not contain any information which may identify you before sending it to the relevant authority with the legal responsibility to investigate crime. This could be Police Scotland or an agency such as UK Border Agency or HM Revenue and Customs.

You will never be required to provide a statement, nor will you have to appear in court.

CrimeStoppers also shares advice on how to protect the people you care about from crime, so everyone feels safe.

PCs Kris, Luke and Suzanne



Splash
BRUNCH
HUB

Pay as you feel!

THURSDAYS | 10.30AM-1.30PM

BREAKFAST & LUNCH

Jacket Potatoes - Toasties - Sandwiches - Cakes - Coffee

EYEMOUTH COMMUNITY CENTRE - ALBERT ROAD



Rhubarb Fool



Recipe shared by Gemma Windram

INGREDIENTS

- 350g rhubarb
- Juice from 1 orange
- 500g reduced fat Greek yoghurt
- 2 tbsp sugar (30g)



METHOD

- Cut the rhubarb into 1cm pieces
- Add the rhubarb to a pan with 1 tbsp sugar (15g) and orange juice
- Turn on the heat, stirring gently until sugar dissolves
- Bring to a simmer and cook for 2-3 minutes until the rhubarb softens
- Strain the rhubarb, keeping any leftover juice in the pan. Set the rhubarb to the side
- Continue to simmer the leftover juice until thickened, then set aside to cool
- Whisk the yoghurt and remaining sugar together
- Add half the stewed rhubarb to the yoghurt and gently fold through
- Divide the mixture into 6 glasses
- Top each glass with a spoonful of the remaining rhubarb and top with a little of the rhubarb juice
- Serve

Eyemouth Community Centre plays a crucial role in the health and well-being of the local community. It provides accommodation and facilities for a range of local groups and organisations as well as acting as a base for specialist information and support services for local people.

During the past year the community centre management committee have been exploring, with the help of consultants, how best the centre should be developed and managed in the future.

As a result of this, the current management committee of the centre have agreed a way forward. Ultimately, we believe the best solution is for the community centre to come under community ownership, allowing local people and groups to take on responsibility for the building ensuring it continues to meet local needs as identified. But we recognise that much work needs to be done before we are in a position to achieve our ultimate goal of community ownership.

We need to:-

- Promote the facility as it currently exists utilising the potential of social media and targeting more weekend use of the centre.
- Agree a facility improvement plan to ensure the centre offers the type of accommodation local people need
- Persuade local people, not just current centre users, to get involved in our management committee to help us achieve our ambitions. We need people with experience and skills that might help us achieve our ambitions to make the community centre the hub of local activity and support

We start this journey at our AGM on Wednesday 24 May at 7.00 pm in the centre. We will set out our plans for the next twelve/twenty-four months and will seek community support.

Specifically we are seeking a new chair to lead the committee through this next phase of work. We also seek someone with experience in social media to help us ensure that as many members of the local community as possible are aware of what goes on in the building.

We hope you will be able to join us to express your views and hopefully commit your support to Eyemouth Community Centre.

wildlife notes

In keeping with this month's theme of 'keep moving' here are a few birds you might spot when out on a walk.

On the Moors

Some of the birds you commonly see on the coast for most of the year head inland to breed on the moors. One such bird is the oystercatcher and they have a very good reason to do so. When their chicks hatch, they can run almost straight away but they will be unable to fly for about a month. In that time they would be very vulnerable, a tasty snack for a gull or bird of prey. They rely on their mottled brown colour



to stay hidden in heather or rough grass, aided by the distraction strategy of their parents. If you spot an adult oystercatcher flying around agitatedly making a lot of noise when you're walking in open country, you can be sure there's a chick staying very still in the undergrowth. They are very tricky to spot – good luck!

On Farmland

One of the most colourful birds around hedgerows is the yellowhammer, particularly the male. They can often be seen perched on a hedge, tree or wire, singing loudly. Their song is quite distinctive, a chattering phrase



wildlife notes

followed by a long whistle. It's often characterised as 'a little bit of bread and no cheeese'. They're around all year, but only tend to sing in spring and summer.

On the Coast

At this time of year, the seabird colonies are getting busy with many birds that spend the winter far out at sea joining the permanent residents for the breeding season. One that is here all year, but that looks its best in the breeding season is the shag. Distinguished from its slightly larger cousin the cormorant by having a small crest and a beautiful greenish sheen to its plumage, it can be found on cliff



ledges where it builds a rough nest of seaweed and all sorts of (often colourful) floating debris. It can raise up to six fluffy black chicks, although two or three is more normal.

Author

We are lucky to have such a stunning coastline right on our doorstep, and there is so much to see and do, especially at the beach. Even the sandy beaches have clusters of smooth, shiny pebbles, driftwood and colourful shells to admire. Behind the beach the salty grassland is full of wild flowers and birdlife, and in spring there is a profusion of primroses all along the shore followed by violets and bluebells. There are some hazards though so please be aware of the dangers of slips and trips; those cliffs can be high! Stick to the paths and keep dogs on the lead to avoid problems.

When the tide is out the rocks are exposed, leaving behind a myriad of rock pools teeming with life. The rocks around here create a wonderful habitat for seaweeds and you can find so many different shapes and colours. The Berwickshire Marine Reserve has complete kits of rockpooling equipment to hire so call in at the Hippodrome in Eyemouth beforehand to collect yours. Please make sure you return all living things back to the place where you found them.

photo by Caroline Lathe



The RNLI lifeguards will be back at Coldingham beach from the 27th May each day from 10am – 6pm until September. If you're planning to swim or bodyboard, stay between the red and yellow flags that mark the safe area. It is easier to get into trouble in the water than you might think. Check the tides and weather forecasts, and always make sure you have a means of calling for help. In a coastal emergency call 999 and ask for the coastguard.

The RNLI website has some great advice on how to stay safe by the water; check <https://rnli.org/safety/beach-safety> for information on rip tides, cold water shock etc.

Enjoy your trip to the beach, and keep a look out for dolphins and whales, as well as the many seals!

The Berwickshire Marine Reserve is a registered charity and is Scotland's only voluntary Marine Reserve.

The RNLI is the charity that saves lives at sea.

By Caroline Lathe trustee at BMR and Wendy Lorimer press officer Eyemouth RNLI lifeboat station



eyemouth high school



As the school year approaches its conclusion it's a good time to look back and reflect. Our S6s started the year setting out the words they felt would influence their final year at school. They chose 'Reclaim' and 'Restore'. After the

Covid years much had been lost including: Christmas dances, group outings and community events. It was important that we stopped looking at what Covid had taken and instead looked forward to restoring the full school experience and reclaiming the joy from our sense of community which these key events provide.

Now as the S6 prepare to leave we can look back on a successful year. Back in September, we were able to reclaim our collective celebration of achievement through an epic Prize Giving service. We'd like to thank all our sponsors for their generosity in making this happen. In October, our S6 kayaking trip involved paddling our way down the Tweed and having lunch on an island. The day on the water gave us chance to bond as a year group, to laugh and enjoy glorious nature around us. It was a day that cre-



eyemouth high school



ated many memories – definitely restored the joy of a shared experience. In December, we were able to open our doors for the Christmas Showcase and loved seeing the community coming together again. The Christmas dances were a whirl of glitter and kilts. It was quite emotional to see pupils dancing together and having such an important tradition restored. As we entered into the New Year many thoughts turned to, 'what next?' and we attended the UCAS Careers Convention in Kelso which was a great chance to learn about all the future opportunities. We've just had the arrival of their Year Books, the Leavers Hoodies are on their way and Prom awaits us in June.

It's fair to say that the Class of 2023 have completely achieved their goal to Reclaim and Restore.

Laura Feeney



eyemouth golf club

wellbeing

At Eyemouth Golf Club you will find a challenging 18 hole Championship golf course that will not only test all your golfing skills but will also excite your senses.



It is unique in the Scottish Borders as being the only course on the coast, located on the cliff tops of the spectacular Berwickshire coastline, Eyemouth Golf Club is one of the few courses generally able to offer year-round golf on the full course.

The club has been established since 1894. The course offers golfers of all abilities a challenge, amongst outstanding scenery. Additionally, there are two very special holes which have gained national recognition. The dramatic 6th hole 'A Still No Ken', where golfers hit across the sea, has won several awards including being previously voted 'Britain's No. 1 Most Extraordinary Golf Hole.' The 13th. hole, the 'Hawkness Monster' is mainland Scotland's longest golf hole at 656 yards off the tiger tee. Golfers are invited to play both these holes off the back tees, year-round, should they wish.

We are an inclusive and welcoming golf club. We have a well-stocked Pro-shop, open to all, and offering clubs, buggies and trollies for hire. We are actively involved in rekindling junior golf at Eyemouth.

The Heather's Restaurant is a separate business offering high quality dining and a licensed bar to all comers. There are panoramic views to be enjoyed as you dine.

Visit our website at www.eyemouthgolfclub.co.uk or give our Pro-Shop a call on 018907 50004 if you would like more information.

Visitor fees are competitive and various categories of membership are on offer. Whether you want to visit and play a round or join the club, you are sure of a warm welcome!

Movement is a crucial aspect of our lives. Think of words similar to movement – activity, shift, change, motion, mobility.

In contrast, think of the words meaning the opposite – stagnant, sedentary, motionless and immobility.

Which ones would you rather experience in your life?

The flow of energy is an important concept in health and wellbeing and movement is a significant part of this flow. When we move, we allow energy to flow through our bodies, which helps us feel more alive and energised.

There are many physical benefits to movement. It helps us maintain a healthy weight and reduces the risk of chronic diseases such as heart disease, diabetes, and cancer. It also helps us stay flexible and maintain balance as we age, reducing the risk of falls and injuries.

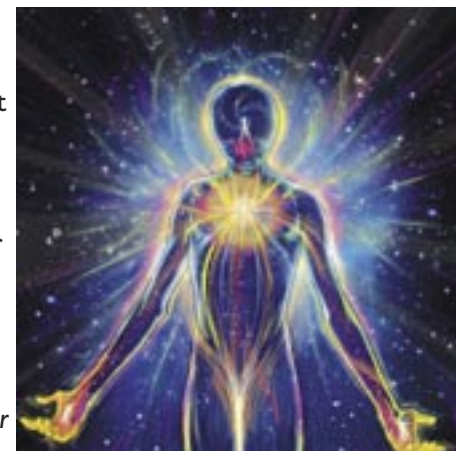
Staying active also benefits mental health by reducing stress and anxiety, improving mood, and boosting self-esteem. Even a small movement can have an impact, for example, standing up tall with our shoulders back can help us to feel more confident, tapping our feet to music can make us feel happier, taking a deep breath can help us relax. This is all part of the mind-body connection.

Moving forward in life also gives us a sense of fulfilment and achievement. Progress makes us happy! Having a desire to improve certain aspects of our lives, setting some goals or having a clear vision of what we want to achieve over the next year (or 5 years or 10 years) can help to create some momentum.

Movement is a vital aspect of our lives, and there are many benefits to staying active.

Hope this moves you to keep moving!

Lynsay Oliver








Quiz Night

In support of funds to Turkey & Syria Earthquake

When: Friday 19th May 2023
Time: 7pm start till 9pm
Where: The Tavern Bar Eyemouth
Who: Teams of 4 @ £2 per player
Raffle: There will be a 50/50 Raffle

Bar available, please note food available up to 5pm only.




EYEMOUTH AND DISTRICT WALKING FOOTBALL



Walking Football
A slower version of the beautiful game!

Improve your health, fitness and mental wellbeing
Meet new like-minded folk
Suitable for anyone that would like to have a go!

COME ALONG AND HAVE A GO!

starts

Thursday 23rd February

6pm - 7pm

**Eyemouth High School
Sports Hall**



Working for Social Change



COMMUNITY FUND

ABOUT BERWICKSHIRE
YOUR COMMUNITY HUB ON THE MOVE



keeping fit

Daily movement is vital for everyone, not only for physical benefits but for mental benefits as well. When I first started in the fitness industry 15 years ago it was all about using fitness to lose weight but now I see a massive shift and a lot of my clients use movement for their mental health. Coming to classes is great for their mood and wellbeing.



Keeping moving as we get older is also crucial as it allows us to keep up with daily tasks, keeps us flexible and keeps our bone density strong – which could help later in life if we were to experience falls etc. I also find having to follow a routine in our Zumba or Aerobics classes is great for people’s brain health and memory.

Many of my clients have been coming to my classes for years (some of them since I did my first class 15 years ago in the Community Centre). I always say I wish I had done a study with them as I feel that over the x amount of years they have attended they have never changed with age – a lot of them can do the same intensity if not more than when they first started.

I feel like it’s never too late or you’re never ‘too old’ or ‘too young’ to begin your fitness regime! Any kind of movement is ideal – so whether it’s Yoga or Zumba, Pilates or Bootcamp, once you decide what class you enjoy keeping it part of your weekly routine will make the benefits even more noticeable.

KULT Fitness started business on the 31st of October 2022, officially moving into our own premises down by the Harbour in January 2023.

Currently we have 32 classes running weekly with a variety of Yoga, Pilates and Reformer Pilates all the way through to Bootcamp style sessions. We feel we cater to everyone and their abilities.

If you wish to find a list of our classes follow us on Facebook ‘KULT Fitness’ or download the ‘Gym Catch’ App – search Kult Fitness and check out the calendar with all classes.

Kathryn Robertson

countryside code

We all know how good it is for us to get out into the countryside to take exercise and get some fresh air, and we are lucky here in Scotland to have the Right to Roam. But it’s always important to realise that **rights** also come with **responsibilities** so here’s a brief reminder of those responsibilities:



The five points of the Countryside Code are:

- Be safe, plan ahead and follow any signs. Take maps/guidebooks if necessary. Check local conditions.
- Leave gates and property as you find them. Do not block access to gateways or driveways when parking.
- Protect plants and animals. Do not cause damage or disturbance. Take all your litter home. Leave no trace of your visit. Take care with BBQs and do not light fires.
- Keep dogs under control and always in sight. Dog poo: bag it and bin it.
- Consider other people. Be considerate to those living in, working and enjoying the countryside. Be nice, say hello, share the space. Enjoy your visit, have fun, make a memory.



vision for eyemouth

Your opportunity to help shape the future of Eyemouth!

Borders Community Action and Vision 4 Eyemouth will be hosting an event on Wednesday 31st May at the Hippodrome, which will look at how you, the community, can shape the future of Eyemouth. Everybody from the community is welcome to join in the conversation – individuals, members of community groups and representatives from organisations.

This event will kickstart the process of forming a Plan for Eyemouth which will help shape the future of Eyemouth – including projects and ambitions that the community want to see happen under the Borderlands Deal. The aim of the evening is to form a Town Team to lead this process which is representative of the whole community.

Wednesday 31st May 2023

6.30–8.30pm

The Hippodrome, Eyemouth

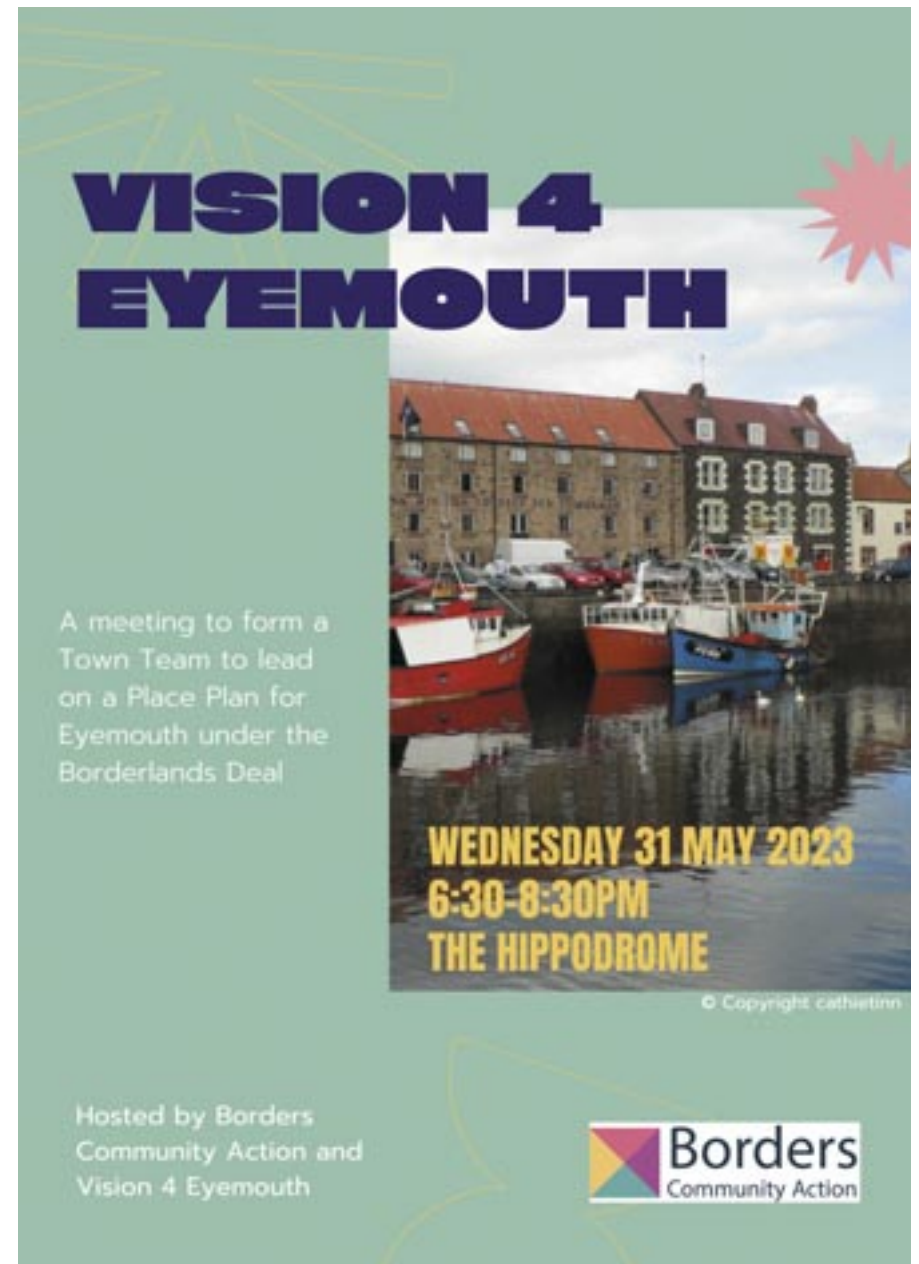
We hope to see you there!

Vision 4 Eyemouth



Scan me to find out more about the Place Programme!

vision for eyemouth



TEEN

#TEENTALKSPHOTOS

TALKS

May

GOALS



After the fun Easter holidays a lot of us have felt like they have gotten out of their usual routine which can be hard to restart.

Setting yourself small goals every day could help you get back on track, but also you could see yourself doing way more than you have before!



MY GOAL

Tomorrow I'm going to get to school on time by not hitting the 'snooze' button on my alarm...



01-04
2023




Goal setting

If you set and create a goal around something you want to improve on, or just want a challenge, it will give you motivation and changes will happen. It also helps you show perseverance. This can help and inspire your friends.


The skills you learn in persevering through a challenge will help you do well in challenging situations or even situations at your workplace.

GOALS:



- 1
- 2
- 3
- 4
- 5



history

Tides Explained

If you live by the sea, or you like to visit the coast, you cannot help noticing that the sea comes in and goes out. You may also have wondered why sometimes the sea goes very far out while, at other times, the sea floods over the top of the harbour wall.

This movement is caused by the tide – the vertical motion of water, visible only over time. As the earth rotates on its axis the gravitational pull from the moon powers two giant waves from the Atlantic that divide at Lands End. One wave travels north up the west coast of Britain and around the top of Scotland and down the east coast: the other travels up the English Channel and they meet again off the coast of East Anglia (see right). The distance between the peak and trough of each wave is 580km! It takes roughly 6hrs 12½mins between the peak of the wave passing a particular point on the coast and the trough arriving. So 6hrs 12½mins is the time between high and low tide. There are 2 high tides and 2 low tides every day.



The moon has the strongest effect on daily tides but its pull is dependent upon where the moon is in its orbit of the earth (which takes 29.7 days). When the moon is aligned with the sun and the earth the combined pull causes a higher ‘tidal range’ (that’s the difference in height between high and low tide). This is called a ‘spring’ tide (see illustration on opposite page) and happens twice a month, a day or so after a full or new moon. The name has nothing to do with the seasons: it means ‘spring forth with speed’. One week before and after a ‘spring’ tide we have ‘neap’ tides. The name means ‘without power’. It has nothing to do with turnips! Neap tides

history



have a lower ‘tidal range’; there’s much less of a difference between high and low tide.

A low pressure system (bringing wind and rain) accompanied by on-shore winds and a spring tide will bring exceptionally high tides, flooding and problems for our prawn fishermen. A high pressure system (clear skies) accompanied by off-shore winds

and a spring tide will result in very low tides, an exposed seabed and treasures for keen beachcombers. Spring high tides at Eyemouth are usually about 4pm with a tidal range of 4.2m and neap high tides about 10am with a tidal range of only 2.5m. Recently in Eyemouth, at the time of the Spring Equinox in March, the sea caused flooding on Harbour Road.

Fishermen, anglers and sailors can consult Tide Tables and Tidal Atlases available in printed form and online but you can work out the state of the tide by:

- looking for the high tideline of seaweed, shells and driftwood on the shore.
- watching the waves on the sand. Are they creeping up over dry sand or retreating over wet sand? If you stand a metre from the edge of the sea for five minutes do you stay dry or do your shoes get soaked?
- looking at harbour walls, piers, rocks or cliffs for a high tideline. Above the line will be lighter in colour: below the line you’ll see seaweed and marine organisms.

If you like exploring the shoreline under cliffs, sailing, rowing, kayaking, paddle boarding or swimming a knowledge of tides is essential to your enjoyment and safety.

Fay Waddell



u3a

Charity No SCO 31477

East Berwickshire u3a's 2022/23 season is almost at an end. Most of our activities finish in April/May and take a break over the summer whilst our members concentrate on gardening and holidays. Some of our outdoor activities continue for a little longer. For example, the Geology group does keep going over the summer with field trips to local areas of geological interest.

The last event we have is our AGM where our volunteer committee is elected or re-elected and this usually takes place in May. We are always looking for willing volunteers to help us in the running of EBU3a. As with most organisations we have a Chair, Vice Chair, Membership Secretary and Treasurer. As well as these officer posts we have a Group Co-ordinator, who liaises with the leaders of the different activities that we offer. We also have volunteers who devise our programme of monthly speakers for the year. There can be up to fifteen people on our committee with ordinary committee members making up the total.

Volunteer opportunities are wide and varied with EBU3a: from maintaining our website and Facebook page to managing our finances; enrolling our members on an annual basis; attending community events to publicise what we do; and of course most importantly our group leaders who share their interests and expertise with others.

The ethos of EBU3a, as with all u3as is to be member-led, encouraging members to get together to meet new friends, learn something new or enjoy sharing a hobby with like-minded people.

Our new season will begin in September 2023 with our enrolment day on Wednesday 4th September at Eyemouth Community Centre.

Our meeting organisers and group leaders are already putting together an interesting programme for the coming year.

If you are interested in joining us, you will find more information on our website at <https://u3asites.org.uk/eastberwickshire> and details of how to contact us.

what's on

The Eyemouth Twilight 5k Walk/Jog/Run,

organised by Active Communities Eyemouth (ACE), will take place on Friday 25th August at 8pm. Online entries in advance only as spaces are limited. Registration at the Tavern Bar opens at 6pm on race night.



Do let us know 'what's on' in our community to include here – we need copy/advert in by the middle of the previous month.





book news

mental health & wellbeing

Eyemouth Library book review: *The Cottingley Secret* by Hazel Gaynor

I was immediately drawn to this book, as I knew about the Cottingley Fairies and I thoroughly enjoyed the film, *Fairytales: A true story*. The film was based on events which took place during World War I when two young cousins claimed to photograph fairies at the bottom of their garden in Yorkshire.



The book is partly fiction, part historical fact and is based on the events which took place then. If you enjoy reading something a little magical and childlike, then I would recommend reading this!

It's 1917 in Cottingley, North Yorkshire and young cousins Frances and Elsie claim to have seen and photographed fairies at the bottom of their garden. This sets in motion a chain of events that neither they nor the great minds of their time could stop. Soon the world is focusing in on their small garden in Yorkshire which blossoms into an enchanted landscape of magic and wonder. The photographs gave people something truly remarkable to believe in during the difficult war years and beyond.

One hundred years later Olivia discovers an old manuscript and a photograph in her late grandfather's bookshop. This intrigues her and inspires her to delve further into the story of the two young girls who mystified the world. By investigating the past, and the truth behind the photo, Olivia realises why the nation became obsessed with the story and why we once believed in fairies.

Olivia's own life is in a balance; should she stay looking after the bookshop in Ireland or return to the UK to wed her fiancé Jack? Read on to find out what she decides to do and how it all ends for Olivia, or is this just the start?

Go on you know you want to!

Dawn Inglis

This book is available in large print in Eyemouth Library.

Do you have experience of using adult mental health services?

Maybe you are caring for someone who does?

People with lived experience and professionals in the Scottish Borders are working together to improve local mental health services. #EqualExperts

The Mental Health and Wellbeing Forum (MHWf) is peer-led and aims to give a voice to people with lived experience and their carers, friends and families.

"The forum gives us a platform to make a difference: we have direct access to the Mental Health Board".
Forum Member.

We need your input!

This is your chance to improve services.

For further information or to get involved, please contact: Lynsay Laird
Mental Health Development Worker
07546 709994
lynsay@borderscarevoice.org.uk

Scottish Borders



berwickshirehelp.org.uk

berwickshirehelp.org.uk

Berwickshire Help

BERWICKSHIRE HELP

**FIND HELP WITH FOOD, HEATING, CLOTHING,
HOMELESSNESS, MONEY, MENTAL HEALTH & WELL-BEING
AND MORE
WITH A COUPLE OF CLICKS OF A MOUSE**

VISIT
berwickshirehelp.org.uk