

FREE

eyemouthingiving

Your local community and healthy lifestyle magazine
March 2023



Spring Issue

welcome

Welcome to the March issue of *Eyemouth Living*. This month we are celebrating the contribution made to our community by some very special people, with awards being received by two local volunteers and the Greenpower team at Eyemouth High School. A huge well done and congratulations to you all.

Volunteering is so rewarding both for the community and the volunteer. If you would like to get more involved in the Eyemouth community both the Food Bank and the newly named Eyemouth Development Trust are looking for new volunteers. Or you could take part in the Big Berwickshire Community Clean-Up on Saturday 25th March 2023. Every little helps!

Jackie, Susie, Joanna, Jo and Ellen

Please feel free to contact Jackie Clifford for comments and suggestions at: jackie.clifford1958@gmail.com for more details.

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.



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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



Eyemouth Gateway to Good Health

The Eyemouth Gateway to Good Health (Whole Systems Approach) project started in March 2021 with three virtual workshops led by a local Working Group. Participants came from a range of groups and organisations and included volunteers and community members. The aim of the project was to take a community led approach to promoting and supporting healthy weight, being physically active and eating well, with a focus on children and health inequalities.

During the workshops participants developed a shared understanding of the wide ranging factors contributing to unhealthy diet and overweight. Following on from this, actions were identified that aim to:

- Improve communication through an *Eyemouth Living* publication to promote current health-promoting local opportunities
- Improve opportunities to support family participation and learning
- Promote spaces and opportunities for outdoor activities

Local groups then led on these themes and eight actions were identified based on the range of feedback from the workshops. Funding was provided by the East of Scotland Partnership for prevention and remission of type 2 diabetes to support groups to deliver their projects. The Working Group initially met weekly and then every two weeks later on in the project, with local groups meeting every three weeks. Funding has been made available to all ongoing projects until the end of March 2023.

Vision

‘To collaborate meaningfully with all stakeholders and provide access to high quality, nutritious food and facilities which will give our current and next generation a better quality of life and so enable Eyemouth to become a happy, healthy and safe town.’

Action 1 – Eyemouth Living Publication

The monthly magazine is established through Eyemouth Development Trust and features articles that support health and wellbeing. The magazine will be available to view online through the EDT website.

Action 2 – Book boxes

Books with a focus on health and wellbeing are available to borrow from boxes in Eyemouth Community Centre and Swimming pool.

Action 3 – Play spaces

To support active play in Eyemouth, the Early Years Centre has worked with families to receive feedback about improvements that could be made to existing outdoor play parks. Upgrades to play equipment are ongoing, this includes new turf on playing fields and freshly painted equipment. This work continues.



Action 4 – Community Lunch

After 11 months of offering lunch in Eyemouth Community Centre, Eyemouth Community Café has closed.

Action 5 – Visual map

We hope to create a visual artists map of Eyemouth that shows off the local assets to support people’s health and wellbeing. This work will be ongoing throughout 2023.

Action 6 – Junior parkrun

This is a free, weekly, community event for children aged 4 –14 years old that takes place on Sunday mornings at 9.30am on Eyemouth Primary School playing fields. Children can exercise outdoors in a safe environment around a 2km circuit. Everyone is welcome

Whilst the ongoing support for Eyemouth Gateway to Good Health will continue, Working Group arrangements will change from March and they will only meet as and when required in future. There is still work to do, and with a continued sense of commitment from those involved to support community health and wellbeing, it is hoped that opportunities in Eyemouth will continue to develop.

The team at Eyemouth Gateway to Good Health, would like to thank all those who have, and still are working to provide information and opportunities for good health in their community.

to come along, whether you walk, jog, run, volunteer or spectate.

Action 7 – Cycling

To ensure that children in Eyemouth are given the best opportunity to enjoy cycling and feel safe on the roads, a programme of cycling proficiency and cycle safety has been developed. This work will continue throughout 2023, so look out for the personalised high visibility vests in Eyemouth Primary School.

Action 8 – Outdoor activities

Local communities have been embracing the outdoors and all of the benefits to health and wellbeing that this can bring. A resource pack has been developed that contains practical ideas, safety advice and templates to support local groups to do this and have fun. Equipment has been purchased that can be used for local groups to engage fully with nature and the outdoor environment and this is stored in Eyemouth Community Centre.



sea the change

sea the change

Big Berwickshire Community Clean-Up

Saturday 25th March 2023

On Saturday 25th March, communities throughout Berwickshire will be coming together to spend a couple of hours on their local patch, taking part in the BIG BERWICKSHIRE COMMUNITY CLEAN-UP!



Sea the Change (www.seathechange.org.uk) held their first Community Clean Up in 2018, which covered just the Berwickshire coast. Since then the event has grown both in the number of people taking part and in the distance covered. This year the clean up is expanding inland from the coast and working with all towns, villages and community councils throughout Berwickshire. The event is being coordinated by Sea the

Change and supported by Scottish Borders Council Neighbourly Grant.

Alice Fisher, Sea the Change’s Executive Officer says “So many of the environmental issues we are facing seem so enormous that it feels like we are powerless, and that there is no way we can make a difference. But these community clean-ups show that many small acts, when you add them together, can have a huge impact, and that when we pull together, we have the power to make the world a better place!”

Information about where clean-ups are taking place can be found here: <https://www.seathechange.org.uk/community-clean-ups>

We need people to contact their local organiser and come and help out at an organised clean-up shown on the map; equipment will be provided – as will tea and cake afterwards!

Contact Alice Fisher, alice@seathechange.org.uk or 07515 859 693

COME JOIN US FOR THE

BIG COMMUNITY CLEAN-UP

SATURDAY 25 MARCH 2023

10AM ONWARDS
LOCATIONS THROUGHOUT BERWICKSHIRE

EVERYONE WELCOME!

More details coming soon. Follow us:
www.facebook.com/SeatheChangeUK
www.seathechange.org.uk
info@seathechange.org.uk

Organised by:
Sea the Change
Scottish Borders COUNCIL

Together, we make a BIG difference!

wellbeing

berwickshire coastal arts

Spring into action!

This is a great time to think about getting more active. It's much easier to get outside when the days start getting longer and a little bit warmer (hopefully).

So why do some of us still find it so hard to exercise?

- One of our brain's top priorities is to conserve energy. This means that sitting on the couch is natural to us whereas going to the gym three times a week goes against our natural instincts.
- We aim too high. Going from very little exercise to running 5K is not going to be easy! When we set unrealistic goals we often set ourselves up for failure.
- We have very little time. Some of us have very busy lives and find it hard enough to juggle work, family, pets and housework without adding exercise into the mix.
- We don't know where to start or what to do. There is so much information available these days that it can be overwhelming: cardio or weights, yoga or pilates, 10 minutes or 10,000 steps?

The thing is, the physical and mental health benefits of moving more are huge. Exercise is an essential part of living a long and healthy life.

So let's make it as simple and as easy as possible.

- Commit to doing something every day, even if it's just for 5 minutes to get you started.
- Make exercise a priority, think of it as a long-term health investment.
- Any movement is better than none – find something that you enjoy.
- Set small achievable goals – dance to one song, park further away from the shops/work.
- Increase your daily steps – set a target that is realistic for you.
- Get support, go to a local class or gym.

Check out my Facebook page (Lynsay Oliver Wellness) for more ways to stay healthy and happy.

Lynsay Oliver

Berwickshire Coastal Arts' inaugural project, The People and the Sea invite you to join them for the showing of the film 'The First Wave' by Kate Sweeney and Roma Yagnik. The film is inspired by interviews, sound clips, photographs and video pieces recorded by local people about their experiences of living in this part of Berwickshire before, during and after the Pandemic. The film is accompanied by further stories songs and reminiscences.

The event will be held at Coldingham Priory on Saturday 18th March at 6.30pm and is free, but donations will of course be most welcome (proceeds going towards the distribution of the film).

The People and the Sea Project originated in 2019. It was decided to produce a new performance, this time based on the experiences of living in Eyemouth and other coastal communities of Berwickshire today. With funding support from Creative Scotland, Berwick Housing Association and Greencoat UK Wind, the company began their research by holding workshops and interviewing people from the area about their experiences of living here.

We had hoped to create a series of live performances and events to be performed in and around the town during the Summer of 2020 – but then the Covid 19 pandemic struck. With restrictions in place the project moved on-line, and the material we had gathered became the heart of this short film 'The First Wave', a beautiful and evocative film created by film maker Kate Sweeney and sound artist and composer Roma Yagnik.

It premiered in April last year at Eyemouth Parish Church to great reviews. "It was a lovely evening, well done to all involved", "It was most enjoyable, brilliant performances...".

If you would like to know more, you why not pop along and enjoy this unique event with us and discover some interesting stories about our special coastal area and the people who live here.



Loving our Volunteers Award 2023

Congratulations to two local heroes at the 'Loving our Volunteers' Awards ceremony held in Melrose on 14th February.



A huge well done to Splash volunteer Macauley Sanderson who was short-listed and won the Volunteer Centre Borders 'Love our volunteers' Young Volunteer Award. Macauley has completed 200 hours volunteering with Splash over the past year, gaining his 200 hour Saltire Award. We look forward to celebrating his next award!

Congratulations also go to Abundant Borders' volunteer Rhonda Noble, who was the Overall Winner in the Hidden Asset category of the Scottish Borders 'Loving our Volunteers' Awards in Melrose this afternoon. Well done Rhonda and thanks for all of your hard work and dedication at the Ayton Community Garden – the award was well-deserved.



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

March is the month when spring really starts to get sprung. If you take a wander along the coast path and look down onto the sea braes, or amble through Netherbyres you will be greeted by the joyful sight of primroses in flower. They are the first of our common native flowers to bloom, and so it should be no surprise that their scientific name is *primula rosea* which means 'first rose' (even though they're not actually a member of the rose family!). Not only are they a welcome sight to us humans, but they also provide an invaluable early nectar source for insects.

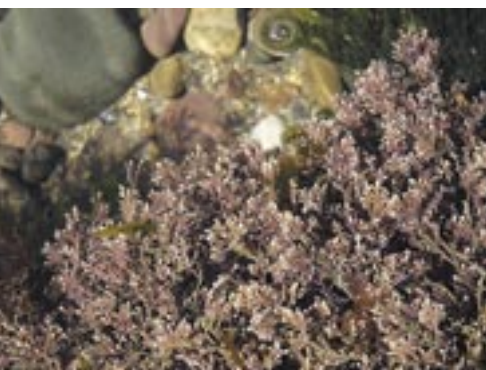


If you take a wander along the banks of the river Eye you will see another sign of spring – pussy willow. These furry catkins that look like cats paws are actually the male flowers of goat willow, which is dioecious, so the male and female catkins grow on separate trees. When ripe they become yellow when ripe with pollen (as in the photo). The wind blows the pollen onto the green female catkins on another tree and then woolly seeds develop, which are also dispersed by the wind.

March is also the month of the spring equinox, which is officially the first day of spring. Here in the Northern hemisphere the spring equinox occurs when the sun crosses the celestial equator (an imaginary line in the sky above earth's equator) and so the hours of daylight and dark are equal. This year the equinox is on 20th March, and after that the days will be

drawing out! Another thing that happens at the equinox is that there are extra big tides because the sun, being at its closest point to the earth, has its greatest gravitational pull on the oceans. So it's a great time to go rockpooling!

Text and photos: Liza Cole



Eyemouth High: Greenpower Centre of Excellence

Eyemouth High School has been awarded Greenpower Centre of Excellence award after the school's technician and Greenpower ambassador, Paul Watson, applied in recognition of all of the hard work that he and his team have been doing to promote Greenpower in Education over the past six years.



This is a very prestigious award for our Border school and comes with the expectation that Eyemouth High School will continue to promote Greenpower not only in their own school but also throughout Scotland. They will act as a support to other organisations who are interested in getting into Greenpower and will offer advice and help wherever possible.

"This is a very proud moment for our school and our team," commented Paul, "My vision started with one kit car and has now grown to include two cars, two racing teams and are now engaging with feeder primaries as well helping other schools in the Borders.

"Greenpower is not just about racing. It is about sustainability, engagement with STEM activities, team work and communication amongst our young people. We are honoured to have received this award and plan on continuing to educate the school and community about the benefits of Greenpower.

"We couldn't have done this without the continued support of the community and our local sponsors who, through their generous donations, allow us to maintain two cars and attend races throughout Scotland."

Laura Feeney



thought for the month independent celebrant

I know I am not alone when I say I have suffered from mental health issues. We often feel isolated, overwhelmed and lost during darker times. I am certainly guilty of getting caught up in the humdrum nature of life. I end up creating a cosy little rut which I end up losing myself in. This then results in me losing my sense of purpose. We all need a sense of motivation in our lives and I find the lighter nights make it easier to find that long lost motivation.

I would like to share with you something which has helped me find motivation, and to a degree, a sense of belonging and even comfort at times. Every month I set myself the challenge to do something new. No matter how low I feel I push myself to seek out a first time.

I have abseiled for charity, ventured off on a canal boat, eaten black pudding (not a success) and tried hummus (very successful; far too successful!). I had afternoon tea at Gunsreen House, walked to Burnmouth along the cliff path and walked round Duns Castle. It doesn't have to be flash or expensive – just something new. Explore that local attraction you've always been meaning to visit, try that piece of cake you've always longed for or go for a walk up an unknown path. Find a friend to join you, it's amazing once you start asking around how many people will reply "oh I have always wanted to try that or go there".

Trying something new no matter how big or small, encourages a sense of purpose. It gives you a sense of achievement and can be empowering at times. For example, when I abseiled off Bamburgh Castle for charity I raised money and did something new. Go on try something new.



*Milqueya Collin
Independent Celebrant with Border Ceremonies*

Why I became a Celebrant

Having experienced a lot of loss in my life I found myself envious of those who have a strong faith or belief. I imagined they used their belief to gain comfort from prayer and achieve a sense of belonging within their community. Without faith these feelings can be hard to replicate. Everyone, no matter who you are, seeks a sense of purpose and a place to belong – especially during times of loss. It can be all-consuming at times and it's natural to feel weighed down by sadness.

When I lost my father at the age of thirteen I felt we never got a chance to celebrate the life he lived. He was a giant man with a giant personality and we should have been able to celebrate him and his life. I wanted to tell stories of his achievements. I wanted to share with the world the love he gave me and I wanted to tell strangers what an amazing man he was. I didn't feel that option was available back in the 1990's. Instead, we gathered in the living room and shared a few hollow words.

I thought there must be a better choice out there. I considered Humanism but I felt it was too restrictive. They can only offer secular or non-religious ceremonies. I didn't want to alienate religious or spiritual people because, as I mentioned earlier, I have been envious at times of the comfort it brings to them. When I attended my first celebrant led ceremony I knew it was what I wanted to do. I wanted to offer others the opportunity to celebrate their loved ones in a way that is personal and unique to them. I wanted to allow others the freedom to respect their beliefs without restrictions.

We should celebrate life as much as we possibly can and in a way that is as unique as our personalities are. Gather your loved ones and find a reason to celebrate life, your way.



*Milqueya Collin
Independent Celebrant with Border Ceremonies*

eyemouth development trust



Eyemouth Development Trust

2022 was an exciting year for the Eyemouth Development-Trust (formerly known as Eyemouth and District Community Trust), we have been agreeing our change of name with OSCR, designing a new logo, planning our new website www.eyemouth.org and securing funding to continue all the great projects run by Susie Hopewell and assisted by Ellen Johnson. Susie and Ellen deliver the charitable objects of the Trust for the advancement of citizenship and community development through our Splash initiative.

The Eyemouth Development Trust's mission is to enhance and enable a sustainable Eyemouth for now and the future by:

- Committing to intergenerational work and partnerships
- Identifying and developing volunteers
- Involving the community
- Initiating and delivering Eyemouth focused projects
- Supporting a resilient community and
- Protecting and repurposing Eyemouth community assets

Splash Projects in the past year have included:

- The Community Larder with Fridge.
- The Community Café – we are grateful for the funding provided by WSA for the first 11 months of this project. It is now being run and funded by the Trust and is re-opening as the Splash Brunch Hub.
- Dementia Cafe
- The Eyemouth Living magazine.
- Running workshops and information sessions, including the very popular Souptastic event, Rehis food hygiene training, menopause awareness, assist suicide prevention training and First Aid training.
- Providing support and training to all our volunteers, young and old.
- Working with young people and helping young volunteers gain their Saltire Awards

eyemouth development trust

- Organising the Christmas Hampers – Splash are supported by many organisations and volunteers to deliver this project.
- The Pride of Eyemouth

The Eyemouth Development Trust is run by a small and dedicated team of volunteers, we would like to invite anyone interested in joining us to contact us for an informal chat at jackie.clifford1958@gmail.com

Eyemouth & District Community Trust is a Scottish Charitable Incorporated Organisation.

Chairman – Andy Haddow

Secretary – Jo Pawley

Treasurer – Fiona White

Trustees – Mick Pawley, Ian Tod, Jackie Clifford, Aaron Bolton

You are cordially invited to:

**The Eyemouth Development Trust
AGM
on Thursday March 30th, 2023,
at 7pm**

**Please join us from the comfort of your own
living room by registering at
<https://edctAGM2023.eventbrite.com>**



eyemouth rotary

28th January 2023 was a record-breaking day for us at Eyemouth Rotary. The day started well with eleven of us meeting to do a litter pick of the Redhall Road. It was not raining, as it usually does, and there was a blue sky. We spent two and a half hours each, making a total of just over twenty-seven hours between us, clearing up a record-breaking 152 kilos of rubbish from the Redhall Road and the Burnmouth Lane!

We often find interesting items that people have thrown in the hedges such as orange underpants, pregnancy tests (not sure if the two were related?), parts of cars, bottles, fast food wrappers, tin cans and wallets. The latter are handed into the Police. We even find rubbish neatly packed into bags and then dumped as well as sweet wrappers folded and tied and thrown out. This time we found an ironing board and an ailer as well as a bucket of broken floor tiles. So we had a little fun surfing on an ironing board!

Sadly we also find many small dead animals that have crawled into the discarded rubbish and have died unable to crawl out.

Thanks to all those who dropped the rubbish. We love nothing more than picking up after you! Forgive us but some people are just big 'TOSSERS'. Please take your rubbish home with you and dispose of it properly. Don't be a tosser; keep your community tidy!



A picture of what 152 kilos of rubbish looks like.

Eyemouth Food Bank

Needs **YOU!**

Volunteers needed to join our team to assist with the day-to-day running of the food bank. If interested please contact us:

eyemouthfoodbank@gmail.com



Official opening of NnG building at the harbour side

The development of the Neart na Gaoithe (NnG) offshore wind farm achieved a significant milestone in January with the opening of its state-of-the-art Operations and Maintenance (O&M) base in Eyemouth.

This building now represents the hub for the completion of this massive and complex project, standing at the edge of the traditional old town.

The official opening ceremony was conducted by Michael Matheson, Net Zero & Energy Secretary who said: “The Scottish Government’s draft Energy Strategy sets out our vision to ramp up renewables production and secure a bright future for our energy sector. We have a massive potential pipeline of offshore wind here in Scotland, and it is essential that our supply chain benefits from the associated opportunities that come with this.



“As well as standing ready to provide state-of-the-art facilities for the Neart na Gaoithe project, this new operation and maintenance base in Eyemouth is a prime example of how new offshore installations can create and sustain good green jobs, and also bring wider, long-lasting benefits to the local community, businesses and economy.”

Matthieu Hue, CEO of EDF Renewables UK, thanked the people of Eyemouth for allowing NnG to become their neighbour explaining that the communities in which they work really are pivotal to their success. He said: “The new base is a great example of our commitment to investing in Scotland. We’ve used local and Scottish companies during its construction phase and there will be high quality jobs and strong economic benefits for the 25-year lifespan of the wind farm. We already have 10 onshore wind farms in Scotland and our large development pipeline will allow us to expand our contribution to delivering more low carbon and affordable renewables capacity.”

Bringing jobs to the area

The O&M base will bring up to 50 high quality jobs to Eyemouth Harbour for the 25-year lifespan of the wind farm. Seven technicians from the area have already been recruited and began work in February.

The building houses staff welfare facilities, collaborative workspaces, changing rooms, drying rooms, locker rooms and briefing areas for the team of technicians based there, with training, retraining and apprenticeship opportunities available to the residents of Eyemouth and the surrounding area.

It is also large enough to handle the increase in staffing levels in the summer months when wind farm maintenance will increase due to calmer weather and lower wind speeds. This uptick in staffing is expected to bring additional economic benefit to the surrounding area.

An impressive building

The NnG O&M base includes a 1,040 square metre, three storey operations and maintenance building, alongside a 538 square metre storage warehouse. The base houses a high-tech control room from which the operation of the 450 megawatt (MW) wind farm will be monitored when it is commissioned in 2024. It will monitor its low carbon electricity output, wind speed, turbine performance and all radio communications. The control room team will also monitor and control the movement of wind farm vessels into and out of Eyemouth Harbour and the site of the wind farm itself, which is located 15.5 kilometres away off the coast of Fife.



When fully operational next year, the wind farm, which is owned by EDF Renewables UK and ESB, will supply enough low carbon electricity for around 375,000 homes with a capacity of around 450MW of low carbon energy. It will offset over 400,000 tonnes of Co2 emissions each year.

Matthias Haag, NnG Project Director, said: “I’m immensely proud of the facility that we’ve built here, which is one of the most advanced O&M bases of any wind farm in the world. It will ensure not only that the NnG wind farm runs efficiently but that we put the safety and welfare of our people front and centre as they look after the operations of the NNG wind farm.”

keeping fit

mental health & wellbeing

EYEMOUTH AND DISTRICT WALKING FOOTBALL

£2 PER SESSION FOR THE FIRST 4 SESSIONS

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


Bavs Working for Social Change
COMMUNITY FUND
ABOUT BERWICKSHIRE YOUR COMMUNITY HUB ON THE MOVE

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

Borders Care Voice **”**

TEEN TALKS

SPRING is here!

March

Welcome to the Teen Talks article!

Flowers are blooming. Spring is thankfully, springing. In this month's article we are talking about the joys of spring and how change can actually be a very good thing for you and your mental well-being.

It is okay to be worried about change as it is completely out of your comfort zone but in order to thrive, you have to accept it.

Did you know that flowers have long-term positive effects on your mood?

SPRING CLEAN!

Change

As Spring begins and the days get longer people feel a sense of change, potential and positivity. Spring is definitely a good time to change things up whether its getting a new hairstyle, buy new clothes, clean your room, make a new routine and more! A diary is good to keep these tracked, you can write how they made you feel too.

Is change good?

Change can be very good when it comes to your mental wellbeing, as it allows us to move forward in our lives. It helps us also to experience new things which can be very exciting. Working on yourself can bring out the best of you and bring changes you never knew were possible, so if you are worried about change just remember change makes us better.

history

What's in a Name?

In *Romeo and Juliet*, Shakespeare wrote, "that which we call a rose, by any other name would smell as sweet". He meant names are merely a convention, to distinguish things or people, and are not really important. But our names are important because they connect us to our families and our past. They help give us a sense of who we are and the communities to which we belong.

This is particularly true if we want to research our family tree. Without the names of our parents and grandparents it's difficult to get very far. When we can add some dates – of births, marriages or deaths – we can access census information (from 1841) and statutory registers (from 1855). But before that time we have to rely upon parish church records, in the hope that the priest or minister was efficient at record keeping and could spell! Many mistakes were made when names were registered because the person who asked to have a name recorded wasn't always able to read or write, and so couldn't check that the name was correctly spelt.

In Eyemouth and other small communities, there could be a lot of common surnames. For example there were, and still are,

many Aitchison, Collin, Dougal, Lough, Paterson and Windram families. Add to that there was a tradition of naming the first born son after the father's father, and the first born daughter after the wife's mother. Within a couple of generations there were lots of George, James or Andrew Collins; Ann, Margaret or Elizabeth Dougals; Robert, William or James Loughs; Margaret, Agnes, or Mary Aitchisons. Most confusing for the amateur researcher!

One solution, when referring to men who shared the same names, was to use a 'nickname' or 'byname'. Eyemouth worthies were very good at finding names that were appropriate and memorable: eg Bunts, Tension, Boff, Big Dod, Tarbrush, The Commodore, Hoolit, Bagg, Bing, Thrip, Cockles, Nine Lives. Some-



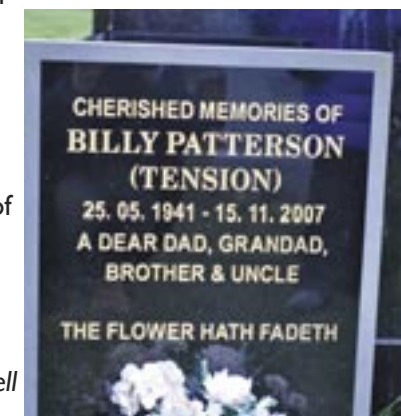
history

times the nicknames were used to refer to the whole family and would be passed down through generations until the origin of the name was forgotten!

Women, whose married names could also lead to confusion, were commonly referred to by their maiden names. My maternal grandmother was Euphemia Rosie but she was always known as Phamie Stewart: my paternal grandmother, Margaret Collin, was known as Maggie Deddie. This meant nicknames were not so necessary for women, unless a woman was in some way remarkable: eg Bessie Baldy, Mary Dutch, Snowdrop or Filmstruck.

By the end of the twentieth century parents felt free to ignore tradition and gave their children a name they liked, with whatever spelling they fancied! People moved around more and so a bigger variety of surnames was introduced to an area. Some old surnames died out. Some women started to include their maiden name in their married name eg Lindsay Collin Taylor. Less confusing!

Today however, with huge movements of foreign workers, refugees from the Middle East, and new gender legislation, recording a person's name, or introducing someone by name, has become more complicated. To save offence, the official guidance is to take much more care with people's names. We should ask the correct spelling and pronunciation of a name; check whether the person has a preferred name; ask which pronoun (he/she/they) would like to be known by.



Fay Waddell



Charity No SCO 31477

u3a

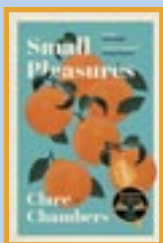
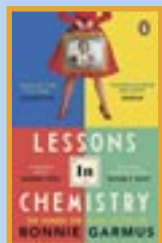
In East Berwickshire u3a we have over 20 different interest groups including 4 book groups. This month Pat Oldale introduces you to two very popular groups, Music Appreciation and one of the Book Groups.

"I organise the U3A Music Appreciation group which is held on the 3rd Thursday morning every month at Ayton village hall. There are about 20 members in the group and each month two of them will give a presentation of about 45 minutes each. This consists of playing music (CDs or compilations) to illustrate a theme of their own choosing, which can be any genre of music. So far this session we have listened to (amongst others) folk music, brass bands, Andrew Lloyd Webber, male voice choirs, and famous classical composers. No member is leaned on to be a presenter, some prefer to remain as audience, and both kinds are welcome, as are new members!



"I also run the monthly home-based book group, which used to be called Novels and Novelists, but we sometimes included a non-fiction! At the first meeting of the year we bring suggestions as to which books we would like to read throughout the coming months. We all read the agreed book each month, then get together to discuss it over tea and cake. Some titles this session have included *Rain on the Wind* by Walter Macken, *The Fair Botanists* by Sara Sheridan, *Lessons in Chemistry* by Bonnie Garmus, and *Small Pleasures* by Clare Chambers.

"We find the public libraries are very helpful in providing the books where necessary."



what's on

Coldingham Ukuleles

Started in 2016, Coldingham Ukuleles play an eclectic range of songs from a specially arranged songbook which is displayed on an overhead projector with all the words and chords. The songbook is also available to players to download or print as well if they wish.



We welcome all levels of players to join us. Ukuleles can be borrowed for beginners and help will be given to beginners. There are also opportunities to visit other ukulele clubs and play in a few local gigs for those who wish to do so.

Come and enjoy an evening of music and song and happy strumming. We meet every Tuesday from 7.00pm until 8.30pm in The Priory, Coldingham. The session cost is £2, no booking required. Hope to see you there and singers are also very welcome!

TEA & TOAST



A WARM HALL, TABLES, COMFY SEATS AND TEA/COFFEE & TOAST

Drop in for a cuppa, some toast and a chat with others. Bring your friends and your neighbours!

MON/WED/FRI - 9-11AM
EYEMOUTH CHURCH HALL



book news

Digital Library

Did you know Live Borders Libraries offers a great range of free digital services that you can use on your tablet or phone?

As a library member you can download the BorrowBox app and have access to thousands of free ebooks and eaudio books. No need to pay for them on Kindle! There is a huge range of titles for adults and children.

You can also download the PressReader app which gives you digital access to over 7,000 of the world's top newspapers and magazines. This fantastic service is totally free and has lots of the most popular magazines and newspapers. Examples of magazines are: *Good Housekeeping*, *Heat*, *Closer*, *Good Food*, *Gardeners'World*, *Top Gear* and *Beano*. Some of the available newspapers are the *Scotsman*, the *Guardian*, the *Telegraph*, the *Daily Mirror* and the *Daily Mail*. It also has publications from all over the world so if you fancy reading the *Washington Post* or *le Figaro* you can do so for free!

If you only want to use our digital services you can join the library online at www.liveborders.org.uk/home/our-libraries/digital-library/ and you will be able to access all of the above.

Do join us and enjoy these fantastic digital services all for FREE!

If you would like to borrow a physical book pop into the library and fill in a membership form.

To find out more please pop into the library or contact us at libeyemouth@liveborders1.org.uk, telephone us on 01890 752767, or go to 'library services' on our website: www.liveborders.org.uk.

Eyemouth Library is open: Monday 10am–1pm and 2–5pm
 Thursday 10am–1pm
 Friday 10am–1pm and 2–5pm.

Hope to see you soon!

Eyemouth Food Bank



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

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

DONATIONS NEEDED

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

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






berwickshirehelp.org.uk

berwickshirehelp.org.uk

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

