

FREE

eyemouthliving

Your local community magazine

June/July 2026



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

welcome

It's hard to believe that we are already on the edge of summer, but here I am welcoming you to our bumper summer issue of *Eyemouth Living* covering the months of June and July! With it being a bumper issue there's plenty in the magazine as well as plenty of things coming up.

The start of June marks Celebrating Volunteers' week and it seems right to highlight the amazing work of the volunteers in our town. For many of them they gain as much from volunteering as the community gains from their efforts. Maybe this summer is your chance to get involved in something, even if it's just a small role stewarding for Herring Queen or getting heavily involved in a committee running one of the many organisations in town making a big difference.

There's also plenty going on in the garden or out in nature, or even in the new St. Abbs Aquarium, details of all of these are in this issue too!

If you are more of a history buff make sure you check out the articles on the museum or the second Eyemouth fort. Of course as always there are plenty more articles to check out, so relax, and enjoy some good summer reading. We hope you enjoy your summer and we'll be publishing another magazine ready for the start of the new school term in August.

Andy Haddow
Chair, Eyemouth Development Trust



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Compiled by Ailsa, Liza, Jackie, Joanna and Susie.
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If you would like to promote your commercial business by placing an advert in the magazine our rates are as follows:

Full page (portrait size)	£100.00
Half page (landscape size)	£50.00
Quarter page (portrait size)	£25.00
Eighth page (landscape size)	£10.00

Community and volunteer groups are promoted free of charge.
Please contact us at: livingmagazine@eyemouth.org

volunteers' week

Celebrating Volunteers' Week: 1-7 June

Volunteers are the heartbeat of Eyemouth, bringing energy, commitment and compassion to everything we do at Splash. Across all of our projects, from Eyemouth Larder and *Eyemouth Living* magazine to the Splash Brunch Hub, Splash Young Volunteers Group and our community events, we are supported by a team of more than 50 dedicated volunteers. Their contribution is not just helpful – it is essential. Quite simply, Splash could not run any of our projects without them.

To me volunteering is a fun opportunity to learn new skills and work with new people – Katie

I like volunteering because it gives something back to the community that I live in – Lily

Each volunteer brings something unique. Some offer practical support, helping to organise food, prepare meals, or set up events. Others contribute creative skills, writing, editing and designing for *Eyemouth Living* magazine. Many provide a friendly face and a listening ear at the Brunch Hub, helping to create a welcoming space where people can connect. Together, they form a network of people who care deeply about our community and are willing to give their time to make a difference.

Our young volunteers are a particularly inspiring part of this story. Through the Splash Young Volunteers Group, they are not only supporting their community but also working towards their Saltire Awards (<https://saltireawards.scot/>). Over the past year alone, these young people have collectively contributed around 400 hours of volunteering. That is 400 hours of helping others, building confidence, and developing skills that will stay with them for life.

Volunteering offers a wide range of benefits, both for individuals and for the wider community. For volunteers, it is an opportunity to gain experience, learn new skills and meet new people. It can build confidence, improve well-being and provide a sense of purpose. Young volunteers, in particular, gain valuable experience that can support future education and employment opportunities, while

It's the right thing to do...put something back – Mick

volunteers' week

also feeling the pride that comes from giving back.

For our community, the impact is just as significant. Volunteers help ensure that vital services like the Eyemouth Larder continue to operate, providing support to those who need it most. They help create inclusive, welcoming spaces where people can come together, reducing isolation and strengthening community connections. They also play a key role in organising events that bring people together and celebrate everything that makes Eyemouth special.

As we mark Volunteers' Week, it is important to recognise and celebrate the incredible contribution our volunteers make. This week is not just about saying thank you, although that is certainly deserved; it is also about highlighting the vital role volunteering plays in building a strong, resilient community.

At Splash, every day we see the difference our volunteers make. Whether it is a warm meal served at the Brunch Hub, a well-stocked shelf at the Larder, a thoughtfully written article in the magazine, or a successful community event: volunteers are behind it all.

Their generosity of time and spirit is what allows Splash to grow and continue supporting our community.

Volunteering is a two-way relationship. While our volunteers give so much, they also gain a sense of belonging and achievement that comes from being part of something meaningful. They form friendships, learn from one another and become part of a supportive network that extends far beyond individual projects.

As we look to the future, we remain deeply grateful for every single volunteer who chooses to give their time to Splash and Eyemouth

Being a volunteer makes such a difference, being able to help our community, and those who need it. It's such a joy that you can't get from anything else and it's so special that we have Splash as an opportunity – Abi

Volunteering means making new friends – Alison

Volunteering helps me connect with the local community and has broadened my understanding of the great work that's been done in our area and beyond. I've also learned new skills – Susan

volunteers' week

Know-
ing you are
helping to make
a difference in
your community –
Julie

Development Trust. Their efforts
are the foundation of
everything we do, and their
impact is felt across the
entire community.

**Thank you to each and
every single one of you.**

My
mother was lucky
enough not to have to work but
she spent her whole life volunteering
for one thing or another. Now that I'm
only working part-time it feels good
to be able to follow in her foot-
steps and 'do my bit' – W

And finally, a huge shout out to our young
volunteers who have been adding up lots of hours
to their Saltire awards over the last few months.

Here's just a few proudly showing off their certificates totalling 335
hours.

Well done everyone!



EYEMOUTH DEVELOPMENT TRUST AGM

You're Invited!

Come along and find out what's happening in your community
Join us for our Annual General Meeting and discover all the exciting
projects currently underway with Eyemouth Development Trust and SPLASH.

WHAT TO EXPECT:

- Updates on ongoing and upcoming projects
- Learn how these initiatives benefit Eyemouth
- Opportunities to get involved
- Q&A session – your voice matters!

DATE: Wed 3rd June
TIME: 6.30pm
LOCATION: Hippodrome

Everyone welcome – come along, have your say,
and be part of shaping our community's future.

Light refreshments provided

If you are unable to attend the AGM but are interested
in joining the trust, please email
secretary@eyemouth.org

The Herbert Protocol is a national scheme that helps police quickly find people living with dementia, or vulnerable adults, who go missing. The QR code will take you to the Police Scotland website where you can download the form.



Developed by West Lothian Adult Protection Committee 2022

look after yourself



The Perfection in Imperfection

The saying goes that nobody is perfect. Well, I hate to tell you, but it's true. Not only that but we are now constantly thrown the algorithm of make the 'perfect' this or the 'best' that. It means that a lot of us are now just striving to be a better version of ourselves and getting burnt out, depressed or jealous when our life doesn't seem as perfect as someone on social media.

I was listening to a food scientist and recipe creator recently. He was asked why he no longer names his recipe the 'perfect' this or makes the 'best' that. His answer was simple, he has learnt that most of the time it wasn't even perfect to *him*: he could always find something he could change, something he could improve. Therefore, if it wasn't perfect to *him*, it was deceitful to call it that as it immediately created an unachievable goal. It's all subjective. Other people who cook the dish might think it's perfect, but it's also ok to think it's not. It's not something you did wrong, it's simply a different version of that dish. Everyone's perceptions and tastes are different.

It is also worth drilling down into the over analysis of, not only yourself or what you create, but also of the things you see or hear. Some things inevitably change depending on the times, being 'in fashion' if you will. Other things will just come down to you being your own worst critic. If you draw a picture you'll always find something wrong with it whereas someone else will find it amazing and want to put it up in their house.

So, 'perfection' is simply a word. Yes, it has a meaning, but it's not something to base yourself on or long to be. Everyone is incredible, amazing, and individual in their own way, and that is something to remember.

So next time you strive for perfection try to remember that you are great just for being you!



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

wildlife notes

“Now summer is in flower and nature’s hum, is never silent round her sultry bloom” – John Clare

Summer is here at last and with it, the explosion of nature. The next few months will see bird fledglings making their first steps, vibrant flower meadows alive with colour and the emergence of insects from butterflies to damselflies. Everywhere you look, nature will be at its peak so make the most of the longer days and summer nights to get out there and enjoy the spectacle.

Many bird species have multiple broods per year to increase their reproductive success rate. With so much wildlife trying to look after young, the mortality rates of newborn birds are high due to predation and food shortages. Many nests fail altogether. However, by producing a second or third brood, birds increase their chances of passing on their genes. You may well come across fledglings on tracks, roadside verges and field margins – they are best left alone as the parents will continue to feed them outside the nest and will be close by for a couple of weeks. They can be right scruffy individuals until their primary feathers are fully developed (Robin fledgling, *left*).

Some parents, such as Blackbirds and House Martins, will start a new clutch whilst still tending to the previous one. This increased activity can attract predators, putting both the adults and young in peril. It’s a busy life during the summer months for adult birds (Stonechat, with food for its young, *right*).



wildlife notes

For an entomologist (insect geek) like myself, the summer months are full of opportunities and discoveries. The emergence of the first damselflies brings a lot of joy around ditches and pond edges. The vibrant colours of different species make these insects stand out amongst the flies, bees and butterflies. Keep your eyes peeled for mating activity. The male uses claspers at the tip of his abdomen to grasp the female behind her head. This is done to keep a firm hold if other males are trying to muscle in. Once they have settled, the female is encouraged to loop her abdomen around to interlock with him – forming the ‘love heart’ or ‘wheel’ position (Banded Demoiselle, *above right*). The male removes any sperm that the female has already collected and replaces it with his own. Once parted, the male will keep a watch over the female while she lays her eggs. Amazing behaviour!



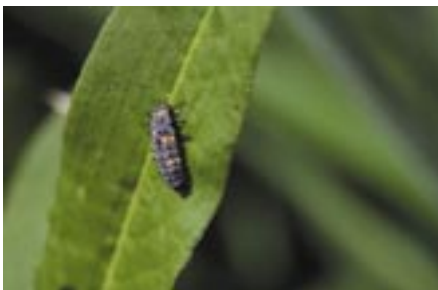
Dead-nettle Leaf Beetle (*above*). Both the adults and larvae feed on the plants, the young feasting on the underside of the leaves and on the seeds.

A closer look at any vegetation during the summer can bring new nature delights. The White Dead-nettle flowers all the way from March to November and is a vital nectar source for bumblebees and moths. However, if you have a closer look on the leaves, you may well come across a shiny, iridescent beetle called the

wildlife notes

It will then find its way down to the soil by September where it will pupate over winter. A real beauty of a beetle.

Last year was exceptional for ladybirds – a mild winter in late 2024/2025, combined with a dry spring and summer caused a glut of aphids on which to feed. The conditions caused the breeding rate to swell or ‘boom’. The 7-spot variety was everywhere around our region and with this, many larvae were also



spotted (above). The larvae can usually be seen during the summer on nettles and weeds, feeding on aphids, so they can be a gardener’s best friend. They apparently look odd (according to my niece). I grant you they look nothing like an adult, having 2–3 rows of spots and more like a woodlouse (or ‘slater’ in these parts). They will eat and eat for about 4 weeks until they shed their skin before starting the pupa stage of life.

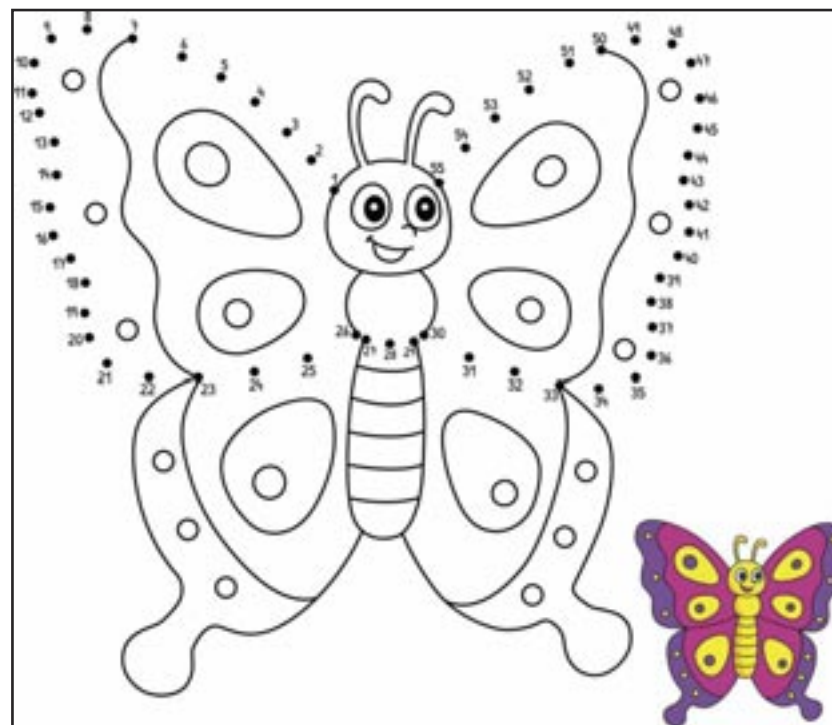
Lastly, if you’re not a spider fan, fast forward to the credits NOW. The summer is a great chance to see spiders and their webs (especially first thing in the morning). Across

our grasslands, a variety of species will be going about their business, none more so than the Wolf spider (above left). They prefer grasslands, gardens and coastal areas and are different to their web cousins, by catching their prey by leaping on it (like a wolf). The females are unique as they carry their egg sacs under their abdomen, and after birth carry the hatched youngsters on their backs. Great parenting!

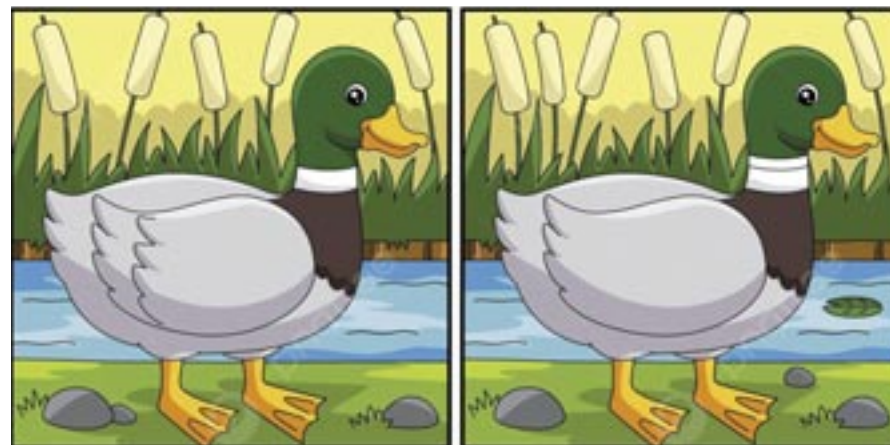
David Lewis, NTS Ranger Team, St. Abb’s Head NNR

Photo Credits – David Lewis

puzzles



Spot 8 differences!



gardening notes

Alpine Plants

These are plants which originally developed in alpine climates, above the tree line and exposed to low temperatures, strong winds and poor soils. Because of this they are very hardy and can withstand not only severe cold but they can also tolerate periods of drought. They encompass a whole range of different types of plants including grasses but are mostly long-living perennial herbs. In the garden they are very useful for rockeries and in containers since they can thrive in stony soils or where water may be a problem. In fact one important thing about alpin



kept damp and need to have very good drainage. Some can even be grown in the cracks and crevices of a stone wall. They are mostly small and compact or form a carpet of growth. Generally they have a deep rooting system and are evergreen.

Many alpine plants produce very showy, bright flowers to encourage pollinators in areas where the summer season can be very short. Some are able to flower very early since they form their flowers in the

year before and keep them hidden and protected through the winter ready to appear as soon as the temperature rises enough.

Because the range of plants considered to be alpin



gardening notes

is good. This is why rockeries and containers are such a good place to grow alpin

The garden in June

Now is the perfect time to plant your alpin

Continue planting out summer bedding plants including those in containers and hanging baskets. Make sure all plants have been hardened off but they need planting out now. Plant up an edible hanging basket with trailing tomatoes, herbs or strawberries.

Plant out vegetables raised indoors such as courgettes and pumpkins. Continue sowing salad crops such as lettuce, beetroot and radish and there is still time to sow more beans, peas and squash.

Tie in new shoots of cane fruits such as raspberries but also pull out any shoots which are coming up in the wrong place. Beans and peas need to be tied up to their supports too.

Tomatoes also need supporting. Pinch out the side shoots and keep giving them a regular feed.

Thin pears, plums, peaches and nectarines leaving the apples to be thinned later on. Earth up potatoes and hoe between rows of vegetables to remove annual weeds.

Cut back spring-flowering perennials to encourage another period of growth and support tall perennials with stakes. Take softwood cuttings from geraniums and hydrangeas.

Everything will need regular watering which should be done either in the early morning or the evening to avoid wasting the water.





splash

Splash
it's your space

NATURE FOR WELLBEING GROUP

Make the most of the health-giving properties of the amazing high quality natural environment that we have in & around Eyemouth. Connect with nature in the company of like-minded people.

We will go for a gentle stroll, practice mindfulness and generally spend time in nature in all but the worst weather so please dress accordingly.

Meet in the Masons' Hall at 1.30pm on Wednesdays

N.B. CLOSED IN JULY

Splash
BRUNCH HUB

FOOD!!!

Brunch Hub

Alison and her team look forward to welcoming you to Splash Brunch Hub from 10.30 - 1.30. Open every Thursday at the Community Centre for breakfast rolls, teas, coffees and a lovely selection on home baking, with lunch being served from 11.30.

Keep an eye out for our weekly Specials

Please email susie@eyemouth.org for further information on volunteering opportunities

splash

Splash
Womens Group

Our Women's Group in Eyemouth meets every Tuesday in our new location, **EYEMOUTH HIPPODROME**, 1pm-3pm.

Weekly activities are shaped by the women who attend. New faces are always welcome - drop in anytime or email: susie@eyemouth.org for more information.

£1 Entry

JUNE ACTIVITIES

- 2ND - FLORAL WORKSHOP WITH OCCASIONS FLORIST
- 9TH - PAINT POURING WITH JUDE
- 16TH - ABUNDANT BORDERS VISIT
- 23RD - LET'S EAT BETTER: TRUFFLE MAKING
- 30TH - QUIZ

Splash
Womens Group

July Activities

Our Women's Group in Eyemouth meets every Tuesday in **Eyemouth Hippodrome**, 1pm-3pm.

Weekly activities are shaped by the women who attend. New faces are always welcome - drop in anytime or email: susie@eyemouth.org for more information.

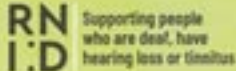
£1 Entry

7th Fabric Pictures with Refused

14th Cookie Jar & Scavenger Hunt

21st Trip to 3 Sisters Zoo

28th - Chill & Chat



GET SUPPORT WITH HEARING LOSS



Visit our free drop-in service - no appointment needed. Our friendly volunteers can support you with:

Information on hearing loss and tinnitus

How to do a hearing check

Hearing aids, including basic repairs and maintenance of NHS hearing aids

How to access support and services in your area



From June 2026, we are moving to:
Eyemouth Community Centre
Time: 10am – 12pm
Third Friday of each month

Call: 0808 808 0123
Email: contact@rnid.org.uk
SMS/text: 07360 268988

rnid.org.uk/NearYou

book news

Library opening times:

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

Blood Orange by Harriet Tyce

If you are a fan of the BBC TV show ‘Traitors’ you may remember Harriet in the latest series! She was good at sniffing out traitors but unfortunately did not win! Harriet was a criminal barrister before becoming a writer and she shares that knowledge in her first book *Blood Orange*.

“Alison has it all. A doting husband, adorable daughter, and a career on the rise – she’s just been given her first murder case to defend. But all is never as it seems...

Just one more night. Then I’ll end it.

Alison drinks too much. She’s neglecting her family. And she’s having an affair with a colleague whose taste for pushing boundaries may be more than she can handle.

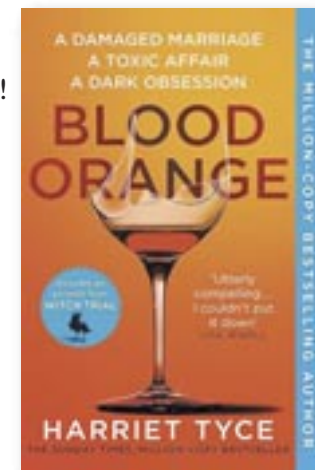
I did it. I killed him. I should be locked up.

Alison’s client doesn’t deny that she stabbed her husband – she wants to plead guilty. And yet something about her story is deeply amiss. Saving this woman may be the first step to Alison saving herself.

I’m watching you. I know what you’re doing.

But someone knows Alison’s secrets. Someone who wants to make her pay for what she’s done, and who won’t stop until she’s lost everything....”

Available at Eyemouth Library



Library News

Please Note the Hearing Aid Clinic Will Move From the Library to the Community Centre in June. From June it will be held at the Eyemouth Community Centre and still on the third Friday of the month 10am – 12pm. The next clinic will be there on Friday 19th June.

Walking Bookgroup on Tuesday 9th June at 2pm

Drop in Lego on Fridays 12th and 26th June 2–4pm

history

Eyemouth's Second Fort

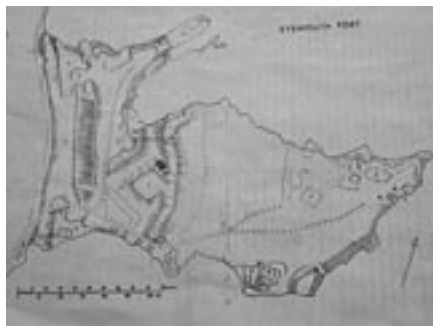
Eyemouth's first fort 1547–1551 lasted for the duration of 'The Rough Wooing' but wasn't destroyed, as it should have been, under the terms of the Treaty of Norham.

Young Mary, Queen of Scots married the French heir, Francis, in 1558, strengthening the Auld Alliance with France. Eyemouth's second fort was built in 1557 when Mary of Guise, Queen Mary's mother, was Regent of Scotland. Mary of Guise found the role difficult and relied upon her French relatives to support her in a time of political and religious upheaval. The Frenchmen who were appointed to government positions took Scotland's defence strategy seriously. They believed in strong frontiers against the English and began modernising Scotland's fortifications, including those at Eyemouth.

With the outbreak of war in 1557 between, on the one side, France and Scotland, and on the other side, England and Spain, work on Eyemouth fort started in earnest and continued for two years. Accounts of food, weapons and building materials still exist. Eyemouth fort became an artillery depot so that Scottish invasions into England could be more easily supported. Now a place of strength, Eyemouth fort would also keep the English contained in Berwick, and would defend Scotland's eastern border.

The French rebuilt much of the original fort but made it stronger. They expanded it to the west with a deeper ditch, added new buildings and higher earthen walls to better absorb the impact of heavy ordnance. This fort may have even absorbed the Corn Fort, the small headland to the north of the main fort. The French built two Trace Italienne bastions, one at each end of the curtain wall (*opposite*) and placed cannons on King's Mount.

Queen Mary Tudor of England, and Elizabeth, the sister who succeeded her in 1558, were anxious about Eyemouth's fort. They saw it as a threat to



history



Berwick, whose defences were in a poor state. First Mary and then Elizabeth ordered Berwick's defences to be improved at great cost. It is difficult for us today to look at the remains of Eyemouth's second fort and to imagine how impressive it must have been. But we know it was responsible for the building of Berwick's massive Elizabethan Walls which are now the best examples of Trace Italienne bastions in Europe.

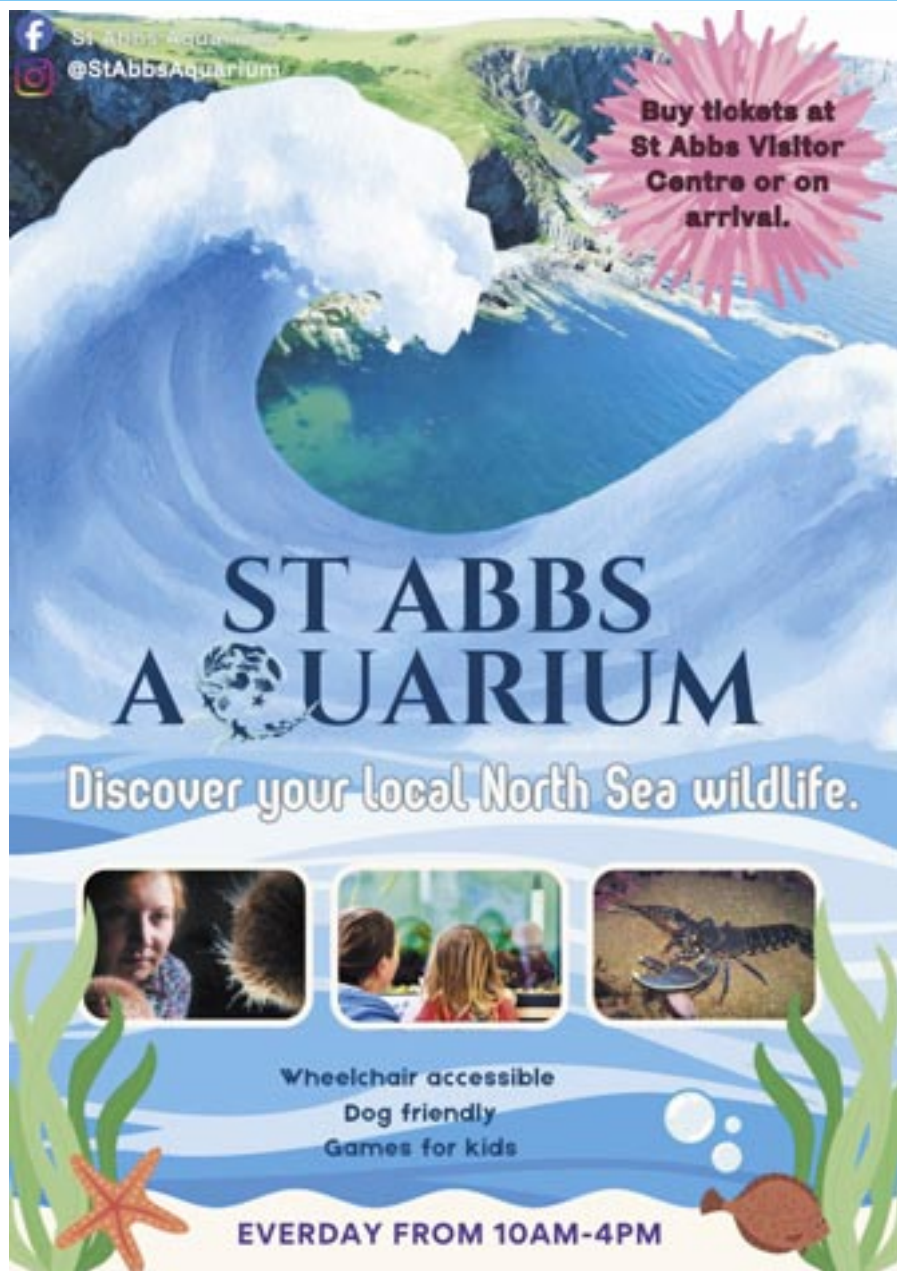
In 1559, in the peace treaty of Cateau Cambresis, Eyemouth featured prominently. The English demanded that Eyemouth's fort be demolished within sixty days of the treaty being signed. This time it was levelled to the ground leaving only grassy mounds and stone-filled ditches.

By the 18th century the remains of the forts were still visible but stone from the curtain wall was used to build the first two piers that protected Eyemouth's harbour. Much later a look-out coastguard station was built on the 'Fort Point' but the headland was used for walking, cricket, golf, sports days and dumping the town's rubbish – until coastal erosion put the site in jeopardy! On a sadder note, unidentified body parts of fishermen lost in the Disaster of 1881 were quietly buried here.

It is thanks to the dedicated research of Dr David Caldwell of St Andrews University, Dr M.N. Merriman of Lancaster University, St Andrews Open Virtual Worlds project and the SCAPE Trust that we know so much about Eyemouth's two forts.

Fay Waddell

st abbs aquarium



st abbs aquarium

St Abbs Aquarium

Born from a passion to inspire people to experience the marine wildlife of the North Sea, St Abbs Aquarium's mission is to make our local underwater world accessible to everyone.

Since 2010, St Abbs Marine Station has operated as an independent research facility, working behind the scenes on research, education and conservation. Now, we've been able to open our doors to the public, with the creation of St Abbs



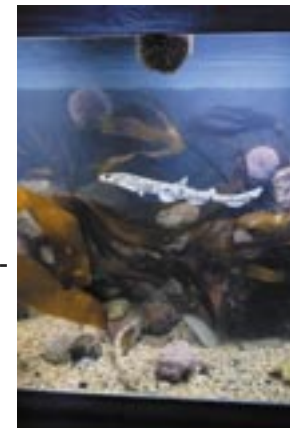
Aquarium thanks to generous financial support from Scottish Borders Council, through the Coastal Communities Fund 2025/2026 for the Sea Our Underwater World: Public Aquarium Project.

Over recent months, our staff and volunteers have transformed our building from a simple research mesocosm into a series of eight beautifully curated tanks, each showcasing a different habitat found in and around St Abbs.

From lobsters and limpets to corals, crabs and catsharks: we have an incredible display of species that call the local coastline home.

Not only do you get to dive in to experience the incredible marine wildlife of the North Sea, but every ticket sale directly supports our active scientific research, conservation efforts and education programmes.

Explore, learn and make a difference with every visit, we can't wait to 'sea' you here!



Teen Talks Summer Fun Guide

Safe activities for a vibrant summer

Beach Vibes, Safe Tides

Swimming: Cool off with a dip! Always swim where there are lifeguards and never swim alone. Stay within designated areas and be aware of currents.

Beach Games: Get your game on! Volleyball, frisbee, or even building sandcastles – fun in the sun is always a win. Remember to stay hydrated and wear sunscreen!

Relaxing: Sometimes, the best thing to do is chill. Grab a book, listen to music, or just soak up the sun. Don't forget your sunglasses and a big beach towel!

Sun Safety: Keep it safe teens! Always wear sunscreen, even on cloudy days. Reapply every two hours, especially after swimming. Seek shade during peak sun hours (10 AM - 4 PM) to avoid sunburn.

Hydration Station: Drink plenty of water throughout the day. Dehydration can sneak up on you, so keep a water bottle handy and refill often.

Stay Aware: Pay attention to beach flags and posted warnings. These are there to keep you safe from potential hazards. When in doubt, ask a lifeguard!

Friends

Pizza Nights: Nothing beats a classic pizza night with your squad. Order in, make your own, and share some laughs.

Movie Marathon: Pick a theme, grab some snacks, and settle in for a movie marathon. Don't forget the popcorn!

Karaoke Time: Belt out your favorite tunes with your friends. It doesn't matter if you're a pro or not – it's all about having fun.

Game On: Video games, board games, card games – the possibilities are endless. Host a game night and let the competition begin!

Creative Collabs: Get crafty! Try painting, drawing, or even making friendship bracelets. Express your creativity together.

Deep Talks: Sometimes, all you need is a heart-to-heart with your friends. Share your thoughts, listen, and support each other.

Explore & Volunteer

Fox Lake Adventures: Discover the beauty of Fox Lake! Hiking, biking, and picnics – there's so much to explore. Remember to stay on marked trails and respect nature.

Splash Floral Workshops: Unleash your inner artist at floral workshops with Splash. Learn new skills, meet new people, and create something beautiful.

Kirk Square Fair Volunteering: Give back to your community by volunteering at the Kirk Square Fair. Help out with games, activities, or food stalls. It's a great way to make a difference.

Walk This Way: Enjoy summer with daily walks. Walking is a great way to clear your head, boost your mood, and stay active. Invite a friend or listen to your favorite podcast.



Wrap-Up: Your Summer, Your Way

Summer is your time to shine! Stay safe, have fun, and make memories that will last a lifetime. Whether you're hitting the beach, hanging with friends, or exploring your community, make the most of every moment. Stay awesome, teens!

abi & kathy



If your Dog Does a Poo Put it in a Bin. The Poo Not the Dog !

Abi and Kathy have met up in a café with mugs of coffee.

Abi: Sorry I'm a bit late, had to try and find somewhere to go and wipe my shoes.

Kathy: Did you come along the beach today and misjudge the tide?

Abi: No, I was rushing to come and meet you and stepped in a pile of dog poop. Didn't see it. Should have! It was obviously left by a donkey not a dog!

Kathy: There is so much of it at the moment. I have heard people blaming the tourists who don't pick up but actually think it's more likely to be locals. It doesn't take much to pick up after your dog.

Abi: I know, we pick up after ours and laugh as some days it's a two-handed pick-up! Someone last week let their dog poop right outside our door. Disgusting. I know it's not the dogs fault as when you have to go you have to go. But really!

Kathy: Shame there's no dog warden. When we had our first dog we had to get a dog licence. Maybe they should bring that back.

Abi: Yes I remember those. There should be more fines to stop it.

Kathy: I saw something on facetube. It said if your dog does a poo, put it in the bin. There was this cute puppy in a bin with sad eyes. Obviously, it was ok and they did it for a laugh, but it made its point.

Abi: Simple, if your dog does a poop put the poop into the bin, there are enough bins round town to do that.

Kathy: Really hope the mess can be reduced as we are coming into the summer season and it makes the town look dreadful especially the Bantry.

Abi: Hope so too. We do need the tourists and hopefully no one else's shoes need to be ruined. Just thankful they weren't crocs I was wearing !

At that they both had visions of poop seeping through the holes in a croc and burst out laughing.





eyemouth rotary

eyemouth rotary

Rotary Ramblings

Rotary was founded in Chicago in February 1905, and by 1913 the National Association of Rotary Clubs (USA & Winnipeg) had spread its wings across the Atlantic to London, Glasgow, Edinburgh, Manchester, Liverpool, Belfast and Dublin. This extended group then became the International Association of Rotary Clubs. In order to simplify and merge systems across the international group, given that their audited accounts had to be presented to members at the Conventions in August, the executive took the decision to operate the Rotary year, effectively the financial year, from 1st July to 30th June. That is the case to this day.

That's really a very quick summary of the rationale behind the Rotary year across the world including Eyemouth. This means that June is very much a time for review and planning. We review what we have achieved against our objectives in specific areas of focus: promoting peace, fighting disease, providing clean water, maternal & child health, education & literacy, growing local economies and supporting the environment.

There are over 1.2 million Rotarians in 45,000 groups in over 200 countries across the world. For comparison, Rotary operates in almost double the number of countries that MacDonalds have restaurants in.

I wanted to highlight that information, especially on scale, in order to emphasise that whilst you probably know Rotary Eyemouth – from our litter picks, our work supporting activities in the schools like Greenpower, Young Artist (last months issue), the Technology tournament, Challenge Enterprise, helping steward at festivals and remembrance Sunday – there is a great deal of other work going on which impacts across the world, often thanks to your support of the Sportive or our Coffee mornings.

Therefore, as usual, this June sees a staggering amount of work in revision and planning taking place across those 200 countries and 45,000



groups to lay the plans for the Rotary year 2026/27.

Should you wish to learn more about becoming involved in this vibrant, local but international organisation, please feel free to email me at

jim.hettrick@btconnect.com, PM us though our Rotary Club of Eyemouth Facebook Page, or take a look at our website.



Jim Hettrick

John Lamont MP

Member of Parliament for Berwickshire, Roxburgh and Selkirk

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Working hard for the Borders, all year round

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



the ayton show

The Ayton & District Show

This village show has taken place every year since 1881, except for a couple of years during Covid, and since being run by the newly formed Ayton Gardening Society it has gone from strength to strength.



The show will be held in the Ayton primary school again this year on Saturday September 5th. There are classes for everyone including bakers, jam makers, artists, photographers, gardeners, flower arrangers, crafters and even beekeepers! Several separate classes are laid on for children. The atmosphere is incredibly friendly and inclusive but one or two folk

are mildly competitive! First place in the lemon drizzle class is always hotly contested...

If you fancy entering some baking for the first time but are not confident of your own recipe, there is always one class where the recipe is given and to be followed by everyone.



Out on the playing field there will be stalls with activities for children of all ages, craft demonstrators, items for sale and local groups showcasing their activities. There will also be another fabulous display of vintage cars for the petrol heads amongst us.

Teas are laid on in the adjacent Bowling Club and the Norham Brass Band will be playing all afternoon.

To join in our fun little show, do point your mobile phone's camera at the QR code below and it will take you to the website where you can download a schedule and entry form. Or pick up a paper copy in the Ayton village shop. Either way you can see what classes are available and get planning in plenty of time. See you there!!



eyemouth herring queen



82nd Eyemouth Herring Queen Festival

Saturday 25th July to Sunday 2nd August 2026

EHQ Elect

Miss Lily Pringle

Charity No. SC043450



eyemouth museum

Housed in the Auld Kirk in Manse Road, Eyemouth Museum brings together the social, fishing and farming heritage of Eyemouth and its surrounds.

An exciting new exhibit to the museum this year is the wax model of the 'Widows and Bairns' sculpture, located on the sea front. Sculptor Jill Watson explains below the reasons for the wax model being created and what it represents.

"The wax model was a working model for the design of the Eyemouth memorial 'Widows and Bairns'. After extensive research into the families left in Eyemouth after the fishing disaster of 1881, the final number of widows and children to be represented on the memorial was decided. This number of figures was arranged along the top of the model to work out the dimensions of the final sculpture. A working model for a commissioned sculpture is a good way of showing the client in 3D form what the sculptor is proposing.

"In this model the wax-covered base represents the harbour wall. The base has a narrow top to represent danger and being on the edge between life and death, as were the husbands, fathers or sons of the women and children.

"The figures on the top of the wall are the widows and children arranged in a three-day timeline, starting at the right-hand side as you face the display case housing the wax model (for the bronze memorial as you stand with your back to

the sea). Each figure on the memorial represents a real person with a name and age. The families are arranged above the name of the boat to which they were connected. The boat names are cast into the bronze harbour wall of the memorial but are not on the wax model.

"The story begins with women watching in horror as the *Harmony* and the *Radiant* fishing boats are smashed on the rocks near the harbour mouth, close enough for their families to see and hear them. The gestures of the widows and children are very dramatic as, if not shown this way,



eyemouth museum

they could be interpreted as women looking out to sea on a normal day waiting for their men to return.

"After this come families searching the horizon for their boats returning. The long composition of waiting figures is broken by a gap with a wave crashing over them. This gives a breathing space to the composition and indicates how rough the sea was. Next come women despairing, praying and singing hymns. Then comes resignation.

"The exact position of the figures varies a little between the wax model and the finished bronze memorial as more information came to light. At the very end of the sculpture, to finish the tragic composition on a note of hope, a teenage girl leads her distraught mother and younger siblings off into the future and hope."

The wax model is an incredible work in its own right and is one of the 'must-see' displays in the museum. Later in the year people whose ancestors are represented in the memorial/model, will be able to identify which figures represent them from Jill's working drawings which will be on display.

'Dissent, Disagreement and Disease in 19th Century Eyemouth' (see poster on following page) is the museum's fascinating 2026 exhibition which sets out to show that many features still visible in the landscape of Eyemouth today are the legacy of events which took place in the 19th century. The exhibition focuses on five significant social movements that contributed to that legacy: the growth of dissenting religious congregations; an acrimonious dispute about fishing tithes; a devastating cholera outbreak in 1849; an unexpected evangelical revival in 1859/60; and changing attitudes which prompted a temperance movement. We look forward to seeing you!

We'd love new volunteers to help us in the museum. If you are interested, please contact us at enquiries@eyemouthmuseum.co.uk.

Lynne Dougall



eyemouth museum

poem

Dissent, Disagreement and Disease in 19th Century Eyemouth:

the impact on the town of population growth and changing social
and religious attitudes.



Eyemouth Museum

3rd April—31st October 2026

Open Monday - Sunday 11am - 4pm

Museum admission charges apply



We'll Gather Seashells from the Seashore

We sat sea staring, not wanting to go.
The all-embracing tidal flow
Slapped the cracked muddy creeks
Scrubbing their crabby cheeks
Under the blind portholed gaze
Of wind bobbed boats, all ablaze
With the day's last bloodied light
As the dying sun drowned in the night.



We'll gather seashells from Eyemouth's sandy shore



Tangled white yachts, moored in rope knitting,
Groaned their varnished decks, rattled their rigging,
Wanting away from others' proximity,
Trying to assert their marine femininity.
Dora, Flora and Mistress Penelope,
Longing to be freed from their chains on the Quay;
To be bathed, held and caressed
By the sea's foam-fingered crests.

And we'll lie among seashells on Eyemouth's sandy shore

But we are like lovers, harbour-promenading,
Who slow their shuffling steps, to delay a parting,
Hoping the last lingered kiss won't come.
This town with its plastic flotsam and jetsam,
Its cans and bottles and tattooed bums,
Battered straw hats and tyre-bellied mums
Anchors with memories of cuddles and smiles
On talk-walked beaches for steep-cliffed miles,
Holding seashell from Eyemouth's sandy shore.



Arthur Parsons
Coldstream poet

what's on

GUNSGREEN GATHERINGS
Summer 2026
Gungreen House, Eyemouth

Wednesday 24th June 2026 6.30-8.30pm
Sip & Paint, Ink & Water Colour Workshop
with Peggy Series
£40 with complementary french wine

Wednesday 15th July 2026 6.30-8.30pm
Sea Glass/Pebble Workshop
£15pp with complementary refreshments

Tuesday 28th July 2026 11-3pm
EHQ Open Day
Tea room, guest house and EHQ exhibition
Free entry/tea room donations to EHQ&GGHT

Saturday 29th August 12-5pm
Lifeboats **RNLI 150Years Gala Day**
Tea room, Gungreen Guest House and RNLI exhibition
Free entry/tea room donations to Eyemouth RNLI&GGHT

To book visit our website www.gungreenhouse.org or scan the QR code
keep an eye out for our next programme in Eyemouth Living/posters around town/social media/website

EYEMOUTH HOLIDAY CLUB

Wonder Zone
Discovering God's wonderful world

10am – 12.30 everyday

Book
Online:

For new p1-s1 pupils

DATES
10TH – 14TH AUGUST

LOCATION
EYEMOUTH PARISH CHURCH

⇒ ALL WELCOME! ⇐

Songs, games, Bible stories, crafts, snack
Entry only £2 a day!
<https://form.jotform.com/261202452163344>

Find us on Facebook **@EyemouthParish Church**

SU Scotland

EPC
Eyemouth Parish Church

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get creative

Over the next few months, on our new Get Creative page, Kay Barnes will be offering tips and advice and exploring some of the ways that we can all get creative.

In 2018 the BBC Arts Great British Creativity Test – in partnership with UCL – explored for the first time how creative activities can help us manage our mood and boost wellbeing. Many of us lead increasingly busy lives and cope with the stresses and strains of modern living. This research revealed that even a small amount of time spent on creative pursuits can really make a difference to our sense of wellbeing. Their research revealed that we can use creativity as a coping mechanism to help control our emotions. They discovered that creativity can be used as:

- **A distraction tool** – using creativity to avoid stress
- **A contemplation tool** – using creativity to give us the mind space to reassess problems in our lives and make plans
- **A means of self-development** to face challenges by building up self-esteem and confidence

Trying new creative activities is particularly good for our emotions and wellbeing. The research found that getting hands-on with something new and creative is important regardless of skill level, it is the taking part that counts. Joining a class or workshop can provide structure, social interaction and friendship.

There is no right or wrong way to add creativity to your life so long as you're using your imagination and taking time out for yourself. Here are a few ideas to get you started:



Painting, drawing, and art classes

Painting is particularly mindful and can have a significant benefit for mental health. If traditional art doesn't interest you, other artistic techniques such as collages, felting, scrapbooking, and even doodling have the same benefits to your mental wellbeing.

get creative

Journaling and creative writing

Journaling about our day, our thoughts, our fears, and our emotions can help us to process things that are bothering us. Other writing techniques include poetry, writing a memoir, and even keeping a daily gratitude journal can have similar benefits to your mental health.

Pottery and ceramics

There's something special about creating something unique with your own hands, and the process itself is both meditative and mindful.

Gardening, flower arranging, and vegetable growing

Gardening, growing your own vegetables, and even flower arranging are all mindful activities and can bring the calming peace of nature to our busy lives, as well as the satisfaction of tending to something natural.

Music and singing

Even if you don't consider yourself musical, learning a new instrument or joining a choir can support your mental wellbeing, and channel emotional expression. Singing and listening to music raises levels of oxytocin, the hormone responsible for feelings of love and social bonding.



Cooking

Cooking fresh food is not only good for your physical health but it can be good for your mental health too. The act of cooking can help you relax and put you in a good mood and the sharing of food can have social and emotional benefits.

Needlecraft

Needlework – encompassing crafts such as knitting, crocheting, embroidery, cross-stitching, and sewing – offers a unique blend of therapeutic benefits and creative outlets. The repetitive motions involved in stitching or knitting have a meditative quality, which helps calm the nervous system.

WATER IS UNPREDICTABLE!

4 THINGS YOU NEED TO KNOW:

STOP AND THINK –
what dangers can you see?

*Don't be caught out on
your own – **STAY TOGETHER***

*If you fall in, stay calm and
FLOAT to live*

*Someone in trouble?
CALL 999 OR 112 and tell them that
someone's in trouble in the water*

BE SAFE AND HAVE FUN

The RNLI is the charity that saves lives at sea.
Read more about the charity on our website: www.rnli.org.uk
RNLI is a registered charity. Registered office: 100, Victoria Road, Margate, Kent, TN26 1RN.