

FREE

eyemouthliving

Your local community magazine

November 2025



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

Welcome to our November issue of *Eyemouth Living*. November is the month that many people will mostly associate with remembering, whether it's Remembrance Sunday, or "remember, remember the fifth of November," we tend to become a little introspective at this time of year.

We can no longer deny that winter is here – despite the clear blue skies some days, the nights are getting darker and Christmas approaches with the need to get planning for all that that entails.

In this month's issue we have lots of interesting articles around the history of those two major events in our public memory, the end of the two World Wars and Guy Fawkes and his attempt to blow up parliament.

But there's also much in this issue that is forward looking, whether it's the Harbour Masterplan, getting involved in the Coldingham Brave Bayers, Rotary, u3a, Sea the Change or one of the many projects run by the Development Trust.

I hope you get a chance to enjoy some cozy moments in this colder season too – maybe while enjoying a read of this magazine.

If you are able, it would be great to see folk at the Remembrance Sunday service on 9th November, organised by the Royal British Legion (Scotland) at the Parish Church, at 2.30pm, followed by a parade down to the memorial on the High Street for a short act of remembrance at around 3.10pm.

Andy Hadow
Eyemouth Development Trust



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Eighth page (landscape size)	£10.00

Community and volunteer groups are promoted free of charge.
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coldingham brave bayers

Autumn Reflections: A Year of Firsts for Coldingham Brave Bayers

As the golden light of autumn softens the horizon and the days draw in, we find ourselves reflecting on an extraordinary year for Coldingham Brave Bayers: a year of firsts, growth, and community. What began as a shared love of wild swimming has evolved into something much greater: a movement that connects people, nature, and wellbeing along Scotland's wild and beautiful coast. This year saw the launch of www.wildandfreezing.co.uk, our first official website – a hub for swimmers, volunteers, and newcomers alike.

We hosted our first Water Safety Day at the Bay, working alongside RNLI Lifeguards Scotland, St Abbs Independent Lifeboat, HM Coastguard, Police Scotland, RNLI Eyemouth, and the Scottish Borders Council. This collaborative event brought together organisations and locals to share vital knowledge about staying safe around our coastline.

Our swimmers had their own milestones too. Several completed their first long-distance swims at Lake Windermere and St Mary's Loch. Closer to home, others explored, snorkelling and swimming around St Abbs Head. Group trips to the Kessock and Fife tidal pools showcased Scotland's stunning wild waters, and our members continued to explore the hidden waterways and coastlines of the Scottish Borders. We also received our first mobile Automated External Defibrillator from STA (Swimming Teachers Association) to support our swimmers in remote locations.

Beyond adventure, we've deepened our commitment to environmental stewardship. Through partnerships with Earth Watch, Berwickshire Marine Reserve and Sea the Change, we've taken part in conservation projects such as water testing, beach cleans and citizen science.

At the heart of what we do is inclusion and wellbeing. Our Second Wave Swims and Swim for Inclusion programmes ensure that wild swimming remains accessible to all. This year, 21 people received funding from Scottish Government's wellbeing



coldingham brave bayers

fund Wild Swimming for Wellbeing programme, each finding confidence, resilience, and joy through connection with the cold.

Of course, it's not all about endurance and icy plunges. Our fish and chip nights have brought laughter, warmth, and friendship to the shoreline, proof that community is just as much about what happens after the swim as during it.

As the season closes, we're rounding off an incredible year with national recognition: our involvement in BBC Scotland's "Wild Swimming with Jules and Greg", and an invitation to Princess Catherine's Christmas Carols at Westminster Abbey, an unforgettable honour for our small but mighty community. We are so proud of our members, volunteers, and supporters who make Coldingham Brave Bayers possible. Every early-morning dip, every nervous first plunge, and every shared flask of tea has helped shape this thriving group.

Looking Ahead: Swimming Safely Into the Season

Now, as the waters become colder, our focus turns once again to safety and education. We're proud to have recently joined in partnership with Water Safety Scotland, reinforcing our commitment to promoting the Water Safety Code and ensuring that everyone can enjoy Scotland's waters safely and responsibly.

For us, wild swimming has never just been about the thrill of the cold – it's about belonging: to the tides, to the landscape, and to one another. Every swimmer contributes to something bigger, a shared understanding of what it means to be brave, mindful, and alive in the water. As autumn deepens into winter, we'll keep gathering at the bay, watching the sunrise break over the waves, and reminding ourselves that courage doesn't always mean pushing harder. Sometimes, it simply means showing up, breathing deeply, and taking the plunge together.

Get in touch: coldinghambravebayers@gmail.com.

Calendar of events available at www.wildandfreezing.co.uk.

Instagram: @bravebayers. Facebook: Coldingham Brave Bayers Group.



wildlife notes

“Look deep into nature, and then you will understand everything better”.

Albert Einstein

With Autumn in full swing, November is a wonderful time to enjoy wildlife at its finest. From the sounds of skeins of pink footed geese and wedges of whooper swans flying overhead, to the crying of newborn grey seals on our coastal shores, there is wildlife aplenty to be found around our region. It is also a time of preparation for some of our wildlife, with hibernation drawing closer and the threat of food shortages in the winter months ahead.



What is hibernation?

This is where some of UK wildlife enters a state of almost total inactivity during the autumn and winter. They find a suitable location and lower their heart rate to a fraction of the normal level and reduce their body temperature. Their metabolism is also reduced so that vital nutrients are not wasted throughout the winter. As we all know, our winters are becoming warmer and wetter and so there is a chance that the hibernating creature will wake up for short periods – this will only be to take on further food supplies if required.



So, which of our wildlife hibernate?

In the UK, there are only 3 groups of mammals that truly hibernate; bats, hedgehogs and dormice. Others, such as badgers, will enter a mini hibernation, known as a ‘state of torpor’ which enables them to reduce energy requirements during the coldest periods. They will stay in their setts during this time and venture out when conditions are warmer.

Hedgehogs:

During October and November, the race is on to get as much food inside themselves as possible before hibernating. They need to weigh between 500–700g to have the optimum level for survival during this shutdown

period. Once the average temperature drops to around 5C overnight, they will make their way to a favoured place, usually under piles of leaves, decking or even garden sheds. They will use leaves and twigs to create a perfect spot. Unfortunately, hedgehogs do become the victims of garden fires during bonfire season so it’s always good practice to build your fires from scratch to avoid disturbing existing vegetation piles.

Foxes:

They don’t hibernate – in fact the winter months are when things get very active in their community as cubs start to disperse from the family group and find their own territory before their breeding season commences. There will be a lot of barking so listen out at dusk and dawn for the yelping males. They also develop a thicker coat of fur to help during those colder periods.



Other mammals:

You might think the smaller mammals would be hibernating (dormice apart), but their strategy is slightly different, building up larders to use in between states of torpor and to see them through the winter months. Squirrels, voles (left) and mice will be busy making use of the autumn bounty, by putting on weight for the lean times ahead.



Reptiles and amphibians:

There is still time in November for reptiles to take in the last of the sun’s heat and those warmer days will see a few lizards basking in sunny sheltered spots. As for frogs, toads and newts, they tend to move away from the water environment, choosing to spend the winter under logs, rock piles and leaf litter. If you’ve got an area in your garden where you can provide this sort of habitat, it really helps your local amphibians and invertebrates.

Eyemouth at War
1939

When Britain declared war on Germany at 11am on Sunday 3 September many Eyemouth residents would have been at Church or at home hearing the news on the BBC Home Service. Men rushed to enlist and, with the real threat of invasion, beach bans were introduced, signposts were removed, and weather forecasts were censored. Petrol was the first commodity to be rationed. Edinburgh children and their mothers were ‘billeted’ with Eyemouth families and the ‘roll’ at the High School rose to over 630 pupils.

1940

January – Four Eyemouth fishing boats (*Milky Way*, *Maisie*, *Maggie Jane* and *Ravenscraig*) were attacked by enemy aircraft. One skipper was heard to say “We were driven in, but we’ll be out again tomorrow – but not in the same place”! The Eyemouth Lifeboat was involved in the rescue of men from the Norwegian ship *Tempo*.

February – the ARP Centre assumed the appearance of a ‘children’s creche’ with prams blocking the pavement. The reason? – the issue of anti-gas helmets to children under school age. In June Alexander Collin of Harbour Road was injured when a mine exploded on the foreshore.

September – at the height of the ‘Battle of Britain’ four ‘downed’ German airmen were picked up by the fishing boat *Pursuit* and taken to the Police Station.

October – an exhibition of weapons from a captured German seaplane raised £5.1s.6d for the ‘Spitfire Fund’.

1941

March – the fishing boats *Village Belle* and *The Director* were attacked with bombs and machine gun fire. Members of the crew escaped injury and are reported as ‘carrying on with their fishing’

July (and throughout the War) – there was some relief on the Home Front, the ‘Swing Trio’ performed at the Town Hall. Music was provided by the bands of Bert Smith and



Peter Lough, raising funds for the Home Guard.

November – Remembrance Sunday was observed and the Home Guard paraded to St John’s Church and then laid wreaths on the War Memorial.

1942

In a bitter blow, especially for the young, ice cream making was banned as it required sugar and milk.

March – high drama outside the ‘Rialto’ café when an Eyemouth fisherman was accused of threatening to use a machine gun to gain access!

July – the Town Clerk gave notice of a meeting of the ‘Invasion Committee’ to address ‘If the Nazi’s Come’.

November – for the first time since the invasion threat, Church bells rang out to celebrate the victory in North Africa and Churchill’s ‘end of the beginning’ speech. Bells were also allowed on Christmas Day.

1943

The threat of invasion had passed, and beach bans were lifted. However, coal rationing was introduced.

1944

June – signposts were re-erected

October – the censorship of weather forecasts (one of the most closely guarded secrets of the War!) was relaxed.

1945

March – the Lifeboat was launched to rescue the aircrew from a ‘Beau-fighter’ aircraft that had crashed into the sea.

8th May at 3pm – the Prime Minister announced the end of the War in Europe and the King broadcast to the nation at 9pm. A two-day public holiday was declared. Unlike in London, it was reported that, locally, there was not great jubilation. The War in the Far East ended on 15 August.

On Sunday 9th November a service will be held at the Parish Church, 2.30–3.10pm, followed by a parade down to the memorial on the High street for a short act of remembrance.



Plastic in the Garden

Plastic is a wonderful material. It is flexible, can be moulded to any shape and does not conduct electricity. It also lasts for a very long time, taking up to thousands of years to decompose. Instead of breaking down into elements which can be built up again, as paper can be broken down by bacteria to carbon, oxygen and hydrogen, most plastics cannot be biodegraded and just break down into smaller pieces called microplastics. Some plastics can be recycled now but eventually all this plastic is floating around in the soil or in the sea... or inside animals like us!

So think about whether there is an alternative. Particularly in the garden where most of us have a stack of plastic plant pots. There are many biodegradable pots available now including some made of wool. Or you can make your own from old paper.

Labels and supports are often plastic and wooden lollipop sticks and wooden rods can do the job just as well. For netting and string buy jute or veggie mesh which can be used as fleece to keep insects off. It's not hard to find a replacement and well worth the extra bit of effort. Don't forget that garden ornaments and furniture are often plastic but biodegradable materials are available.

At this time of year many people are starting to decorate their gardens, firstly for Halloween and then for Christmas. Every year there are more



and more amazing decorations and it's so tempting to treat yourself to something special. But we need to think about the effect this might have on our environment. Giant spiders' webs draped over bushes are good fun but they can trap small birds and can get caught on their feet.

And are your tea bags biodegradable?

What to do in the garden in November

Tidying up is really important now, especially your tubs and containers. Some will need to be moved indoors to protect the plants whereas others need a protective coat before we get any frost. Hessian or biodegradable fleece looks a lot nicer than bubble wrap. Lifting containers up slightly onto stones is recommended to allow better drainage and don't leave containers on their saucers from the summer. Putting containers together in a group will also help prevent frost damage.



November is still warm enough for you to continue to plant spring flowering bulbs, as well as bare rooted trees and shrubs. This includes hedging plants, currants and raspberries. Tubers such as dahlias, gladioli and begonias should be lifted and stored over the winter.

This is the time to divide perennials and this includes your rhubarb. All perennials need tidying up and dead parts cutting back. Mulch should be applied around the roots. Borderline hardy bedding plants will benefit from a protective layer of mulch too.

Tidy up the vegetable patch and prepare the soil for next year. Spread well rotted manure over the surface to rot down over the winter. Whilst working use planks to prevent you getting too muddy and to protect the soil from being compacted. Soils need air to allow the plants to grown properly.

Dig in the compost from your compost bin and plant onions, garlic and shallots in the richer soil. If you didn't use biodegradable tea bags you will find them again as you are digging.

Not only are bulbs able to be planted now but there are plenty of seeds which can be sown too. This makes things easier in the spring and gives the plants a head start. If planted now Sweet Peas will flower earlier than spring-sown Sweet Peas.

Caroline Lathe – Ayton Gardening Society



splash





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

splash



Thursday 11th Dec in Eyemouth Community Centre

Christmas at Splash Brunch Hub

Christmas dinner with all the trimmings

- Trifle
- Coffee, & Mince pies

Booking is essential
Please speak to Alison in the Brunch Hub or email susie@eyemouth.org
£7.50pp booking fee



NOVEMBER ACTIVITIES



4TH NOV LEAF ART



11TH NOV BOOK PARCEL WRAP WITH BHA



18TH NOV WREATH MAKING WITH OCCASIONS



25TH NOV CHRISTMAS COOKIES WITH SABINA



Splash WOMEN'S GROUP

EVERY TUESDAY AT THE MASON'S HALL 1PM - 3PM


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

book news



Library opening times:
Monday 10am–1pm, 2–5pm, Thursday 10am–1pm, Friday 10am–1pm, 2–5pm.

Read now.

Your local library in your pocket.



Thousands of eBooks available to borrow from your local library. Join today.



The Lodgers by Eithne Shortall

An uplifting and heart-warming tale of friendship, community and a mystery package...

One house. Three strangers. A second chance at happiness.

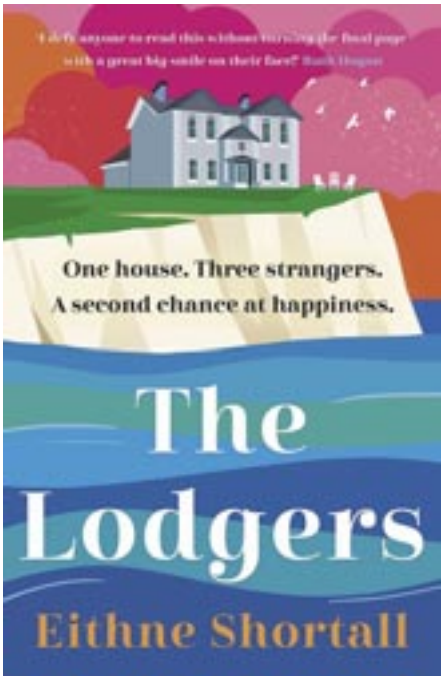
Tessa's life as an activist and volunteer worker takes a hit after a fall. At the ripe young age of 69, she's no longer able to live alone and decides to take in two lodgers for free.

After the recent death of his brother, Conn is riddled with grief and determined to make amends. A free room seems too good to be true – until he meets the other lodger.

Chloe arrives at Tessa's house to deliver a package and leaves with a room. But she takes an instant dislike to Conn, who refuses to say where he disappears to at night.

With everyone so busy keeping their own secrets, the mysterious package is forgotten. It's addressed to Tessa's daughter who's been missing for 10 years – and only the contents have the answer to what happened...

Available at Eyemouth Library.



Library News for November

Bookbug at 10–10.30am every Tuesday.

Lego drop in sessions at 2–4pm every second and fourth Friday, 14th and 28th.

Hearing Aid clinic on Friday 21st November, 10am – 12pm.

Walking book group on Tuesday 11th November, 2–3pm.

Guy Fawkes and the Gunpowder Plot

If it's the 5th November before you read this article, any children you know will be looking forward to bonfires and fireworks. But for some people the origins of this celebration may be hidden in the smoke and flames. So let me explain the history.

In the 16th century there had been lots of religious upheaval. Persecution and enmity between the Protestants and Roman Catholics was causing misery, hatred and fear throughout the land. In 1534 Henry VIII of England broke with the Pope in Rome over Henry's determination to have a son to succeed him. England became Protestant. When his daughter, Mary, became Queen in 1553 she restored the country to Catholicism and Protestants were persecuted. Mary died childless and her sister Elizabeth, a Protestant, became Queen and persecuted Catholics! When Elizabeth died in 1603 her nephew, King James VI of Scotland (*above*), a Protestant, became James I of England, thereby uniting the two Protestant countries. Catholics in England and Scotland were very nervous about what this would mean for them.

A group of Catholics, led by Robert Catesby, became increasingly worried when King James continued to enforce harsh penalties against their religion and decided to take action. Catesby recruited Guy Fawkes, a skilled soldier and a devout Catholic, who had fought alongside Catholic Spain against Protestants in the Netherlands.

Catesby's plan was to blow up the Houses of Parliament during the state opening on 5th November, killing King James, most of the royal family and most of the Protestant aristocracy. In the chaos that followed Catesby's group would capture the King's young daughter, Princess Elizabeth, raise her as a Catholic and restore the country to Catholicism.



The conspirators met at the Duck and Drake Inn in London in May 1604. At first there were only five of them but the group grew to thirteen. Fawkes' military experience meant that he was put in charge of the explosives. By October 1605 the group had managed to rent a cellar directly beneath the House of Lords. Here they rolled in thirty-six barrels of gunpowder and hid them beneath firewood and coal – enough to reduce the building to rubble and kill everyone inside.

They might well have succeeded if an anonymous letter hadn't been sent to a Catholic nobleman Lord Monteagle, warning him to stay away from Parliament on the day of its official opening. Alarmed, Monteagle delivered the letter to the authorities. King James immediately ordered a search of the Parliament buildings. In the early hours of November 5th the guards found Guy Fawkes standing watch. Fawkes remained calm but a thorough search revealed the barrels of gunpowder and he was arrested.

Fawkes was interrogated for days and, under brutal torture that included the rack, he revealed the names of his co-conspirators. Catesby and most of his men had fled. They made a final stand against government troops at Holbeche House in Staffordshire but Catesby was killed by a musket ball.

On January 31st 1606 Fawkes was led to the scaffold at Westminster. Fawkes along with three surviving conspirators faced a traitor's death – hanged, drawn and quartered. Their body parts were later displayed throughout London as a warning of the dangers of treason.

In the centuries that followed, the failed conspiracy became legend and so every November we light bonfires topped with effigies of Guy Fawkes as a reminder of the man who tried to change history with fire, and a nation that survived an explosion that never happened!

"Remember, remember the fifth of November – gunpowder, treason and plot".



Fay Waddell

Eyemouth Aims to Anchor Scotland’s Maritime Future with £250m Harbour Vision

Established to support and enhance Eyemouth’s historic harbour, Eyemouth Harbour Trust (EHT) is dedicated to promoting sustainable growth, securing the harbour’s future, and creating economic opportunities for the region. Eyemouth Harbour is a trust port, managed by a board of trustees. As a trust port, EHT operates on broadly commercial lines, competing with private and local authority ports as well as other trust ports, it is essentially a not-for-profit organisation, meaning that all revenue is ploughed back into its facilities and services. The Trust currently employs seven full-time and three part-time members of staff

Eyemouth is poised for its most significant transformation in more than a century, with ambitious plans to develop a new £250 million deep-water harbour as part of the Eyemouth Harbour Masterplan – positioning the town as a vital hub in the UK’s off-shore wind and marine economy.

Backed by the UK Government’s Shared Prosperity Fund and led by Eyemouth Harbour Trust, the Masterplan sets out a strategic vision for the next 50 years, anchored by the proposed development of a new deep-water harbour facility designed to

“This is about futureproofing the harbour and the town. Eyemouth’s history and culture is born from fishing, but its future must also lie in securing opportunities in renewable energy, marine tourism and innovation to deliver a lasting legacy for future generations. This Masterplan can get us there.

“Eyemouth has been a working harbour for more than 250 years, and with this Masterplan, we’re making sure it stays that way, not just surviving, but thriving. We’ve built this vision from the ground up, based on meaningful engagement with harbour users, local businesses, and the wider community, as well as Scottish Borders Council and South of Scotland Enterprise. Eyemouth is geographically and strategically well placed and now we need the infrastructure to match. This Masterplan will ensure we can play our part in delivering the energy transition, while safeguarding the industries that built this town.”

Christine Bell, Chief Executive of Eyemouth Harbour Trust

serve multiple industries, from offshore wind energy transition and fishing to marine leisure, cruise and cargo. The new infrastructure will comprise 700m of quayside berthing, 10m water depth and two hectares of laydown space. There will also be opportunities to develop mixed-use development land owned by the local authority, potentially for supply chain activities.

The Masterplan, which has been subject to extensive stakeholder engagement and public consultation, marks a turning point for Eyemouth and the harbour, whose first pier was built in 1747 although the natural harbour dated back to the 13th century and had been used for the trade and cargo of its day. It seeks to address operational constraints, such as limited berthing space, shallow water depth, and ageing infrastructure.

“Eyemouth Harbour Trust must be commended for the work that has gone into developing this exciting Masterplan, which seeks to capitalise on various opportunities and builds upon recent investment and regeneration activities.

“Scottish Borders Council will continue to support the Trust to turn this ambitious vision into reality, protect and create employment opportunities and secure public and private sector investment into the town.”

Councillor Scott Hamilton, Scottish Borders Council’s Executive Member for Economic Growth and Developing the Borders

housing, transport infrastructure, skills, and significant opportunities for

“The Eyemouth Harbour Masterplan launch is a key milestone towards delivering a significant transformation of the town’s quayside and I welcome this vision to boost economic growth in the area and help deliver the UK’s clean energy revolution.

“The UK Government is working closely with partners across Scotland, including Eyemouth, to invest around £1.7 billion in local projects as we deliver a decade of national renewal as part of our Plan for Change.”

Ian Murray, Scottish Secretary

The Masterplan is designed to support growth while safeguarding Eyemouth’s fishing heritage, enabling traditional and emerging marine industries, and onshore activities to thrive side by side. It also outlines wider, transformative benefits for the area, including investment in

eyemouth harbour trust

jobs and local supply chains, while helping to protect the coastline from future climate impacts and erosion.

The Harbour's location on Scotland's east coast places it near several key offshore wind developments licensed by Crown Estate Scotland, with the prospect of further developments in English waters. This geographic advantage positions EHT to strongly support long-term supply chain growth and marine energy services on both sides of the border. The Masterplan is designed to ensure the harbour has the infrastructure needed to respond to these opportunities.

If delivered, the Masterplan could generate over £20 million in additional annual Gross Value Added for the local economy, safeguard existing fishing jobs, create sustainable jobs, and unlock many benefits, including tourism, skills development, and local supply chain growth.

Public consultation showed strong local support: 80% rated the harbour expansion as a high or medium priority. Subject to funding, feasibility and regulatory approval, construction could begin later this decade, with the earliest operational date pencilled for 2031.

EHT have secured further funding through UK Government's Community Regeneration Partnership Fund, managed by Scottish Borders Council,

"The Eyemouth Harbour Masterplan offers a massive economic opportunity for Eyemouth and the Scottish Borders. This long-term vision has received significant support from partners including SOSE and Scottish Borders Council, with both organisations recognising what the transformation of the Harbour can achieve, particularly around offshore wind.

"We look forward to continuing to support Eyemouth Harbour Trust's ambitious plans."

Russel Griggs OBE, Chair of South of Scotland Enterprise

to progress the next 12 months of activities, including the early technical feasibility work that will inform design as well as preparing the Outline Business Case. Additionally, scoping for environmental impact assessment will get off the ground.



ITS NOT NOVEMBER WITHOUT ...

& we are bringing something for all!

Thursday 27th November 2025. 4-8pm

Eyemouth's Late Night Shopping

Stalls @ The Hippodrome Swan Court Saltgreens Residential Home

High street businesses open

Santa's Grotto

Kids Tombola & Festive activities @ Masons Hall

Interactive nativity

Special Offers & Discounts

Festive disco!! in Eyemouth's Kirk's Square!

*Free event for all children

Follow us on Facebook for further updates eyemouthlatenightshopping eyemouthlatenight@gmail.com for any queries

#ANDYSMANCLUB

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

ALL OUR GROUPS MEET MONDAY 7PM
in Eyemouth Parish Church Hall
WWW.ANDYSMANCLUB.CO.UK

JOIN THE CONVERSATION
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#ANDYSMANCLUB

#ITSOKAYTOTALK

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

GET THE RIGHT CARE IN THE RIGHT PLACE

NHS SCOTLAND

	NHS inform includes self-help guides for a range of common conditions: NHSinform.scot/self-help-guides If you think you need A&E, but it's not life threatening, call NHS 24 on 111. If you need same day medical attention that cannot wait for your GP Practice to reopen, call NHS 24 on 111.	NHS 24
	<ul style="list-style-type: none">ColdsCold soresSore throatDiarrhoea or constipation <ul style="list-style-type: none">IndigestionAches and painsHelp if you run out of your repeat prescription	Pharmacist
	Contact your GP Practice Call NHS 24 on 111, 24/7, 365 days a year Breathing Space: 0800 83 85 87 Weekdays: Monday - Thursday 6pm to 2am Weekend: Friday 6pm - Monday 6am	Mental Well-being
	<ul style="list-style-type: none">Tooth painSwelling to your mouthInjury to your mouth <ul style="list-style-type: none">Painful or bleeding gumsAdvice on oral hygiene	Dentist
	<ul style="list-style-type: none">Red or sticky eyePain in or around your eye <ul style="list-style-type: none">Blurred or reduced visionFlashes and floaters	Optometrist
	A range of clinicians, including doctors, nurses and sometimes pharmacists and physiotherapists to help you with both mental and physical health issues.	GP Practice
	<ul style="list-style-type: none">Cuts and minor burnsSprains and strainsSuspected broken bones and fractures	Minor Injuries Unit
	<ul style="list-style-type: none">Suspected heart attack or strokeBreathing difficultiesSevere bleeding	A&E or 999

If you are unsure about where to go or who to see, find out at:
[NHSinform.scot/right-care](https://www.nhs.uk/nhsinform/scot/right-care)



Where has Rotary Eyemouth Been This Summer?

It pains me to note that we have been tardy in our information flow this summer. Nary a word from us, since the Eyemouth Living June/July issue, containing the advert for the Eyemouth Sportif (note the French spelling). I hear you call, “Where did you go to my lovelies?” Have you all gone to spend the summer vacation in Juan-les-Pins?

The answer, especially for those readers who are old enough to remember Peter Sarsted is simply, no.

We spent the summer in Hymooth, an equally evocative place, that this year was also Mediterranean in its climate. With parasols and seating on the harbourside for al fresco dining, the harbour full of visiting yachts, paddle boarders on the beach and Monsieur Pookie, as a mobile tourist information source. Why would we want to be anywhere else in the world?

However, before and after the ‘summer vacation’, we were indeed active. A team supported the P5 Countryside-day at Border Union Show-ground in May. The Goblin Racer Challenge for Primary Schools was completed, in partnership with the High School Greenpower Team, The Jim Clark Trust & the Jim Clark Museum. We assisted the Herring Queen Committee with stewards for a range of events over the festival week. We delivered presentations on the Shelterbox and Aquabox charities, to other Rotary groups. We worked with St Abbs Independent Lifeboat, managing car parking for their Gala Day. We supported other Rotary teams from across the Borders, supplying wrist bands to children and



vulnerable adults at the Border Union Show. As a new school term starts we are supporting the High School Greenpower team at East Fortune, helping at Sustainable September and for the next round of the Goblin Racer Challenge.

Phew! Now I’ve got my breath back, I would like to take this opportunity to say a huge thankyou, to everybody that helped to make the 2nd Rotary Eyemouth Sportif, a massive success.

To me, all of the above proves beyond any doubt that people make communities and when people in communities work in harmony and partnership, good things happen.

If you are interested in learning more about Rotary in Eyemouth, PM us on our facebook page or contact us through our website.

Jim Hettrick



abi & kathy



Abi and Kathy Discuss Toilets and Stuff

Abi and Kathy have managed to catch up after a busy summer. It's turned cold suddenly so they are sitting in a café.

Abi: I haven't seen you for a while, it's about time we managed to catch up. How was your summer?

Kathy: I know – life just gets in the way sometimes. There's been a lot going on in the town over the last few months. Shame that the Auld Bank closed. It was getting popular.

Abi: It was a shame, I hope everyone managed to find work. I know you've been away but have you managed to try the Galloway Kitchen, the two girls on the Harbourside by the seals? Amazing tacos and food.

Kathy: I saw them at the Herring Queen Market. Really nice food. Mind you I'm glad that the toilets by the FMA have reopened. Too much coffee and I need to go. Heard it was the Development Trust that got them open.

Abi: I believe it was. I'm glad too, there's been a lot of tourists this year during the summer months. I hope it works for them as the cost of everything has gone up, let's hope they can continue to have them open. And that they are not damaged. We need working public toilets.

Kathy: There's been a lot going on: the Herring Queen Festival, The Twilight Run, that Rotary Sportive cycle ride, Kirk Square Fair, Lifeboat days here in Eyemouth and St Abbs. It's been great to see so many events on and people coming into town.

Abi: I hope it continues. Have you heard that the High School has gone to Goodwood to take their Greenpower car? So exciting for the pupils to go to such a big event.

Kathy: I hope to hear about their experiences when they come back. It would have been so exciting to do something like that when I was younger.

With that, memories of different days surfaced as another coffee and cake were eaten.

Rachael Hamilton MSP

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

The Scottish Parliament
Pàrlamaid na h-Alba

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

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A photograph of Rachael Hamilton MSP standing outdoors, wearing a dark jacket and a light-colored scarf, with a body of water and a bridge in the background.

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

John Lamont MP

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A photograph of John Lamont MP standing outdoors, wearing a white shirt and a patterned tie, with a landscape in the background.

Working hard for the Borders, all year round

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berwickshire marine reserve



Community Consultation Drop In Events

Have your say!

Find us at 3 different venues:

Saturday 22nd November Eyemouth Hippodrome 11am-2pm	Saturday 6th December Coldingham Village Hall 11am-2pm	Saturday 10th January Ebba Centre, St Abbs 11am-2pm
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Community Consultation Drop In Events

Join Berwickshire Marine Reserve for a chance to shape the future of our coastal and marine environments. Come along to our open drop-in sessions where we'll be sharing the results of recent consultations and surveys on environmental concerns – gathered from both local voices and key stakeholders. This is your opportunity to add your thoughts, raise any concerns, and speak directly with the BMR team. You'll also get the chance to explore a list of proposed project ideas that respond directly to what the community and data have highlighted. Cast your vote for the project you support most – or suggest a new idea entirely. These projects reflect your priorities, and all the feedback we gather will help guide the future direction of the Berwickshire Marine Reserve.

EYEMOUTH AND DISTRICT COMMUNITY YOUTH THEATRE GROUP PRESENTS

PETER PAN

by J M BARRIE

TICKETS: £10 - £12

EYEMOUTH (OLD) HIGH SCHOOL HALL

13TH - 15TH NOVEMBER, 7PM

TICKETS AVAILABLE OCTOBER 1ST AT OCCASIONS, EYEMOUTH

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

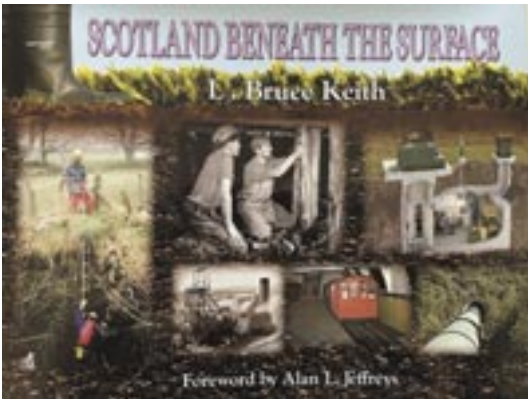




u3a

Charity No SCO 31477

We held the first of our new season of Open Meetings on Wednesday 8th October with a fascinating talk on ‘Scotland beneath the surface’ by Bruce Keith. Bruce is the author of a book by the same name detailing the diverse and surprising things that go on underneath our feet. As usual we had a good attendance but do remember the doors are open to both members and non members.



Our next Open Meetings are as follows:

Wednesday 12th November
Charlotte Keeley from the Berwickshire Marine Reserve. She will be talking to us about their work and how we can become involved.

Wednesday 10th December
Rachel Abbott, a wild food forager, will talk about fungi and the opportunities in seashore, fields and woodland.

Our Open Meetings are held in Eyemouth Community Centre from 10am (refreshments) and are free to all. Hope to see you there. If you are interested in membership to attend our wider range of Groups please check out our website on: <https://eastberwickshire.u3asite.uk>



Eyemouth Herring Queen

Firework Display

On Eyemouth Bantry

Saturday 8th November at 7pm

with Slaters Fun Fair



NO SPARKLERS

Sparklers are dangerous in a crowd and risk burning people. Please do not bring sparklers to the display.

Please donate via our QR code or look for our collection buckets on the night.





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

WHAT WE DO



COLDINGHAM BEACH WHEELCHAIRS

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

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

Coldingham Beach offers:

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



CYCLE FOR CHANGE

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

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



VOLUNTEER WITH US

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

info@seathechange.org.uk



For more information or to make a booking, please visit: www.seathechange.org.uk or call us on 07486 081 832



Scottish Charity SC020664