

# Feel Good Eyemouth

Issue 2  
April 2019



A newsletter from the  
**Eyemouth Good  
Food Partnership**

Eyemouth Good Food Partnership brings together a range of people and organisations in the area that have one main aim – to promote wellbeing through Food. The group consists of community members, business, third sector, NHS and SBC, all working together with a local team of community food volunteers. This is the second edition of the 'Feel Good Eyemouth' newsletter and is focussed on food, using the theme of Nurture. It is important to nurture yourself and those around you. Our bodies and mind need nurturing as we grow, develop and get older. To nurture ourselves we should try to eat well, sleep well and be active. This newsletter contains lots of local information about what is happening in the Eyemouth area that can support you to eat well and 'Feel Good'.

Eyemouth Good Food Partnership is now on Facebook



## Nurture in Eyemouth Nurture Yourself and Those Around You

It's easy to forget to nurture yourself when you have a busy life. Our bodies and minds need nurturing when we are young but we still need to look after ourselves as we grow and get older.

The good news is that there are lots of things that we can do for ourselves to look after our own health and wellbeing – like eating well. How we eat and drink can affect how we feel. Eating well can make you feel better, happier, less stressed, sleep better and be more energised. These are some of the things going on in Eyemouth about good food, supported by the Healthy Living Network.

Contact **Penny Oliver on 07500 917 116 for more details**

### **Six Ways to Be Well in the Scottish Borders**

'Six Ways to Be Well in the Scottish Borders' is a booklet about wellbeing that was launched in 2017. 'Nurture' is one of the six ways.

It has information about what people can do to keep themselves well and links to community based support across the Borders.

To see the full booklet and other wellbeing resources visit  
[www.nhsborders.scot.nhs.uk/six-ways-to-be-well](http://www.nhsborders.scot.nhs.uk/six-ways-to-be-well)



## EYEMOUTH GOOD FOOD PARTNERSHIP Eyemouth Street Food Event

Look out for the Eyemouth Street Food Event happening at Splash. Children from Eyemouth Primary School will take part and they will be able to watch cooking demonstrations of tasty 'good food' recipes cooked by chefs over the 2 days. Families and community members are welcome to come along too!

For more information, contact Splash, Harbour Road, Eyemouth.



## Eyemouth Primary School

Pupils of Eyemouth Primary School are participating in **The #Brawl**

**Lunch Brake Challenge.** This will see teams of 5 pupils from Primary 5, 6 and 7 compete against other schools from across Scotland. Each team will design an innovative, healthy dish that includes local produce and would appeal to them and their fellow pupils. The Challenge is an opportunity to enhance the food education experience in schools by:

- Encouraging greater understanding of the food chain
- Supporting educated food choices
- Developing an understanding of the real world of work and how businesses operate

We wish the pupils of Eyemouth Primary School the best of luck and we look forward to hearing how they do!



## SAVE THE DATE - THE BIG LUNCH WEEKEND 1 - 2 JUNE 2019

The Big Lunch is about millions of people getting together to share food, have fun and get to know each other better. It's a simple idea - that for a few glorious hours, cars stop, shyness stops and neighbours come together in the street to meet, greet, share, swap, sing, plan and laugh. Every year, over 6 million people take to their streets, gardens and neighbourhoods to join in for a few hours of community, friendship and fun - join in! Big Lunch weekend is 1<sup>st</sup> - 2<sup>nd</sup> June. Would you like to organise your own Big Lunch in Eyemouth or the surrounding area with neighbours, friends or a community group? **If so, you can apply for a pack from the Big Lunch website or speak to Splash on Eyemouth Harbour.** Please also look out for organised Big Lunches in the Early Years Centre, Community Centre, Reston Village Hall and many other places!



## EYEMOUTH TEA DANCE A BLAST FROM THE PAST

A chance for dancers and non-dancers to enjoy a nice bowl of soup and socialise

Where: Eyemouth Community Centre  
When: First Tuesday of the month with exception of July and December  
Cost: Donations welcome

No Booking Required. Transport can be arranged. Volunteers welcomed.

For more info please contact Nancy McKay  
07960043142 (HLN Volunteer) 01835 825080



## Field to Fork

Back in October 'Field to Fork', the Hirsell Estates' education project at Coldstream, scooped the education award at the Scottish Land & Estates 'Helping it Happen' Awards held in the Balmoral Hotel, Edinburgh! From a short list of three which included the Border Union Countryside Day for Schools and Aigas Estates, Beaulieu, we were hugely proud, to be announced winners. It is fantastic to have the huge commitment from Douglas and Angus Estates who fund this project (free of charge to local schools and groups) acknowledged at



a National level. It endorses what we do and recognises, as we do, the huge importance of building connections, especially among our young people, with what goes on in the countryside and where their food comes from. As well as our regular 'Food and Farming' days, which can cover any aspect of food, farming and the countryside, we offer 'In the Wild' days. These days might focus on Woodland Habitats, Mini-beasts or Wild Art for example. On these visits both of the day's sessions can be outdoors. However for many of you the cooking activity is popular, and is recognised as

an important life skill. We love to see the children getting passionate about food, cooking their own from scratch and trying new tastes. Throughout the seasons we will be growing and harvesting our crops, getting lost in the maize, watching new life burst forth and be exploring and foraging in the woods of the Estate.

Take a look at our website at <http://fieldtofork-hirsell.co.uk> to find out more or contact [sally.fleming@daestates.co.uk](mailto:sally.fleming@daestates.co.uk)



Creating a network of local food production in the Scottish Borders

Abundant Borders works within our community to create a network of community food gardens across the Scottish Borders. The community food gardens are a training base for people to learn how to grow food in a sustainable way and then how to turn that food into healthy, inexpensive meals. Our aim is that everyone, regardless of personal circumstances, should have

access to healthy, nutritious food. The Community Food Garden at Ayton is open all year round, with volunteering sessions each Monday and Thursday afternoons. The Eyemouth Allotment Food Garden is also open all year round with volunteering sessions every Friday morning from 10.30 till 12.30. **Please contact [robin@abundantborders.org.uk](mailto:robin@abundantborders.org.uk) for more details** and follow on [facebook.com/abundantborders](https://www.facebook.com/abundantborders) for regular updates on activities across the region.



## The Eyemouth Men's Shed

The Eyemouth Men's Shed is a community space for men to connect, converse and create. It is a place for groups of older adults to connect with each other, share skills and enjoy being in an environment where natural networks of support are fostered. Eyemouth Men's Shed is open on Tuesdays and Thursdays from 10am - 4pm and a delicious bowl of healthy soup is regularly provided by the Heathers Restaurant. **Contact information 01890 750248 [johnnyjohnston5@gmail.com](mailto:johnnyjohnston5@gmail.com)**





## Monthly Nutrition Sessions 2019

For people with either a diagnosis of Type 2 Diabetes or who are at risk of developing Type 2 Diabetes

25<sup>th</sup> April Light Bites

30<sup>th</sup> May Summer on a plate

27<sup>th</sup> June Fabulous Salads

26<sup>th</sup> Sept Glorious Autumn Vegetables

Booking is essential as places are limited. Please contact your Wellbeing Advisor at your GP practice or book directly with Penny Oliver on [penny.oliver@borders.scot.nhs.uk](mailto:penny.oliver@borders.scot.nhs.uk)

Thursday 10am - 12.45pm  
Eyemouth Community Centre

10 - 11 Cooking demonstration  
(£ no cost)

11 - 12 Live Borders exercise programme for members or chat to us about alternative activities (Live Borders membership costs apply)

12 - 12.45 Sit down and try a taster lunch  
(£ no cost)

## DIABETES UK

KNOW DIABETES. FIGHT DIABETES.

Diabetes UK offer support for everyone affected by diabetes, including type 1, type 2, how to recognise the signs and symptoms as well as tailored advice and support.

For further support and information, including the Type 2 Diabetes Know Your Risk online tool, take a look at the [Diabetes UK website](http://www.diabetes.org.uk). [www.diabetes.org.uk](http://www.diabetes.org.uk) or follow the link <https://www.diabetes.org.uk/>

## Sea the Change Berwickshire Coastal Clean Up

The day was EPIC! The hugest of thanks to the 113 folk who came along and collected over 300kg of rubbish from the Berwickshire coastline. This the power of people coming together to make change. What a team! St Abbs and Eyemouth Voluntary Marine Reserve, Splash, Eye Run - Eyemouth Running Club, @North Sea Divers, Dive Against Debris, Divestay, Project AWARE, Gary, Neil Greenwood, James Hartley, BSAC - British Sub-Aqua Club, Ghost Fishing - UK, Marine Quest, The Fifth Point Diving Centre Ghost Fishing, Venator, Eyemouth Community Fire Station, Scottish Borders Council, Eyemouth Primary School, @Coldingham Ukulele Club



## Community Cafe Network – Scottish Borders

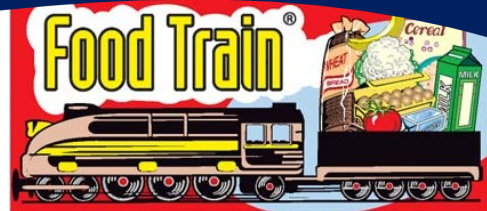


The Joint Health Improvement Team is in the process of setting up a community cafe network for the Scottish Borders with the aim of finding out what support cafes would find useful and highlighting their contribution to the accessibility and affordability of food for local, rural communities. If you are part of a community cafe and would like further information, contact Penny Oliver, Joint Health Improvement Team [penny.oliver@borders.scot.nhs.uk](mailto:penny.oliver@borders.scot.nhs.uk) or call 01835 825970

## Eat Well for Less

Tips on healthy eating without spending more, recipes, the NHS Eat Well Guide, the Easy Meals App and other tools for healthy eating. [www.nhs.uk/livewell/eat4cheap/pages/cheap-food-shopping.aspx](http://www.nhs.uk/livewell/eat4cheap/pages/cheap-food-shopping.aspx)

## Food Train – supporting older people at home



Food Train is a Scottish Charity offering a range of services to support older people in the Scottish Borders and in Eyemouth.

### Shopping delivery

Many older people find it difficult to go out to the shops to get their groceries. By signing up to Food Train, older people can receive their weekly shopping delivered to their kitchen, enjoying fresh food and remaining healthy. Food Train volunteers call the customers every week to collect their shopping list and then pack their order in the shop. Once the shopping is delivered, customers pay for the order plus a small delivery charge.

Anyone over 65 can sign up to Food Train by calling the **local office 01896 751750**

### Meal Makers

Meal Makers is a community project that matches volunteers that like to cook (cooks) to local older people (diners). Volunteers cook an extra portion of their evening meal and deliver it to an older neighbour at a time that suits both parties. Many older people find it difficult to cook and really enjoy receiving a nutritional meal and seeing a friendly face for a chat! Most meal shares take place once a week, but visits can occur when it's more suitable for cooks and diners. Anyone over 55 can sign to Meal Makers by **calling 0800 783 7770**



### To volunteer

To volunteer for the shopping delivery service **call 01896 751750**

To volunteer for Meal Makers sign up at [www.mealmakers.org.uk](http://www.mealmakers.org.uk)

## Community Fridge - The story so far

The Community Fridge has now been running in Eyemouth Community Centre for 6 Weeks and it continues to go from strength to strength. Here's a few Facts to share so far. Since 1<sup>st</sup> December we have prevented over 54kg of nutritious food from going to Landfill – that's in just 7 days – imagine what that will mean in a year! We have an Active Group of 14 Volunteers who effectively run the Fridge – this ranges from food collection to cleaning, weighing and restocking the fridge – this resource could not run without their support and we are extremely grateful to them for this. We couldn't have a fridge without food and we also have tremendous support from our local Businesses -see below for the ones involved so far. Following feedback, we now have a donations/comments box as some people said they did not feel comfortable taking from the fridge without giving something back – we do aim to have the fridge able to take food from the general public in the near future so watch this space if you would like to contribute in this way. Here's some comments that have been left so far:

- “Wish we had such a wonderful welcoming space where we live – love the fridge!”
- “You do fab – we really are thankful for this place”
- “Love it – like the idea of having a Community Fridge – so much stuff”

If you would like more information please **contact Fiona on 07725000851 or Susie on 07714 514975 / [splashvolunteering@eyemouthcommunitytrust.co.uk](mailto:splashvolunteering@eyemouthcommunitytrust.co.uk)**



Outside the Box is a voluntary organisation which helps people and groups create communities that work well for everyone. In the Scottish Borders our Food Buddies project was initiated following a government consultation on healthy eating, where we were hearing that the needs of older people and especially those living with dementia were being excluded. For the last 3 years we have been working with older people in the area, as well as with local businesses and others in the community to raise awareness of the changing needs of older people around food. Our Food Buddies 'approved' cafes are mainstream establishments where staff have been trained by us to be aware of basic things they can do to support any less able customers, especially those who have dementia. For a list of such cafes follow the link: <http://otbds.org/wp-content/uploads/2018/09/FoodBuddiesDaysOutBorders.pdf>

If your café staff or volunteers are interested in basic dementia-friendly training, please contact [ruth.n@otbds.org](mailto:ruth.n@otbds.org).



Food Buddies are coming to Eyemouth very soon to work with Eyemouth Good Food Partnership. This project is primarily for older singles who are finding it a challenge to cook healthy meals for themselves. It promises to be fun, healthy and sociable. Please contact [penny.oliver@borders.scot.nhs.uk](mailto:penny.oliver@borders.scot.nhs.uk) for further information or to sign up.



Rural Wisdom is another exciting project which Outside the Box is bringing to the Scottish Borders. Rural Wisdom is a community development and shared learning project that is exploring the impact of community-based activities that are led by older people living in rural areas. Please invite us along to groups, meetings, events or anything you think will help us speak to the right people.

**For more information about Rural Wisdom, email [christine@otbds.org](mailto:christine@otbds.org)**

Outside the Box, Happiness Habits project in partnership with Healthy Living Network and the Joint Health Improvement team recently organised a Happiness Habits café with a food theme in Eyemouth. The main focus of the session was to discuss two main questions relating to participants' local experience and were asked:

- **What issues do you have around food/eating/shopping?**
- **What ideas do you have that might help?**

The event was well attended by 22 participants who were offered a "tasting" lunch prepared and served by HLN volunteers which was very well received.



**The main themes which emerged were:**

- The difficulties of being motivated to cook for one (men who attended felt this was particularly an issue for them)
- The expense of shopping locally and the difficulty of going further afield
- Support which would be helpful -having shopping done for you/transport being available to take people shopping elsewhere/using technology -online shopping etc-not everyone has access/can use
- People have good ideas and are willing to share with others

As a result organisers are continuing to work together to look at ways of addressing these issues by signposting to existing organisations for support but also exploring possible solutions to address gaps which participants' have identified.

## Have you ever wanted to be a Pirate?

Eyemouth Pirates boccia club are looking for new members & volunteers to help run the group, which meets on Fridays from 13.00 to 14.30 at Eyemouth community centre. Boccia is a Paralympic sport which has been likened to sit-down bowls. The Pirates have been going since 2015 and are the inaugural winners of the Borders Boccia League, which includes teams from Gala, Hawick, Kelso and Peebles. League matches are played at the Queens Centre in Galashiels and all players have the opportunity to take part in the annual Borders Open individual competition. If you'd like to come along and try it, just turn up on a Friday. It's great fun and a good way to make new friends, especially over the half-time tea and healthy fruit pots provided in partnership with Eyemouth Coop. The cost is £3 per session, and everyone is welcome to join. The Pirates are also looking for volunteers to help run the group. We can provide free coach training (half a day) if you're interested.



For more information, contact David Cook on 077 66 368 736 / email [david.cook@scotborders.gov.uk](mailto:david.cook@scotborders.gov.uk)

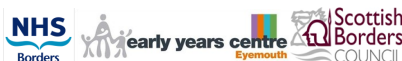
## Babies in Eyemouth Get The Best Start

Eyemouth has been selected as an area to receive Scottish Government funding through the Programme for Governance. We will be piloting a range of initiatives and activities to develop the Eyemouth area as a Whole –Town welcoming environment for Breastfeeding – Part of Breast Feeding Friendly Scotland. Help us promote social and attitude change so that breastfeeding becomes accepted as the normal feeding choice. Already there is a new Breastfeeding group which is at the Early Years Centre (details below).

We will also be running a range of events during Breastfeeding week 2<sup>nd</sup> - 8<sup>th</sup> June 2019

- Bump 2 baby event
- Buggy walk
- Dads focus group
- Business sign up to new national welcome scheme
- Nursery and School activities
- Workshops for staff and community

...and much more, help us to make it a unique celebration for Eyemouth. We have a Health Improvement practitioner based in Eyemouth to work with the Community. For more information on Eyemouth project **please contact Juliet Smith /Barbara Jessop 01835 825970 or the Early Years Centre**



### Eyemouth Breastfeeding Group Starting on Monday 4<sup>th</sup> March 2019

**On:** Every Monday  
**Time:** 10:30am – 12:00noon  
**At:** Eyemouth Early Years Centre  
Eyemouth Primary School  
Eyemouth TD14 5AN

Pop along and meet other breastfeeding families, share stories and advice over a cuppa. All partners, grannies & other relatives welcome! And help us choose a name for this new group!

For any further information, please contact The Early Years Centre on 01890 750785

### Weaning Your Baby A Practical /information session

**On:** Monday 13<sup>th</sup> May 2019  
**Time:** 10:30am – 11:30am  
**At:** Eyemouth Early Years Centre  
Eyemouth Primary School  
Eyemouth TD14 5AN

To get some friendly advice and ask questions about, look forward to seeing you there

Juliet (Community Food Worker)  
To check if a session is running please check Eyemouth Early Years Centre facebook page, or call the Joint Health Improvement Team on 01835 825970

## Fuelling Your Budget

Maximise your household income to eat better, feel better and more!

Scottish Borders Council is committed to creating a region that is fair for everyone and where we all have an equal and positive chance to succeed. Tackling fuel poverty will be a key step towards achieving this. Their aim is to provide affordable warmth and healthy homes for everyone living in the Borders. SBC have developed a draft vision and priorities for their Affordable Warmth and Home Energy Efficiency Strategy with their partners. Before the strategy is finalised, they want to make sure that local people, communities and stakeholders have their say on whether these priorities will make a positive contribution to meeting the needs of people in the Borders. Throughout the consultation there are questions on each of the areas they are seeking views on, with an opportunity for people to contribute their response. **Closing date is 21<sup>st</sup> May 2019** Search online at: **Scottish Borders Council Citizen Space** – then click on the consultation **CONSULTATION OF THE SCOTTISH BORDERS AFFORDABLE WARMTH AND HOME ENERGY STRATEGY** or follow the link: <https://scotborders.citizenspace.com/regulatory-services/scottish-borders-affordable-warmth-and-home-energy/>



**Kitchen Canny Workshops** Delivered by the waste prevention team at Changeworks, these workshops help households look at their food waste, understand how to reduce it and save money on their food bills. **10.30am - 12.30pm, Wednesday 12<sup>th</sup> June in Eyemouth Community Centre**

**Heating and Eating Workshops.** This workshop combines energy advice workshop and the Kitchen Canny – food waste prevention workshops, and helping people to save money on both their heating and eating costs. An average household could **save:**

- £100+ per year by changing supplier
- £420 by reducing food waste
- £140 if you qualify for the Warm Home Discount.

**1pm – 3.30pm, Thursday 6<sup>th</sup> June 2019 in Eyemouth Community Centre**

**Contact Penny Oliver on 01835 825970 or [penny.oliver@borders.co.uk](mailto:penny.oliver@borders.co.uk) to book your free place. Further information contact Jane Adams at Changeworks 0131 555 4010**

### The Eyemouth Learning Community Partnership

Has a plan that sets out how organisations and community groups will provide community learning and development (CLD) opportunities in the learning community over the next three years. The plan aims to:

- Improved life chances for people of all ages, through
- learning, personal development and active citizenship
- Stronger, more resilient, supportive, influential and inclusive communities

The Partnership is supported by the Council's Community Learning and Development Service. To find out how you can be part of the learning and development opportunities offered by your local Learning Community Partnership please **contact Mark Smith 07816453329**

Please look out for the next edition of the 'Feel Good Eyemouth' newsletter on local social media pages, including the Eyemouth Good Food Partnership facebook page. There will also be a limited number of printed copies in Eyemouth Community Centre, Splash, Early Years Centre, Eyemouth Library and other places.