



COLDSTREAM COMMUNITY NEWS

SPRING 2021

coldstream.community.news@outlook.com

If you'd like to receive email copies of future editions of the CCN, please contact us at the above email address.

If you don't use email, this is the address for any items for future editions of the CCN:

28 High Street
Coldstream
TD12 4AS
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ONLINE ONLY EDITION

Due to the continuing Covid restrictions, the Gateway Committee has decided that this edition of the Community News should be online/electronic only. We must look after the health and safety of our volunteer delivery team so, under the current circumstances, it was felt inappropriate to print and distribute a paper edition. Look out for this CCN edition on Facebook and the Coldstream Community website and, if you want a copy emailed to you, just contact us at the above email address. We realise that not everyone in our community is au fait with computers, laptops, tablets and smart phones so perhaps the tech savvy amongst you may choose to help those unable to access the CCN by whatever means you can, e.g. printing a copy out etc. In the meantime, look after yourselves, stay safe and let's hope that the current vaccination programme will help us get back to normal for the Summer edition.



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- ◆ Extra cleaning and a comprehensive hygiene regime.
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- ◆ Available for ALL transport needs, including that vaccination trip.
- ◆ Some drivers have volunteered to drive outwith "normal" hours to accommodate any future 24hr vaccination centres. (There will be limited transport slots between 21.00 and 06.00 if required)

The number you need is 0300 456 1985

BordersCT@gmail.com

Share a trip and share the cost!

Don't forget, you can access current and back copies of the CCN online any time at www.coldstreamcommunity.com

Deadline for items for the Summer Edition of CCN is Friday 14th May

Coldstream Burns Club

The Burns Club held their Annual Supper on Saturday 23rd January but, due to the Covid restricted climate we are all experiencing, it was a virtual one conducted by courtesy of the Zoom app.

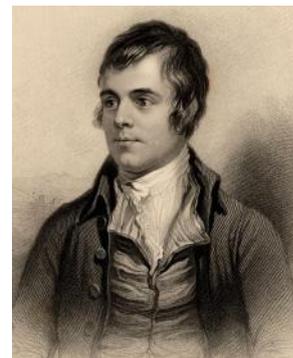
Thirty members were present and with Chairman David Douglas presiding, they were treated to an entertaining evening by some 'weel kent' faces. After a minor hiccup with the sound, Rob Bell piped in and addressed the haggis in grand style. Songs were sung by Bobby Hanlon and Kenny Hilsley and poems recited by Ian Buick and Rob Smith. Secretary John Elliot gave the toast to the Immortal Memory of the Bard and other toasts were provided by the Chairman and Derek Balmbro. The formal proceedings concluded with Kenny Hilsley singing "Auld Lang Syne" to the original tune and, as usual, his was a performance of quality.

Bobby Hanlon then rounded off the evening in a novel manner, by playing a recording of his late father Charlie singing the "Bonnie Lass o' Ballochmyle". Readers may recall that in the Christmas edition of the Community News I mentioned that a tape recording of the 1968 - 80th Anniversary Supper had been unearthed and transferred onto CD with the help of John Fulton. Charlie's excellent performance has stood the test of time and meant the evening finished on a high note.

On the subject of the old tape recording I said that there was an unknown accordionist amongst the performers. I have since discovered that it was Eddie Paterson who, on the night, sang and accompanied himself on the accordion.

It should be added that without the know-how of committee member Michael Lowrey who controlled the technical side of things, the evening may not have gone as smoothly.

John H Elliot, Secretary & Treasurer



Coldstream & District Local History Society

Many readers will be aware that the Second Edition of the Society's book "Second to None – A History of Coldstream" went on sale just before Christmas.

Ten years had elapsed since the first version was published during which Gerald Tait, the driving force behind the book, had sadly passed away. Three of the original authors, namely Will Murray, Trevor Swan and John Elliot felt it was the ideal time to bring out a second edition and to dedicate it to Gerald's memory. The original plan to have it ready for Civic Week 2020 was scuppered by the onset of the pandemic but a successful Christmas publication was the next best thing and 200 copies were duly printed and went on sale in the second week of December.

It is pleasing to report that the demand for the book has been high and to date, over 160 copies have been sold, mainly to locals but with a few going to ex-pats and a few more going further afield. On behalf of the History Society I would like to express my appreciation for this level of interest and support which makes the authors feel their efforts were worthwhile.

I would also wish to thank Hudson Hirsell for their grant support and Mrs June Gray widow of the late John McDonald Gray for her generous donation given in memory of his name.

Anyone wishing to purchase a book should contact either John Elliot (882176) or Will Murray (882661) or Trevor Swan (882574).

John H Elliot, Society President



Just wanted to introduce myself. I am Denise Carmichael and I run the Walk It Project for Scottish Borders Council and NHS Borders. We have 'Walk It' walks in your area:

Coldstream, Chirnside, Duns, Ayton, Eyemouth and Burnmouth as well as Kelso and the rest of the Borders.

However, at the moment, all Walks are suspended whilst we are in lockdown.

Despite this we are still keeping active and walking – albeit alone or with one other person whilst we are allowed to. I am running a series of free training courses online as well:

Walk Leader Training - (3.5 hours 24th March)

Dementia Friendly Training – (2 hours – 10th March)

Strength and Balance Training - (3 hours – 24th April)

We are also just developing an online course – Basic Map Reading and Navigation (2 x 2 hour modules).

If you are interested in learning more about the project or the training courses, please get in touch. In the meantime keep safe and well and Happy Walking!

Denise Carmichael - 01835 826702



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- 2 Loin Lamb Chops

Coldstream Flower Show

We hope that this year's flower show will go ahead. However, we are unable to make a confident or informed decision with current regulations in place. We plan to try and reassess the situation and make a decision in the early Spring. The 2019 schedule will still be used, so no hard work from last year will go to waste. Anyone who feels they may like to join our small committee can do so by contacting a committee member (see the schedule).

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COLDSTREAM PREMIER CRU

The Covid effect is still making its presence felt with all group rides cancelled until further notice. This was announced by British Cycling before Christmas and remains a legal requirement until further notice. Individuals can still ride alone but group activity is strictly forbidden.

The weather recently has not been kind to cycling either. Heavy frosts, snow, gale force winds and flooding have all been seen in recent weeks making cycling virtually impossible.

However, there is still E-Cycling and it is a very effective way to maintain your fitness whilst not leaving the confines of your own home. E-Cycling has absolutely nothing to do with electric bikes. For those who do not know what e-cycling is, here is a quick rundown: Using your own bike on a 'smart' Turbo trainer whilst linking with a computer programme can give a very effective and realistic workout. It does require some outlay, however, but the price of 'smart' trainers can be as little as £100 and to join an online cycling programme will cost approximately £8.00 per month.

When linked together with you providing the pedal power, when you come to a hill on the film on the screen in front of you and which you are virtually cycling, the resistance is fed through electronically to your trainer meaning you have to change gears or put more effort into getting up that hill. It can be hard work as there is no allowance for freewheeling which you can do out on the open road. There are thousands of routes available from all over the world and they include long or short, hilly or flat and any distance you like up to around 200 miles. There are also live E-Races in which you can compete in organised races with others from all over the world.

There are several programmes to choose from and full details can be found by searching Google. I personally, use ROUVY and cover approx 200+ miles every week but others are equally popular. Amongst the better known are ZWIFT, RGT, TRAINER ROAD and SUFFERFEST.

I can highly recommend this method of cycling as it maintains your fitness levels if used properly, provides motivation and will definitely improve your ability and build stamina for when the group rides outside can start up again. Spring is just round the corner, and if we crack this Covid problem sooner rather than later, it will not be long before the Sunday Group Rides get going once again.

Coldstream Premier Cru costs nothing to join although members should be aged 16 or over if they want to participate. You can keep up to date with the Club by following on Facebook or on Strava.

Hoping to see many more riders this year at 9:00am on Sunday mornings at Court House Car Park ready for a 40/50 mile cycling adventure. Watch the notice board for further announcements as to when the rides recommence.

Stay safe and stay cycling!

Rob Smith

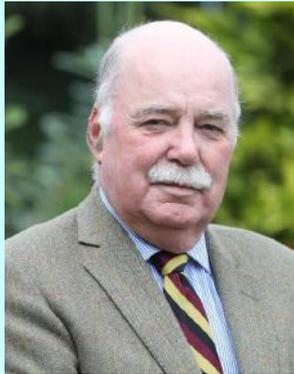


Armed Forces & Veterans Champion - John Greenwell

As the Armed Forces & Veterans Champion for Scottish Borders Council I thought this would be an ideal moment to update you on what has been happening in the world of matters affecting veterans. One of the roles of my post is to ensure that the Council has due regard to the principles of the Armed Forces Covenant as follows: (a) the unique obligations and sacrifices made by the Armed Forces (b) the principle that all efforts are made to remove disadvantages arising from service by personnel who are members or former members of the Armed Forces, and (c) that special provision for service personnel may be justified by the effects of being a member or former member of the Armed Forces.

SBC signed up to the Armed Forces Covenant in 2008 and since then has held regular Community Task Force (Firm Base) meetings which I chair. These meetings bring together a vast array of military charities and organisations for round table discussions to ensure that that we work together in the Borders to improve the lives of our military personnel and veterans.

Although here in the Borders we do not have much of a military footprint we do have a large family of veterans from all 3



services. These veterans have served in all parts of the world keeping people safe from aggressive neighbouring countries, helping with national disasters and undertaking many other duties. Sadly our veterans from World War 2 are getting fewer as the years go by but to all those and other veterans we owe much gratitude and respect.

If you would like to know more about my role as the Armed Forces & Veterans Champion please get in touch: john.greenwell@scotborders.gov.uk



ARMY



Coldstream Masonic Lodge

Many of you may have seen the Masonic Lodge, clad in its decorative film of scaffolding, and wondered what is going on. The building is having a facelift, its first for many years. The roof and stonework has deteriorated over the years since it was built in 1860 and it really was time when something had to be done from an aesthetic as well as a safety perspective. We are sure that the immediate neighbours, as well as the local community, will appreciate the work that is being carried out.

The complete roof has been re-slatted and the rear and top, front portion of the brickwork has been repaired and repointed. Unfortunately the cold weather has slowed the work and the damaged lower brickwork still remains to be repaired and repointed, together with the gable end of the building. Once the scaffolding is removed a new front door will be fitted and additional loft insulation put in place. The windows and door will be painted in an appropriate Heritage colour. Internally we have taken the opportunity to repair plaster, repaint areas and clean the Lodge. We will carry out other improvements as we are able.

The Masonic Hall is home to Lodge St John No. 280 on the Roll of The Grand Lodge of Scotland and meets regularly during the winter months (September – April). The Lodge was formed in November 1819 and prior to the building of the Masonic Hall (from a £300 loan from the Blacksmith) met in various Inns in Coldstream, including the Newcastle Arms. In November 2020 we celebrated the 200th Anniversary with a Ceremony in the School Hall and a Celebration Dinner in the Community Centre. One of the aims of Masonry is Charitable Works and to this end the Lodge has contributed to Civic Week and to the School in recent times and holds regular fund raising events.

The building consists of two main rooms, the Masonic Meeting room upstairs and a Lounge downstairs. The Lounge is available for use by other Organisations and currently (at least before the pandemic started) hosted Bingo and Whist events. Hopefully you will see it in its full splendour once the scaffolding comes down.

If you would like any further information on Masonry, or the hire of the hall, then please contact me on 07891 449 732.

Peter Greenwood, Secretary



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Coldstream Parish Church

During Lent and Easter, and beyond if necessary, Sunday Services will be provided on the Church’s new website: www.coldstreamdistrictchurches.org.uk

The World Day of Prayer this year will be Friday, 5 March and the annual service will take place on ‘Zoom’. Please watch the local newspaper or Church noticeboard for further details.

The Berwickshire Churches Foodbank, which is based at Duns Parish Church, receives referrals from the Social Services and it has been very active during the pandemic, supplying much more food and essential household supplies than normal. In the last few days, Coldstream Parish Church has bought and delivered a very large amount of food to replenish their supplies, for which the Quartermaster, Tom Redpath, has expressed his gratitude.

David Taverner

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St. Mary & All Souls – Coldstream

Well, the New Year has come and gone and still we find our lives curtailed by regulations and restrictions surrounding what we can and can't do. But hope is on the way. We look forward with expectation as the vaccination roll-out continues.

And as Christians, as we journey through the season of Lent and as we look forward to Easter – so Hope is on the way. We look forward with expectation to the reminder of the fulfilment of God's promise, life, freedom, purpose.

But what is this season of Lent all about? Well, Lent is that period of 6 weeks, starting on Ash Wednesday (17th Feb) and leading us to Easter Sunday (4th April) - a bit like how Advent leads us up to Christmas.

For many Christians Lent is that time for quiet reflection, prayer and giving, or more often giving up something or other as we seek to give time to resting in God's presence. It is here, as we see ourselves as God sees us that, on the one hand, we recognize our faults and failings, yet on the other hand are reminded that we are loved, fully and completely.

This is something definitely worth celebrating. And, as the Berwickshire Episcopal Group of Churches, of which St. Mary's is a part, we will certainly be doing this again this year. As we look forward to Easter, and hoping that churches might be open for public worship, we are planning the following:



17th Feb – Ash Wed - On-line 10:00am

28th March – Palm Sunday - St. Mary's 10:45am

1st April – Maundy Thursday - St. Mary's 10:00am

2nd April – Good Friday - Walk of Witness (if allowed). Or else a Good Friday service on Zoom.

4th April – Easter Sunday - St. Mary's 9:00am

Although we recognise that restrictions might mean we are still not able to be in our buildings, our Plan B will be to hold our services on-line via 'Zoom'.

Our other regular services include:

Sunday: 10:45am – An on-line service of Worship

Monday – Friday every week:

10:00am – Morning Gathering (approx. 45min) where we gather to chat, pray and read the bible.

6:00pm – Evening Prayer (approx. 30min) a quiet space to rest at the end of the day.

Wednesday – 3:00pm – 4:30pm – Coffee & Chat – come when you can, stay as long (or short) as you like.

All of our on-line services are available via 'Zoom' with the log-on details being:
Mtg ID – 3274618058 / Password: Church



Snow can be fun for all ages. Here are some recent examples of Coldstream snowmen and women built by youngsters aged from pre-school to 70+!



Coldstream Community Centre

After a flurry of events and busy classes at the end of last year we are, like everyone else, waiting for news when we can reopen for business. Thank you to everyone who came along and supported the various fundraising events we held and for your constructive feedback. We will be back with our ever popular cake sale when we get the green light to reopen.

The 200 Club hasn't closed its doors and, through Pat Fulton and Mary Murray's sterling efforts, prizes have been awarded each month. There are still some numbers available and an application form can be downloaded from the Community Centre's website.

Another easy means of fundraising for us is Easyfundraising. Register on the website (easyfundraising.org.uk) and name Coldstream Community Trust as your chosen charity. Whenever you shop online with retailers affiliated to Easyfundraising it makes some money for us. Many well-known names and brands are part of the scheme.

We were fortunate to be able to hold our AGM via Zoom. If anyone was unable to attend and would like a copy of our report and accounts email admin@coldstreamcommunity.com and it can be sent to you.

We can only keep the Centre running with a good core of Trustees and are looking to boost our ranks. If you are at all interested please email the Centre - admin@coldstreamcommunity.com - or leave a message on 01890 883332 and someone will get back to you with more information. We have a good group of volunteers we can call on to help out at events but need people to help make the decisions on how the Centre is run, keep our finances under control and maintain the building.

Finally, big thanks to the team from the Health Centre who have been doing a great job in the Community Centre with the covid vaccinations.

Corrected contact details from the Winter edition: Margaret Cranston is the current Community Trust admin assistant and Adrian Price is the caretaker. Email admin@coldstreamcommunity.com or telephone 01890 883332.



She doesn't mind the snow!

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I am now taking orders for Mothers Day along with our normal range of wonderful flowers for any occasion. The Old Post Office Flower Room can send flowers nationally and internationally - give me a call and I can let you know what is available.




Till Valley Archaeological Society, Northumberland

TillVAS is continuing with its programme of on-line webinars, replacing the monthly talks normally held at Crookham Village Hall. The webinars (via Zoom) are held on the first Wednesday of each month, starting at 7.30 pm. To join the audience, you need to be a member of TillVAS, Lowick Heritage Group, the Border Archaeological Society or Coquetdale Community Archaeology. Members of these societies will first receive a link for registering a few days before each talk. People who register will receive a further link to join the talk a day or two before it takes place.

The next few talks are:

3rd March: Margaret Fox - A Family Life revealed, the Stuarts of Traquair.

7th April: Richard Carlton will speak on the Excavations at Redesdale that he has been directing as part of the Revitalising Redesdale Project.

5th May: Geoff Parkhouse will speak on the recent discovery of the remains of the Old Ancrum Bridge.

2nd June: Greg Finch will speak on the Dukesfield Smelters and Carriers Project, discovering the heritage of the Dukesfield Arches and lead carriers' routes between Blaydon and the lead mines of Allendale and Weardale in the North Pennines.

Coldstream Men's Shed

We are looking for a volunteer to be our Treasurer if any member or prospective member is interested. As we are a charity, a knowledge of charity accounting would be essential. Please phone Jock Law on 01890 882333 if interested.

COLDSTREAM IN BLOOM

Anyone wishing to make a donation towards our town flower displays using gift aid, please contact Ailsa Dickson on 01890 882872 or e-mail farmace03@hotmail.com to receive a form to complete.

CHRISTMAS LIGHTS DISPLAY

During the recent lockdown restrictions, Coldstream's Christmas lights brought a bit of much-needed cheer to the town over the festive period. There were one or two new additions to the display this year and our two Christmas trees on the High Street and in the Market Square were particularly impressive. Grateful thanks go to display organiser John Fulton as well as to Rob Bell, his indispensable right-hand man and also to capable assistants John Elliot and John Banks. Thanks must also go to local electrician Jimmy Hope and to Coldstream Mains farmer Colin McGregor, both of whom gave valuable assistance with the town lights free of charge. Even now, plans are already being made for next Christmas!

Shopping in Coldstream

I am looking forward to getting the shop open again (The Old Post Office Flower Room) as soon as I am allowed but until then I will continue to work from home and follow the Government guidelines with non-contact delivery. I'm happy to deliver flowers to your door (even in the rain!).

Don't forget there are some fabulous shops still open in Coldstream including the Pet Shop, Sweets & Treats, Sanderson's the Butchers, Streamers Sandwich Bar, the Keystore, the Co-op, Dalgleish's Garage, SsangYong Cars, Unity, Mercedes and, the most important, our Chemist. As well as this there are the wonderful takeaways - the Indian, Chinese and Chip Shop. Remember, many of them will deliver to your door as well as welcoming you into their shops.

When things get better we have Walk This Way, Petal & Paint, Coldstream Crafts, BAVS, The Gallery, Salon 21, Calico House, The Men's Shed, Mad Hatters Café, Skin Deep, The Old Post Office Flower Room, TPS Barbers, Mick the Barber/ Eutopia, Laughing Ducks Soft Play, the Newcastle Arms, the Besom, the Castle Hotel, the Clock Tower, the Royal British Legion Club, the Community Centre and the Church. They will all hopefully get back to normal along with Lennel House and Victoria Lodge and all the small businesses like Ironing, Dog Grooming, TV Aerials, Car Mechanics, Tilers, Joiners, Plumbers, Electricians, Farms and Crafters and everybody else. If I have missed any I am sorry but the point is there is a lot to come back to and we are all missing you very much. Coldstream High Street is not dying, it's just waiting for you to come back when you are allowed.

Coldstream has been fabulous in its support to me in my first year and, what a year it has been! But I know that when we all get sorted and when we can be in and out of shops again things will be buzzing in the town and I cannot wait, I really cannot! One thing I can honestly say I miss is our weekly Saturday Coffee Morning because I could set my watch to it and oh, these lovely scones! But, looking forward, if we have to wait for things like Civic Week, Coffee Mornings and shopping then I would rather wait if that's what it takes to have it all back again.

Thank you for your support

Louisa, The Old Post Office Flower Room.

SWI

We hoped to resume our meetings in January with a spooky tale of ghosts but it looks as if meeting up in person won't be happening until the new session begins in September. Fingers crossed for that!

We are still endeavouring to keep connected and were fortunate to be able to hold a pop-up meeting in November when one of our members, Alison, showed us how to make easy Christmas decorations from corks (well, rather a lot of wine had been consumed since March and we were recycling...)

Events planned for the coming weeks are a Zoom pancake day, a town trail, a bit of photography fun and a surprise for Easter. If you are not a member but think you might like to join us in some of our activities email Susan at misssburnett@hotmail.co.uk or call on 07517084160.

Also, if you would like to give a talk or do a presentation over Zoom for us please do get in touch as we would love to hear from you.

Finally, a big thank you to Ella who ran one of her famous quizzes for us with the topic of "notable women" and raised £287.00. Thank you Ella!

Susan Burnett



Meeting of Minds is a parent led support group which gives parents and carers the opportunity to connect with key professionals in a relaxed and friendly environment. The group strives to support local families who are raising children with additional/complex needs. MofM has developed positive relationships with many different agencies, local authority, nationwide consultants, local NHS key professionals and local charities. MofM also provides the opportunity for parents to meet and support each other, which has already been very beneficial to our members, in what can otherwise be a very isolating experience. Hence the name, Meeting of Minds. The group survives on local donations and normally fundraising events. You can currently vote for us online to receive donations when you spend at your local Co-op store.

LOCKDOWN

Meeting of Minds set out to address the needs of local Additional Support Need families during Covid-19 after the official lockdown on the 23rd of March 2020.

ASN families require additional support to enable their child/children to learn at school, access education/health and receive respite support. Our families are at higher risk of food poverty and unemployment. This obviously increases the impact on the families emotional health and wellbeing. The closure of schools to eradicate the transmission of Covid-19 in education hubs placed pressure on all families but especially ASN families. There is no official body in the area commissioned to look after their needs. It is grass root, voluntary charities like ourselves helping support.

Meeting of Minds supported ASN families during Covid-19 with £5000 worth of funding from Foundation Scotland. The fund allowed Meeting of Minds to engage with their members and offer the support needed in order for children/adults to get through this pandemic. Our charity supplied activities to help with sensory regulation, outdoor garden toys/aids to encourage fresh air, self-regulation and exercise. cleaning products, clothing to help with affected sensory overload behaviour, emotion and wellbeing resources, tablets to allow the parent/carer to stay in contact with families/MofM and just as important - online food vouchers for households requiring financial support.

ACTION taken:

- ◆ Essential volunteer badges were requested from Scottish Borders Council to deliver essentials to isolating households.
- ◆ From the 29th of April to the 18th May, Meeting of Minds supported 58 families in YOUR area
- ◆ Meeting of Minds referred families for emergency respite
- ◆ We provided regular check ins with members through email, text and phone calls
- ◆ Disseminated suitable resources and information to members new and familiar
- ◆ Dealt with many mental health crisis situations amongst parent carers
- ◆ Acted as an advocate to make sure our families were not forgotten

Meeting of Minds continues to support families the best they can. It is a never-ending job for this group of mums who are themselves raising children with complex needs.



This is my new brochure promoting studio dog portraiture.

guywithacamera.co.uk

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originalmindforhire.com

Look forward to seeing owners and dogs back in the studio again later in the year.

Guy Gumm

WHY NOT CONTRIBUTE ITEMS TO OR ADVERTISE IN THE COMMUNITY NEWS?

Please don't forget that anyone can use the Community News to publicise and advertise - individuals, clubs, organisations and businesses. Please don't hesitate to get in touch (details on front page). If you use email we can add your email address to our mailing list so that you receive reminders to submit any items you may have. Thank you.

COLDSTREAM COFFEE MORNINGS

At the time of writing, to comply with Scottish Government Covid-19 regulations, Coldstream's legendary coffee mornings are still unable to take place. As things currently stand, it seems unlikely that there will be much relaxation of the restrictions in the weeks to come, although it is hoped that the vaccination programme might just bring a glimmer of hope. We all look forward to the day when life can get back to normal and we can enjoy the Saturday morning routine of coffee mornings in the British Legion Club, Church Hall and Community Centre. If there are any changes in Government guidance before the next CCN that will allow Coffee Mornings to resume, a list of dates and causes will be displayed around the town.