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For young adults (aged 22 – 29) you can save £40 against the normal membership price, with an annual cost of £380 – that's £31.66 per month.

For youths and full-time students (aged 18 – 21), membership will cost you just £215 for the year.

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APRIL NOTICES

CIRCLE DANCE AT ST JOSEPH'S HALL - Sunday 7th April - Come and Circle Dance with us in St Joseph's Hall. 2 -4 pm. Simple steps and beautiful music from many traditions and places throughout the world. Further information 01721 588352. gillianlimb@gmail.com

DEMENTIA FRIENDLY TWEEDDALE - Thursday Afternoons 4th and 18th Memory Café at Firholm Day Centre 2.30 – 4.30pm for people with dementia, either on their own, or with their carers, friends and family, to meet for a chat and cuppa. Suggested donation £2.50. On 4th we have seated exercise with Jean and on 18th Crafts with Rosalie. Both of these are popular with our regular members.

<u>Spring Tea Dance and Ceilidh</u> on Friday 19th at Peebles Hydro Ballroom – see page 50 for details <u>Recollective Choir</u> every Tuesday afternoon at Dovecot Court, Peebles 2.45 – 3.45. all singers welcome to support those with dementia and other elderly and less able and for all to enjoy the uplifting experience of singing for pleasure and fun. Free of charge and cup of tea and chat afterwards.

<u>PEEBLESSHIRE ARCHAEOLOGICAL SOCIETY</u> - Thursday 18th April at 7.30pm. Talk by Dr Sharon Webb, Director and Curator at Kilmartin Museum: 'The Kilmartin Museum Redevelopment Project'. Meeting to be held in St Joseph's Neighbourhood Centre, Rosetta Road, Peebles.

<u>TWEEDDALE U3A</u> - Our next monthly meeting will be held on <u>Tuesday 9th April at 2pm</u> in St Joseph's Hall, Peebles. Our speaker is Dr John Davies. See page 38 for details.

<u>Greener Peebles Community Garden</u> - Warm Spaces drop-in sessions every Wednesday 11am - 2pm until 27th March in our cosy yurt. Volunteer gardening sessions every Tuesday & Friday morning, 10 - 12am. For more information please email info@greenerpeebles.org

BORDERS IN RECOVERY meet weekly on Mondays at the Parish Church on the High Street, Peebles 2-4pm. This is a safe, friendly and free space for people who are 16+ and in recovery (substances/poor mental health) and family/friends to gather for peer support and a free meal. For more info contact Helen on 07930618615 or helen@bordersinrecovery.org www.bordersinrecovery.org

QUAKER MEETING - The local Quaker (Society of Friends) meeting welcomes anyone who would like to come and share our hour of quiet worship. Whether you are a Quaker or simply interested to come and explore, please join us. We meet on the **second Tuesday of the month** at 7.30 at 14, Kingsmeadows Rd, Peebles EH459EN and on the **fourth Sunday of the month** at 10.30 at 7, Dukehaugh, Peebles EH459DN. If you would like to find out more, please contact Lesley...... <a href="mailto:lesley:

INCHORUS CHOIR are looking for new Tenors & Basses for our male section and also First Sopranos. We rehearse every Monday evening at the Macfarlane Hall in Peebles. If you are interested in joining this friendly, performing choir please email us at <a href="mailto:mai

<u>THE PEEBLES STROKE GROUP</u> - meet in Firholm Day Centre, Innerleithen Road **every two weeks**. During March we are still on winter time 1.30-3.30pm As from 3rd April 2024 when the clocks change, we will meet from 2-4 pm. We enjoy gentle exercise, visitors to give interesting talks, music, games, tea/coffee and biscuits with lots of discussions, and outings. For more info phone Jane (01721 720264 / 07764 528069) or Mags (07812 113506).





Please mention Peebles Life when responding to adverts



THE TWEEDDALE SOCIETY

The winter season 2023-2024 has just ended, and we are looking forward to meeting all of our members at our annual general meeting in the Anne Younger Studio at the Eastgate Theatre at 17.30 on Tuesday, 9th. April.

The final talk of the season was by Dominic Ashmole, a local resident, who gave a detailed and professional presentation about how our lives will be affected by global warming and the consequent changes to our local region. It was a challenging and thought-provoking talk, generating a lively discussion in the auditorium after Dominic's address. Much food for thought, and very many thanks to Dominic for a passionate and detailed presentation on a topic which affects all of us and whose impact may be greater than expected, even in the medium term.

At our annual general meeting our president, Brian McCrow, will be unveiling our plans for 2024-2025. This programme will include one or two talks over the summer of 2024 as the Society joins the Eastqate in marking the Eastgate's twentieth anniversary.

At the annual general meeting, the renowned author Fi Martynoga, a local resident, will be

giving a short talk on harvesting our edible species to be found in the Borders. One of Fi's best known books is "A Handbook of Scotland's Wild Harvests". Some of the canapés and nibbles will be provided by Fi, and these will supplement the snacks and refreshments to be provided by the Society. It is hoped that all of the members will join us on the evening so that ideas for the future of the Society can be shared and friendships can be made with the committee members of the Society.

We hope to see you during one of our talks in the summer and at the launch of our programme of the winter season in October, 2024.



Peebles and the meal mill, (from about 1799



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With Spring almost upon us and summer (!) just around the corner, now is the perfect time to try out the ever popular, exciting Olympic sport of archery. Tweeddale Archers' Club is pleased to announce that it will be running a beginners' course in April/May to anyone over the age of 12, who would like to come along and give it a shot ('scuse the pun!).

The Club was established in 2016, and we are a small but very friendly band of enthusiastic archers who are lucky enough to enjoy shooting in the wonderful walled garden at Barns, Manor Estate from mid-April to Mid-September. We meet every Monday evening as a Club, but there are opportunities to shoot at other times throughout the week. Don't worry though, come the darker nights and cooler evenings, the Club moves indoors to shoot at The Gytes sports hall, from September to March-this truly is a year-round sport!

Whether you're looking to get out and about, to learn a new sport, maybe to develop a skill for the Duke of Edinburgh's Award, or even to compete in local and national competitions, archery offers all these opportunities! Don't worry about equipment, the Club will provide all that you need to get started, and if you decide archery is the sport for you, we will always be happy to advise on what equipment would suit you best to pursue your new hobby.



Now for the crucial information The beginners' course consists of three indoor sessions, where you will learn the basics of target shooting, setting up and using your equipment, range safety and etiquette, and an introduction to different archery techniques and styles. These will take place on Monday 15th April, 22th April and 29th April 2024 from 7pm - 8.30pm, in The Gytes sports hall, Peebles. After the initial three sessions, the course moves outdoors to our shooting range at the Walled Garden,

Barns, where participants will have two more supervised practice sessions on Monday 6th ^{and} 13th May. The fee for the course is £75. Once you have completed the course, to pursue your archery, you would have to join our Club or another affiliated to Archery GB and Scottish Archery. Information is on our website www.tweeddalearchers.uk

To apply to join our beginners' course please send an email to: twarcher2016@gmail.com



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The new **Kilmartin Museum** is a remarkable achievement and the driving force behind it over the past 12 years has been our speaker this month, **Dr Sharon Webb**, the Museum's



Dr Sharon Webb MBE Image courtesy of Dr Aaron Watson

Director and Curator. Sharon's career over the past 20 years has had too many highlights to outline here but it suffices to say that, in 2016, she was awarded a richly deserved MBE by the late HM The Queen for services to heritage and archaeology.

In the beautiful surroundings of rural Argyll, **Kilmartin Glen** is one of Scotland's most important Prehistoric landscapes with many important burial and ritual sites, including cairns, rock art sites, standing stones and a stone circle. Many artefacts of

international significance have also been found in the Glen over the years. The new £7.8 million museum facility opened in September last year to celebrate this special place, and to care for over 40,000

archaeological artefacts from all over Argyll.



Drone shot of Kilmartin - the Museum is to the left of the church ©Kilmartin Museum



Bronze Age Beaker pot from Upper Largie ©Kilmartin Museum

into its meaning and importance as well as touching on the process of creating this wonderful new facility. I guarantee Sharon will inspire you to make a visit to Argyll this year!

Come and join us at St Joseph's Neighbourhood Centre at 7.30 on **Thursday 18**th **April** (PAS members, free; guests, £4 at the door). This is going to be good!

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Gardening Tips from Woodside

The days are much longer and the weather is getting warmer, which means there's no excuse for not getting out into the garden. Here's a few ideas on what you can be getting on with, along the usual weeding, tidying and planting:

Herbaceous plants such as Hostas, Delphiniums and Lupins are now shooting like mad, and are very appealing to slugs and snails, so make sure you protect them using slug pellets which are suitable for organic gardening. Using wool pellets, made from sheep's fleece not only protects from slugs and snails but also provides nitrogen to feed the plants. Now is also a good time to put plant supports in place to stop taller perennials from flopping over later in the growing season.

Young sweet pea plants can be planted out in their final positions, once they've been hardened off. This simply means toughening them up by taking them outside the greenhouse during the day for 2-3 weeks to gradually accustom them to cooler temperatures. As a precaution I would also protect them with slug pellets, and possibly with chicken wire in areas where pigeon damage is likely.

Give roses a good feed with well-rotted farmyard manure or chicken manure pellets if you haven't already done so, and spray the new leaves with fungicide to prevent mildew, rust and blackspot. These tender new shoots are also prone to aphid infestation, so keep and eye out for this, and spray if necessary, or use your fingers to rub them off.

April is a great month for getting your pond restocked with water plants, cold water fish and oxygenators. Getting the correct balance of plants in the spring will help reduce algae problems later on in the year when the pond water heats up. Plenty of plant cover will not only help prevent algae but will also give your fish somewhere to hide away from herons and otters.

The Melrose 7's is the local date to remember to plant out seed potatoes. This year it's 11th – 13th April. Hopefully you've remembered to chit your early potatoes, and they can be planted with shoots facing upwards in the bottom of a manured trench or in a potato planter, taking care not to break the new shoots. Maincrop potatoes don't need chitting, and can be planted at the same time, while you're at it, or you can leave them for another couple of weeks. These do best in the ground, rather than in a planter as there is more room for the tubers to mature.

Brassica seedling, such as cabbages, broccoli, calabrese, cauliflowers and sprouts can now be planted out into the garden, taking care to protect against pigeons, slugs and snails. They can also suffer from cabbage root flies laying their eggs, so use cabbage collars to act as a deterrent. Brassicas are quite tough in terms of temperature, and can withstand most late spring frosts. You could sow quick growing vegetable seeds around them, such as radishes and cut-and-come-again lettuce leaves, to use the space while the brassicas mature.

Courgette, pumpkin, tomato and cucumber plants can be raised indoors, ready for planting out when the risk of frost has passed at the beginning of June, and you could also sow runner beans indoors to get a bit of a headstart too.

So much to do, and so many gardening rewards to enjoy!

Happy Gardening!



Emma Emmerson and the Woodside Team

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Peebles Win The League!

2 Away Wins Secure The League Title for The Pees!

The team travelled to Kirkcaldy on the 17th February and a last minute try from Matty Carryer was enough to secure the bonus point win (24-20). That meant the game on the 16th March in Aberdeen could seal the League title for Peebles.

The game against Aberdeen Grammar started briskly but it was the home side who, against the run of play, scored the 1st try. Their lead was not to last long as Peebles went on to score 10 tries before Aberdeen finished with a consolation try to bring the final score to 67-14. This was more than enough to secure the National Division 2 title for The Pees!

Head Coach Graeme Paterson stated after the game:

"Saturday was the culmination of a league season's hard work for all involved with the 1st XV throughout the campaign and it was a fantastic way to finish it off with a resounding win to seal the title. The whole playing squad, coaches and management have worked tirelessly since last June to get to this point and now have achieved the goal we set out to attain.

I think the main things that have seen us get to this point is the togetherness of the squad which is transferred into areas of their play and especially when under pressure whether that was defending for long periods of time, as seen against Newton Stewart to gain a vital draw or that will to never give up on seemingly lost causes. This was highlighted in 2 huge moments during the latter stages of the campaign when we came from behind late on against both Lasswade and Kirkcaldy. That showed to me that these guys are totally committed to Peebles RFC, the team ethos and each other.

The club are now is a good position with a good playing squad ready to test themselves at a higher level and in the knowledge that they will be supplied year on year with young, fresh talent from our excellent colts side, with them also going for league and cup success in the next week. We are now looking forward to preparing for the challenges of National 1 rugby next season and giving ourselves a great chance to embed at that level."

Interim Club Chairman, Stephen Mathison said:

"I'm delighted and proud to be part of this fabulous season. The whole Club has got behind the Team it is especially pleasing to see so many travelling to the final League game. I would like to thank all the players, coaches, the management team and volunteers for making this season so special. Their hard work has certainly paid off. I would also like to take the opportunity to thank all our sponsors. Without their backing it would be extremely difficult to run a Club that has regularly fielded 6 teams each week this season. With the prospect of more silverware this weekend, when our Colts play Kelso Quins in The BSJL Cup and then again in the play off for The BSJL (Border Semi Junior League) Championship, we might need to increase the size of our Trophy cabinet!"

Get in Touch



Peebles Rugby Club @PeeblesRugby



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PEEBLES BOWLING CLUB



Peebles Bowling Club remains one of the oldest bowling clubs in Scotland formed in 1829 and while our Bi- Century is not far off, this year we celebrate 150 years at Walkershaugh green as we moved from our original green which is now the McFarlane Hall to our current position in July 1874 and the club plans to mark this historic event later in the year.

Behind the scenes the clubs committee have been busy preparing for the new season. Within the clubhouse the bar has been refitted providing more space and our development plans are in the final stage as we hope to extend the changing room, toilets, kitchen and provide disabled facilities. With planning permission granted the club hope to start phase one as soon as the green closes at the end of the season. We are financing much of the development ourselves but have also applied for grants via various funders and are also actively fundraising to ensure we meet the required costs which will allow us to move on to the final stage.

In the close season the club was awarded Bronze Club Accreditation by Bowls Scotland in February which is a fantastic achievement for the club, and they will be presented with the bronze award on 3rd April by Bowls Scotland. The committee are now focusing on not only attaining the silver award but achieving gold accreditation and if we do, we will be only the third club in Scotland to be granted gold status behind Nairn and Freuchie.

The 2024 begins on Saturday 13th April, President Colin Thomson will roll the first bowl on the green to get the season started. There will be some light refreshments available throughout the day on what is normally a busy day in the club's calendar where memberships can be paid, competition entries accepted, and club merchandise can be ordered. Like last year we will also be showing the Grand National in the afternoon for all the club Members.

The competitive leagues commence slightly earlier this year with the County League starting on Tuesday 30th April and the Borders League the following evening on Wednesday 1st of May. This year the club have entered four teams into the County league which also sees a welcome return from Walkerburn Bowling Club making the County League a 10-team league. In the Border League the club will also field two teams with the A Team playing in Division 2 and the B Team playing in Division 3.

Our Ladies Team also compete in the Border Ladies League a joint team with St Ronan's BC against their fellow Border clubs at St Ronans and the league commences 7th May.

Our Senior Team play in the Border League on a Tuesday morning and if a competitive league is not for you, we have a more social "Wapinshaw" competition every Monday morning on the Green starting 17th April until the season ends or Friday Hat Hights which will be played throughout the season.

We host our annual "Traders Trophy "event on Sunday 5th of May. This sees up to forty-six teams from local shops, pubs & businesses in Peebles and surrounding areas entering a team of four where only one can be a recognised bowler, which is 184 people in or around the clubhouse for the day trying out the sport. It is a great season opener for the club and the competitors. Last years winners Peebles Golf Club will do doubt be keen to retain the trophy.

I am sure everyone has walked past our picturesque facility on their way to the Gytes to watch football or rugby or even go to the gym and thought I would like to try bowling! Well, why don't you? Peebles Bowling club is open to all and even if you wish two or three ends on the green to just try pop into the club as there is always members around and happy to help.

Memberships for the club start at £10 for a social member, £40 for the first year playing at £85 for a full member. Membership forms can be collected from the club premises on opening day.

For further information contact Peebles Bowling Club via Facebook: Peebles Bowling Club Official.

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DHRC Creative Fund. 2024 funding round open now!

It's that time of year again! Yes, once again the Downright Homespun Radio Company (DHRC) Creative Fund is ready to distribute money to deserving young people who wish to expand their knowledge, experience and appreciation of the arts in whatever form that may take. The DHRC Creative Fund is open to young people aged 8 to 25 who currently reside in the Tweeddale area, defined as the catchment area for Peebles High School. Is that you or somebody you know? Then read on.

The DHRC Creative Fund is made available to young people who want to step up a level as they pursue their creative dream. You may be a juggler, a budding stand-up comic, a musician, an artist, a photographer, a dancer, an actor or a YouTuber, in fact anything at all which can be considered as art. If you need to go on that crucial course, buy that essential piece of kit or equipment, hire a studio, spend time with a more experienced person, or anything that you think will help you advance your current skills, why not make an application to the DHRC Creative Fund? We're here to help you along that artistic road.

The Fund was started in 2017 and has already distributed over £14,000 to young people in Tweeddale. Money for the fund is raised from the hugely popular DHRC comedy 'spoof' radio shows which have been performed at the Eastgate Theatre every Christmas for the last 14 years.

The new funding round is open now but will close at 23:59 on 31st May 2024. Visit https://www.downrighthomespun.co.uk/cf-apply or Google 'DHRC Creative Fund'. Each application needs to be supported by a report from a 'referee' who is not a relation, or a beneficiary of the funds applied for. All applications including the referee's report must be submitted on-line. And that's it. It's pretty easy really. Why not give it a go? Funding is not a 'given' however as application totals usually exceed the money available for distribution. This means the Trustees of the DHRC Creative Fund often have to make some hard decisions. It's OK if you're already getting part-funding from another source; that does not exclude you and is actually encouraged.

The Trustees commonly award grants of up to £400 but in exceptional circumstances may go higher.

Last year we distributed just over £2,000 to seven lucky people. They included a microphone for a local filmmaker, podcasting equipment for an emerging comedian, music lessons, camera equipment and money for online courses. So, think you need a better musical instrument? Need to buy some more equipment for your magician's act? How about some fancy editing software for your podcasts? Send in an application. But be quick, you've got until the end of May. Good luck!









Pictures from past DHRC shows at the Eastgate Theatre, Peebles.

L to R local Private Detective Bobby Barr, Rapper 'Stooriefoot Steve', on the phone to roving reporter Chick Fowl, and local pianist Michael Gemmell recent Creative Fund recipient.

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OVER HALF A MILLION PEOPLE SAY DEBT KEEPS THEM UP AT NIGHT

Hundreds of thousands of people are facing sleepless nights because of their personal debts, new analysis from Citizens Advice Scotland (CAS) suggests.

The charity analysed polling from the research company YouGov and found that 74 per cent of people in debt in the past year say that their debt impacts their ability to sleep.

Taking into account Scotland's population that works out to an estimated 579,070 people.

Citizens Advice Scotland (CAS) is running the "Stressed about Debt" campaign, which encourages people who are worried about their bills or stressed about debt to seek advice from the Citizens Advice network.

People can go to www.cas.org.uk/stressed and pick an advice route that works for them, such as online self-help tools, online advice pages or one to one advice from their local CAB.

The CAB service helps improve people's financial situation and for some this includes debt write -off. Since last spring CABs have helped write off over £11 million worth of debt, with the average amount written off being over £12,600 per client.

CAS Financial Health spokesperson Sarah-Jayne Dunn said:

"Debt can have a severe impact on our mental wellbeing and that anxiety and stress can keep people up at night. What this research suggests is that is widespread problem.

"Our network gets real results for people – last year people who saw a gain having sought advice were more than £3,700 better off. Our advice is impartial, confidential and crucially free – we don't charge for our advice, and we never will."

OVER 270,000 PEOPLE MISSED A COUNCIL TAX PAYMENT IN 2023

Equivalent of 23,000 people every month missed a payment

Over 270,000 people in Scotland missed a council tax payment in 2023, analysis by Citizens Advice Scotland (CAS) suggests.

Analysis by the charity of polling it commissioned from YouGov suggests that 276,186 people in Scotland had missed a council tax payment at least once from December 2022.

Broken down that works out to:

- 23.015 people a month
- 5,311 people a week
- 756 people a day
- 31 people an hour

Council tax is a "priority debt" – a debt people should deal with first or risk enforcement that is quicker and harsher than that for commercial debt.

Previous research from Citizens Advice Scotland found that people aren't aware of the harsher debt collection consequences of being in council tax arrears compared to other types of debt such as loans or credit cards.

Councils can subject those in arrears of just one month to a speedy debt enforcement through a bank arrestment - which can include benefits - as a means of recovering payment, while the research also found that local authorities are overlooking potential opportunities to enable repayments to be made.

On average around one in three clients presenting debt at bureaux have council tax debt. This proportion is consistently higher for clients seeking support with multiple debt issues.

If you need help and advice about any of these issues or anything else, please contact:
Gill Westwood, Manager, Peebles and District Citizens Advice Bureau,
Chambers Institution, Peebles, EH45 8AG.

01721 721 722

Gill.Westwood@peeblescab.casonline.org.uk

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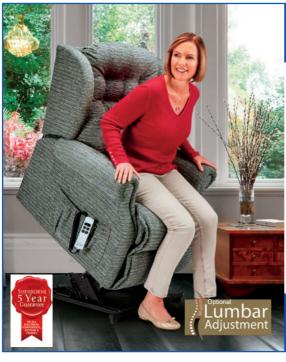
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TWEEDDALE YOUTH ACTION

As we roll into Spring, Tweeddale Youth Action is buzzing with energy, ideas - and the Youth Action sounds of power tools!

Our Innerleithen workshop is now open, offering metalwork opportunities to young people under the expert guidance of Gillie - professional welder, fabricator, and our new Bike Punks project worker. Ideal for young people aged 15+, our Monday open-access sessions are a chance to learn new skills, use our tools and maybe even lay the groundwork for a future career. Just come along if you're interested!

Some of our young people have been successful in applying for funding from Youth Borders to design and create firepits to sell. The first ones are coming out of the workshop now and they look fantastic!

Other recent additions to our weekly timetable include our Tuesday Art Club and Low Sensory Games Club. These have a lovely relaxed vibe and new young people are always welcome, no booking necessary.

We're looking forward to getting out and about more as the sun begins to shine again. First up is our Easter programme. We'll be heading off to the Glasgow Science Centre, as well as putting on a programme of sports, games, arts and BBQs as part of our youthy fun days.

As always, we couldn't offer any of these free activities and opportunities to our young people without the help of our amazing funders and supporters. Big thanks this month to South of Scotland Enterprise (SOSE), Scottish Borders Council and Peebles Round Table.

Mondays

6pm-8pm S1+ Drop-in

6pm-7.30pm Open-access welding session (S1+ but suits ages 15+ best)

@Innerleithen youthy

Tuesdays

4pm-5.30pm, S1+ Art Club 5.45pm-7.15pm, S1+ Low Sensory Games Club @Peebles youthy

Wednesdays

6pm-8pm, S1+ Drop-in @Peebles youthy

Thursdays

6pm-8pm, P6-P7 Drop-in @Innerleithen youthy

Fridays

3pm-4pm, S1+ 5-a-side football @The Gytes 7pm-9pm, S2+ Drop-in @Peebles youthy





As always, we couldn't offer any of these free activities and opportunities to our young people without the help of our amazing funders and supporters. Big thanks this month to South of Scotland Enterprise (SOSE), Scottish Borders Council and Peebles Round Table.

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PEEBLES BURGH SILVER BAND



As I write this Spring has finally sprung so with slightly warmer daytime temperatures our minds turn to the summer and all that comes with it, we look forward to a balmy, busy, musical silver band summer, but meanwhile, lets see what the band have been up to since the last issue of Peebles Life.

Something that I didn't mention in the last issue is that back at the beginning of the year the band committee had a very difficult decision to make.

With important positions in the band being empty for one reason or another there was some doubt as to whether the band would be strong enough, and have enough playing members, to compete in the Scottish Championships in Perth on 9th March, remember we had just been promoted to the Third Section, a challenge in itself.

The outcome of the lengthy discussions was that we had two options:-

Plan A: decide now that the band was not in a position to compete

Plan B: promote our young players from the Youth Band up to the Senior Band to fill the empty places

Due to the importance of the issue it was decided that this had to be a whole band decision, so a message was sent out to all playing members asking whether they were up for Plan A or Plan B.

Fortunately, they were wholeheartedly behind Plan B and so rehearsals began very quickly in preparation for the big day on 9th March.

As I did mention in the last issue, the test piece set by SBBA (Scottish Brass Band Association) was Corineus by Christopher Bond, a very complex but beautiful piece composed specifically as a test piece in 2018.

Peebles Burgh Silver Band are fortunate in that they have a relatively large and talented Youth Band who were delighted to be given the opportunity to step up to the challenge, so we had a full band on the day.

I am sure you will find it interesting to hear that in that competing band we had no less than 8 musicians who had never played in the Championships before, Paul Fraser, Andrew Watson, Ian Cornwall, Robert Nixon, Sophie Muir, Fraser Bannister, Malkie Caulfield and Alec Weston (Alec has played drums before but not a brass instrument).

Even more astounding is that we had 9 musicians who are still at PHS, namely, James Grassick, Alec Weston, Malkie Caulfield, Ben Mangen, Lucy Bannister, Sophie Muir, Robert Nixon, Ellie Napier, Fraser Bannister. and to top it all it was a first for our Musical Director/Conductor Vaughan Fleischfresser who is relatively new to brass banding.

I am sure you will be delighted to learn that, under the circumstances and all that has been described above, the band played extremely well and was placed 6th in the Third Section, a magnificent result, given that just a few weeks ago we were considering not competing and on top of that our Principle Cornet player Ian Aitchison won the title of Best Instrumentalist, that's of the whole Third Section, what an accolade, what a musician !!!!

Here is a photo of the young ones that stepped up (unfortunately Ben Mangen and Malkie Caulfield were not present when the photo was taken)

On a different subject, but no less important, it has come to my attention that when reporting on the results of the SBBBA Youth Competition held in Hawick I failed to mention that James Grassick, our young and very talented Euphonium player, won the Under 16's Slow



Melody section becoming the Slow Melody Champion for the region, a fantastic achievement.

Well that's all the excitement for this month, next up is Tweed Valley Brass, a joint concert with
St Ronan's Silver Band at the Memorial Hall, Innerleithen on 4th May and Peebles Silver Band
Concert on 17th May at Peebles Burgh Hall.

Thanks for reading and see you next month.

Keith Orr



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TWEEDDALE U3A

Our next monthly meeting will be held on Tuesday 9th April at 2pm in St Joseph's Hall, Peebles.

Our speaker this month is **Dr John Davies.** He has had a very varied and exciting career starting out as a Flight test Engineer with British Aerospace. While working there, he completed a PhD in Astronomy in his "spare time"! He came to work at the Observatory in Edinburgh first in 1993; then spent a few years in Hawaii and finally returned to Edinburgh in 2001 to become Project scientist for the European OPTICON Project. The project aims to help pave the way for a European 'Super telescope' with a mirror 100m in diameter.

Now retired, he still spends time looking at the stars.

John will tell the story of the Royal Observatory, Edinburgh, which is unique among UK scientific establishments in that it houses on a single site a university astronomy research group, an establishment of a UK Research Council and a Visitor Centre.

Tea and coffee will be served after the talk.

Meeting will be Hybrid, if you're unable to attend in person you can be there via Zoom.

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Bonnie Peebles SCIO

We had a very successful quiz night at Peebles Golf Club on 23rd February. It was a fun night and thanks to everyone who helped raise £532 towards our plant costs. Our gardening calendar began with the first outing on Wednesday 20th March. Time for a general tidy up and to assess how the flower beds have done over the winter months. Unfortunately the wet weather has caused problems for all gardeners with some plants suffering more than others. Hopefully as the weather improves so will the gardens.

The four new seats for the Swimming Pool Roundel were ready by the end of January and plans are underway to have them installed soon. They have been made for us by The Blazing Blacksmith, Jim Whitson and will be an attractive addition to a well used area.

Our coffee morning will be held in the Burgh Hall on Saturday 27th April 2024 from 10am till 12. Due to increased charges for the hall hire, entry will be £1.50. Our stalls will include home bakes, tombola, bric-a-brac, books and jigsaws and a raffle. We look forward to seeing you all.

The work of our committee and volunteers will continue over the coming months but we would greatly appreciate some extra hands. Please do get in touch if you would like to join us in helping keep our town "Bonnie". Margaret 01721 721518, Avril 01721 720140

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PEEBLES PENSIONERS ASSOCIATION

The first meeting of the new session, including the AGM, was held in mid-February and was followed by a seated exercise session with Jean Westwater. With 46 members in attendance, it was fabulous to see every single member of the group taking part in the session, which was enjoyed immensely by everyone. As members were leaving the hall that afternoon, many told me just how much they enjoyed the afternoon and told me that they would be more than happy to have another seated exercise session soon! Our special thanks to Jean, who is one of our new members and is clearly a much admired and well loved member of our group.

The members were given the choice of a Beetle Drive or a film show for the March meeting but as the show of hands was 50/50, I decided upon a film show and was pleased to show one of the films from the collection given to me by John and the late Donald Swanson. Whilst the film has been shown before, the members were happy to watch it, either for the first time or again, with many saying how much they enjoyed the choice of the film of the "Road Trip round Peebles".

Our special guest at the April meeting will be Mollie Davies, who has kindly agreed to come and sing for us. Originally from London, Mollie is a folk singer and multi-instrumentalist, who studied music at the University of York, followed by a Masters in Music in the Community. Mollie has worked as a community musician for many years, delivering music workshops to community groups, in particular those with additional needs. As a singer, Mollie specialises in singing traditional folk songs from the British Isles. Mollie moved to Peeblesshire in 2021 with her young family.

Peebles Pensioners Association is a social group, which is open to both men and women, so if you are interested in joining Peebles Pensioners Association at the next available intake, please contact the Secretary (details below) for a Membership Application Form.

Laura Scott (Secretary) 07484 663518 peeblespensioners@btinternet.com





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Peebles & District Community Council

Minor Injuries Care in Peebles under the NHS

As many will be aware, your Community Council was represented on an NHS working group that was looking into the organisation of the community hospitals of which there are four in the Borders including Haylodge. We took comment from the community and fed back into the process. How much notice will be taken of this feedback is debatable.

It was specifically said at the outset of the process, that the treatment of minor injuries was not up for discussion. However, having had previous feedback from the public, we asked why "minor Injuries" was outwith the scope of the exercise? The answer was that the decision resulted from previous work considering this issue alone. The deciding factor apparently being that wider training is required as to whether a particular injury can be dealt with on site or would need referral to A&E (e.g., if a head injury was involved). The writer wasn't convinced then and isn't convinced now. Do all minor injuries amongst community hospital patients require referral? If not, then surely if staff are qualified to take appropriate action on site, then they should be able to place butterflies on a cut and bandage it and yes, if necessary, send the person to BGH? After all, we are talking only of first aid.

Setting the foregoing aside, we asked our community to comment and more than one ex doctor, ex nurse and administrator "saw no reason why minor injuries should not be treated at the community hospital. The question keeps coming back; directly to us at PCC and on Facebook as per this example "Anyone know what happened"

to minor injuries at Haylodge"? No one would look at my four-year-old's split chin and so now he had to go to A&E which isn't the right place obviously, but what choice is there? Well, if you consult the Haylodge website it says, "Hay Lodge Hospital ... hospital staff provide a 24-hour minor injuries services", It is now nearly six months since this writer first flagged up this error to NHS management.

Recovering from a recent operation myself, I wasn't going to write an article this month until I was informed yet again of this issue. This time an accident involving a pensioner on the Haylodge site was, I am told refused first aid. Firstly, this goes in the face of decency. natural As а onetime advanced first aider myself, I couldn't turn away a person needing help. What is the world coming to? It also goes against the information laid out in the NHS, Haylodge website. A quote from a member of the public was "If they didn't want to help others why did they enter the profession". Why indeed? But this isn't fair, the staff are only following orders and they have no requirement to do otherwise. Under GMC Guidelines "Doctors must offer help in an emergency". It is only guidelines, but it says "must", not "may" or should". It is in effect an ethical duty. We don't see the RNLI ever refuse a callout and we should not see a refusal to help here either. As always: support or comment to Anne Snoddy (Secretary PCC) secretary@ccrbpeebles.co.uk.

Peter Maudsley

Chair

Peebles and District Community Council



Tuesday 2 April 7.30pm Eastgate Theatre, Peebles



Patron's Concert Gina McCormack (violin) & Nigel Clayton (piano)

"Nordic Rhapsody"

In the past the Patron's Concert has introduced outstanding young musicians, hand-picked by Music in Peebles patron Gina McCormack. This year Gina is performing herself, along with her regular duo partner Nigel Clayton.

The theme she has chosen has a Nordic theme, bringing together familiar and not-so-familiar composers from Norway, Sweden and Finland. At its heart are sonatas by Norway's best-known composer Edvard Grieg, and his lesser-known Swedish contemporary Emil Sjögren.

These substantial works are accompanied by a mix of shorter pieces from Sweden (a *Sentimental Journey* by Wilhelm Stenhammar), Norway (a *Romance* by Christian Sinding—often seen as the heir to Grieg) and Finland (*Humoresque* and three of the *Six Pieces for violin and piano* by Jean Sibelius).

Details of the Music in Peebles 24-25 season will be announced later in the year. If you would like to be kept up-to-date and to qualify for priority booking

Tickets from the Eastgate Theatre, Peebles (01721 725777 www.eastgatearts.com) Full price £18. Adult discounted* £9 Under 26s Free

join our mailing list at https://musicinpeebles.org.uk

* Members of Biggar Music and Moffat Music Society and adults accompanying children under 12.

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Tweeddale Councillors Tatler and Begg



Councillor Robin Tatler (Independent) Tweeddale East Tel. 0300 100 0220

Email: robin.tatler@scotborders.gov.uk



Councillor Drummond Begg (Liberal Democrat) Tweeddale West

Tel. 0300 100 0220

Email: <u>Drummond.begg@scotborders.gov.uk</u>
Twitter: @drummondbegg

will hold a Joint Advice Session

in Tesco Superstore, Dovecote Road, Peebles on Monday, 8th April 2024 from 6.00 – 7.30 p.m.

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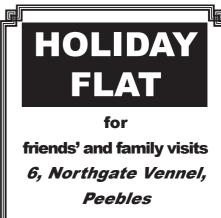
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Tea Dances in Tweeddale

"Being physically active is one of the best things you can do to boost brain health" (Brain Health Scotland)

Dancing is a fantastic way to get the **exercise** that's good for both mind and body: "Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness and memory" (*Johns Hopkins Medicine website*).

The camaraderie offered at a Tea Dance can boost the **social connectedness** that's widely recognised as important for everyone's mental and physical health—including those with dementia.

Dementia Friendly Tweeddale Tea Dances are inclusive—some who have



dementia are MUCH better dancers than some who don't! Some of us don't dance at all, but enjoy watching, listening, and singing along. And finally, Tea Dances are simply great fun!

During 2024 we are hosting Tea Dances throughout Tweeddale, mostly in Peebles—but at least four will be elsewhere—Innerleithen, Broughton, Newland and Carlops.

On **Friday 19 April** we are to be hosted by

Peebles Hydro in the grand ballroom 2.30 – 4.30pm with the popular live band Dave Robb and Friends.

Tickets cost £4 from Eastgate Box Office 01721 725777, and must be bought in advance, so that we can tell the Hydro how many to cater for. Tickets will not be on sale at the door.

Free transport is available for the less able ticketholders. To book a seat on the Tweed Wheels Bus contact 07561 602621 by Sunday 14 March.

DFT is very appreciative of a grant from the SBC Happier Healthier Stronger Fund to enable the Tweeddale Tea Dances programme.







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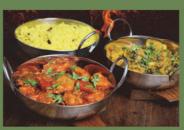
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PEEBLES ROCK

INTRODUCING YOUNG MUSICIANS TO THE STAGE

Rock is coming to Peebles,

Following in the wake of the success of Broughton Rock last October Andrew Clark and Andrew Muir are on a mission to create a music scene to support the up and coming talented local young musicians.



This local area has had a lot of issues in recent years suffering from a lack of affordable venues and facilities available to young bands of various genres from around the area. This has been exacerbated with the covid lockdowns and a lack of venues, with musicians under the age of 18 in particular finding it hard to get the gigs that are required to develop stage and performance skills.

Peebles Rock at Peebles Rugby club on April 6th function is to provide young bands with an opportunity to perform in front of an audience with sound & lights, to inspire & to provide great entertainment for the Public. The bands 8 Days, Yaris and Chekhovs Gun span multiple genres from

Classic Rock to Heavy Metal.

Chekhovs Gun in Particular are touted as one of the best up and coming Metal Bands in Scotland have reached the semi final stages

in the Metal for the Masses battle of the bands competition.

Tickets are now on sale from bands directly or online.

www.ticketsource.co.uk/peeblesrock



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