# PEEBLESLife <br> MARCH 2024 



ESSO Grossburn 91 Edinburgh Road, Peebles EH45 8ED

Jet wash | Roller car wash | Tyre air machine | Car vac | Logs Papers I Magazines I Fresh sandwiches I Costa I Soft drinks Beer and wine I Spirits \| Sweets | National Lottery
Peebles Golf Club
March Notices
Peebles Life WordsearchPeebles Life SudokuPeebles ArchaeologySociety
Gardening Tips from
Woodside - Emma Emmerson
Peebles Rugby Club ..... 21
Peebles Pensioners
Dementia Friendly
Tweeddale6 Peebles Burgh Silver Band3621
4 Tweeddale Society ..... 269 Tweeddale U3A38
11 Bonnie Peebles ..... 40
12/49 Borders Community Action ..... 42
Peebles \& District ..... 44
18 Community Council Music in Peebles ..... 46
The Peebles March Riders ..... 50
List of Advertisers ..... 54
23
April DeadineWednesday 20th February
richard@peebleslife.com
07900197907

## Peeblesshire Windows

Are you thinking of replacing your windows and doors?

We supply and fit
Double Glazing Windows \& Doors, Conservatories, Secondary Windows, Sliding Sash, UPVC or Timber.

## Double Glazing Repairs

Having problems with condensation between your double glazed units?

We can replace the glass without having to replace the whole window.


01721740332

07710229003
alan@peeblesshirewindows.com
1 Rowan Court, Room 8, Cavalry Park, Peebles



Now that we're into March, we're counting the days until the start of the new golf season and there's plenty going on at Peebles Golf Club this month to get us off to a flying start, both on and off the course.

We teed off the year with our Annual General Meeting, which saw Andy Pretswell installed as our new Club Captain, taking over the reins from Chris Patterson. Andy was a junior member of the club, and rejoined Peebles when he returned to the town in 2014, joining the committee two years ago. A very competitive golfer with a handicap of four, he is looking forward to the challenge and continuing to take the club forward.

Andy said: "We all have a collective aim for our club, somewhere where we can come and enjoy a round of golf on a first class course, something to eat or drink in a brilliant clubhouse, a thriving club at the heart of its community where the traditions of golf are upheld and foundations are laid to ensure a prosperous future for golfing generations to come."

Andy will lead the club's season opening ceremony on Sunday 24 March.

Off the course, we have a busy month of social events in the clubhouse and we're delighted to be staging a Milne \& Pickles Cheese and Wine Tasting event on Saturday 2 March. This event is now sold out and it's sure to be a great night for members and guests. We're also hosting fundraising nights for Peebles Netball Club and Peebles Girl Guides.

Mother's Day is just around the corner and if you're looking to treat mum to a day out, From Scratch Restaurant are offering a special Mother's Day Menu on Sunday 12 March, as well as Afternoon Tea for Two. See our website or Facebook page for further details and you can book via the From Scratch Facebook page or by emailing fromscratchpeebles@gmail.com

Don't forget, the Clubhouse is also open to nonmembers with barista coffee and hot drinks available throughout the day, in addition to breakfast, lunch and weekend dinner (Fridays \& Saturdays) with fabulous food being served.

And finally, if you're a keen golfer but not yet a member, we have a range of New Member Joining Offers to entice you into the club. Visit peeblesgolfclub.com/join for details.


## Hypnotherapy \& Reiki

- Sports Performance
- Fears and Phobias
- Past Life Regression
- Anxiety and Stress
- Depression
- Stop Smoking
- Weight Loss
- Quit Sugar
- Public Speaking
- Interview \& Exams

WINTER OFFERS
(Offer ends January 31st 2024)

## STOP SMOKING TODAY

 Was £195 now £150

TWEED VALLEY WATER SERVICES

UNDERGROUND WATER PIPE LEAK REPAIRS $\delta$ MAINTENANCE


CONTACT LIAM ON 07932594177

OR
LIAM@TWEEDVALLEYWATER SERVICES.CO.UK

## March Notices

Circle Dance at St Joseph's Hall - 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 - Friday 15th March Tea Dance (see page 23for details). Free Transport available from Tweedwheels, especially if you use a wheelchair - please contact Lyndal 07561602621 preferably by text message, to put you on the list for transport. You don't have to dance, just come along to enjoy the music and eat cake. Live Band, and Dance Demonstrator who will partner ladies who want to learn the proper dance steps. This is a most enjoyable afternoon out - one of a programme of Tea Dances throughout 2024 in Peebles and other venues in Tweeddale.
Recollective Choir - Tuesday every week for people living with dementia and other life limiting conditions, takes place at Dovecot Court, Peebles, $2.45-3.45 \mathrm{pm}$. Singing for pleasure to uplift our spirits well-known songs that we grew up with. Support singers from the wider community are welcome to join us - all free of charge with a cuppa and chat afterwards.
Peeblesshire Archaeological Society - Thursday 7th March at 7.30pm - Talk by Dr Piers Dixon, University of Stirling and Peeblesshire Archaeological Society: 'Masterstead, Forest Stead and Sheep Farm - 1400-1850'. Meeting to be held in St Joseph's Neighbourhood Centre, Rosetta Road, Peebles.

Thursday 21st March at 7.30pm - Talk by Derek Alexander, Head of Archaeological Services at the National Trust for Scotland: 'Pioneering Spirit - the archaeology and history of whisky making in Scotland'. Meeting to be held in St Joseph's Neighbourhood Centre, Rosetta Road, Peebles.
Tweeddale U3A - Our next monthly meeting will be held on Tuesday 12th March at 2pm in St Joseph's Hall, Peebles. Our speaker is Gillian Paterson, and she will talk about 'The Art on our Banknotes'.
Greener Peebles Community Garden - Warm Spaces drop-in sessions every Wednesday 11am - 2pm until $\mathbf{2 7}^{\text {th }}$ 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 (in March 12th) at 7.30 at 14, Kingsmeadows Rd, Peebles EH459EN and on the fourth Sunday of the month (in March, 24th) at 10.30 at 7, Dukehaugh, Peebles EH459DN. If you would like to find out more, please contact Lesley...... lesleyjmorrison3@gmail.com / 07792932406 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 manager@inchoruschoir.co.uk or visit our website at www.inchoruschoir.co.uk. We would love to see you!
The Peebles Stroke Group - meet in Firholm Day Centre, Innerleithen Road every two weeks. During March we are still on winter time $1.30-3.30$ pm As from $3^{\text {rd }}$ 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).

## A.T. BLINDS

Vertical, Venetian, Roller, Pleated and Velux

## Curtain Rails and Poles

## Call Allan Turnbull on 01721720421

## BUGLASS GAS SERVICES

Buglass Gas Services Ltd are a local family run business and are very proud of the reputation we have built over the years. With flexible working arrangements whilst also providing a professional and friendly service.
As your local Worcester accredited installer we're also able to offer up to 12 years guarantee on your boiler.
Our Gas, Heating and Plumbing Services include:

- All Boiler makes \& - Replacement Models Covered - Landlord Certificates
- Gas, LPG \& Oil - System Flushing
- Service - Fires and Cookers
- Repair - Plumbing Repairs


Buglass Gas Services
Clovenfords TD1 3AL
01896850625 or 07809456831 buglassgas@hotmail.co.uk

Discover an extensive range of products at


## Nweeddale Kitchens est. 1992 <br> $\qquad$

~ Classic, contemporary \& traditional kitchens.
~ Britannia range cookers.
~ Appliances by Bosch \& many other major brands.
~ Granite, quartz, acrylic, wood \& laminate worktops.
~ Wall \& floor tiles for kitchen \& bathroom.
~ Karndean flooring.

Showroom open by appointment only.
Email: tweeddalekitchens@gmail.com Tel: 01721723497 Mob: 07598414862
Dovecot Ind. Estate, Dovecot Road, Peebles.

## Local exterior cleaning business

Domestic and commercial work undertaken Fully trained and insured

Borders Pressure Washing

## - DRIVEWAVS AND PATIOS <br> - GUTTERS <br> - GARDEN PAVING AND DECKING <br> - RENDER, CLADDING AND STONEWORK

www.BordersPressureWashing.com
Tom@BordersPressureWashing.com

Landline 01721728084
Mobile 07506872924


The Prince Of India RESTAURANT

86 High Street, Peebles, EH45 8SW 01721724455

Monday - Thursday
5pm - 11pm
Friday - Sunday
12pm-1.45pm
5pm-11pm
Gluten Free dishes available
Special requests catered
All dishes prepared using fresh produce


SET MEALS
Meal for 1 - $£ 16.95$
2-£29.95 4 - £58.95
WINE \& BEER
DELIVERED
Outside catering


## T. L. GREENSHIELDS

## Painter \& Decorator

 Interior \& Exterior16 Fawnburn Crescent, Cardrona

## 01896490735

07960159270




## Peebles 空Life Sudoku

| 3 |  | 1 |  | 2 | 6 | 5 |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| 8 |  |  | 5 |  |  |  | 7 |  |
|  |  | 9 |  | 7 |  | 2 |  | 8 |
| 9 | 6 |  | 4 |  | 2 | 1 | 3 |  |
|  |  |  | 9 |  | 8 |  |  | 4 |
|  | 2 | 3 |  |  |  |  | 8 |  |
| 2 |  |  |  | 8 | 5 |  |  |  |
|  |  | 7 | 1 |  |  | 4 | 6 |  |
| 1 |  | 6 |  |  | 7 | 8 |  | 3 |

## How to Play

Fill in the grid so that every row, every column and every $3 \times 3$ box contains the digits 1 through to 9 with no repetition. That's all there is to it!!
You solve the puzzle with reasoning and logic - there's no maths involved and no adding up Good Luck!!

Please mention Peebles Life when responding to adverts


## Peeblesshire Archaeological Society

We've got something this month to raise your spirits! Derek Alexander is returning to Peebles to talk about 'Pioneering Spirit: Illicit Stills' - the archaeology and history of whisky making in Scotland.

Born in Inverness, brought up in Glasgow, Derek studied prehistoric archaeology at the University of Edinburgh, specializing in the later prehistory of temperate Europe. He graduated in 1990 and worked for the University's commercial archaeology unit - the Centre for Field Archaeology (CFA) for 10 years and undertook archaeological survey and excavation work across Scotland. He joined the National Trust for Scotland (NTS) in 2000 as the West Region Archaeologist, with responsibility for providing advice on the archaeological aspects of all properties in the region, for conducting small-scale research projects, and for commissioning and managing larger projects. Derek was appointed as Head of Archaeological Services for the Trust in 2011 and is responsible for the archaeology on many of the Trust's western properties and islands.

In his talk, Derek will contrast the evidence for small scale illicit whisky bothies with the early establishment of a larger scale, legal distillery at The Glenlivet. Working in partnership with the Glenlivet (owned by Pernod Ricard) the Trust's intrepid archaeology team (note the midge nets!) have been undertaking survey and excavation work on illicit whisky bothies on NTS land at Mar Lodge, Torridon, Ben Lomond and Ben Lawers. Derek has also been investigating the site of the old distillery at The Glenlivet which ran between
 1824 and 1859 before moving downslope to a new larger site. The founder was George Smith who was originally an illegal distiller before turning professional. 2024 marks the 200th anniversary of the establishment of his distillery.

Tempted? Why not show some 'pioneering spirit' and 'nip' along to St Joseph's this month on the $21^{\text {st }}$ and enjoy Derek's talk and a 'tipple' (well, actually tea and coffee) with us! Slange var!

## CAMERON CARPET COMPANY of Peebles <br> (Established over 30 years) <br> SHOP AT HOME SERVICE

Samples of carpets, vinyl, wood flooring and "Karndean" brought to your home at times to suit you.
ESTIMATES FREE Fitting only service also available.

## Call DENNIS HIDE now on (01721) 724160 or 07860 395763 (mobile)

## RAWOOD CARPENTRY

UnLOCK THE POTENTIAL OF YOUR SPACE WITH OUR EXPERT CARPENTRY SERVICES. FROM beautiful bathrooms to functional KITCHENS, STUNNING RENOVATIONS, AND custom decking, we do it all. With a keen eye FOR DETAIL AND A COMMITMENT TO QUALITY, PRACTICALITY, AND AFFORDABILITY, WE'LL WORK TOGETHER TO TRANSFORM YOUR HOME. Big and small jobs considered. CONTACT NOW FOR A CONSULTATION.

EMAIL: RAWOODCARPENTRY@GMAIL@COM
Phone: 07976515428


Please mention Peebles Life when responding to adverts

## BEECH JOINERY \& BUILDING LTD

We are delighted to announce that in partnership with MKM Building Supplies Galashiels, we can now provide a complete design, _supply and multi trade installation service of kitchens and bathrooms to suit any budget.

Showroom available by appointment at :
Unit 7, Dale Street, Netherdale Industrial Estate, Galashiels, TD1 3EY.
Callor_email to arrange your free consultation

BEECH JOINERY \& BUILDING LTD PEEBLES

## TEL 07870841769

Email. info@beechjoineryltd.co.uk
www.beechjoinery-ltd.co.uk


## BORDER GRAVE CARE <br> Graveside maintenance

Grass Cutting Weeding Cleaning
Wild flowers \& more

CONTACT ROSS FALLA 07761962209
bordergravecare@gmail.com FOR FREE QUOTE Find us on Facebook

## HOLIDAY

 FLATfor

friends' and family visits
6, Northgate Vennel,
Peebles
www.selfcateringpeebles.co.uk info@selfcateringpeebles.co.uk Tel: 01434682220


Welcome to Jubilee Travel Limited...
we are a friendly local run taxi firm in Peebles. Our car is a Skoda Superb.

JUBILEE TRAVEL LIMITED PEEBLES 07835401952

Our drivers are smartly dressed, polite, efficient and punctual.
There's no job too big or too small, whether you are going abroad and need a lift to any airport or just going down the street, or anywhere in between we are happy to be of service.

Give us a call on 07835401952
Or find us on facebook at: https://www.facebook.com/profile.php?


# BUS TRAVEL IS FREE in Scotland for those under 22 and over 60 

Scan the QR code or visit getyournec.scot to apply

## ARE YOU A DENTURE WEARER?

Many people are unaware that a Clinical Dental Technician (CDT) can provide a range of denture services direct to the public.

At CCM Laboratories our CDT is registered with the General Dental Council and can offer denture services which were previously only available through your dentist.

Why not have the person that makes your denture, fit your denture?

If you are looking for a new denture and want a natural smile created individually for you please give us a call to arrange a free consultation appointment in Biggar.


## D \& M Williams Scrap Metal Uplifts

 FREE UPLIFTSWashing machines Cookers Tumble Driers Radiators Car Batteries All Metals Considered NO FRIDGES OR FREEZERS

Environmentally Friendly SEPA Registered

Mobile: 07724337125 Tel: 01721725112

## Gardening Tips from Woodside

March heralds the beginning of Spring, and although we can still experience some wintry weather, sunshine and warmer temperatures should be more frequent now.
There's such a lot to do in the garden, with tidying up, pruning roses, planting vegetables and much more - it can sometimes be difficult to prioritise, so here are a few helpful hints for you to make the most of your time in the garden this month.
Overgrown and congested clumps of herbaceous perennials can be lifted, divided and replanted this month. Suitable plants for this treatment include hardy Geraniums, border Iris, Hemeracollis (Day Lilies) and Hostas. Simply dig out the whole clump with a spade or fork and split into chunks either with a spade if the roots are solid, or by prising them apart using 2 garden forks back to back. Try and keep as many budding shoots as possible, and replant just the freshest, greenest sections. Older woodier sections, usually the middle of the plant, can be discarded. Replanting can either be in the same spot, or elsewhere in the garden, or if you have far too many to replant, try sharing with your neighbour. It's an ideal opportunity to give your herbaceous garden a bit of an overhaul, moving plants that are in the wrong place to a better spot. You can treat overcrowded Spring bulbs in just the same way, including snowdrops, but be sure to let them finish flowering before you divide them.

Pots and containers that have permanent plants in them can be top-dressed just now. Knock off some of the loose compost on the surface, and replace with fresh compost mixed with a slow-release fertilizer. Roses in pots need special treatment as they are very greedy plants in terms of feeding. Every couple of years gently knock the whole rose plant out of the pot and remove all loose compost from both the roots and from the surface. Mix some well rotted farmyard manure or pelleted chicken manure with some fresh multi-purpose compost, and repot using this compost mix. You'll find that roses respond well to this, and will reward you with plenty of blooms and fresh foliage. If blackspot is likely to be a problem, then keep a bottle of ready-to-use fungicide handy and spray regularly as a preventative measure. It's much better trying to prevent the problem than to cure it once it has already occurred.
Spring bedding plants are available just now, and these are ideal plants to provide plenty of colour whist being able to withstand the frost. Bedding plants suitable for planting outdoors now include Violas, Pansies, Polyanthus and Primroses, and if looked after properly and dead-headed regularly these will give you a good display of flowers to last right up until it's time to plant out summer bedding plants in late May to early June.
In the vegetable garden it's time to plant out onion and shallot sets and seed potatoes. You might also want to think about sowing vegetable seeds indoors, or in a heated greenhouse or polytunnel, to give you a bit of a head start. Try sowing seeds of tomatoes and chillies indoors for planting out when the risk of frost has passed. Carrots and beetroot can be sown outside towards the end of the month if it's warm enough, and brassicas such as cabbage, cauliflowers and broccoli can be started off in pots. Or you could cheat and buy baby vegetable plants and get the garden off to a flying start! Our baby vegetable plants are usually available towards the end of March and into April. Now is also a really good time to plant fruit bushes such as currants, gooseberries and blueberries, as well as planting rhubarb plants.

Such a lot to do, let's just hope we get plenty of dry days to get out and about in the garden! Happy Gardening!


# TETRA ACOUSTICS Clarity in Sound \& Vision 

## Best advice \& service for Home Entertainment

## 'The Fives' from Klipsch

 For those that love their music as much as their cinema.Call to find out more or to arrange a demo


HAND-CRAFTED WCDD CABINET XITH REAL WAINUT YEMETR CR Maite Biacx painien fimish

- Digital TV, Aerials \& Satellite,
- Hi-Fi, Turntables, Home Cinema,
- PA System Hire up to 7 Kw from £60

For more info: Tel. 01721720936 Mobile. 07928376021
Email andrew@tetra-acoustics.com Web www.tetra-acoustics.com

## WINDOW REPAIRS

MISTED DOUBLE GLAZED UNIT
CRACKED OR BROKEN GLASS
BROKEN WINDOW HINGES
REPLACEMENT WINDOW HANDLES
REPLACEMENT WINDOW LOCKS
WINDOW AND DOOR ADJUSTMENT
REPLACEMENT UPVC DOOR HANDLES
REPLACEMENT UPVC DOOR CYLINDERS
REPLACEMENT UPVC DOOR LOCKS
NO JOB TOO SMALL FOR FREE QUOTATION CALL
07881335804

## EASY FIX

 WINDOW AND DOOR REPAIRS

At Easy Fix Window and Door Repairs, our motto is, "Why replace when you can repair?"

You will be pleasantly surprised with our cost effective repair service. No matter the type of window unit you have.

We take pride in offering reliable, fast and friendly service to our customers, and indeed, most of our business comes from customer recommendation.

# UK <br> SALE! 

TRULY MADE-TO-FIT RISE \& RECLINE CHAIRS


Relieves Back Pain $\checkmark$ Improves Circulation $\checkmark$ Improves Sleep

## 5 YEAR WARRANTY <br> Finance packages available




FREE demonstration
FREE delivery \& setup
FREE removal of old furniture
NO cold calling

- FREE nation-wide service

CALL FREE TODAY FOR A FREE BROCHURE \& HOME DEMONSTRATION

# 08000519377 <br> www.ukriseandrecline.com 

## Promotion is 2 wins away...

## The National League 2 Title Will Be Decided on 6 Nations Super Saturday...

After a fine win at home against Berwick (53-14) and an end to end win at Stirling (40-29), The 1st XV travel to Kirkcaldy on the 17th February to continue their bid to become National League 2 Winners. We beat them comfortably at The Gytes earlier in the season but the away trip will be by no means am easy game. Kirkcaldy have always been a tricky team for us so the win is not guaranteed. However, Coach Paterson and the boys know that a bonus point win will keep us in top spot.

2nd place Falkirk have a difficult match away to Lasswade so perhaps Peter Wright's men can do us a favour by either winning or stopping Falkirk getting the try bonus point.

Our final game is away to bottom of the table side, Aberdeen Grammar, on the 16 th March which co-insides with The 6 Nations Super Saturday. If you cannot make it to either Kirkcaldy or Aberdeen then non travelling supporters can keep up to date with the games by taking advantage of ourVeo Live Stream. Our games will be shown in our Eastgate Clubrooms so please come in and support the team!

The Clubrooms were extremely busy on the weekend of the 9th February. The 1st XV played Hawick in a Border League match with the final score (7-38). Before this match, our OAPees (over 35s) welcomed a visiting French side. The game had to be transferred to the High School 3G as Hay Lodge was deemed unplayable. This game was played in good spirit and it seems fitting that it ended 4 tries each. The teams made their way back to the Clubrooms to be fed and watered. They were joined later on my the 1st XV and Hawick once their match finished.

We are delighted to hear that Ross Wolfenden and Chris Thomson have been selected for the 40 man Scotland U18Training Squad. Both thoroughly deserve this and we are sure they will go on to represent Scotland in the upcoming fixtures.

Unfortunately due to personal circumstances, our long serving Club Secretary, Jim King, has decided to step down. We are also disappointed to report that our current Chairman, Scott Anderson, has stepped down. Again this is due to personal circumstances. We thank both for their service to Peebles Rugby Club and hope to see them back in the Clubrooms soon.

Jonathan Dennis as agreed to step in as Interim Secretary until our AGM in May and Stephen Mathison, the current Vice Chair, will step up as Interim Chair.

As always, \#monthepees.

## Get in Touch

PeeblesRugbyClub
@PeeblesRugby
peebles_rfc
secretary@peeblesfrc.org
www.peeblesffc.org

## Remaining 1st XV National League Fixtures

| SAT 17th Feb | (Dirkcaldy | $3 p m$ (A) |
| :--- | :--- | :--- |
| SAT 16th Mar aberdeen |  |  |

## P. GRANDISON <br> Funeral Director <br> 3 March Street, Peebles. EH45 8DF. Phone 01721720739 (24hrs.) www.pgrandisonfuneral.com Serving Peebles and district since 1924

## Mr maintenance

Property maintenance \& home improvements


A one stop shop for all your property maintenance needs
phone: 01721724121
mobile: 07894166219
email: wicks72@talktalk.net www.mr-maintenance.co.uk

richard@peebleslife.com

## OUR WISHES

## REFRESH WASH/20min £8

2 Stage Wash | Hot Pre-Rinse I Hot Snow Foam | Bugs Removed | Wheels clanesel Car oricel ITyes oresed

## REVIVE WASH / 45min



# Car Washing Valeting \& Detailing 

 -ール

Find Our Other Valets
Online Or Give Us A Call
Revive Wash + | Interior Window Clean | Footwells vacuumed | Fuel Filler Cap Degreased


## Tea Dances in Tweeddale

hosted by Dementia Friendly Tweeddale SCO 52397
This month's Tea Dance is in Innerleithen:
Friday 15 March 2.30-4.30pm
ITW Church of Scotland, Leithen Road, Innerleithen Live music from David Robb \& Friends You don't have to dance-just come along for the music and the tea Tickets $£ 4$ Future dances are planned for elsewhere in Tweeddale. Check Peebles Life for details.

Further information and to be added to our emailing list:
Lyndal Bale secretary@dementiafriendlytweeddale.org 07561602621
Dementia Friendly Tweeddale is grateful to Scottish Borders Council's Healthier Happier Stronger Fund for supporting this project

Please mention Peebles Life when responding to adverts


## Peebles Pensioners Association

With the February meeting falling so late in the month, it didn't coincide with Peebles Life copy deadline day as it usually does, so there is no update from the AGM and meeting thereafter in this edition.

During the February meeting, members were asked to choose their preference for the March meeting, so we will either be having a Beetle Drive or a film show. If members chose the Beetle Drive, the game sheets will be specially designed for use by the Pensioners, with large game squares with a feint beetle outline to follow and large dice to fully include every member. If members chose a film show, then it will be a surprise which one it will be! Watch out for the April edition of Peebles Life for a couple of months of meetings reports.

If you are interested in joining Peebles Pensioners Association at the next available intake, Membership Application Forms are available by contacting the Secretary (details below).

Laura Scott (Secretary) 07484663518 / peeblespensioners@btinternet.com

## Laura Scott (Secretary) 07484663518 peeblespensioners@btinternet.com



Please mention Peebles Life when responding to adverts

THE TWEEDDALE SOCIETY

## The Tweeddale Society

It is the eve of the Society's penultimate talk as my fingers run over my keyboard this evening. The talk is about the iconic Kingsmeadow House, such a striking feature of the town for the residents of Peebles and beyond. By all accounts it will be a full house for this talk on this outstanding building.
Our next talk, and the last one for the winter season of 2023 / 2024, will be on Tuesday, $12^{\text {th }}$ March and it is on a subject close to the heart of so many of us, the environment and the importance of us being able to reach net zero. The title of the talk is "Green Planet Net Zero", and the committee knows that it will be an interesting and stimulating talk about a subject which is so topical for many members of the Society.

There are tickets available for those wishing to attend who may not be members of the Society. The tickets are available at the box office of the Eastgate Theatre. Further details are on our website. A ticket for an individual talk can be purchased for $£ 10.00$, (but only if available), or membership costing $£ 15.00$ per annum entitles the member to attend all six talks at no additional cost. We are planning a few events for the summer of this year, (which will mark a break from tradition). I shall be sending out details of those talks in the next few weeks.

The information about the Society is on our website, (www.tweeddale-society.org.uk). If you have any questions or comments, please do contact a member of the Society's committee; our details are on the website.


Peebles and the meal mill, (from about 1799


#  

Many of us will now be at home more often so why not make the most of your space with a stunning new garden house?

Whether you're looking for an outside office, a chill-out room, a gym or a play area for the kidis, a garden house can te the perfect adidtion to your living space, without the cost and hassle of extending your house. Fully insulated for use all year round with three styles to choose from and prices starting from £13,295 inc VAT.

To arrange a free consultation and site meeting with a no obligation quote...
Call Keeno: 07795102273
Or visit: inandoutgardenhouses.co.uk

## DDL Care Hub

DDL Care Hub is a day service for adults and older people based within Cavalry Park, Peebles.

Come and socialise with your peers, meet new people and so much more.....
$\square$ Rehabilitation

- Adapted transport
- Assisted showering
- Therapy room
- Arts and Crafts
- Assisted baking/ cooking
- Respite care
- Companionship
- Sensory room
- Activities

Exercises

- Lunch and refreshments

For further information please call 01721546239 or emailinfo@ddlcarehub.co.uk

## GROVE

## Here to help you <br> 

It's easy to overlook the importance of a good night's sleep, but with one-third of our lives spent asleep, it's really important to choose the right bed or mattress. Make your mornings better with a new bed or mattress that lets you wake up ready for anything!

## NATIONAL

## BED MONTH

## \#WakeUpReady

## GROVEBEDDING.COM

Wheatlands Mill, Wheatlands Rd, Galashiels, TD1 2HQ T: 01896751301

This voucher can be redeemed at our Galashiels store or online:



# Carpets, Vinyls, Laminates, LVT We've got Hoors covereal! <br> - FREEMEASURING <br> - EXPERT FHTERS <br> - EXPERTADVIcE 

CASTIE ${ }^{29}$ Northgate, Peebles 01721720814 northgate@castlewarehouse.com www.castlewarehouse.com y © f

## Would you like

 to be a part of Peebles Life? You can have this space for as little as 840 per month! Give Richard a call now on 07900197907
## CENTRAL GAS HEATING ENGINEERS

Paul Crombie - Ex Scottish Gas Technical Training Instructor

- MAINTENANCE AND REPAIRS TO BOILERS, FIRES \& COOKERS
- ESTABLISHED 1984 - FAMILY BUSINESS BUILT ON REPUTATION

Now with a locally based engineer Urgent calls only after 9p.m.
www.centralgaspenicuik.co.uk
TELEPHONE 01968674710 MOBILE
07774181431


Led by Principal Dentist John Wall, our independently owned clinic offers a wide range of dental services specialising in dental implants for single missing teeth, multiple missing teeth and even support for loose dentures.

John brings nearly 20 years of experience and advanced training in implant dentistry and oral surgery.
Our modern clinic has the latest cutting edge digital dentistry equipment including a cone beam CT scanner and intra-oral scanner.

## Price guide:

Straumann implant and crown from $£ 2900$
Lower implant-retained denture on two implants from $£ 5000$
Upper implant-retained denture on four implants from $£ 8300$
Open Mon-Fri 8.30am - 5.30pm

At Cherry Court we believe in building long lasting relationships with our patients, from the initial consultation to post-treatment care and our team is dedicated to providing a stress free and convenient experience.

Book your consultation today! Call Cherry Court Dental Care and Implant Clinic to schedule your one hour implant consultation appointment with John Wall for just $£ 65$.

Take the first steps towards a healthier, more confident smile!


Your journey to a brighter, happier smile starts here.

> 3 Cherry Court, Cavalry Park, Peebles, EH45 9BU 01721724375 cherrycourtdentalcare@gmail.com

## Considering Dental Implants?

If you have lost teeth, you may now be wondering if dental implants are the right choice for you. Not only do they look and feel like your own natural teeth they are very good long-term option for you.

## What are dental Implants?

Dental implants are artificial tooth roots that are made of a titanium alloy that are placed into the jaw bone to provide a method for replacing a tooth root. They can be used for replacing a single missing tooth, missing multiple teeth and even support loose dentures.

## How do dental Implants work?

Dental Implants are 'bio compatible' meaning that your own natural bone grows onto and fuses to the implant surface meaning that the implant is permanently fixed into the jaw bone, this process is called osseointegration.


What are the advantages of dental Implants?

- They look natural

Dental implants are simply the closest replacement to natural teeth that are available. They can support an artificial tooth or teeth (crown or bridge) that as closely as possible, will resemble and look like a natural tooth.

- They function like normal teeth

As they function and have a similar strength and stability of a normal tooth, that means you are able to eat, chew and enjoy all the foods you would otherwise avoid with removable dentures.

- No damage is done to your other natural teeth Dental implants do not cause any damage to your natural teeth unlike traditional bridge work which uses the natural tooth cut down to support a missing tooth. This means it can
be cleaned and flossed just like your natural tooth.
- Dental implants are cost-effective long-term option
A bridge on average lasts around ten years, but a dental implant currently can last in excess of $20+$ years if properly looked after and maintained. It cannot decay or cause pain to surrounding teeth, making it more cost effective in the long run.


## - You can confidently smile

The invisibility, fixed nature and reliability of dental implants mean that you will not have embarrassing moments with them falling out or moving like dentures meaning you may longer feel self-conscious or embarrassed about your smile.

- Dental implants can help maintain you jaw shape
The reduction in jawbone tissue that occurs from losing teeth or from wearing dentures can cause often result in the alteration of the jaw shape resulting in ageing of the patient's face. Implants however prevent this bone loss and help retain the natural shape of the jaw.


## Will it hurt having dental implants?

People are often surprised how little discomfort is experienced during dental implant treatment. Patients often report that having the natural tooth removed is more uncomfortable. After the implant is placed into the jaw bone the discomfort is usually managed at home with simple painkillers like the ones you may take for a headache.

## Who is suitable for dental implant treatment?

In order for you to be suitable for dental implants and for them to last a long time, you need to have good general and oral health, with adequate bone to support the implant. Some personal situations such a chronic medial conditions and smoking may mean that you are not suitable for implant treatment, however this is very case specific. Implants are most successful in adults where the jaw bones of the skull have stopped growing typically after 25 years of age.
You must also be willing to commit to keeping
these structures healthy - Meticulous oral hygiene and regular dental visits are critical to the long-term success of dental implants.

## How do you know if your suitable?

You will need to speak with a qualified and experienced Implant surgeon who places and restores dental implants. They will have undergone numerous years of highly specific training in Implant dentistry and will be able to explore with you if you are suitable for dental implant therapy.
You will need to arrange an Implant Assessment Consultation. Here a clinical, Xray examination and possibly a Cone beam CT Scan may be taken to access your mouth, teeth and gum health and access the area where the implant may be placed. The Implantologist will be looking to access the bone volume in the proposed implant site and be looking for any proximity to important anatomical structures such as nerves, blood vessels and the air filled cavities of the sinuses.
In some cases where there is missing bone or the bone is damaged you may need a bone graft.
A bone grafting procedure involves building up of the damaged bone with an artificial Bovine bone derivative. This allows and stimulates your body to grow new bone in the are where it is missing.
This is very case specific and some case do not need any bone grafting. The implant surgeon will then advised you if you are suitable for dental implant therapy, the best treatment options for your specific needs and number of implants.

## How Much does treatment cost?

The costs of dental implant treatment can vary greatly depending on the simplicity or complexity of treatment and the number of implants that are needed. Dental implant therapy involves cutting edge technologies, and clinicians have had to undergo extensive, complex and highly


skilled training in order to provide you with this form of treatment. Should you be tempted to go abroad to save money, bear in mind that some other countries do not regulate the industry as closely as we do. This can result in poorer quality products being used resulting in an increased failure rates. An average price for a single implant and crown ( single tooth ) in the United kingdom is approximately $£ 2500$.

## What is the Dental Implant placement procedure?

Here the implant surgeon may remove the damaged tooth before beginning implant treatment and allow a period of healing before placing the implant. If the tooth has been missing for a while, the implant placement may be very straight forward.
On the day of surgery you will be given some strong local anaesthetic to numb the area the implant will be placed in. The gum will be cut and folded out of the way, the Implant site is then prepared with a series of drills up to a specific size suitable for you case. The Implant is then place and screwed into you jaw bone. A healing cap is then placed over the implant and the gum is stitched up. The healing time is usually anywhere from three to six months depending upon the complexity of the case.
After the healing period, the implant is tested to determine whether it was successfully integrated into the jaw bone. Once confirmed, The dentist will take an impression of the implant in the mouth and have a crown custom-made to fit. The implant crown is then secured to the implant a few weeks later.

John Wall
Cherry Court Dental Care \& Implant Clinic Peebles EH45 9BU www.cherrycourtdentalcare.com


## Quercus Garden Plants

## Tough plants for Scottish Gardens



Whitmuir Farm, Lamancha, EH46 7BB quercusgardenplants@gmail.com

Quercus is a unique plant nursery and gardens situated in the Scottish Borders, specialising in old favourites and interesting plants well suited for growing in our Scottish gardens.

Our plants are propagated and grown here at 850 feet and stay out doors all year, so are tough and acclimatised to Scottish growing conditions. Most of them can be seen growing in our inspiring demonstration gardens.

We are peat free both in the nursery and selling only peat free compost. We are wildlife and environmentally friendly, providing habitat and encouraging wildlife and wild flowers.

Whitmuir is also home to a Café and farm walks
Open 10am-5pm Wednesday - Sunday March to end October

## www.quercusgardenplants.co.uk

## IRVINE EL=CTRICAL

## Domestic Electrician

Established in 2017
Contact Andy Irvine on: 07598587722
or andymirvine@gmail.com


# ACCESSIBLE BATHROOMS DESIGNED \& INSTALLED 

BATHROOMS SHOWER ROOMS AND WET ROOMS FROM BMAS - THE BATHING MOBILITY ADVISORY SERVICE

$\star$ Trustpilot $\star|\star| \star \mid \star$
Rated 'Excellent' by our customers


Visit our Showrooms at Grange Road Edinburgh and Dobbies Lasswade

[^0]
## Peseles Burch SILVER BAND

Firstly, I hope that all of our readers have had a very enjoyable Christmas and looking forward to a happy new year, I know we are.

After all the excitement of Christmas, the end of December and through January is a relatively quiet time for the band, a time to take a breath and consider the year ahead but, as always, there is something on the horizon which requires our full attention, the Scottish Championships!!!

This year the Championships will be held on $9^{\text {th }}$ March, in the regular venue of Perth Concert Hall, the test piece that has been chosen for the Third Section bands (remember we were promoted to the Third Section after our performance at the Championships last year) is called Corineus composed by Christopher Bond, a very complex but beautiful piece of music written in 2018 and premiered by The Cory Band in that year.

The band have been working very hard over the last few weeks, since resuming regular rehearsals after the Christmas break, under the baton of Vaughan Fleischfresser our MD with the ambition of staying in the Third Section, we are confident that that will be the case, fingers crossed.

The other important event which took place a couple of weeks ago was the Scottish Borders Brass Band Association (SBBBA) Youth Solo and Youth Ensemble Contest at which PBSB was represented by our Youth Band, Silver Squad and various soloists, they all plated their hearts out and were rewarded for all their hard work as follows:-

| Under 12 Ensemble | - | Silver Award |
| :--- | :--- | :--- |
| Under 16 Ensemble | - | Third place |
| James Grassick (solo) | - | Second place |
| Carrie Stewart (solo) | - | Silver Award |

A fantastic achievement for these youth players, well done to you all.
You can see below a photos of the Silver Squad conducted by Sophie Ward-Murray and Youth Band conducted by Keith Belville.


That's all folks, see you next month.


## Peeblesacupuncture.com



For better health and well-being
General Acupuncture for pains/strains/sprains; digestive issues; gynae/menopause/hormonal imbalances; insomnia/depression/anxiety/stress; acne/eczema/psoriasis

Facial Acupuncture for facial skin concerns and muscle tone

Get in touch: enquiries@peeblesacupuncture.com
Practitioner with over 23 years' experience, Member of the British Acupuncture Council

Central Peebles location


Please mention Peebles Life when responding to adverts

# Chris-Whitehead PAIINTER 8:DECORATOR with over 20 sears expertence <br> Painting, wall papering=ames taping \& plaster coving. Private, insurance, maintenance \& contract work. <br> <br> Fully insured <br> <br> Fully insured <br> <br> Free estimates \& free advice <br> <br> Free estimates \& free advice <br> <br> 07811253261 <br> <br> 07811253261 <br> cw-decorator@hotmail.co.uk 

## TWEEDDALE U3A

Our next monthly meeting will be held on Tuesday 12th March at 2pm in St Joseph's Hall, Peebles. Our speaker is Gillian Paterson, and she will talk about 'The Art on our Banknotes'.

Gillian is the Museum Engagement Officer at the Museum on the Mound in Edinburgh. This museum is located in the historic Bank of Scotland Head Office, a landmark building in Edinburgh, although the museum itself is one of Edinburgh's less well known attractions.

In her talk Gillian will focus on the art on banknotes, including some iconic pictures; classical figures; instantly recognisable Scottish people and structures; and how the designs were created.

Sadly no samples! But sure to be a fascinating talk about a subject to which most of us probably give little thought.

Tea, coffee and biscuits will be available after the talk.
The talk will also be hybrid, so if you are unable to attend in person you can be there via Zoom. To do this please contact Susan: s.rossborough@btinternet.com and she will send you a link nearer the time.

## REVOLUTIONARY, FULL MOUTH IN A FEW HOURS.



## LIFE CHANGING AND LONG-LASTING SAME DAY TEETH AND SMILE.

With over 16 years' experience in Dental Implants, we can help you get rid of your denture or replace your teeth all in a Day! Using the new revolutionary implants system CHROME GuidedSMILE, we can provide you with Teeth-In-A-Day in a predictable, precise, and


SCAN THE OR CODE TO SELF REFER

## HOW IT WORKS?

- Digital Planning. Using 3D imaging \& digital scanning, we capture highly detailed images of your mouth to customise the treatment to precisely fit your new teeth. You get to see a simulation of what your new smile will look like once the treatment is complete.
- Get your new smile. Using the Chrome surgical guide, we fit temporary fixed natural looking and functioning teeth on the day, so you have your new smile on the day!

Transform your life in ONE DAY!
For further information call us on 03333050886

## iblu

infinityblu dental care \& implant clinic

## PERTHSHIRE | STIRLINGSHIRE | FIFE | SCOTTISH BORDERS

## www.infinitybludentalimplants.co.uk f © ( )

## FL RAL PEEBLES <br> Kingussie had a macaque monkey on the loose. <br> Peebles gets its own RHINOCEROS. Floral Peebles Flash Art program has grown in February. <br> We now have Roy the rhinoceros

Our friend and fellow volunteer Roy Cornwall sadly passed away before we could get the art into place. Roy was very keen on the flash art around the town and often hosted a giraffe or cow in his beautiful garden in Biggiesknowe.


We were sad that Roy didn't live to see the rhino and hence it must be ROY THE RHINOCEROS.

The flash art is all financed separately from the plant fund and it is felt it is value for money as it brings a smile to the young and not so young.

If finance's allow we hope to add more by early spring.
Pinky the pig at Time and Tide is on a trial run.
The bulbs are through the ground along with 3000 snow drops (in the green) planted in the woods on the way to Fotheringham Bridge.
All the summer plants and wild flower seeds are on order.
Please contact myself on 07707658529 if you would like to help financially or join a team of volunteers. Both are very important to our ongoing existence.

John Falla. FLORAL PEEBLES .

## John Montgomery Upholstery

Custom \& bespoke upholstery service

- Refurbish sofas, dining chairs \& more
- Sofa repairs = springs \& frame
- Replace tired, torn or worn seat \& back cushions

- Cushions made to order - both foam \& fibre
- Caravans, benches, floor seats, ottomans etc.
- Foam cut to size
- Wide range of fabrics

> 7 Meadow Place, Bilston, Midlothian EH25 9RT Telephone $01314404116 \cdot$ Email montgomerymnt@aol.com www.edinburghupholsterer.co.uk

FLUMBING \& HEATING ENGINEERS LTD
Full Boiler and Central Heating
Installation (Oil or Gas)
Shower, Wet Room,
Free estimates and advice
Peebles: (01721) 722246
Mobile: 07774 647657
W: rawalterplumbingandheating.co.uk
E: rawalterplumbingandheating@gmail.com
Unit 1 South Park Industrial Estate Peebles
EH45 9ED

$$
\begin{gathered}
\text { TWEED-LINE TAXIS } \\
\text { PEEBLES LTD } \\
\text { EST } 1985 \\
01721-723234 \\
\text { LOCAL - CONTRACT- AIRPORT } \\
\text { FAST RELIABLE SERVICE }
\end{gathered}
$$

## Borders <br> Community Action <br> TALK THURSDAY

PROMOTING AND DEVELOPING A VIBRANT THIRD SECTOR.
FOSTERING RESILIENT AND EMPOWERED COMMUNITIES IN THE SCOTTISH
BORDERS BY PROVIDING SUPPORT TO, AND REPRESENTATION FOR,
COMMUNITY GROUPS, VOLUNTARY
ORGANISATIONS, SOCIAL ENTERPRISES AND INDIVIDUAL VOLUNTEERS.

Need some help running or setting up a Community Group, Organisation, Charity or Social Enterprise?

## Our next Surgery will be at

Peebles Community Centre (Room 2) on
Tuesday 5th March from 10am.

To book follow the link to Eventbrite via our website

## borderstsi.org.uk

(入) info@borderscommunityaction.org.uk03001247522

## K \& R PAINTING AND DECORATING MOBILE: Keith 07568364390 or Ross 07769278841 01896831917

## Professional, high standard of work carried out by qualified tradesmen. 25 years experience.

Interior and exterior • Painting • Ames taping Stripping and lining • Wallpaper hanging specialist

We can offer advice to all our clients on all aspects of decorating.
For a FREE estimate \& quotation and an affordable reliable service give Keith or Ross a call.


44 George Street, Innerleithen, EH44 6LJ kandrdecorators@outlook.com


If you are thinking of renting out your property then please give us a call, our management fee starts as low as $9 \%$ of the monthly rental.

## Accommodate

RURAL

18 Northgate, Peebles EH45 8RS Tel: 01721721550
E-mail: info @accommodate-rural.com Web: uww.accommodate-rural.com

## Tweeddale Reiki



Benefits include:
Reducing stress/ tension, Promoting Relaxation and wellbeing, Helps balance the body, mind and flow of energy

Home or office visit;
In person Reiki 1 hr Session $£ 45$
Distance Reiki $£ 35$
Taster session $30 \mathrm{~min} £ 25$
Cats and Dogs $£ 25$ please discuss with your vet then give me a call to discuss their needs

Email: andy@tweeddale-reiki.co.uk https://tweeddale-reiki.co.uk

Tel. 07428465206

## Peebles \& District Community Council

As Chair of the community council, I find myself engaging with numerous groups and many different subjects. Regular readers of our column will have a fair understanding of the work we do and the activities that we get involved with. However, unless you are involved, as we are, you can't get a real appreciation of the issues that affect us all.

What has become clear to me is that the management of our town is fragmented, and I don't think this will be restricted to us. I would bet that all Border towns are fragmented to a greater or lesser extent. Different Scottish Border Council (SBC) departments provide our complex mix of services, such as education, waste collection, roads, etc. Other SBC departments seek to support us in a myriad of other ways such as "Place Making" and Town Action Plan team, the "Common Good", senior citizens, general maintenance, and so on. The list is endless. In the voluntary sector, there is us, the PCC, Oorspace Youthy, Christmas Lights, Dementia Friendly Peebles, the Beltane Committee, the Drill Hall Committee, the Gutterbluids, etc. etc. Not to mention the clubs, the Traders Association, agencies, churches, U3A, Eastgate Theatre, Community Trust, and again, many more. My apologies for those I have missed.

So, fragmented. How? If we were a company, there would be a Managing Director. A council has a leader. The NHS has a Chief Operating Officer, A school has a head. What do we in Peebles have? Nothing. An action taken by any one organisation can affect one or more of the others, but there is no coordination. For example, if the Chambers Institution thought opening a café was a good idea, then that would affect sales across the High Street and be possibly detrimental to the Eastgate, and the Eastgate is, as we know under pressure. Peebles Community Trust will need to close the re-use hub sometime so that they may do maintenance in the hall. Where could it go? At Christmas I visited the Leckie Church, and it was full. I also visited the Old Parish Church, and it was fairly-well empty. Perhaps one or the other will close, if so, what would happen to it? And more to the point what would the knock-on effect be?

Personally, I believe SBC need to appoint one senior person to be responsible for coordination in Peebles, another for Hawick, another for a group of villages perhaps, etc. They cannot be volunteers; the job is too big. Perhaps they could be realigned from existing resource and share duties with another function. As the town would be more efficient, there is every chance that it would save money and thus pay for itself. Regardless, we would all benefit.

Peter Maudsley<br>Chair, Peebles and District Community Council

# Higgins Opticians 

\& HEARING CARE

## Book an appointment Call us 01721588006

29 High Street, Peebles, EH45 8AN

## WE ARE RECRUITING <br> SUPPORT WORKERS

Various shifts with competitive rates of pay
For further information please call 01721724930 or email info@ddlcareservices.co.uk

Helping people of all ages remain independent at home.

Rated
care inspectorate

大 $\star \star \star \star$

## MUSIC <br> 

## Tuesday 19 March 7.30pm Eastgate Theatre, Peebles



## Opera Winds

wind principals from the Orchestra of Scottish Opera

## "Harmonie at the Operatic

 Table"music for eight winds

In $18^{\text {th }}$ century Europe the finest Harmonie wind players of the age entertained aristocrats as they dined, performed to townsfolk on the street, or played for operatic noblemen who dared to invite the dead to supper . . .
The principal wind players of the Orchestra of Scottish Opera embark on a dangerous game of chance, a journey "from field to table to stage", with an instrumental cast of exuberant revellers, fiendish villains and serenading lovers.

The programme includes Harmoniemusik from Mozart's Don Giovanni and Le nozze de Figaro, Ein Musikalische Snookerspiel by Gary Carpenter, Figures in the Garden by Jonathan Dove, a wind octet by Ruth Gipps and The Medicinal Herb Garden by Martin Suckling.
The final concert in the 2023-24 Music in Peebles series will be a "Nordic Rhapsody" (2 April), in which patron Gina McCormack (violin) and Nigel Clayton (piano) will play music by Sjögren, Greig, Sibelius, Stenhammer and Sinding.

Full details from https://musicinpeebles.org.uk
Tickets from the Eastgate Theatre, Peebles (01721 725777 (www.eastgatearts.com)
Full price $£ 18$. Adult discounted* $£ 9$ Under 26 s Free
${ }^{*}$ Members of Biggar Music and Moffat Music Society and adults accompanying children under 12.

## Maglin Domestics <br> The Whitegoods Experts

Shop at - 14 Carnethy Avenue, Penicuik sales@maglin.co.uk www.maglin.co.uk
Sales and Repairs 01968675155

## We repair

Washing machines - Dishwashers -
Tumble Dryers - Cookers - Ovens -
*Microwaves \& *Vacuum cleaners
*FREE uplift \& delivery

## We sell

Hotpoint and Beko automatics
Beko and Indesit tumble dryers
FREE \& FAST delivery \& installation

## We stock

Vacuum cleaner bags \& belts Large selection of bulbs

M BORDERJET
DRAINAGE SERVICES


Blockages - CCTV surveys \& inspections

High Pressure water jetting
Drain \& Pipe Jetting Specialists

Domestic, residential and light commercial work

## T: 07765255789

W: borderjetdrainage.co.uk E: info@borderjetdrainage.co.uk

- Wealth Management
- Retirement Solutions


## - Estate Planning

- Insurances

We cover the cost of the initial consultation in the comfort of your own home or in our local office at a time that is convenient to you.

Contact us 01721721618 or info@tweedfs.co.uk
Find us at Chambers House, 72 High Street, Peebles EH45 8SW
Or visit tweedfs.co.uk
Tweed Financial Services Ltd is authorised and regulated by the Financial Conduct authority.

Please mention Peebles Life when responding to adverts


## Custom

## Kitchens \& Bathrooms

Providing a complete design, manufacture \& multi-trade installation service from start to finish
Supplying a wide range of kitchen \& bathroom products \& accessories
We manufacture on site at our factory in Peebles which enables us to create bespoke kitchens \& bathrooms for any size or situation
Tel: 01721728481 www.customkitchenspeebles.co.uk Mob: 07904403027 Email: enquiries@customkitchenspeebles.co.uk Visit our Showroom -
Unit 16, South Park Industrial Estate, Peebles, EH45 9ED



## Professional Carpet

 \& Upholstery CleaningWe are a local family run business, offering an honest and reliable service with professional results.

## We clean:

- Fabric suites • Leather suites
- Rugs • All types of carpeting
- Car upholstery

For information and a free estimate call us on:
07989961810

## 'Masterstead, Forest Stead and Sheep Farm - 1400-1850'

Peeblesshire Archaeological Society's Excavations at Shootinglee 2012-22
Public Lecture by Dr Piers Dixon
University of Stirling \& Peeblesshire Archaeological Society

Thursday $7^{\text {th }}$ Marec 2024, 7.30 pm, St Joseph's Neighbourhood Centre, Rosetta Road, Peebles EH45 8JU
$£ 6$ per person (includes tea/coffee) Tickets at the door or book via our website www.peeblesarchsoc.org.uk

THANK YOU FOR YOUR SUPPORT! Proceeds from this event will fund specialist
research into finds from the excavation.


Please mention Peebles Life when responding to adverts

## The Peebles March Riders



The Peebles March Riders Association (PMRA) was established in October 1956, when it was realised, there was a requirement for additional rides outs. The first ride out was in May 1957, where the Cornet-elect and his lass were the guests. This ride was a great success, and a further ride was held in the September. Today, the PMRA still organises rides in May and September attracting many local riders as well as riders from other Borders towns. In 1956, the PMRA had 16 members, we have grown from strength to strength
 and now have 63 members.


A hunting crop was gifted from the Association to the CornetElect in 1960. In 1973 the crop was presented to Cornet-Elect Kenneth Hope. Tragically, whilst riding supporting Galashiels Braw lad, Kenneth sadly passed away. As a memorial, the PMRA presents the hunting crop to every Cornet-Elect in memory of Kenneth.

The PMRA's aim is to support and encourage horse riding activities in Peebles. Today the PMRA has a wide-range of events (ridden and non ridden) to suit all horse riders of all ages and abilities. This includes various ride outs, dances, showing classes, showjumping, gymkhanas, dog agility, bingo
 nights, riding fun days and so much more.


We are a busy Association with a variety of riding to suit everyone. We would love to see our numbers grow even more. This years annual membership is only $£ 20$ (adult) / $£ 15$ (child). To become a member simply follow us on Facebook and send us a message or come along and speak to us at our events. You do not have to ride to be member, many members support on the ground, these members are very valuable.

Please come and join us at our events - we look forward to seeing you there.

## PMRA 2024 Activities:

AGM: Tuesday $19^{\text {th }}$ March (Tontine Hotel)
Easter Walk/Trot Ride: Sunday $14^{\text {th }}$ April suitable for lead rein May Dance: Friday $10^{\text {th }}$ May (Peebles RFC)
May Ride: Sunday $12^{\text {th }}$ May
Beltane Saturday Ride: Saturday $22^{\text {nd }}$ June
Annual show: Sunday $15^{\text {th }}$ September
September ride: Sunday $22^{\text {nd }}$ September


Halloween Walk/Trot ride: Sunday $27^{\text {th }}$ October suitable for lead rein

## Follow our FaceBook page PEEBLES MARCH RIDERS ASSOCIATION to keep up-to-date on events and for further information

## PEEBLES HANDYMAN

## DIY Repairs

Fix-Replace-Tidy-Create Home or Small Business Indoors or Out

All odd-jobs considered "Small job? Nae prob!" Fully insured

Find out what I can do for you

## Contact Graeme

01721730660 / 07939137792 graeme@peebleshandyman.co.uk www.peebleshandyman.co.uk

## James Fleming

## Plastering \& Roughcasting Services

 Call James on01721722783
or 07988637387

## Enhance Support \& Care

We are a Peebles company which delivers personalised support services to enhance the lives of adults living in the local area. We are professionally registered to support adults with learning disabilities; physical disabilities; \& older people, and provide high quality support within their own home and their community.

We offer:

- Full induction, relevant training \& ongoing further development to enable you to carry out your role including achieving SVQ Level 2, as required for SSSC registration requirements.
- Attractive salary
- Workplace pension.
- Paid travel time between clients.


Reg number: CS2016346359

We pride ourselves on our friendly, honest approach - contact us for an application form or to chat further:

We are looking for Support Workers. Do you have the skills and positive personality to join our team? Are you...

- Motivated \& Enthusiastic
- Compassionate \& Cheerful
- Reliable \& Honest
- Responsive to the needs of others
- Able to communicate well
- Team spirited

Please mention Peebles Life when responding to adverts
P PEEBLES

## WHERE YOU GET THE BEST CARS AT THE BEST PRICES

To see our full range of vehicles please visit:
www.peebles-autocentre.co.uk

## CONTACT JOHN BROWN ON : 07484246928

คPEEBLES AUTOCENTRE

George Street, Peebles, EH45 8DN

## ALCOHOLICS ANONYMOUS

If alcohol is costing you more than money, call us today in complete confidence.

$$
08009177650
$$



Local meeting near you. www.alcoholics-anonymous.org.uk

## Is your boiler ready for winter?

Call your local heating expert now to book your service or arrange a visit for a new boiler quotation.


## stuart@tweedheat.co.uk




## mthglax limited

## IS TAX 2 TAXING?

We specialise in looking after the accounting and taxation affairs of individuals and small businesses.

We offer a professional and cost effective service without losing the personal touch.

Our services include completion of Self Assessment Tax Returns, Business Accounts, Payroll and VAT Returns.

We offer a collection and drop off service for information if required.

If you are looking for a friendly, approachable tax adviser please contact

Morag on 07936426005
or email morag@mthtax.co.uk

A Member of the Association of Taxation Technicians


Please mention Peebles Life when responding to adverts

| LTST OFADVERTISERS |  |  |  |
| :---: | :---: | :---: | :---: |
| Accommodation Rural | 43 | James Fleming Plastering | 51 |
| Ace Carpet Cleaning | 1 | John Montgomery Upholstery | 40 |
| Alcoholics Anonymous | 52 | Jubilee Travel | 15 |
| All Seasons Roofing | 49 | K \& R Painting \& Decorating | 43 |
| A T Blinds | 7 | Lothian \& Borders Environmental | 10 |
| Auto Refresh | 23 | Maglin Domestic Appliance Repair | 47 |
| Beech Joinery \& Building Ltd | 14 | Mandy A Roger Chartered Accountants | 9 |
| Blooming Bunch Florist | 3 | Med-Ecosse | 24 |
| BMAS | 35 | Mitchell Glass | 48 |
| Border Grave Care | 15 | Mr Maintenance | 22 |
| Border Pressure Washing | 8 | mth tax limited | 53 |
| BorderJet | 47 | P Grandison Funeral Director | 22 |
| Borders Buses | 16 | Peebles Acupuncture | 37 |
| Buglass Gas Services | 7 | Peebles Autocentre | 52 |
| Cameron Carpet Company | 13 | Peebles Carpets | 25 |
| Castle Warehouse | 11/30 | Peebles Dry Cleaning \& Laundry Services | 52 |
| CCM Laboratories Dentures | 17 | Peebles Handyman | 51 |
| Central Gas | 30 | Peebles Life - Be a Part of Peebles Life | 30 |
| Cherry Court Dental Care 31 | 31/32/33 | Peeblesshire Windows | 3 |
| Chris Whitehead Painter \& Decorators | s 38 | Prince of India | 8 |
| Create Wellbeing - Kristina | 5 | Quercus Garden Plants | 34 |
| Custom Kitchens \& Bathrooms | 48 | R A Walter - Plumbing \& Heating Engineer | 41 |
| D \& M Williams | 17 | RAWood Carpentry | 13 |
| David Mundell MP | 17 | Red Circle Locksmith | 22 |
| DDL Care Hub | 27/45 | Ryan Scott Hypnotherapy \& Reiki | 5 |
| Dustbusters of Penicuik | 48 | Shire Stove \& Chimney Services | 41 |
| Easy Fix Windows | 19 | Silicone Sealer Ltd | 37 |
| Enhance Support \& Care | 51 | Tetra Acoustics | 19 |
| Esso Filling Station | 2 | The Fireside | 10 |
| First Class Car Valeting | 53 | T L Greenshields - Painter \& Decorator | 9 |
| Grove Bedding | 28/29 | Tweed Financial Services | 47 |
| G W Cockburn - Water \& Drainage Services | ces 13 | Tweed Heat | 53 |
| Harrisons Ford Centre | 56 | Tweed-Line Taxis | 41 |
| Higgins Optician | 45 | Tweeddale Kitchens | 7 |
| Holiday Flat, Peebles | 15 | Tweeddale Reiki | 43 |
| Impact Landscapes | 37 | Tweed Valley Water Services | 5 |
| In \& Out Garden Houses | 25 | UK Rise \& Recline | 20 |
| Infinityblu Dental Treatment \& Implant | nt 39 | Winkston Holidays | 25 |
| Irvine Electrical | 34 | Xanadu Beauty Clinic | 10 |

Borders Search and Rescue Unit

## New Base Update

Anyone walking past the base will have noticed scaffolding. This was not due to wind damage on the roof but for the installing of 110 solar panels. Solar panel inverters, heating thermostats, storage batteries and a heat pump should all be installed by the time you read this. Inside we now have a working toilet, and shelfing in the storeroom. With warmer weather the painters should finish work on the floors. A work surface is to go into the control room/office.


Montane Spine, MRT Challenge North
In the Montane Spine, MRT Challenge North, team member Duncan Buchanan completed the 160 miles in a time of 74.56.24, Ian Stark 77.22.59 and Damon Rodwell, 82.21.29. Rob Hume unfortunately had to retire due to severe cramp. A tremendous achievement of mental and physical effort by all 4 team members in some very harsh winter conditions.
On the day the 3 were finishing the race the team was called out around 7.30 am , along with the Northumberland National Park MRT, to assist a runner with severe hypothermia near the Schil. The team got a Landrover to the casualty, who once warmed up, was carried to the vehicle and transported to the Border Hotel for further assessment. Duncan Buchanan the team leader of BSARU passed by the team while finishing the Spine Race but understandably did not offer to help.

## Activities

Team member E Chelley attended the SMR two day Avalanche Rescue Course at Glen Coe, having recently been on the SMR Avalanche Companion Course.
Probationary team member Ruth Morgan was confirmed as a full team member and Mark Hogarth and his dog Jess passed their SARDA stage 1 assessment.

## Fund Raising

Depute Team Leader Scott Thompson was at Lloyd Land Rover Kelso to receive a cheque for $£ 404$ as part of their Charity Partnership with the team. Lloyds donate $£ 2$ to the team for every customer who completes a Land Rover Customer satisfaction survey.
The team was also delighted to hear that $£ 1,343$ of funding, was raised for us by the Co-op Local Community Fund members. A share of $£ 3.016 .16$ additional funding from their UK-wide funding pot is also to be shared by ourselves and the other local nominated charity.

## Further information

https://www.scottishmountainrescue.org and http://www.bordersar.org.uk



[^0]:    * Credit is subject to status and affordability. Terms and conditions apply. Authorised and regulated by the Financial Conduct Authority. Bathing Mobility Advisory Service Limited, FCA Register no. 819781 is an appointed representative of Mobility Bathing Group Limited, Unit 20-21 Padgets Lane, Redditch. B98 0RA, FCA Register No. 673828. Credit is provided by Novuna Personal Finance, a trading style of Mitsubishi HC Capital UK PLC, authorised and regulated by the Financial Conduct Authority (Register No. 704348).

