

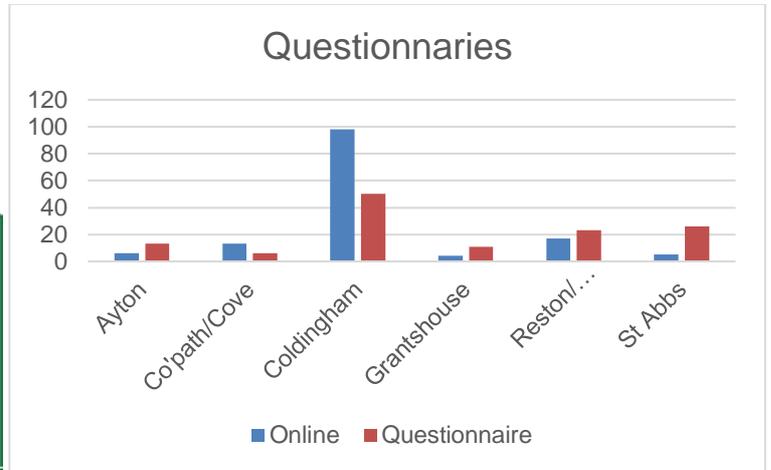
# Complete East Berwickshire Village Analysis of Results

## 1) Villages of East Berwickshire that took part:

a) Ayton b) Cockburnspath & Cove c) Coldingham d) Grantshouse e) Reston & Auchencrow f) St Abbs

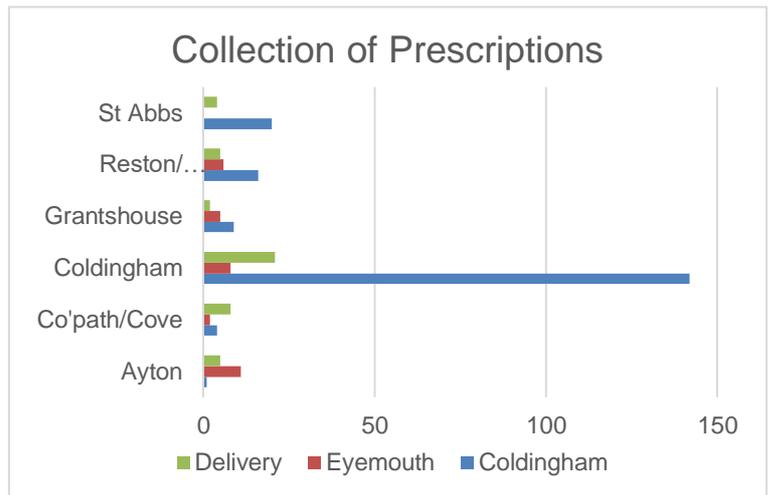
### 1a) Total number of questionnaires completed for each Village:

	Online	Questionnaire	
Ayton	6	13	
Co'path/Cove	13	6	
Coldingham	98	50	
Grantshouse	4	11	
Reston/ Auchencrow	17	23	
St Abbs	5	26	
	<b>143</b>	<b>129</b>	<b>272</b>



## 2) The Collection of Prescriptions Preference

	Coldingham	Eyemouth	Delivery
Ayton	1	11	5
Co'path/Cove	4	2	8
Coldingham	142	8	21
Grantshouse	9	5	2
Reston/ Auchencrow	16	6	5
St Abbs	20		4
	<b>192</b>	<b>32</b>	<b>45</b>



### d) No suggestions from Grantshouse

d) Other arrangements - Ayton
Mental health, menopause support, asthma check up
sports club / youth club
Collecting from the local shop in Ayton or Reston.
Ayton prescriptions are sent to the village shop
We already have a service delivery prescription to Ayton shop two or three times a week.
Delivered to shop in Ayton as they are now.
My prescriptions are already delivered to Reston PO.

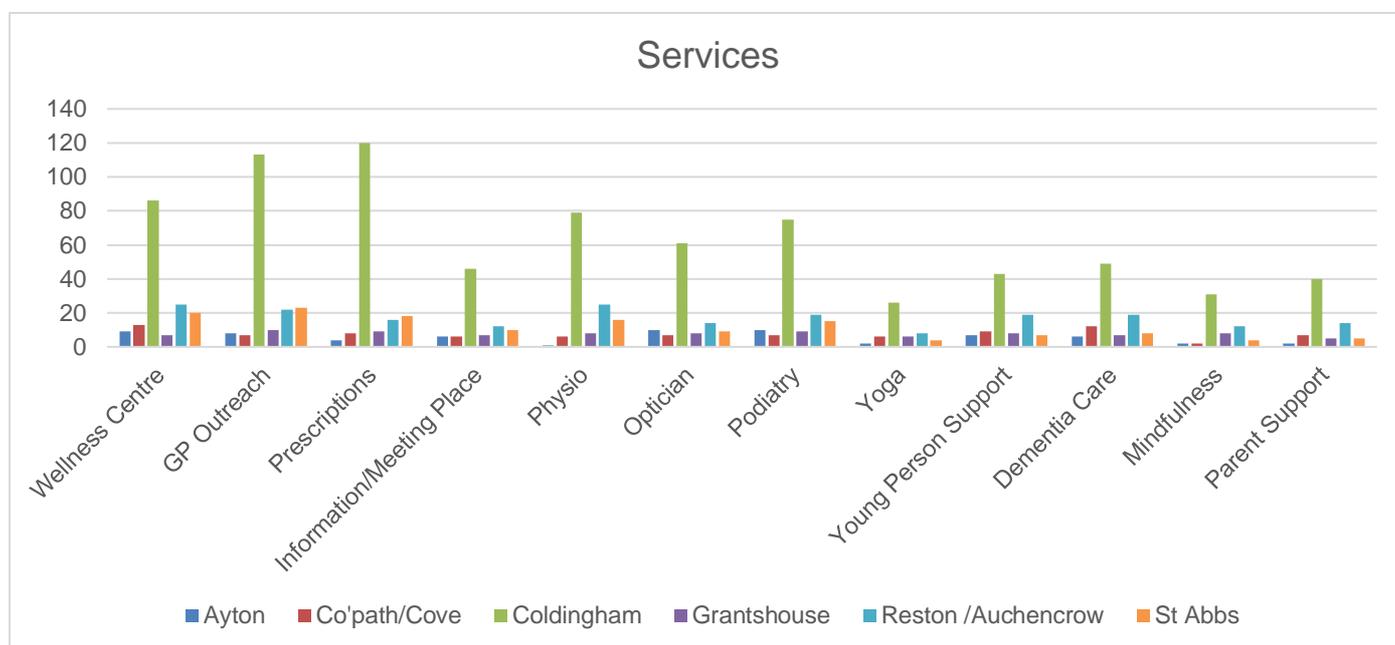
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<b>Suggestions from Co'path &amp; Cove</b>
Collecting prescriptions in Co'path
I collect mine from Dunbar. If that changed then Eyemouth or Coldingham would be OK.
None, prescriptions can be delivered from Dunbar via Posties if needed. Have car can collect.
<b>Suggestions from Coldingham</b>
Happy to volunteer with prescription delivery
I do not mind, happy to travel for prescriptions
Centre point for prescriptions to be picked up/ drop off via Pharmacy
We have not always been able to collect for ourselves, but we have friends who are willing if we ask
Can be a volunteer for the prescriptions
<b>Suggestions from Reston &amp; Auchencrow</b>
No reason to change as registered at Duns
Prescriptions being delivered to Reston Post Office
Collect from Eyemouth Chemist x2
An efficient system already exists from Eyemouth Pharmacy to Reston PO once a week
Collection from local PO as now with delivery service.
As it currently is, prescriptions are delivered to Reston PO.
Postage
So far as I am aware I am registered with the Duns Medical Practice – the family are collecting, so no reason to change.
Pick up at local PO
Collecting at Chirnside
Collect prescription from Reston shop x3
We already get our prescriptions delivered at Reston Village Store and it works really well.
At present the pharmacy at Eyemouth deal with our prescriptions from the surgery, Eyemouth. There is an efficient delivery by the pharmacy to our Post Office in Reston, at least once a week.
<b>Suggestions from St Abbs</b>
Prescription delivered to local shop.
St Abbs Post Office x 5
New pharmacy at the surgery

## Complete East Berwickshire Village Analysis of Results

### 3) If Coldingham Surgery building was bought, these are the services that the residents would like to see:

	Ayton	Co'path/Cove	Coldingham	Grantshouse	Reston /Auchencrow	St Abbs	
Wellness Centre	9	13	86	7	25	20	<b>160</b>
GP Outreach	8	7	113	10	22	23	<b>183</b>
Prescriptions	4	8	120	9	16	18	<b>175</b>
Information/Meeting Place	6	6	46	7	12	10	<b>87</b>
Physio	1	6	79	8	25	16	<b>135</b>
Optician	10	7	61	8	14	9	<b>109</b>
Podiatry	10	7	75	9	19	15	<b>135</b>
Yoga	2	6	26	6	8	4	<b>52</b>
Young Person Support	7	9	43	8	19	7	<b>93</b>
Dementia Care	6	12	49	7	19	8	<b>101</b>
Mindfulness	2	2	31	8	12	4	<b>59</b>
Parent Support	2	7	40	5	14	5	<b>73</b>



#### m) other -

People in this area are disadvantaged by bus are forced to travel to Edinburgh for various treatments, at huge expense to themselves.

Music

Art Therapy

Alcoholism & Drug support

Mental health support

Transgender issues and support

Rent premises to a pharmacist who can dispense medicines and discuss minor illnesses.

## Complete East Berwickshire Village Analysis of Results

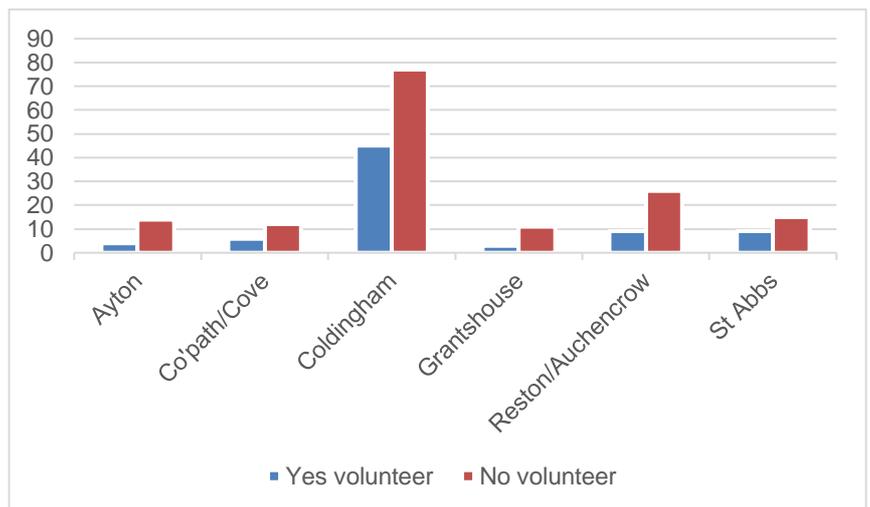
Cafe for the play area/field
This space would be great as a cafe overlooking playpark, which could also be a meeting place for parents and be a venue for other community activities (similar to Wishing Tree by the sea cafe in Lauderdale Park, Dunbar)
It could be used for so many community essentials...
I would like to know if the things offered in the Wellness Centre are free or NHS, and what kind of cost it would be for any of the services
Speech and Language
Reflexology and other holistic therapies
Stroke / heart disease / Diabetes / conversations through befriending
Could be any business, not health related.
Paediatric support for children with extra medical needs e.g., speech therapy
I would like to see a range of services available to the wider community both private and NHS funded
Vaccination clinics
We don't think the surgery building should try and cater for so many functions – but to stick to the most reliant and locally useful ones.
As a community building it would be better to use it as a hub for many of the activities listed overleaf – and/or other activities.
This could be any collection point i.e., post office, spar etc.
There is a possibility that people may wish to see the building being used as a community hub for provision of alternative/complimentary therapies. If this happens, I would not be happy with the name 'wellness centre' since such therapies would be commercial enterprises with little evidence based for health outcomes. This is also why I did not tick Mindfulness.
Dentistry
A parent/pre-school facility (creche/toddlers/early years) play, meeting place and support for parents. Possibly include parent workshops.
Bereavement counselling or bereavement support group.
All of the above and possibly more. Providing a range of services will give this the best chance to work and meet the needs of the whole community. What matters hub link with SBC, create a link with social work.
Not sure what of these are available in Eyemouth currently. I think it makes more financial sense centralising these in Eyemouth.
Art Classes – a room available for any activity that gets people together in a safe environment. The village hall isn't really conducive to intimate/smaller groups
Speech Therapy + Occupational Therapy
Activities that draw the combinatory together. Craft for older/ isolated members of the community etc
New mothers drop in / health visitor / breastfeeding support

## Complete East Berwickshire Village Analysis of Results

Sell the land and give money to charity
Pain Clinic – help support chronic pain sufferers
Wellness centre – if supported please
Café – recycling repair shop / upgrade to help climate change/exchange
GP appointments
Get the doctors back face to face, it makes 100% more sense. Rather than a phone call.
Local privately owned pharmacy
An arts and crafts shop with 100% income to help rent.
Reflexology, massage.

### 4) Willingness to volunteer

	Yes volunteer	No volunteer
Ayton	4	14
Co'path/Cove	6	12
Coldingham	45	77
Grantshouse	3	11
Reston/Auchencrow	9	26
St Abbs	9	15
	<b>76</b>	<b>155</b>



### 5) If Yes, offers and suggestions:

Flier distribution
Allow EB u3a to use the venue for group and open meetings.
Designing marketing material, fliers, newsletters
I could do flier distribution.
Only reasons not willing to support is due to the fact that I don't think EMP will sell building/land for this. Prime housing and development – they'll (as usual) capitalise on their property and sell
Website / social media
Fundraising
Data collection
Socials, web, fliers, admin
Voluntary dropping off medications, picking up prescriptions, picking up people for Dr's and clinic visits.
It's not a definite no - just not sure what could commit to just now

## Complete East Berwickshire Village Analysis of Results

I would be happy to help update via social media
Social media, website, admin - flexible.
Flier distribution
General maintenance, IT infrastructure
Admin/book keeping
flier distribution, any admin or data collection
Keep informed
Would like to design a suitable poster to be widely displayed and sold for funds for this enterprise. They would pay for the printing and production of fifty (50) copies. Initially the design would be shown to the steering group for comment and approval.
Printing facilities
Funding from area partnership funds, lottery fund, Borderland's fund
Flier distribution
Happy to do what is required.
Administration/flier distribution
Flier Distribution/admin
ACCA Qualified Accountant -Book keeping and accounts services
No Details
Flier Distribution
I would love to unfortunately my job carries me all over the country I am available whenever possible
Promotion/publicity through social media & website as well as community councils.
Meetings. I would also be happy to help with development of ongoing use of it becomes a wellness centre for the community. I am in the process of setting up a pottery business/ social enter-prise and I would be keen to volunteer to help.
Possibly depending on health and plans.
Any help that is required. I have transport so can-do medication pickup and drop off. Assisted to clean the Bantry, set up different activities, book appointment times.
Public speaking, meetings. Would certainly voice my opinion at a meeting about this disgusting situation.
Administration and flier distribution.
I would like to but regret I don't have time as I have business interests supporting friends less fortunately places than myself together with voluntary work.

### 6) Invitation for own comments...

Ayton village shop
Does this initiative take over from the friends of Eyemouth Medical centre, which did just this some years ago? Are you duplicating effort?

## Complete East Berwickshire Village Analysis of Results

I don't know which of the services listed in section 3 are already available at Eyemouth Health Centre. If they are not available there, then I would be interested in having them at Coldingham. However, if they already exist in Eyemouth I don't see a need for them in Coldingham.
Living in Ayton it doesn't affect us, but I wouldn't like to see it sold as a holiday house.
I think the wellness centre is a great idea. I could help with flier distribution only.
In addition to the pharmacist there could also be a phlebotomist on the premises.
Great Idea
Not sure how relevant Coldingham facilities are for this area as we largely rely on Dunbar surgeries, wellness clinics/support there. They have podiatry, physiotherapy etc. Waiting times are very minimal.
I think the wellness centre is a great idea. I could help with flier distribution only.
It's a great idea in theory. Multi-purpose buildings are to be encouraged as a flexible space to adapt to changes in the future. Running costs need a lot of planning and continuing funding.
Applaud that this is being considered as an option.
I'd like to be kept up to date with these matters. I would like to see the surgery become a pharmacy with full chemist facilities similar to the one in Chirnside. Quite some years ago a company specialising in this form of business in remote areas threatened to invade Coldingham and Newcastleton. In the latter case the firm succeeded. It may be that they will be happy to reconsider and arrive here in the new circumstances. Alternatively, perhaps the Eyemouth pharmacy will contemplate a branch. This would obviate having to travel to Eyemouth or Berwick for the simplest over-the-counter medication, etc and could provide employment for somebody. I accept that without assistance from one or other of these businesses there is little hope of finding a pharmacist to work in the village. The population of Chirnside is twice that of Coldingham though that of Newcastleton is about the same possibly suggesting a shop could be successful here.
Coldingham is lacking a good quality cafe and this could be an ideal location (Luckenbooth is a post office with disappointing opening hours and vending machine coffee, not regarded as good quality cafe)
Such a terrible worry for so many to have no community health surgery for wellbeing and medication pick-ups. Breaking a beautiful community who support each other.
Great ideas. Definitely be great to save the building for community
Thanks for thinking of this.
Great idea, better to use the building for the community as a community asset for all.
With three young children I feel very isolated here (outside of Coldingham). My youngest needs more medical support and a local centre would make everything much better. I can help when they are older.
Providing services within the village is an essential part of enabling people to live in their own homes as they age, as well as providing much-needed support that is usually in short supply in rural communities for young people and parents.
Would like the surgery to open up again a new surgery with new doctors.
Community health space - physical and mental, young and old.

## Complete East Berwickshire Village Analysis of Results

Great start
Badminton club, dancing etc for kids in the village hall.
We live 10 miles from Eyemouth so Coldingham is much more convenient.
So pleased to hear something is being done about the loss of facilities in Coldingham. It's a slippery slope, first the GP surgery, next it'll be the post office and /or bus service.
My wife and I are in our 80's. Unfortunately, health problems stop us offering help.
Because I'm old I am worried about the winter. I am so glad you are trying to help us. It would be nice to have somewhere to get help. Thank you
I don't see how there can already be a steering committee when there have been no public meetings and no voting in of members of the committee. Brechin Healthcare serves a population of around 7900, previous users of our surgery were about 2400, I feel the money raised to buy and subsequently maintain this property could be better spent providing the intended services at existing venues.
None of these – do not want a wellness centre. The only thing most people in Coldingham want is the re-establishment of full GP services in the village.
The practice was closed because the senior partner in the practice wants to run the practice as a business and not as a service. Asking residents to go to Eyemouth Health Centre where appointments are as rare as hen's teeth is a nonsense, apart from that, users of public transport facing long waits outside EHC before their appointment or after it.
The community building must not impact current hall, deliver services currently unavailable in village
While this proposal is well intentioned, I do not see it as a viable
Already have local services for some of possible services. People will lose jobs
I feel that most of the suggested schemes are financially unrealistic. But it would be very helpful to pick up/ drop off prescriptions in Coldingham - rather than trailing twice to Eyemouth.
I applaud your efforts and wish you well, but as long as a named partner has any influence over the building, the owner will do everything in their power to thwart your efforts – they could not bear the thought of the (ex) surgery surviving in any caring/medical use/ sorry, but that is the way the owner is.
The ultimate need is for a GP service if this is in any way possible.
Great idea – happy to be involved in anything– well done
Not actually living in Coldingham, it does not affect us directly (for now) but we feel that the loss of the surgery will have a huge impact on the more elderly residents of Coldingham.
Only moved to Community a week ago but fully support the proposal – Thank you
It's a pity that the older people in the community are not considered when these decisions are made. We don't drive and buses are few and far between.
When you stay in the outlying areas it is actually easier to get to Eyemouth and can be combined with other things ie. Shopping or on way back from Berwick.
Public transport is better use of resources, both financial and people to concentrate activities in one place.

## Complete East Berwickshire Village Analysis of Results

I would very much like to help in any way I can.
I would choose to see a GP in Coldingham as service from Eyemouth is terrible.
We feel an operational clinic is essential for the area.
Day after Coldingham Surgery closed it was announced on radio that a new surgery was opening in Tweedbank for closer connections with Melrose and Gala. I also understand one is to be opened in Earlston in the near future. Absolutely galling! A level playing field does not exist for East Berwickshire – shocking.
Loss of surgery is a massive loss and I think that reinstating it will greatly improve situation particularly for elderly
Reston and Auchencrow CC will support and engage wherever needed.
As a household with two elderly parents who have major health issues, the access to Coldingham surgery was paramount to our needs due to exceptionally long waiting times for any help, telephone or otherwise, from Eyemouth surgery.
Except for the art classes we really don't use Coldingham as a centre of activity, having lots on offer in our own village.
I would be willing to speak, on behalf or attend meetings if possible. I would very much like to help anyway I can. Due to the nature of my work, I'm unable to make it.
We are both pensioners. I am 84 and my wife is 78. This is why I put No above, but we are here in Reston and put our weight behind Coldingham Surgery re-opening. It was a disappointment when it closed.  Living in Reston and registering at Eyemouth surgery 2.5 years ago when we moved here from Dumfries and Galloway, we have tended to support activities in both Reston and Eyemouth, However, we feel the Eyemouth surgery is not covering the area – lack of GPs and bad administration. We feel Coldingham as an operational clinic and surgery with GPs is essential for the area.
The closure of the surgery is a massive loss and I think that instating it will greatly improve the situation, particularly for the elderly.
We must keep speaking to our councillors, MP, MSPs. This Coldingham Surgery must and has to be re-opened again as doctors' surgery at Eyemouth cannot cope and with Reston going to expand, we need this building for the NHS.
We need what we had a GP Surgery and pharmacy – nurse on hand maybe.
My interest and concern is that of a nearly 75 age retired vulnerable resident living alone with no next of kin to support. Local GP services with great misgivings of standards of Borders General Hospital compares with big city hubs. Eg: Edinburgh Royal and Newcastle RNI and Freeman Hospitals.
We are sorry to lose the health facility in Coldingham and feel it is a chance for the community to have a part to play. We looked at the model in Brechin and I think it's a good idea to use this building for the needs of the community.
What we need is GP face to face appointments. There is already a village hall in Coldingham. Most things suggested could be done there. You first of all need a GP appointment. Most things suggested – who is going to do Dementia Care – Just volunteers!!
Appointment and consultation waiting times unacceptable. Delaying vital treatment and unnecessary suffering.

## Complete East Berwickshire Village Analysis of Results

The Coldingham surgery would be ideal for all community nursing and care.
If started up and people used it then it would be worthwhile.
What a huge inconvenience this closure is causing our elderly people, and others alike. We are struggling to get appointments and to Eyemouth in general. With no transport corresponding. If you are lucky enough to get an appointment the situation is serious. Also parking in the health centre area is a nightmare. We need doctors back at Coldingham Surgery face to face where are they, and what have they been doing in the past?
A children's group would be good and a place for teenagers
Waste of money and Wellness is for the middle-class middle-aged women with too much time on their hands. There are people starving and freezing in their homes. Priorities.

**The East Berwickshire Wellness Group (*Formally known as the Coldingham Surgery Steering Group*), would like to thank:**

- All residents for their comments and insights
- The shops and Post Offices who became collection points
- The volunteers who have contributed so far with this vision
- The 6 dedicated volunteers who walked and drove across East Berwickshire to distribute the questionnaires door2door, and then picked them up and collated the responses.
- Finally, our sincere thanks to the Community Councils who assisted in the funding of this survey which made it possible to empower the Community to have a say!

**Methodology of Survey:**

- 2000 Surveys where printed
- 10 Community posters were printed and presented in key community locations
- All Villages had hand delivery of questionnaires
- Facebook posts were created and shared on local Village Facebook Pages
- Facebook page was created
- Online survey was put together

**Community Investment:**

Questionnaires 2021		
Income		Oct
Income - Cheque	Co'path CC	80.00
Income - Cheque	Reston CC	100.00
Income - Cheque	Coldingham CC	80.00
<b>Total Income</b>		<b>260.00</b>
<b>Expenditure</b>	1000 questionnaires and 10 posters surveys	103
	1000 questionnaires	88.00
	online survey	100.00
<b>Total Expenditure</b>		<b>291.00</b>
	<b>Overspend met by Group</b>	<b>31.00</b>