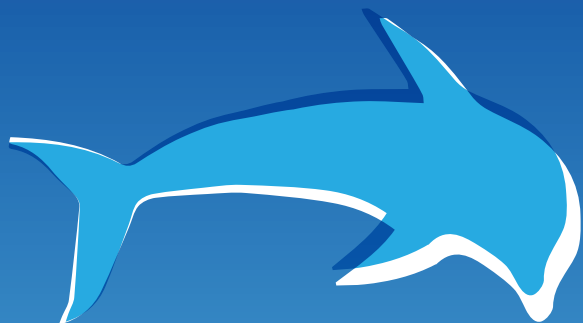


LOCAL LIFE

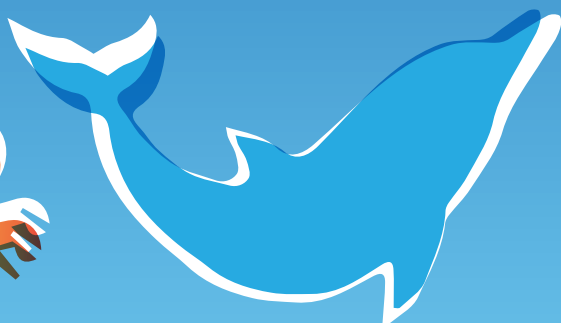
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To advertise in the October | November'17 issue please contact kim@yourlocallife.co.uk or 07768 622 378. Inclusion in the events pages is free for local events and charity fund-raisers. For the next issue, please email details of your event to info@yourlocallife.co.uk by 1st September 2017. Editor: **Kim Williams** | Contributors: **Amanda Farnese-Heath, Hayley Flanagan, Bernie Petrie, Elaine Ramanauskas** | Distributed by: **Johnson Distribution Services** www.jdsdoor2door.co.uk | Proofreading: **MagicSpell**

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LOCAL LIFE THIS ISSUE

Though there are some of you out there who are not big fans of hot weather, generally people absolutely adore the warmer summer months, and consider summer their favourite season of the year.

Did you know that sunny skies and rising temperatures do more than make us smile? They also provide significant benefits to our health and well-being. And this issue is packed with articles about how we can start to become a bit healthier over the summer months from taking time out for ourselves with a Detox Fit Bootcamp (not as scary as it sounds, promise!) to getting back on a bike, to keeping your smile healthy.

Summer is also the time most of us head away on our annual summer holiday, but if you're planning a stay-cation here in East Lothian, we'll help you with everything from tips on what to wear to guides on what is happening out and about in the local area.

Enjoy summer, enjoy Local Life...

Kim



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LOCAL NEWS ...



NUTRITION SOLUTIONS TO...

Archerfield Walled Garden welcomes acclaimed nutritionist, broadcaster and author Amanda Hamilton to host her 'Nutrition solutions to...' series.

Nourishing our body with the right food affects everything we do and is vital for our health, well-being, energy and overall happiness. Amanda Hamilton's approach to food is first and foremost realistic and fuss-free and it is her aim to help make sense of complex and often conflicting subjects in health and nutrition. Starting in September, Amanda will be hosting her 'Nutrition Solutions to...' series of events at Archerfield Walled Garden. Each event will have a different focus; children's health, women's well-being, and sports performance. All proceeds will be donated to support The Moonlight Retreat, a charitable health retreat set up by Amanda for those most in need.

NUTRITION SOLUTIONS TO... | 14 September, 7.30pm | Archerfield Walled Garden | Tickets £10 each event or £25 for the series | To book t: 01620 388 588 or visit www.archerfieldwalledgarden.com for more details.



SEE THE 2017 SCOTTISH SENIOR OPEN FOR FREE THIS AUGUST

Some of the leading names in European senior golf, including past Ryder Cup captains, are set to play at the Scottish Senior Open. The event which celebrates its 25th anniversary this summer will be held at the Renaissance Club and admission for spectators is free of charge (with a nominal charge for car parking). David MacLaren, Head of the European Senior Tour, said: "The event promises a great inside-the-ropes experience for the amateurs taking part, while the 25th anniversary edition of the Scottish Senior Open promises great action and excitement."

SCOTTISH SENIOR OPEN | 4-6 August | The Renaissance Club

LOOK WHAT WE FOUND!

A few things the Local Life team has seen and loved this month...

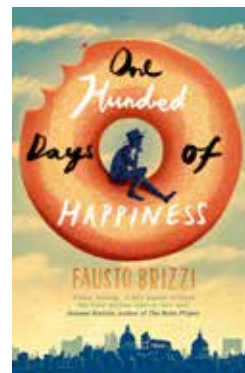


DOUGH-LICIOUS

Food and Drink Columnist Amanda Farnese-Heath's foodie find...

Just off the plane from Dublin I meet my husband for tea in Edinburgh, but we had no idea where to go. Wandering along Rose Street we found an absolute gem called 'Dough'. There are just a few seats outside and one table inside, which we managed to sit at. Two of the most beautiful pizzas arrived, and being Italian I don't say this lightly! They were the best I've tasted in Scotland. Rows of different oils to add to the already delicious topping plus two beautiful basil plants you could pluck extra leaves from. And the cherry on the cake, you can bring your own booze. An absolute find indeed!

DOUGH | ROSE ST, EDINBURGH | dough-pizza.co.uk



THE SIMPLE THINGS

Mind, Body and Soul Columnist Bernie Petrie reminds us to take time out with simple pleasures.

This month snails are everywhere and the perfect reminder that we should take life slowly, take time for ourselves. Simple pleasures such as reading and colouring enable us to stop for a minute and take time out from our own unique, frustrating, wonderful, maddening lives. Local artist Eliidh Muldoon's mindful colouring books have hit the shelves in Waterstones and offer an opportunity to pause, sit quietly and zone in, rather than zone out. And, our local library has provided me with one of the most beautiful reads of my year. *One Hundred Days of Happiness* reminds us to remember the preciousness of life and what matters most.



TOTE-LLY PERFECT

Editor Kim Williams discovers the perfect carry-all – practical and stylish.

Even though I have a massive number of chic handbags, I always find myself reaching for a tote bag when summer comes around. A tote bag is the quintessential comfort accessory. It carries all of your stuff without that judgemental, bulging-at-the-seams bloat your other bags experience when you try cramming your life into them. The tote understands. It sympathises with your need to have with you at any given time; your laptop, 22 lip balms, snacks for a road trip, towel and sunscreen for the beach, wine for a picnic, extra shoes when you're breaking in a new pair of heels, an umbrella for surprise rainstorms, a jumper for unexpected breezes or a water bowl and ball for your dog!

Thankfully, you don't have to sacrifice style for function when options like this tote bag with a shimmering leather silver star exist. Made in Italy from a luxurious soft suede, this gorgeous bag is tote-ly perfect for all life's essentials.

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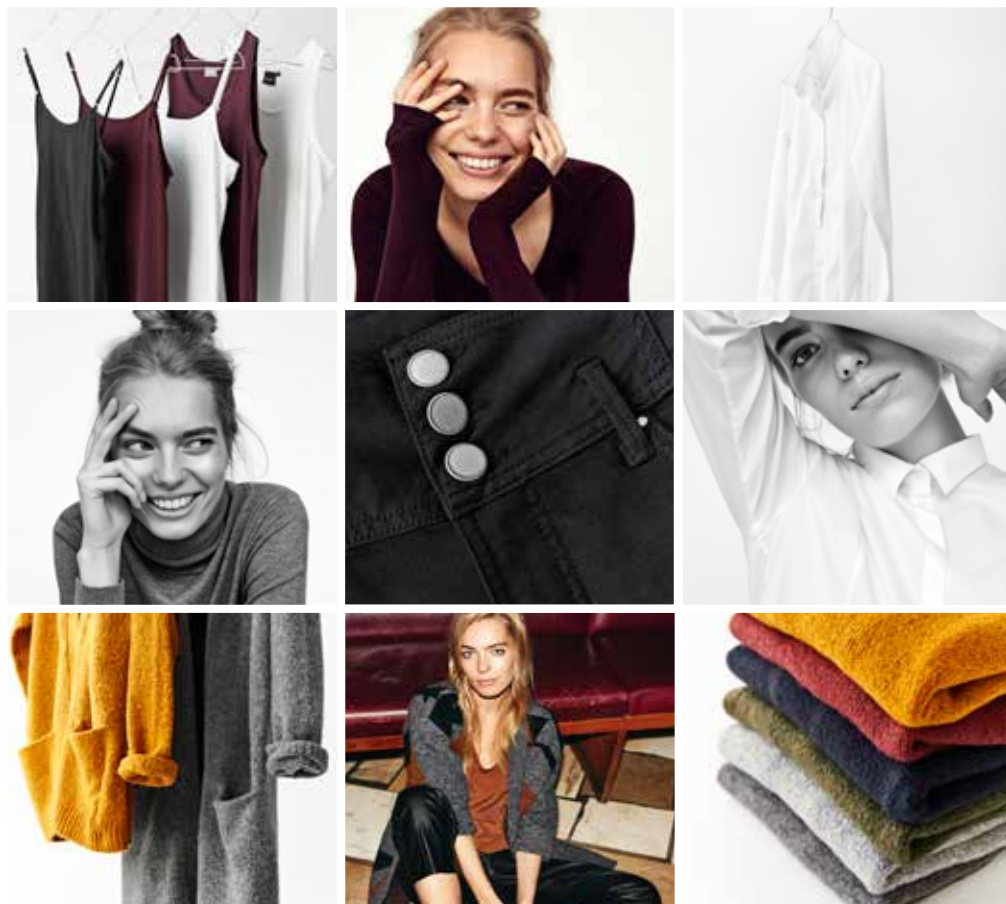
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HAPPY SUMMER WEEKEND WARDROBE



Two words guaranteed to make us smile – summer weekend. Two more words we love (possibly) even more weekend wardrobe! We asked Secret Boutique's Elaine Ramanauskas to pick her favourite pieces for a perfect summer's weekend.

THE WHITE JEANS

White jeans have reached cult status and are absolutely perfect for summer. Style with a simple tee or dress up for evening with a statement top.

Joules Munro Skinny Jeans £29.95



THE STATEMENT TOP

Now this is Saturday night dressing made easy. Team with your favourite trousers or jeans, simple sandals, classic gold jewellery and you're good to go.

Mado et Les Autres Camouflage Top £34.50



THE KAFAN

You can't guarantee every day is a beach day, but this gorgeous kaftan will take you from beach to Sunday brunch. Layer over a simple vest and add skinny jeans.

Hatley Cotton Tunic £50



THE SIMPLE WHITE SHIRT

Everyone should have a white shirt in their wardrobe. It's the easiest way to look polished and chic without any real effort. I adore the cuffs on this one!

Shirt Company Jersey Cotton Shirt £59



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Breadmaking always sounds like hard work with all the kneading and proving required. But what if I told you this loaf takes literally two minutes and there's no kneading either? As with all my recipes you can replace herbs and seeds and flavour with other things that you fancy but the beauty of this soda bread is that it's simple!



SIMPLE & QUICK SODA BREAD

WHAT YOU NEED

170 grams spelt flour
170 grams rye flour
One large tub buttermilk
One teaspoon of bicarbonate of soda
Salt and pepper to taste

One teaspoon of caraway seeds
One teaspoon of your favourite dried herb
A handful of chopped nuts

WHAT YOU DO

This is the simplest bread ever with no kneading at all. Mix all the dry ingredients together. Add the buttermilk and mix together (it might be a bit sticky but that's part of the fun!). Place bread on a floured tray and shape. Put in the oven 200°C fan assisted for 30 mins or when you tap it, it sounds hollow.

Eat! Try not to finish it all though before anybody else has a chance! It really is that simple. *Amanda x*

MAD MARCH HARE | check out www.themadmarchhare.com for our latest adventures in food and don't forget our salads every Wednesday. To find out more about the salads, follow on our Facebook page **The Mad March Hare** | t: 07809 895 469 for any enquiries.



TIME FOR JUICE

Juice fasts, detoxes, bootcamps are all buzz words that have taken the dieting and fitness industry by storm over the past few years, yet they are words that instil fear into many. I spoke with top nutritionist Amanda Hamilton to find out if these words really are as scary as they sound.

words | kim williams

I was invited to meet celebrity nutritionist Amanda Hamilton at a local cafe for a chat about her upcoming Detox Fit Bootcamp. Described by The Times as the "queen of the detox scene", I was nervous to meet her, to say the least. Would I be left shamefully cradling my caffeine-heavy flat white, whilst she sipped delicately at a cup of herb-infused water? My fears were quickly allayed as Amanda tucked in to her own flat white, with gusto!

It's exactly this attitude and sensible approach to nutrition that has seen Amanda become one of the UK's most acclaimed nutritionists with a career spanning over 15 years. She has a number of best-selling books and has set up health retreats and detox programmes across the world. This September, Amanda will be running her Detox Fit Bootcamp at the Marine Hotel in North Berwick. "I use the word 'detox' because I have to," Amanda explains "But really, it's about a kick-start, it's about helping what your body does naturally. Juicing is a form of fasting, a health protocol now widely supported in science with proven benefits to the body such as lowering inflammation and supporting longevity. Performing a juice fast boosts the body's natural detoxification process, replenishing stores of nutrients and allowing the body to boost functioning by lightening the toxic load. Giving your body a rest, a chance to relax and catch up."

With both residential and non-residential options, the break is based around juice cleansing to optimise

nutrients; yoga and outdoor exercise including workouts on the beach; spa time and expert seminars. Designed to teach healthier ways to eat and exercise, each person receives a tailored programme which helps shift weight safely and offers a chance for the body to heal from within, often with a dramatic effect on health markers such as inflammation, cholesterol levels and insulin sensitivity.

"With my business I spend so much time away but there's simply no place like home, which is why I'm excited to be offering this in North Berwick", comments Amanda. "Plus there is a great network of local personal trainers and therapists who we can involve as well." One such person is ViPR instructor, Colin McDonald, whose highly effective and fun techniques not only build confidence but also bridge the gap between strength and movement training.

It's not only about the four days though. Guests receive follow-up advice and menu plans to help maintain the benefits longer term. Amanda explains "Our approach has to be 'flexitarian', we all have busy lives. I am a working mum and I don't have time to juice at home, nor do most of my clients. We personalise all our programmes to ensure they're practical but with the maximum benefits." And with benefits such as returning home pounds lighter, energised, deeply rested with glowing skin and sparkling eyes, the three words 'Detox Fit Bootcamp', suddenly seem a whole lot less scary!

DETOX FIT BOOTCAMP Marine Hotel, 21 - 24 September | **NUTRITION SOLUTIONS TO...** a series of events at Archerfield Walled Garden | **PERSONALISED NUTRITION CLINICS** | visit www.amandahamilton.com or e:info@amandahamilton.com



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KEEPING YOUR SMILE HEALTHY

pictures | Emma Martin

"Be proactive and be more in control of your oral health, and you'll live a healthier, happier life."

This is the philosophy of Jenny Wylie, the new dentist at Gullane Dental Practice, located at Rosebery Place on the village's main road. Jenny started at the clinic in May, returning to East Lothian having gained a wealth of experience working in private practice in the south of England.

"Prevention of all dental disease is paramount at our practice. A healthy mouth and teeth have an extremely important impact on your overall health and well-being, not to mention your smile. More and more, there is evidence proving that oral health is linked to your general health."

"My colleagues and I take pride in giving you the information and skills you need to keep your oral health the best it can be. Regular attendance for your dental examination coupled with routine daily home care is the key to prevention, helping to keep your mouth free from disease and pain." Jenny says.

Indeed checks to assess for dental decay, cavities, gum disease and oral cancer are carried out at every examination at Gullane Dental Practice. Incredibly, over 47% of adults have gum disease or periodontal disease – to give it its professional description. It's therefore important to take special care with gums,

ultimately helping prevent long-term tooth loss caused by undetected or untreated disease.

Appropriate home care techniques are paramount in the prevention of gum disease. The team at Gullane take time to explain the best techniques, offering advice and treatment tailored to suit the personal needs of each patient. This helps eliminate unhealthy gums and dental decay for good.

CALM AND REASSURING

Jenny's childhood fascination with dentistry led her to Dundee Dental School, which was followed by post-graduate hospital training at King's College in London. Here her dedication saw her quickly gain MFDS, the esteemed dental fellowship.

Her extensive training and experience has given Jenny a calm and reassuring approach, putting her patients at ease. And she makes sure she puts her patients first: *"I have a very keen interest in minimal intervention dentistry, where possible avoiding the use of drilling and using adhesive techniques. I believe in taking all the time necessary to ensure my patients receive the care that's best for them individually."*



Gullane Dental Team



Ann Davidson

However, when problems are not so straightforward Jenny can draw on her advanced training in London where she worked alongside leading consultants and, over time, dealt with increasingly complex cases. *"With new techniques and technologies, it's incredible how far dentistry has come on in recent years. There are now so many simple and non-invasive ways to improve your teeth, and your smile."*

Jenny is qualified to prescribe the Inman Aligner Orthodontic System which makes simple tooth movements. You can see a significant difference to your tooth alignment in just six to eight weeks.

Botox procedures for both medical and cosmetic purposes have seen incredible growth in the UK over recent years. Jenny is certified to administer Botox using very fine needles that help reduce wrinkle lines. It can also be used in the treatment of migraine.

Jenny works alongside well-known dentist Sarah Thomson. Both are supported by a professional and dedicated team that includes hygienist Ann Davidson, who plays a major role in the prevention of gum disease, dedicated nurses Debbie, Lesley and Caroline, Practice Manager Lisa, and Receptionist Susan. All are committed to dental excellence and are delighted to discuss the individual needs of their patients, whether it's basic tips and techniques or more complex requirements.

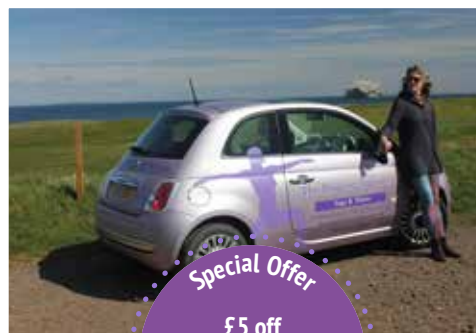


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In this issue **Bernie Petrie** tells us the end of summer is the perfect time to embrace new things and rediscover forgotten parts of ourselves.



GIVE YOURSELF PERMISSION TO BE...



It is August – the month we never want to stop. Is it me or does August go by too quickly? Perhaps it's because there is so much to do here in Edinburgh and the Lothians with the world-renowned Edinburgh International Festival and Fringe and North Berwick's very own Fringe By The Sea. Or maybe it's because you head away before the clock ticks down to the restart of school.

Growing up in Northern Ireland I had the entire month of August off and I think it's taken 14 years of having my own children at school, not to feel short-changed as they head back to school mid-August. I now give myself permission to let those last two weeks continue to feel like summer by letting summer stay in my bones even though the children are back at school. You can do this by embracing the outdoors and savouring the sun when it does shine and encourage your children to do the same.

I am then able to get excited about September and new beginnings. The sun that shines without the pressure of expectation, the new colours that catch our eye as the leaves start to turn and the shift in energy which seems to bring a new thirst. This is the perfect time to create and embark on new projects – to be open to new opportunities and allow ourselves to remember something else about ourselves.

We are creative beings and should give ourselves permission to embrace new things and rediscover

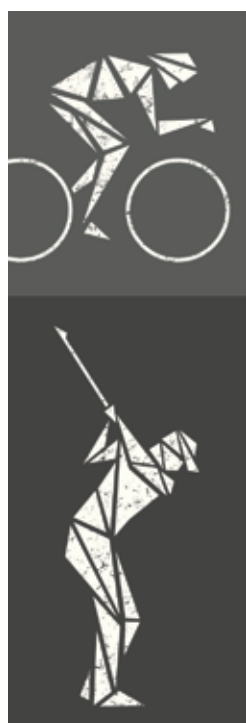
forgotten parts of ourselves each and every year. Our perspective can be broadened again and again. Author, Neale Donald Walsch expressed it well: "Our perspective will create our perception, our perception will create our belief, our belief will create our behaviour, our behaviour will create our experience, and our experience will create our reality."

The end of summer and beginning of autumn should be a time when you are willing to shift your focus. Focus on what you love about each month (come on, it is Scotland after all!) and on the unique parts of yourself. Take the pressure off, by allowing yourself (and the weather for that matter) to just be. Use this time to give up the desire to be perfect and allow yourself to try new things without expectation. Embrace your inner child and rediscover a part of you that has long been ignored.

It is never too late to embark on new things, to rediscover or reclaim creative parts of ourselves. You may be surprised at the clarity you achieve about what you want from life when you open yourself up to new beginnings. Allow your curiosity to guide you and just like a child starting nursery for the very first time, why not give yourself permission to learn through playing with new experiences?

With love until the next time

Bernie



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ART SALE IN AID OF EAST LOTHIAN YOUNG CARERS

Three local artists are holding an art sale to support local charity – East Lothian Young Carers

Wendy Portway, Pam McKenzie and Julie Otter are holding an art sale of paintings, cards, prints and creative work in St Andrew Blackadder Church on Friday 11 and Saturday 12 August with a third of proceeds going to East Lothian Young Carers.

East Lothian Young Carers (ELYC) support young people between the ages of 5 to 24 and their families. Young Carers are ordinary young people who look after family members who are ill or disabled. Consequently, they often miss out on their own childhood and can have difficulty coping at school.

ELYC organise activities and support groups, giving youngsters the opportunity to mix with others who understand their concerns and giving them a chance to have time for themselves and develop social skills and gain in confidence. Julie explains "To ensure that support is accessible to all, ELYC provides free accompanied transport to and from activities. The cost of this alone is £30,000 a year. Like all charities we struggle financially to cover our costs and hope this art sale will provide some help to those who need it most."

CHARITY ART SALE
St Andrew Blackadder Church
11-12 August | 10am-5pm

DATES FOR YOUR DIARY *August/September 2017*

AUG	EVENT	TIME	VENUE
to 13 Sep	Original Wildlife Prints by Robert Greenhalf and John Hatton	10-4pm	Waterston House, Aberlady (SOC)
Sundays	St Baldred's Church Summer Sunday Afternoon Teas	2.00-4.30pm	Abbey Church Hall
3-7	Gosford House Open Days	1-4.45pm	Gosford House
7-13	Fringe by the Sea	various	www.fringebythesea.com
7 & 8	North Berwick Drama Circle's 'Five go to Fidra Island'	6pm	La Gaiete Spiegeltent, Fringe by the Sea, North Berwick
10-14	Gosford House Open Days	1-4.45pm	Gosford House
11 & 12	Charity Art Sale	10am- 5pm	St Andrew Blackadder
Sat 12	North Berwick Artisan Fair	10am-5pm	Abbey Church
Sat 19	Hops in the Garden	2-11pm	Archerfield Walled Garden
24-28	Gosford House Open Days	1-4.45pm	Gosford House
Sat 26	Athelstaneford Annual Church Sale	10am-12noon	Haddington Corn Exchange
Sat 26	North Berwick Artisan Fair	10am-5pm	Abbey Church
SEP	EVENT	TIME	VENUE
Sundays	Summer Sunday Afternoon Teas	2.30-4.30pm	Abbey Church Hall
Mon 4	North Berwick Art Group Talk 'Men in the Mirror'	7.30pm	Hope Rooms
Fri 8	Strictly Leuchie	7.30pm	Haddington Corn Exchange
Sat 9	Bible Society Coffee Morning	10am-12noon	Abbey Church
Sat 16	North Berwick Artisan Fair	10am-4pm	Abbey Church
16 & 17	Total Warrior	2-11pm	Balgone Estate, North Berwick
29 - 1 Oct	Celebration of 25 years of Gullane Flower Club	10am-4pm	Gullane Parish Church



GULLANE FLOWER CLUB CELEBRATES 25 YEARS

A flower festival is to be held in Gullane's Parish Church to celebrate Gullane Flower Club's 25th anniversary. The festival will take place from Friday 29 September to Sunday 1 October. Teas will be served in the Church Hall over the weekend. Proceeds from the festival will support local charity, Gullane Sports Development Trust.

29 & 30 September 10am - 4.30pm, 1 October 1pm - 4.30pm
for more information: e: maureen.hunter17@btinternet.com

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Steve Harley



Eric Bibb

With tickets having gone on sale on the 24th of June, many of the headline gigs are well on their way to being sold out! As expected, KT Tunstall and Steve Harley have been the 'hot' tickets, but comedy also appears to be hugely popular as are Chris Barber, Eric Bibb, Elaine C Smith, the Tribute Night, Bombskare and Aly Bain and Phil Cunningham.

As usual, North Berwick is showing a real thirst for quality acts, and this year's festival appears to have struck just the right note in providing a great spread across all musical genres and other forms of entertainment – from authors to theatre to film.

The Mini International Film Festival has a lot to offer and tickets are selling briskly, especially for *Tommy's Honour* which features beautiful East Lothian scenery!

It looks like the decision to use more venues around the town will turn out to be a good move, meaning the likes of The Honeycutters (country-Americana from North Carolina), Tommy Smith and Brian Kellock, Quattro MacJazz, The Police Choir and Philip Contini's Be Happy Band will be performing in some interesting and surprising places.

Michaela Strachan appearing at the Abbey Church is a real coup and it is hoped for a large audience to hear her. Denise Mina, Ajay Close and Malachy Tallack make it a 'Bookish Tuesday', while Tranent's finest, George McNeill, will be well worth the ticket price on Wednesday as he is superbly entertaining.

A number of visitors and locals alike were disappointed last year, by thinking tickets were sold out for events that did still have availability. The organisers are encouraging people to check both the website and the Ticket Hut in North Berwick, as both have allocations. So, being sold out in one place doesn't mean they are sold out completely! Make sure you keep reviewing the Fringe by the Sea website and Facebook to keep in touch with this great festival.

FRINGE BY THE SEA 2017 | 7-13 August
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ON YOUR BIKE!

For many of us, the last time we were on a bike it had high handlebars, a banana seat, was adorned with stickers, and had something stuck in the spokes to make clicking noises as we rode along. Taking a bike out for a spin at the recently-opened Bike Hub at Archerfield's Walled Garden will remind you how much fun and wildly liberating cycling really is.

words | kim williams



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Feature | On your Bike!

Most people remember all too well their first attempts at riding a bike; being lovingly helped along by mum or dad, the thrill of moving faster than you ever have on two wheels, and that feeling of accomplishment once you realise there's no longer an adult's hand on your back helping you balance.

The thrill of riding a bike continues for some well into adulthood, but many of us ditch the bike in favour of a car as soon as we're able to drive. For Richard Dowsett, the thrill has not waned. An avid cyclist, Richard set up Leith Cycle Co ten years ago and his newest venture – The Bike Hub – combines his passion for cycling and his love of East Lothian. Based at Archerfield Walled Garden, The Bike Hub opened its doors on 16 June this year and aims to be a one-stop shop for cyclists and the hub of biking in East Lothian. Richard said "We are creating a destination cycling location in East Lothian that will house everything cyclists need. It's not only a shop, but a place where people can meet, get engaged and get active."

There are so many reasons to get back on a bike especially over the summer months but, not everyone can be bothered with the hassle of loading a bike into the car to then drive miles to find the perfect cycling location. The Bike Hub makes it as easy as, well, riding a bike! Located on the beautiful Archerfield Estate, there is a huge variety of cycle routes including the John Muir Way, coastal paths, and roads through East Lothian which take in beautiful viewpoints, visitor attractions, historic sites and seaside villages. There is also an extensive network of traffic-free and relatively flat routes ideal for the whole family. For those seeking a bit more of a thrill, fat bikers can take advantage of the coast and wooded areas.

The Bike Hub has an extensive range of hire equipment, from balance bikes and lightweight children's bikes to all terrain hybrids, mountain bikes and electric fat bikes. For those with children there are child seats, tag-a-longs and trailers. Co-owner Sarah Dowsett laughs "On our opening weekend, we had a family kitted out with child seat, trailer and tag-a-long. They said they'd be out for an hour or two, they enjoyed the trails so much they were gone for the entire day!"

If having spent a day cycling round the beautiful East Lothian countryside you've been well and truly bitten by the cycling bug then you can purchase your own bike from The Bike Hub plus – they offer servicing and repairs. You can join Richard for their regular Thursday evening ride outs, which are suitable for all abilities. With plans to host maintenance classes, kids' bike clubs and more 'Ride With Me' cycles, there really is no reason not to visit the Bike Hub and get back on your bike.



DOLPHINS AND CRABS TAKE OVER THE SEABIRD CENTRE!

This August at the Scottish Seabird Centre, North Berwick, the dolphins and crabs take centre stage with an interactive science show and puppet performance for families.

What's for Snack? (ideal for age 2+) is an interactive puppet show with Seabird team member, Craig the Crab. With sing-a-long fun, young visitors will be asked to help Craig who has eaten some marine litter by mistake. He will be joined by some of his seaside friends who will aim to help him get rid of his sore tummy.

Older kids are invited to attend Ocean-a-rific (recommended for age 6+) with Dr Dolph Lingerin-aboot. With scientific experiments, games and gaffes, visitors are invited to help dolphins understand what is happening to the seas around Scotland.

Malcolm Watson, Seabird Science Communicator, said: "Dolphins and crabs are always hugely popular with visitors young and old alike. As we make our move towards a wider marine-based Centre, we are keen that people appreciate the variety of amazing marine wildlife, including seabirds."

"With Craig the Crab and Dr Dolph Lingerin-aboot there will be lots of music, fun and games, ideal for keeping the family entertained, whatever the weather this August."

In addition to the daily events, there will be a range of family-friendly activities in the Discovery Centre including special trails for dolphins and puffins, expert mini talks on a range of seabirds, as well as the Kids' Zone and Kids' Corner.



WHAT'S FOR SNACK?

4, 11 & 12 August | 11.30am
30 mins | Crab-themed puppet show for age 2+

OCEAN-A-RIFIC

Daily, 1 to 14 August | 2.00pm
45 mins | No event on Saturday
5 August | Dolphin-themed interactive science show for age 6+



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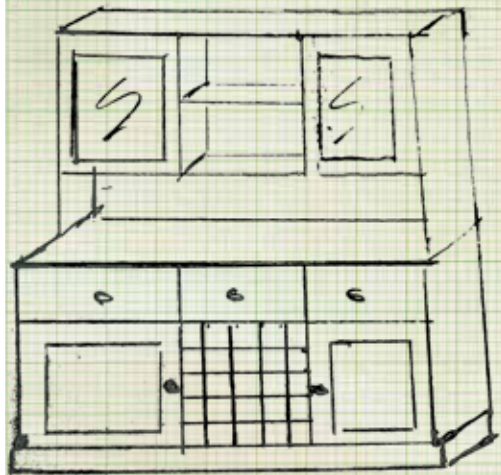
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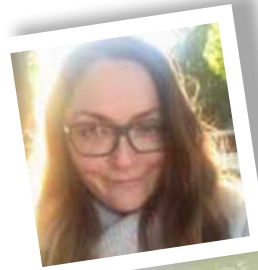


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From the moment it was announced, I knew I would struggle to incorporate the Pantone colour of the year 'Greenery' into a minimal Scandi interior! Halfway through the year and summer has inspired me to take it literally, realising greenery is nature's neutral, by bringing the outdoors in. Join me by following the rules of 'plant club'.



GLORIOUS GREENS

#1 GEEK OUT

For practical tips on house-based horticulture, to how to perfect your #shelfie with inspirational photographs and genius care tips for your inside garden. There are a whole host of reads to help you up your 'greenteriors' game. Plus, they look great styled on your coffee table even if that's as far as you get!

#2 START!

Don't obsess, don't aim for perfection, don't wait until you get the proper tools. Get some dirt under your fingernails and get creative with your planting projects. Dress up your plants DIY style, reusing and recycling. My current favourite is re-purposing colourful glass candles as plant pots or vases.

#3 TRY SIMPLE

Find a dead space in your home, such as hallways, landings and corridors. Bring it to life with a slimline trough planter, its depth easily disguises ugly plastic pots. Populate with any plants you come across on your next trip to the garden centre or (whispered) IKEA. Mix up the textures with delicate wispy ferns and long spiky fronds.

#4 TRY FANCY

Wild and exotic succulents and cacti deserve a beautiful and stylish home to thrive and grow. Elevate them to

almost royal status by giving them their own glass castle – a gorgeous terrarium! Jewel like, these gem shaped beauties will sit beautifully alongside other treasures on your shelf.

#5 BE TRADITIONAL

Revisit the 70s and get high with macramé or earthy leather and ceramic. Hanging planting is a great way to fill unused space. Raise your point of view with a solo player or a stunning collection and create a wonderful visual display.

#6 BE EXPERIMENTAL

Plants that don't need soil – surely science fiction? Not so, Airplants or Tillandsia are perfect for anyone struggling to look after themselves let alone their plant babies. Propped jauntily in a geometric wall display above your office desk they purify the air, aiding productivity too.

#7 CHEAT!

Not so much a green thumb as green with envy at the blogosphere's enviable urban jungles? Having trouble keeping even an Airplant alive? Before revisiting rule #1 fake it and resort to a few botanical posters to green up your space while you work on perfecting your horticultural skills.

Hayley x

For inspiration and products featured, head to **NORDEN** on North Berwick High Street | new website www.norden.online coming soon!

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LIGHT UP YOUR LIFE

words: kim williams | pictures: emma martin

Looking to create a flattering glow yet still have enough wattage to see what you're doing? We meet the experts at East Lothian-based Light House who will help you sort out your lumens from your lightbulbs.

Whether you're building a new home or simply renovating an existing one, it's very easy to get carried away with luxurious wall coverings, opulent flooring and gorgeous furnishing. Something which often gets forgotten, but has the potential to make or break an interior scheme, is lighting. Lighting can turn a house into a home and allow your personality to shine through.

Yet even in these Pinterest-inspired times, lighting design is still considered to be a bit of a 'dark art' (no pun intended); it's easy to get it wrong but when it's right, it can completely change the dynamic of a room. A lot of people don't realise it, but proper lighting design is very much an art, and one which involves consideration and skill. The shortest, safest answer to getting it right is to seek professional advice.

Neil Rankin has used his knowledge and experience from 10 years as a lighting designer in the commercial sector to open **Light House**, based at Fenton Barns. Neil, who admits to having an obsessive interest in lighting, says "It can be a little daunting when you are lighting a room and even more scary when it's a whole house. My vision is for people to drop by, sit on the couch and chat through their ideas. We can

provide inspiration and solutions for lighting as well as share our knowledge and expertise."

Light House understands that lighting is an important design element in your home, so they offer the services of an interior designer alongside lighting design. Neil and his team will customise any of the lights in store for you plus they offer a full installation service. Yet, Neil is keen to point out "We offer something for everyone – you can pop in to buy an LED light bulb, fabric cable, a simple shade or a stunning focal point for your room from designers such as David Hunt, Frama or Graypants."

Light House, keen on helping us reduce our carbon footprint, only stocks LED bulbs. Neil explains "Reducing our carbon footprint without compromising on style and quality at an affordable cost is a tough balance to achieve. I feel the market has moved on to embrace LED lighting and bulbs can now look beautifully stylish, rival incandescents in quality of light, offer exceptional energy efficiency as well as value for money."

So whether you're simply changing a standard light fitting or wanting to light your entire home, pop in to Light House and let them illuminate the way!



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Nothing says summer quite like lavender – row upon row of stunning colour with its scent wafting on the warm breeze. A collaboration between a local lavender farm and home-ware producer will have you bringing lavender into your home, evoking the sunny, carefree ease of Provence – even when the Scottish weather is letting you down.

words: kim williams

Swathes of lavender fields under azure Provençal skies evoke memories of carefree summer holidays. In fact, it's hard to imagine a plant which is more evocative of summer than lavender, especially with its intense colour and incredible scent.

But it's not only Provence where row upon row of fragrant lavender grows in abundance. Just outside Gifford, nestled at the foot of the Lammermuir Hills, is Lothian Lavender – currently the only lavender grower in Scotland. Known as the 'Garden of Scotland', East Lothian has proven itself to be well suited to growing lavender. Sue and Grant Tait, throughout 2016 and into 2017 planted approximately 1,000 lavender plants in a small

paddock on the family farm. And this year will see the first harvest.

Their small retail shop stocks original hand-made products by Sue, using dried lavender from the farm. This summer they will also be stocking a candle produced in collaboration with Gullane-based Laura Thomas Linens, along with other LT products.

Laura says "There was a Scottish Lavender farm up in Aberdeen until the 80s before the land got sold for development, so exciting times for Scotland to be gaining another. Lothian Lavender is currently the only Scottish producer of lavender grown intended for commercial purposes and it's exciting to be a part of it!"

LOTHIAN LAVENDER | e: lothianlavender78@yahoo.com | www.lothianlavender.co.uk
LAURA THOMAS LINENS | e: info@laurathomaslinens.com | www.laurathomaslinens.com



Why Laura loves lavender...

Lavender is a fragrance I simply adore. From cute vintage fabric bags filled with lavender flowers for my drawers as a child to drops of lavender oil in my bath as an adult to aid relaxation, there is something deeply comforting as well as invigorating about the scent of lavender that makes me feel charged and alive.

It is for this reason that the obvious scent for many of my products is lavender. Lavender assists relaxation, helps with headaches, congestion, colds and sleeplessness, and is often used in the treatment of insomnia.

I can't recommend enough going to bed with a room filled with the smell of lavender. Light a lavender candle in your bedroom before heading to bed or while reading. And a few sprays of lavender mist over your pillow is simply heavenly. I can vouch for this, as this is my current night-time wind down.

Laura x



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NORTH BERWICK'S BLOOMING BEAUTIFUL

North Berwick looks like the archetypal chocolate-box town – its high street festooned with colourful hanging baskets and the harbour's quirky flower-filled boats and tubs. It's all thanks to a team of dedicated green-fingered volunteers who give up their time all year round, in all weathers to ensure the town is always in full bloom.



NORTH BERWICK IN BLOOM

e: webmaster@nbib.org.uk | www.northberwickinbloom.org.uk

North Berwick in Bloom has come a long way from the 1990s when the town, rather in the doldrums and needing a boost, set about improving planting and horticultural initiatives in order to encourage local businesses and attract visitors. These efforts proved successful and both visitors and residents welcomed these enhancements to the town's natural beauty.

Since then, In Bloom has developed into an active team of volunteers, helping to improve the town and also achieving many competition successes, including being nine times gold medal winners of the Beautiful Scotland Coastal category. And in 2016, for the third time, they won the Rosebowl for the highest score across all categories in Beautiful Scotland. The team has represented Scotland on a couple of occasions, winning three Gold medals. This year they are, once again, the Scottish representative in the 'Coastal Category with Populations up to 12,000' facing competition from Whitby, Hunstanton, Newcastle (Northern Ireland), Sidmouth and Sillioth on Solway. The results will be known at the end of October.

However, competition is not the driving force of In Bloom, led by Rosie Oberlander and supported by a small committee. The team works all year round with East Lothian Council, schools, local businesses and other groups such as Rotary to ensure that the positive, high profile of the town can be maintained. This is, of course, helped by winning accolades from prestigious national horticultural organisations.

The In Bloom year starts in September, planning the programme of planting and maintenance for the year ahead. Volunteers meet every Monday morning to ensure the main streets, the Lodge grounds, the beach and harbour areas continue to look their best. With increased awareness of environmental issues, every attempt is made to introduce sustainable planting and use plants suitable to the maritime climate in the 120 tubs, barrels, boats, carts and trains around the town. Not to mention the 95 hanging baskets on the high street which create a summer wow-factor. The team also plants containers of vegetables and a new community orchard is developing steadily.

Rosie is proud of the volunteers who are very flexible and always happy to welcome new people. There is also strong community involvement and fundraising initiatives prove popular. These include the annual Tulip Festival's afternoon tea, a Christmas tea and volunteer Sheila Sinclair's quizzes. *"We are grateful for the interest and support shown by residents and visitors. We are a happy bunch, love what we do and are always open to new ideas and to work with others in improving the quality of the environment"*.

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		AM	PM	AM	PM
4	Fri	0056	1337	0704	1917
5	Sat	0152	1425	0751	2000
6	Sun	0236	1504	0832	2039
11	Fri	0532	1802	1140	2313
12	Sat	0610	1842	1140	
13	Sun	0651	1926	0017	1245
18	Fri	1217		0601	1838
19	Sat	0053	1325	0711	1939
20	Sun	0152	1421	0814	2034
25	Fri	0539	1802	1153	2350
26	Sat	0621	1843	1219	
27	Sun	0704	1925	0008	1238
SEPTEMBER		High Water		Low Water	
		AM	PM	AM	PM
1	Fri	1149		0541	1803
2	Sat	0010	1302	0732	1856
3	Sun	0117	1356	0732	1939
8	Fri	0432	1659	1042	2253
9	Sat	0508	1737	1120	2339
10	Sun	0547	1817	1155	
15	Fri	1050	2330	0431	2330
16	Sat	1211		0600	1832
17	Sun	0042	1319	0709	1930
22	Fri	0432	1653	1048	2251
23	Sat	0512	1730	1118	2316
24	Sun	0551	1807	1138	2333
29	Fri	0954	2216	0246	1540
30	Sat	1102	2325	0503	1729

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Aberlady Parish Church | www.aberlady-gullaneparishchurches.org.uk

t: 01875 870 777 | Rev Brian Hillsley | Sunday 11.15am, All Age Service 1st Sunday of month

Aethelstaneford Parish Church

t: 01620 880 536 | Rev Joanne Evans-Boiten | Sunday Morning 10am. Family Service 4th Sunday of month

Our Lady Star of the Sea Church | 9 Law Road, North Berwick

t: 01620 892 195 | Sunday Mass 10am | Phone for weekday Mass times

Dirleton Kirk | Manse Road, Dirleton

t: 01620 892 800 | Sunday 9.30am, Wednesday 10am

East Lothian Quakers | St Andrew's Centre, Bayswell Rd, Dunbar | www.quakerscotland.org

t: 01620 824 618 | Meeting 11am on 2nd and last Sunday of month

Gullane Parish Church | East Links Road, Gullane

t: 01620 843 192 | Rev Brian Hillsley | Sunday 9.45am with Sunday Club. All Age Service 1st Sunday of month

Longniddry Parish Church | Elcho Rd, Longniddry | www.longniddrychurch.org.uk

t: 01875 853 195 | Rev Robin Hill | Sunday 9.45am Morning Worship

St Adrian's Episcopal Church | Sandy Loan, Gullane | www.stadrianschurch.org.uk

t: 01620 892 154 | Rev Simon Metzner | Sunday 8am Holy Communion 1st and 3rd Sunday, 9.30am Sung Eucharist

St Andrew Blackadder | St Andrew Street, North Berwick | www.standrewblackadder.org.uk

t: 01620 895 233 | Rev Neil Dougall | Sunday 9.30am Morning Worship, 10.30am all age worship, Crèche for under 3's

St Baldred's Episcopal Church | Dirleton Avenue, North Berwick

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