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free community & lifestyle magazine

FEBRUARY | MARCH 2018

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LOCAL LIFE THIS ISSUE

Welcome to our first issue of 2018. The start of a new year brims with excitement, new trends, new beginnings and of course new year's resolutions.

However, new year's resolutions do not often come to fruition, even with the best intentions. I mean does anyone actually want to start their new year with daunting tasks, like learning a new language or forgoing gluten? When asked what my resolutions were this year, I glibly replied "I don't make new year's resolutions", but actually this year I am. I have made it my mission to reduce my impact on our environment by avoiding single use plastic wherever I can. And it's heartening to see that in our local community this is an issue close to the hearts of many (page 20). From local businesses working to reducing their waste to beach tidy ups, people really are trying to make a difference.

So this year, instead of overwhelming overhauls, consider making resolutions that benefit our amazing planet and local community, and see if a greater cause can bring extra motivation for seeing those resolutions through.

Until the next issue, enjoy Local Life

Kim



To advertise in the April | May'18 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 2nd March 2018.
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LOOK WHAT WE FOUND!

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



OCEAN LOVE

Editor Kim Williams discovers Rachel Seago's Ocean Series

Like many of us, I've been working hard on doing a better job of reducing my impact on our environment. And it's always amazing to find others who care about the same things I do. These stunning illustrations are the work of local artist Rachel Seago and are currently being exhibited at North Berwick's Steampunk Coffee Roasters. What's more, 10% of the sales from Rachel's oceanscape prints and cards will be donated to City to Sea, a non-profit organisation which is working to reduce the presence of plastic in our oceans and safeguard our seas for the future.

AT STEAMPUNK UNTIL MARCH 2018
rachelseagoillustration.com

ART-SPIRATION!

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

It's never too late to revisit something you loved as a child... thanks to local artists like Jayne Stokes (creator of this little beauty that hangs in our home). Jayne now opens her studio to excited students, like me. I'm paintbrush ready!

www.jaynestokes.com



GIVE PIZZA A GO!

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

Believe it or not, even though I'm part Italian I'm not a great fan of pizzas. And what's more it takes a lot to get me to try a new place when I know nothing about it.

East Pizzas in Leith has only been open a few months, but this small and simply furnished joint absolutely rocked my pizza world. The east pizza bases are in another league and the toppings were the best I have ever tasted! The porcini, salami and local smoked mozzarella was out of this world. Wherever possible they source the ingredients within thirty miles of their Leith location. The flavours flooded into every part of my mouth and left my taste-buds singing for joy. The organic red wine was so well rounded and delicious it didn't last long. In fact, I want to live there. It's my new favourite and anybody who's a fan of pizza needs to get there ASAP!

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SPRING WEEKEND EDIT

This time of year is particularly difficult in deciding what to wear – British springtime comes with warm sunshine tempered with unpredictable showers and then a reliable dip in temperature!

Our advice? If you haven't bought a spring jacket yet, it's time to do so – lightweight outerwear is perfect for in between seasons. Team floaty floral blouses with dark or white jeans. The Breton t-shirt is bought up to date with a flower or two, or simply add a gorgeous scarf. We're also into blush pink at the moment (so spring-like) particularly when it comes to a puffa jacket or oversized jumper.

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GET PERSONAL ON SPECIAL OCCASIONS

It's been little more than a month since Christmas but alas, the next gift-giving celebrations are already upon us. Don't worry, we've all been there but unless you sort something out sharpish you're going to be in the bad books. Luckily we've got this covered with unique, personalised gifts that show thought and that you've gone the extra mile.

V IS FOR VALENTINE'S DAY

Valentine's Day doesn't need to be all about big spending despite what the rows of stacked shelves might have you thinking. What most people really want is a romantic gesture and something that you've actually put a fragment of thought into. A personalised gift is perfect – it's thoughtful and unique, a gift your Valentine will always treasure.

M IS FOR MOTHER'S DAY

Mother's Day is fast-approaching – it's on Sunday, March 11th if you were wondering – and while there are no hard and fast rules about what you should get the woman in your life, you've still got to give it a go. Whether it's your mum, grandma, step-mother or mother-in-law, it's time to celebrate all the women you know and love. But forget a last-minute dash for flowers, this year, buy her something she'll really treasure.

Old Smiddy Bespoke can help. Recently launched at Gullane's Old Smiddy, they sell personalised gifts perfect for both **Mother's Day** and **Valentine's Day** from stunning high gloss photo frames to gorgeous cushions, everything you need to give someone a unique gift they'll always treasure. And what's more, once you've chosen your gift, they'll personalise it for you and you can collect it the same day.





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YOUR LOCAL PEOPLE

10 minutes, 10 questions with...

Laura Thomas



Laura Thomas Co evolved from Laura's love of white bed linen and going to sleep wrapped in crisp, white bed sheets. Now a leading online homeware brand, Laura Thomas Co sells high quality cotton and pure linen bedding, duvet sets and stylish homewares including hand-poured scented candles that are 100 percent natural using soy wax and essential oils. We caught up with Laura on a very comfy sofa draped with gorgeous herringbone blankets (designed by Laura herself, of course!)

What is your greatest achievement?

Self discovery – who I actually was not who I thought I was.

What advice would you give to your 18 year old self

Listen more to your intuition – it's always talking and it's always right.

When are you happiest?

When I'm on a beach (anywhere in the world) walking barefoot and the sun is on my face. I'm happy and peaceful to my core.

When was the last time you laughed out loud?

This morning with my partner, he makes me laugh so my cheeks hurt.

What is the one thing people would be surprised to learn about you?

I lived in New Zealand for 10 years.

Favourite book?

Love in the Time of Cholera by Gabriel García Márquez – in my opinion, it's the greatest love story!

What word do you over use?

'Epic'. My daughters cringe.

Song that always gets you dancing?

Oh this is a hard one, I pretty much dance to anything around the kitchen table, if I'm in the mood!

Next adventure?

Portugal to surf on the West Coast in April

Finally, fitted sheet or flat sheet?

Always fitted! I'm a restless sleeper and flat sheets just don't like staying still when I use them!



HEAD EAST!

The owners of a popular Falkirk hair salon decided to sell up and head east to begin a new adventure in East Lothian's Dunbar.

Graeme and Jackie Hamilton had been running Falkirk's Couper & Co for over 22 years, the last 12 from their landmark building in the town's Princes Street. With three grown-up daughters scattered around the globe – Australia, Sweden and London – the couple decided the time was right to make some changes, leave town and head east! Graeme said *"We've always loved the east coast and spend a lot of time there. After a lot of thought we decided to buy a house in North Berwick and that's where the pair of us and the dog will be heading. The new house is just minutes from the beach so we hope to be there a lot."* Jackie added *"There comes a time when it seems right to do something different. We've had a lot of good times at Couper & Co but now it's right to move on. We also want to be able to go and visit the girls more which isn't easy with such a busy salon."*

However, the couple haven't turned their backs on the profession which they're both passionate about and they recently opened the doors of their new salon, **Jack & Ivy**, on Dunbar's high street in December last year.

Over the years Couper & Co, under Graeme and Jackie's ownership, picked up numerous awards, twice being Scottish champions at the L'Oreal Colour

Awards. They were also regular finalists in The Falkirk Herald Business Awards, winning Best Small Business and Best Training and Development in 2010; Best Sales and Marketing in 2013 and 2015; and Graeme was named Entrepreneur of the Year in 2011. Both believe the secret of their success has been investing in their business and their staff. Jackie explains *"We've been loyal to our staff and they've been loyal to us, as have our customers, many of whom have been coming to us since we had our first salon."* Graeme added *"Training has been key. I was influenced by what I learned from the Vidal Sassoon group and that's where we've been sending staff ever since."*

The philosophy at Jack & Ivy is that the better the salon does – the better the staff do. Meaning as soon as you walk through the door, everyone is dedicated to making sure you have the best experience with the best possible results. They are actively looking for stylists to join the team at Jack & Ivy, so get in touch (contact details below) if you feel you would like to have a chat with them about a position in the salon. With complimentary drinks, a friendly welcome from black lab, Stan, not to mention leaving the salon with gorgeous hair, you'll be glad Jackie and Graeme headed east!

JACK & IVY

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MAKE A NORDIC NEW YEAR'S RESOLUTION

Hayley Flangan tells us how to bring the art of Scandinavian living into our lives with a little book or two...



... and from the Team at **NØRDEN** we wish you all three things this year...

TAKE UP A NEW HOBBY

Explore your creativity and relax and unwind with mindful crafting.



FINALLY DECLUTTER

Yes, even when you're still alive!



TAKE A (COFFEE) BREAK

Fika isn't just a coffee break; it's a moment to slow down and appreciate the good things in life.

HEALTH

In case you were hiding in a nuclear bunker for the last two years and hadn't heard, we got quite fond of 'hygge'. As if we needed an excuse to buy cosy throws, candles and pastries! Luckily this dedication to self-care, taking time out for mindful moments and getting cosy with family and friends is good for our health. Plus, the cold, dark nights of winter are perfect to settle down with **'The Little Book of Hygge: The Danish Way to Live Well'** and start implementing a plan for your wellbeing.

HAPPINESS

Meik Wiking, author of the hugely popular 'Hygge' has another beautiful word for us, 'lykke' – the Danish word for happiness. **'The Little Book of Lykke: The Danish Search for the World's Happiest People'** separates happiness into six categories; togetherness, money, health, freedom, trust and kindness. If you are encouraged to implement some of lykke's ideas into your own life this year, we are sure the world would be a happier place... one book at a time.

PROSPERITY

Lagom (pronounced lah-gom) is a Swedish word which roughly means 'not too much, not too little, just the right amount'. It's the new lifestyle trend focusing on balance, moderation and frugality. Embrace lagom in your daily life by doing as the Swedes do, applying it to everything from fashion and food to drinking and household waste.

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SIMPLE VALENTINE'S SODA LOAF

Bake a loaf for the one you love this Valentine's Day. And the best thing about this loaf? It takes literally two minutes to make and there's no kneading either! All you need to do is mix all the dry ingredients together and add the buttermilk or organic Greek yoghurt and bake until golden brown or when you tap it, the loaf sound hollow. It's really that simple and tastes delicious!

WHAT YOU NEED

12 oz flour (I use about 8oz of spelt flour and 4 oz of buckwheat. But you could use pretty much any flour, so try a few different combinations.

One large tub (between 250-300ml) of buttermilk or Greek yoghurt

One teaspoon of bicarbonate of soda

Salt and pepper to taste

One teaspoon of turmeric

Oregano and one teaspoon of caraway seeds (or try your own mix of your favourite herbs and seeds)

WHAT YOU DO

Mix all the dry ingredients together. Then mix in a tub of buttermilk or Greek yoghurt. Shape (it should be sticky) and place on non stick greaseproof paper. Use a bit more flour on your hands to shape it if the loaf is sticking too much. Put in the oven 200°C fan assisted for 20 minutes.

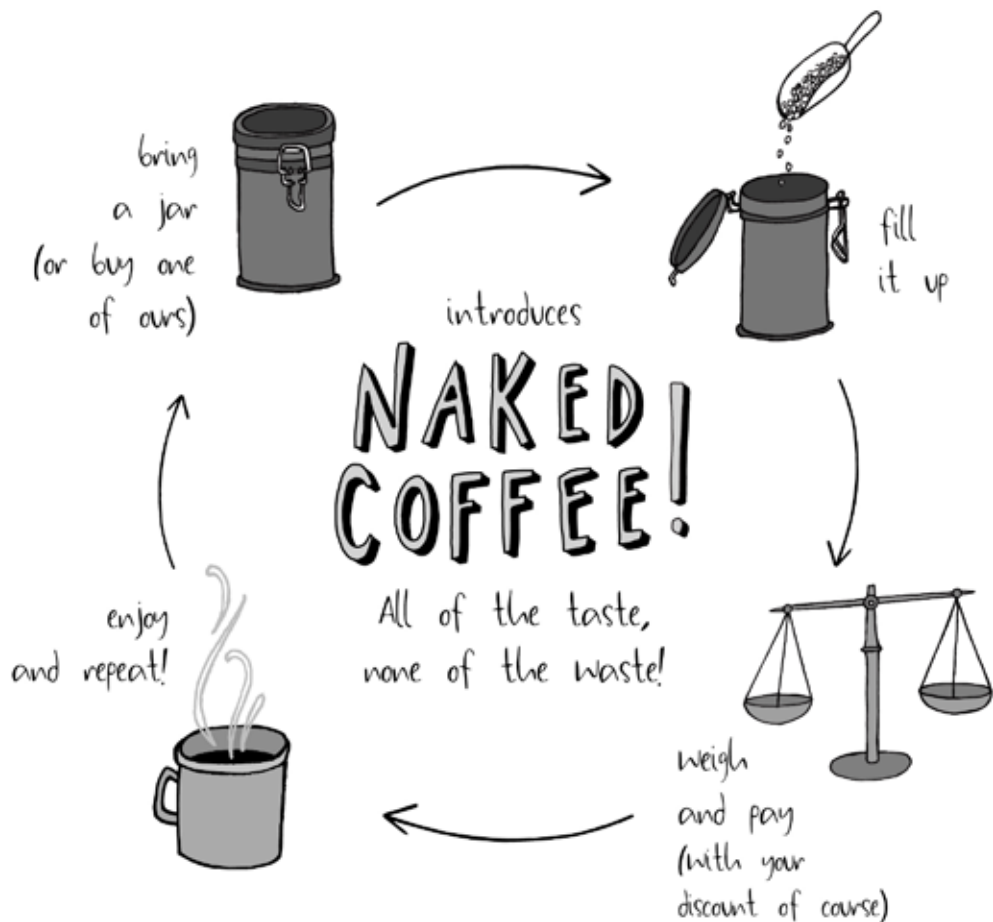
Ta Da! Happy Valentine's Day all you lovers!

Amanda x

If you would like to come along to any of our events please visit www.themadmarchhare.com to find out what we have in store for 2018 | follow us on our Facebook page **The Mad March Hare** | t: 07809 895 469 for any enquiries.

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SAYING NO TO SINGLE USE PLASTIC

The UK produces billions of pieces of throwaway plastics such as plastic straws, plastic cutlery, plastic cups and coffee cups every year. Yet a huge percentage of these are not recycled – instead they end up littering our streets, our beaches and washing out to sea. In fact each year, 8 million tonnes of plastic is dumped in our waterways where it pollutes our oceans and harms marine wildlife. It also mars our otherwise beautiful beaches and coastlines. And with headlines such as “UK Faces Build-Up of Plastic Waste” and “Tidal Wave of Waste Hits Storm Beaches” on an almost daily basis, the problem is not going away. But, there are things we as individuals and we as a community can do, to try and stop the problem. And it’s heartening to see just how many people in our local community really are saying no to plastic.



STEAMPUNK'S NEW YEAR'S REVOLUTION

Steampunk's Catherine Franks tells us how you can be part of the revolution!

Steampunk Coffee is a business with a purpose at its heart. Coffee is, after all, about bringing people together and making the world a slightly better place. For 2018, instead of making resolutions, Steampunk has begun a New Year's Revolution. We are taking positive action to minimise our environmental impact and maximise our community impact. Each month we are focusing on a different area, offering simple and easy ways people can come along with us on this journey – it's going to be a fun (and empowering) ride!

In January we began by tackling the issue of disposable coffee cups. As a coffee business this is a problem we need to take ownership of and do something about. Did you know there are 2.5 billion cups going into landfill every year in the UK alone? We say no thank you! So, we launched several initiatives to encourage the use of reusable cups and to compost the cups we do use. And we've been overwhelmed with the support we have received. We have seen some really positive changes and will continue working hard on this throughout 2018.

In February we launch 'Naked Coffee'. All the taste and none of the waste when you buy your beans loose from our roastery/cafe. Simply bring your own jar or pick up one of our canisters and then refill as and when you need plus you pay for just the coffee, not the packaging! As well as a considerable cost saving you're preventing more plastic from being thrown away. We are also looking at moving to fully biodegradable packaging but this will be a year-long project for us as a business.

We have plenty more great ideas up our sleeves for March and the rest of the year too, so stay tuned! Find out more by following us on Facebook or Instagram and please get involved, whether it is with us, in your own communities or in small ways in your own personal life. Together all of our little changes can have a huge impact!

www.steampunkcoffee.co.uk





THE PLASTIC STRAW EFFECT

Our Food and Drink Columnist Amanda Farnese-Heath takes to the streets of North Berwick with her very own straw challenge.

The idea of trying to effect change can sometimes be such a hard mountain to climb as we are all so busy with our own lives that more often than not we simply do nothing!

My 2018 pledge was to start very small and just try to change one thing so I've taken on the straw challenge. The idea is, that if everybody takes on a very small challenge to help reduce single-use plastics, whether it be straws or plastic cutlery then all these little changes can make a huge difference. Because if by 2050 we don't stop using plastic there will be more of the stuff in the oceans than fish.

So far every shop I've visited in North Berwick who use plastic straws has been more than happy to take a box of my biodegradable alternatives. I also have names of suppliers for cutlery and alternative for polystyrene take-away containers. Any shop, bar or cafe that still has plastic straws just message me and I'll come and drop a box off for you and the suppliers details.

Let's all work together to keep our oceans clean.

Amanda's Straw Challenge | themadmarchhare@icloud.com

PLASTIC FREE NORTH BERWICK

Local businessman Tommy Todd has set up the Facebook page Plastic Free North Berwick. The goal is to make our beautiful North Berwick plastic free. It's all about changing mindsets and just saying no to needless plastic packaging. It's part of a growing worldwide movement for change.

www.facebook.com/plasticfreenorthberwick/



SIMPLE TIPS TO STOP PLASTIC POLLUTION

We can all do something to reduce the amount of plastic that enters the ocean. Here are some simple ways which will help make a difference:

1. Reuse or refuse the straw (unless it's biodegradable).
2. Use your own flask or cup for take-away tea or coffee.
3. Switch to reusable bags.
4. Don't buy bottled water – use your own refillable water bottle.
5. Avoid excessive food packaging and if possible buy in bulk. Consider the product-to-packaging ratio of items you buy and if possible buy the largest size.
6. Participate in a beach clean-up or simply pick up any rubbish you see on your daily walk.
7. Recycle!



It only took one piece of plastic to ruin this image...

I've been living in North Berwick since 2010 and have spent a great deal of time photographing our beautiful East Lothian coastline.

In that time I've witnessed the volume of plastic on our beaches grow at a steady and alarming rate. Increasingly I'm having to remove plastic in some form from the areas I am photographing.

With an estimated 8 million tonnes finding its way into our oceans every year this is a problem that none of us can continue turning a blind eye to.

As a photographer I have the luxury of being able to edit out the plastic from my images but the reality is if we don't drastically reduce our reliance on it, plastic and its effects on the marine environment will impact us all. We all need to act now.

From 1st March I will be showcasing a series of coastal images in Steampunk Coffee in North Berwick. I hope with these images I can visually highlight just how much of an impact even one small piece of plastic can have on the coastline.

Prints of the same scenes without the plastic pollution will be available for sale and I will be donating 10% of the profits to the charity City to Sea.

Martin Covey
Goodbye1979 Photography

GOODBYE 1979



DATES FOR YOUR DIARY

February & March 2018

DON'T FORGET

these dates

FEB	EVENT	TIME	VENUE
to 14 Feb	Kalamkari Textiles Exhibition	10-4pm	Waterston House, Aberlady (SOC)
Fri 2	Across North Berwick Prayers	10.30-11.30am	St Andrew Blackadder Church
Sun 4	Messy Church	4-6pm	St Andrew Blackadder Church
Mon 5	North Berwick Art Group: Esther Cohen, Ipad Art Demo	1.30pm	Hope Rooms, North Berwick
Tue 6	The Social Monthly Lunch Club	11.45am-1.30pm	Gullane Village Hall
Sat 10	Little Big Screen visit: www.littlebigscreen.org	3pm & 8pm	Gullane Village Hall
Sun 11	Fun Dog Show	from 10am	MRT, West Fenton Farm
Sat 17	North Berwick Artisan Fair	10am-4pm	Abbey Church
17 Feb - 4 Apr	Society of Wildlife Artists Exhibition	10-4pm	Waterston House, Aberlady (SOC)
Sun 18	Muirfield Riding Therapy Winter Showjumping	from 9am	MRT, West Fenton Farm
MAR	EVENT	TIME	VENUE
Fri 2	Across North Berwick Prayers	10.30-11.30am	St Andrew Blackadder Church
Sun 4	Messy Church	4-6pm	St Andrew Blackadder Church
Mon 5	North Berwick Art Group: Ronnie Fulton, Ceramics Demo	1.30pm	Hope Rooms, North Berwick
Tue 6	The Social Monthly Lunch Club	11.45am-1.30pm	Gullane Village Hall
Sat 10	Fair Trade Day	11am-2.30pm	St Andrew Blackadder Church
Sat 10	Little Big Screen visit: www.littlebigscreen.org	3pm & 8pm	Gullane Village Hall
Sat 17	Inspire Youth Trust Concert		St Andrew Blackadder Church
Sat 17	North Berwick Artisan Fair	10am-4pm	Abbey Church
Sun 18	Muirfield Riding Therapy Winter Showjumping	from 9am	MRT, West Fenton Farm
30 Mar - 2 Apr	Easter Art Show	10am-4pm	St Andrew Blackadder Church
29 Mar - 2 Apr	Gosford House Open Days www.gosfordhouse.co.uk	from 1pm	Gosford House, Longniddry



13 February
Shrove Tuesday

Shrove Tuesday, also known as Pancake Day, is the day before Ash Wednesday and the start of Lent. Traditionally, Shrove Tuesday was a time for using up eggs, butter and sugar from the larder as these were forbidden during the abstinence.



14 February
Valentine's Day

Valentine's Day actually began as a celebration of one or more early Christian saints named Valentinus. Legend states that Saint Valentine who was imprisoned for performing weddings for soldiers who were forbidden to marry, healed the daughter of his jailer. Prior to his execution he wrote her a farewell letter 'from your Valentine'.



11 March
Mothering Sunday

In Britain, Mothering Sunday is always held on the fourth Sunday of Lent. For centuries it was custom for people to return home to their 'mother' church on Laetare Sunday - the middle of Lent. Those who did so were said to have gone 'a-mothering'.



30 March
Good Friday

Local Life Magazines has nothing to do with the organisation of the events listed in the magazine. If you have questions regarding an event please direct enquiries to the organising body or the venue. Some contact details are provided. All information is subject to change at any time.



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BE KINDER TO YOU...

As the new year is well and truly underway and we find ourselves, once more, in the month associated with love, **Bernie Petrie** asks us to take this opportunity to see just how kind we are being to ourselves.

My specialty is in the field of self-love, and one of the first steps in seeing just how kind you are being to yourself, is to check your inner dialogue. As human beings we all have a pretty permanent inner dialogue – referred by some as the inner chatter, inner critic or the voice in our head – we are rarely left alone because of its continuous dialogue. It's the voice that tells you *"go on have the extra...serving of cake or glass of wine"* and it's the same voice you beat yourself up with afterwards. It's really kind of sneaky that way.

To give you a sense of how much self-talk matters, imagine for a moment that you wake up tomorrow but instead of getting out of bed as an adult you are once again your two-year-old self. Now think of the things you will do that day from the moment you wake till the moment you go to bed. Picture the number of times you have sworn at yourself or called yourself an idiot or worse. See how often you have compared yourself to others, judged others or given away your happiness for the sake of someone else or because you don't believe anything is possible.

Imagining a two-year-old child giving themselves such abuse is horrible isn't it? In fact it's almost impossible to picture a two-year-old judging others or saying *"that will never happen"*! Yet picturing a two-year-old venting their true feelings when their happiness is jeopardised maybe not be so hard. What we do to ourselves, each and every day, with both our inner-

dialogue and denying our own needs means that the parts of us that are small and vulnerable, like a two-year-old, take a daily battering and the parts that honour what we truly want are possibly screaming inside. Now, can you see why kinder self-talk and honouring our own needs is so important?

As well as picturing yourself as a small child more frequently to improve your own self-talk, why not spend a few minutes at the end of each day to pause and reflect? Share a few kind words and thoughts with yourself and appreciate the things in your day that you might otherwise not have noticed or take for granted.

Journalling on a nightly basis, for just for a few minutes, is one of the kindest things we can do and ensures that we are able to reboot each and every day just like the molecules of our body do. Journalling nightly ensures a much better night's sleep, in the same way a child sleeps when they feel loved and cherished after a parent has tucked them up for the night.

So in this month of love why not commit to 28 days of kinder self-talk and 28 days of bedtime journalling – loving and cherishing what you want to retain and letting go of the small stuff that your two-year-old self still remembers really doesn't matter!

With love until the next time.



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INSPIRING WELLNESS

If your wellbeing resolutions have already fallen by the wayside, don't worry, Detox Health Beauty can help get you back on track.



Trying to live a healthier lifestyle can be overwhelming – trends seem to come and go, from Kanuka honey to vitamin drips to becoming flexitarian. In the ever-changing world of wellbeing, it can be hard to stay on top the latest food, health and beauty trends. This is where health and wellness sites can help. From desirable food photos to the scoop on how to get happy, these sites inspire us to stay fit, eat healthily and take on the world with a smile.

Detox Health Beauty is an online community which aims to motivate, educate and inspire its readers to make the healthiest choices possible. With a focus on the holistic approach and self care, there are articles on cutting-edge nutrition, natural beauty and more. Experts give advice, information and top tips to help you look and feel the best version of yourself. Its contributors come from the worlds of health, yoga, nutrition, natural beauty, juicing, detox retreats, fitness centres and spas. They include chefs, medical doctors, holistic healers and therapists.

Brought up in North Berwick, Sheena Skinner (pictured far left) is the founder of Detox Health Beauty and has over 20 years' experience in the field of health and nutrition. She started her career as a podiatrist working in both the NHS and the private sector, giving her an excellent understanding of the human body. With a passion for complementary healthcare, natural beauty and healthy eating, Sheena went on to study nutrition at the Institute of Optimum Nutrition in London. Having only set up Detox Health Beauty a year ago, she already has a huge online following with over 3,000 Instagram followers and over 6,000 followers on Facebook.

Although Sheena recently moved to West Sussex with her family, her heart still very much lies in East Lothian, and she will be joining forces with **Archerfield Walled Garden** to host a **Detox Health Beauty Day** on Saturday 12 May. Archerfield Walled Garden is the perfect place to host such a unique event, with an ethos of healthy living instilled through carefully-sourced products in both the foodmarket and shop, plus a café using fresh fruit and vegetables straight from its walled garden. This will be a nourishing and nurturing day of health, fun and love. There will be an incredible host of experts from the world of detox, health and beauty, plus the opportunity to sample super-healthy food, fresh juices, yoga, meditation and much more. A day aimed to enrich your body and soul and get you on track for a healthier, happier you.

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GREAT EXPECTATIONS

Growing up today is very difficult. Teens and young people are often overwhelmed with stress from school and families, from pressures, from unrealistic expectations. But there is help at hand.

words | kim williams

Today's teens are overwhelmed with stress from school and families, from pressures and unrealistic expectations. Social media is constantly drawing their attention. Impossible standards are being set much closer to home, not by celebrities and models but by classmates and friends. With social media, teens can curate their lives and the resulting feeds show only the best and most enviable moments while concealing efforts, struggles and the merely ordinary aspects of day-to-day life. And there's growing evidence that these images and unrealistic expectations are causing distress for many teens.

Psychological Therapist, Yvonne Earl (pictured inset) specialises in psychological therapy for young people and teenagers and has seen teenagers dealing with some very complex health issues, many of them stress-related. Unrealistic expectations, the pressure to look and act a certain way, academic pressure and the impact of social media can cause depression and anxiety in the young. Yvonne says *"I have spent most of my working life in child and adolescent psychological health and I believe that now, more than ever, young people's mental health is important especially with all the social networking that impacts them."*

Psychological therapy, such as Cognitive Behavioural Therapy (CBT) and Mindfulness Based Cognitive Therapy (MBCT) are talking therapies which aim to help you feel better by identifying unhelpful patterns of thought and behaviour. They can help provide teens

and young people with tools to stop their habitual automatic reactions and negative feelings which are often harmful to themselves and to others. It teaches them ways to engage with life's difficulties in order to develop useful patterns of thinking and behaviour. Awareness of this kind also helps a young person notice signs of stress or anxiety earlier. Yvonne explains *"We offer tools within psychological therapy to enable someone to change the way they think and feel about their experiences. A growing body of evidence has found that when you are given the tools to manage problems by changing the way you think and behave, you feel less stressed, anxious and depressed."*

Yvonne who has over 26 years' experience working in the field of child and adolescent psychiatry is now bringing her expertise to **North Berwick's Barefoot Sanctuary**. She specialises in the areas of; self esteem, depression, self-harm, exam stress, anxiety, OCD, phobias, parenting problems and family work, eating disorders, bereavement and lack of confidence. Yvonne offers individual sessions which follow a structured process and teach a range of techniques including CBT and mindfulness which can be used to help relieve and manage symptoms.

One of Yvonne's clients sums up how CBT helped her *"Through sessions with Yvonne, I learnt the crucial techniques to be able to change my mindset and feel well again. I couldn't be more grateful for Yvonne's help and support, I am truly a different person now."*

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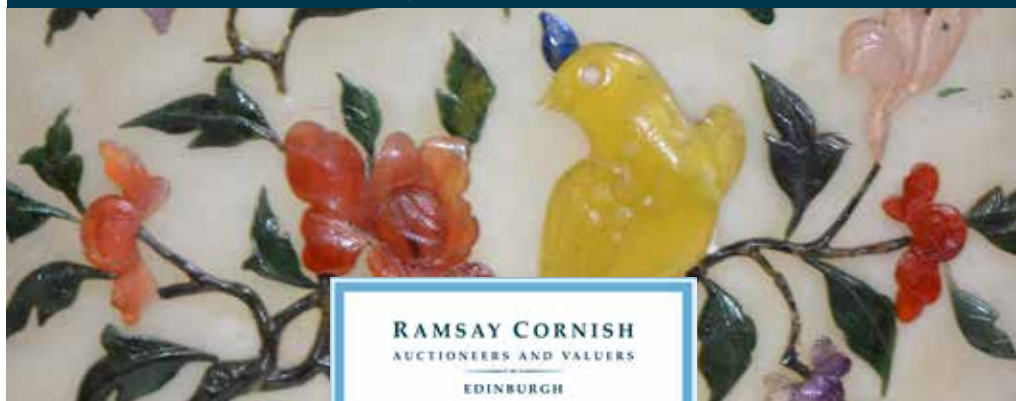


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MY NEW YEAR'S RESOLUTION ...CARRY OUT AN MOT ON MY FINANCES

An MOT is carried out on our cars to ensure they are roadworthy and fit for purpose. Scott Wallace gives some tips for carrying out a financial MOT.

We all lead busy lives, yet what we all want to do is achieve the things that are important to us. This often requires having the financial means to do so. Having a financial plan is essential in making sure you achieve all of your financial goals – whether it's being able to support your children through university or achieving the retirement you've always wanted. Remember the old adage 'if you fail to plan, you plan to fail'. When did you last really look at your finances? Do you know if your plan is fit for purpose? Should one of your New Year's resolutions be to get advice about whether you are on course to achieve your goals? Here are some tips for conducting a financial MOT:

IMPROVE RETURNS ON YOUR SAVINGS

1. Invest for the long term. Interest rates are at historically low levels and the returns on your cash deposits are in danger of being eroded by the effects of inflation.
2. Never ignore the risk that at some time in your life you are going to have to live through a period of significant inflation. A financial adviser can help identify alternative investment strategies that provide potentially higher growth or income over the long term.
3. Make sure you always have sufficient money on deposit to meet short-term planned or unexpected needs.
4. Diversify your investments as widely as you can. No individual asset (cash, bonds, equities, property) has been consistently the best performer.
5. Find the very best managers you can for your investments so they maximise your return and use valuable tax allowances.

PLAN FOR RETIREMENT

1. Gather correspondence relating to your pensions and ensure you know the pension benefits you're entitled to.
2. Decide how much income you think you will need in retirement, relative to today.
3. A financial adviser can help you quantify how much provision you will need and whether you should adjust your contributions to achieve your goals. Pensions are an extremely tax-efficient way of saving for your future.

4. Review your existing pension funds and ensure the level of risk matches your own tolerance and capacity for risk. A reputable financial adviser will be able to compare how your pension funds are performing relative to the market.

5. As you approach retirement it is even more important to obtain high quality advice. The rules surrounding pensions have experienced unprecedented change in recent years and it is important to consider the pros and cons of each option available to you, so you make a properly-informed decision.

ENSURE YOU HAVE ADEQUATE FINANCIAL PROTECTION

1. Make sure you have an appropriate life policy to repay your mortgage and other household expenses following the untimely death, long-term illness or disability of the main breadwinner.
2. If you run a business, you should look at insuring against the serious financial consequences of one of your key people dying unexpectedly or suffering a serious illness or disability.
3. Make a Will so your estate goes to those you choose.
4. An experienced financial adviser will be able to advise you on how to mitigate inheritance tax and ensure your estate is structured appropriately.



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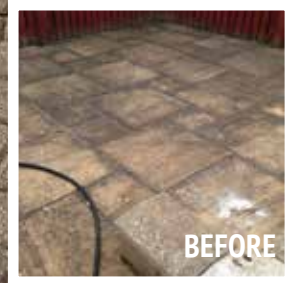
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Seabird Centre, North Berwick.
Check out www.seabird.org

DISCOVERY CENTRE • BOAT TRIPS • CAFÉ • GIFT SHOP



ANIMAL AVENGERS!

This Easter, the Scottish Seabird Centre is taking inspiration from a whole host of super-heroes, with a brand new interactive science show and family-friendly puppet performances.

There are two puppet shows for little ones aged two and above, and an interactive science show for older children, recommended for age six and above.

What's for Snack? is back by popular demand, as Craig the Crab enjoys sing-a-long fun, exploring the issue of marine litter. Craig also features in a brand new story. He is **Lost!** Can he find his way back home? Travelling across the beach and rockpools with help

from friends old and new, finding out about the beach as he goes. But there is danger from above!

Older children are invited to attend **Avengers: Animal Division**. Egghead returns showing audiences how animals can defend themselves from attack in weird and wonderful ways. From exploding ants, squirting octopi and spitting birds. The audience will decide who is the best Animal Avenger!

SCOTTISH SEABIRD CENTRE | The Harbour, North Berwick EH39 4SS
activities in the Discovery Centre from 30 March to 15 April, all included
with admission | visit www.seabird.org for details of what show is on when



SUPPORTING
year of young people
bliadhna na h-òigridh
2018

AND FINALLY
at the back...



ANNUAL EASTER ART EXHIBITION 30 MARCH TO 2 APRIL 2018

This annual art exhibition takes place at St Andrew Blackadder Church, in North Berwick on Good Friday March 30, Saturday 31, Monday 2, 10.00am-5.00pm and Easter Sunday 1.00pm-5.00pm.

The exhibition, now entering its 16th year, features a selection of predominantly Scottish artists from Scotland's east coast. There are approximately 350 original pictures by over 40 artists, ranging in value from £60 to £500. Free entrance, plus coffee and cakes available at low prices.

For further information contact: Stephen Govenlock
t:01620 894 196 | e:stephengovenlock123@btinternet.com



TEXTILE PRINT COMPETITION

New Lanark World Heritage Site is holding a Textile Print competition to celebrate the opening of London's Fashion and Textile Museum's Artist Textiles Picasso to Warhol exhibition on 26 January at New Lanark.

The competition is open to the general public, design students and existing designers. Competitors are asked to design a special 'New Lanark' textile print, to incorporate into a new range of promotional merchandise which will be sold exclusively within the New Lanark Mill Shop.

The textile print should be an all-over repeat pattern that embodies the theme of 'Living and Working at New Lanark'. Entries are encouraged to be as creative as possible, whilst keeping in mind the commercial viability of the design and its appeal to New Lanark visitors including international tourists, visitors from elsewhere in Scotland and the local community.

Artist Textiles – Picasso to Warhol 26 January to 29 April 2018
Competition closes 11 February 2018 | www.newlanark.org

AN EXHIBITION OF TEXTILE AND MIXED MEDIA BY KALAMKARI



Kalamkari has built a strong reputation for exhibiting high-quality creative textiles. The six founding members met while studying City and Guilds Creative Textiles at Dundee College and on graduating decided to create a formal group to exhibit their work. Dundee's textile heritage and its historic link with India through the Jute industry led to the name of the group being Kalamkari, an Indian technique of painting and dyeing cloth.

Since the group's inaugural exhibition in 2007, Kalamkari now has nine members, exhibiting in both Scotland and Northern Ireland. Individual members of the group have also exhibited with the Scottish textile art group, Edge, and at the Pittenweem art festival, and several are involved in teaching and mentoring.

The upcoming show will be the group's second exhibition at The Scottish Ornithologists' Club (SOC)'s Waterston House in Aberlady. On this occasion the artists have themed their work around nature, with many pieces featuring birds and flowers.

13 January to 14 February 2018 | www.the-soc.org.uk



		High Water		Low Water	
		AM	PM	AM	PM
FEBRUARY					
2	Fri	0332	1552	0947	2220
3	Sat	0419	1639	1029	2301
4	Sun	0506	1726	1106	2340
9	Fri	0926	2207	0231	1518
10	Sat	1031	2318	0407	1650
11	Sun	1144		0520	1759
16	Fri	0304	1514	0844	2112
17	Sat	0336	1546	0919	2146
18	Sun	0409	1618	0954	2220
23	Fri	0735	1953	0020	1245
24	Sat	0840	2110	0126	1419
25	Sun	1000	2236	0321	1614
MARCH					
		High Water		Low Water	
		AM	PM	AM	PM
2	Fri	0232	1450	0845	2118
3	Sat	0315	1534	0928	2200
4	Sun	0358	1618	1007	2238
9	Fri	0738	2016	0029	1244
10	Sat	0835	2118	0125	1404
11	Sun	0938	2229	0301	1615
16	Fri	0206	1416	0748	2017
17	Sat	0239	1449	0824	2051
18	Sun	0311	1521	0901	2126
23	Fri	0619	1839	1133	
24	Sat	0711	1939	0000	1234
25	Sun	0917	2158	0214	1517
30	Fri	0232	1449	0841	2115
31	Sat	0314	1531	0924	2156

These are predicted tide times for Fidra, given in GMT and no liability can be accepted.

USEFUL NUMBERS ... IN YOUR AREA

EMERGENCY

Electricity (power loss)	105
Gas (24hrs)	0800 111 999
Lifeboat (ask for coastguard)	999
Scottish Water	0800 0778 778
Crimestoppers	0800 555 111
Police (North Berwick)	101

HOSPITALS

Edington Minor Injury Clinic	01620 897 040
Roodlands (Haddington)	0131 536 8300
Royal Infirmary	0131 536 1000
Sick Kids	0131 536 0000
Western General	0131 537 1000
NHS 24 Helpline	111

TRANSPORT

Edinburgh Airport	0844 448 8833
East Coast Buses	0131 555 6363
National Rail Enquiries	03457 48 49 50
NB Volunteer Car Scheme	01620 894 942

DOCTORS

Gullane Medical Practice	01620 842 171
North Berwick Health Centre	01620 892 169

COUNCIL

East Lothian District Council	01620 827 827
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POST

Post Office	0345 611 2970
Royal Mail	0345 774 0740

LIBRARIES

Gullane	01620 820 645
North Berwick	01620 820 700

SCHOOLS

Aberlady Primary School	01875 870 232
Athelstaneford Primary School	01620 880 241
Dirleton Primary School	01620 850 267
Gullane Primary School	01620 843 455
Law Primary School	01620 893 775
North Berwick High School	01620 894 661

... LOCAL CHURCHES

Abbey Church of Scotland | High Street, North Berwick | www.abbeychurch.org.uk

Dr Rev David Graham | Sunday 10.30am Crèche and Sunday School, Occasional Evening Services

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

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

Athelstaneford 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 Hilsley | 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

t: 01620 892 154 | Sunday 8am Said Eucharist (2nd and 4th), 11am Sung Eucharist

St Mary's | Whitekirk

Rev Joanne Evans-Boiten | Sunday Morning 11.30am

The Baptist Church | Victoria Road, North Berwick

t: 01620 895 463 | Sunday Worship 11am and 6pm, Wednesday 7.30pm

TIME & TIDE



timeandtide

timeandtidesstores.co.uk

