

LOCAL LIFE

free community & lifestyle magazine

APRIL | MAY 2018

Scottish
Seabird
Centre

ANIMAL AVENGEERS

30 March – 15 April

www.seabird.org

Easter fun at the Scottish Seabird Centre.

A charity dedicated to inspiring people to
care for wildlife and the natural environment.



SUPPORTING
year of young people
bliadhna na h-òigridh
2018

Scottish Charity no SC025837

DISCOVERY CENTRE · BOAT TRIPS · CAFÉ · GIFT SHOP

TIME & TIDE

SPRING LIVING



North Berwick
Cockburn Street, Edinburgh
Church Hill Place, Edinburgh
Peebles
St George's Place, Glasgow
Byres Road, Glasgow



timeandtide

timeandtdestores.co.uk

James completely
stressing out about
the sale of his house



Thinking of selling?
Call now for a FREE valuation

01620 892000
eastlothianprimeproperty.com

SIMPSON & MARWICK

CONTENTS

Look What we Found!	5
Fashion Spring Style	9
Six Great Reasons to Shop in Gullane	10
Pompoms with Personality	12
Mind, Body & Soul Open your Heart	15
Spring into Action	17
Interiors Spring Clean your Work Space	18
Against the Grain	23
Not Quite Out of the Wood (Yet)!	24
Start Fresh this Spring	27
Life is Better Boardside	29
Food and Drink Vegan Lasagne	30
Wild Dining	31
The Street Food Revolution	32
Dates for your Diary	42
Tide Times & Local Numbers	43
Turning the Tide on Plastics	44
And Finally	46



To advertise in the June | July'18 issue please contact kim@yourlocallife.co.uk or 07768 622 378. Inclusion in the events pages is free for local events and charity fundraisers. For the next issue, please email details of your event to info@yourlocallife.co.uk by 1st May 2018. Editor: **Kim Williams** | Contributors: **Amanda Farnese-Heath, Hayley Flanagan, Bernie Petrie, Elaine Ramanauskas**. Distributed by: **Johnson Distribution Services** www.jdsdoor2door.co.uk

Local Life is designed, edited and published by Local Life Magazines Ltd, 45 Middleshot Road, Gullane EH31 2DG. Whilst every effort is made to ensure accuracy in the information contained in this magazine, Local Life Magazines Ltd cannot be held liable for any errors or inaccuracies. Any opinions expressed in this magazine are not necessarily those of the publisher.



LOCAL LIFE THIS ISSUE

My love affair with both Scotland and Scottish Food began over 20 years ago when I took a summer job on the Isle of Skye. It was there I discovered that the Scots' love of traditions can only be rivalled by their love of food. Long before, food aficionados muttered the words "locally sourced, seasonal produce", this tiny island was serving simple yet delicious food that championed local, artisan producers and Scottish flavours.

We are so lucky, that here in East Lothian, the abundance of produce means there is no excuse not to eat locally sourced food. And, this also means we have an abundance of local butchers, fishmongers, farm shops and food festivals as well as restaurants serving delicious seasonal produce. This issue we discover just some of county's many gastronomic hot spots from street food to wild dining.

And of course we've our regular features – interiors, health, fashion and local stories – for you to get your teeth into as well.

Until the next issue, enjoy Local Life

Kim



www.yourlocallife.co.uk

LOOK WHAT WE FOUND!

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



BEAUTIFUL BAGELS

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

For some time now I have been watching a number of beautiful independent eateries opening up in Portobello. It's an absolute joy to stroll along the Main Street and be spoilt for choice. This little gem is one of my favourites. Bross Bagels serve their beautiful selection of freshly baked bagels with creative fillings. When I read the menu I imagine one bagel with everything inside, as it all sounds so good. Beautifully presented bagels and great coffee too – it makes Saturday morning rock. Stroll on in, it's well worth it!

BROSS BAGELS

86 Portobello High St, Edinburgh | www.brossbagels.com



CASHMERE CARE

Editor Kim Williams packs away her winter woollies

There's no better day than the one when you realise you won't be needing your cosy jumpers, coats and boots again this year. This particular winter has been – in a word – arduous, so it's a given that most of us are looking forward to packing away our winter woollies and breaking out our tees and flip-flops. But whether you've invested in indulgent cashmere or nabbed a bargain on the high street, after spending your hard-earned money on your dream jumper, it's worth paying close attention to how to care for it; that way it lasts longer, doesn't spoil and retains that 'just-bought' feeling.

Belinda Robertson's Cashmere Care Set is a must have to look after your most treasured garments. It contains everything you need to protect against moths and keep your favourite jumper looking fabulous for longer. What's more, their industry-leading Cashmere Wash can be used in the washing machine – goodbye hand-washing, hello more time for spring clothes shopping!

CASHMERE BARN

Fenton Barns, North Berwick | www.cashmerebarn.com

BOOKS CAN CHANGE YOUR LIFE!

Mind, Body and Soul Columnist Bernie Petrie tells us – a book can change your life...

...it certainly did for me! And now thanks to local entrepreneur, Ben Laing, we have the Human Kindness Library as well as The Barefoot Library in the Clouds at The Barefoot Sanctuary. These books are free to sign out and borrow. Or pop in and take advantage of the new opening times for reading and meditation on Wednesdays from 3.00-5.00pm.

THE BAREFOOT SANCTUARY | www.barefootambition.co.uk

Ben's Business Book Club on Facebook.

**For vehicles you
can rely on...**

**Long and Short
Term Car and
Van Hire**

Roodlands Business Park
Hospital Road
Haddington EH41 3PE

**THE • CAR
AND • VAN
RENTAL
CO • LTD**

01620 82 5678

www.thecarandvanrentalco.ltd.uk

email@thecarandvanrentalco.ltd.uk

**big annual dog show
in aid of ALL4paws**



**Village Green
DIPLETON EH39 5EG**
Breed Classes (inc. SBTs) & Novelty Classes
including Fancy Dress Class • rosettes, certificates
& trophies on the day • raffle • tombola • burger
stall • home-baking • icecream sold on the green

For more information please contact 0777 587 5993

Show Opens at 10am Entries at 10.30

Judging starts 11am!



Charity no. SC004307

**Take the
Lead**



Alasdair Chalmers

Dip.dogtraining.st Dip.dog.psy

- Puppy and Adult Dog Training
- Home from Home - day, night and holiday stays
- Dog Walking

t: 07958 70 84 70

[e: alasdair@takethelead-dogtraining.co.uk](mailto:alasdair@takethelead-dogtraining.co.uk)

www.takethelead-dogtraining.co.uk



Pretty Mutts Grooming Spa

**Full grooming, de-shedding
mud bath, bath and blow
dry, teeth cleaning and
other spa treatments
available.**

Call Megan on 0755 444 1449

Aberlady Caravan Park, Aberlady
www.prettymuttsgroomingspa.com



CALLING ALL DOG OWNERS & LOVERS

- 🐾 Love dogs but can't have one of your own full time?
- 🐾 Experienced dog owner with secure house and garden?
- 🐾 Working at home most of the day or perhaps retired?
- 🐾 Own a dog and would love it to have a home comforts holiday rather than going to a kennel?

**BECOME A HAPPY HOUNDS HOST CARER
AND ENJOY THE COMPANIONSHIP OF A
HOLIDAY DOG IN YOUR OWN HOME!**

For further information contact us on: M: 07766 968689
E: karen@happyhoundsllothians.co.uk or visit our website

www.happyhoundsllothians.co.uk



**Your dog's
home from home**

SPRING STYLE

From classic navy and white, to flirty florals, to pretty pastels, spring dressing is all about uplifting, colourful and joyous clothes. Even if the outlook is gloomy you can dress yourself happy! Here are some of the key looks to have on your spring fashion radar.



from the basics to beautiful bags,
from accessories to the perfect outfit
spring collection now in store!

Secret Boutique

Gullane | since 2005

Main street, Gullane EH31 2AP | t: 01620 842 222 | Open: Monday-Saturday 10am-5pm



*classic
navy & white*



1. Hatley Navy Angelina Palazzo Pants £44.95, Hatley Michaelle Knitted Top, White or Navy £64.95 | 2. I Say Nimo Knitted Top, Navy or Ecru £74.95 | 3. Hatley Nellie Dress, Navy Anchors £59.95 | 4. I Say Rys Blouse £59.95 | 5. Joules Alyse Top £44.95 | 6. Mistral Sketchbook Floral Top £46.95

available from **SECRET BOUTIQUE** | Main Street, Gullane EH31 2AP
Open: Mon-Sat 10am-5pm | t: 01620 842 222 | www.secretboutique.shop



*flirty
florals*





Great Escape

summer clothing & accessories arriving

red paddleco

BRAKEBURN



LAZY JACKS

DIDRIKSONS1913



MERRELL



STANCE

Northcore

White Stuff

Barts



BIRKENSTOCK

MADE IN GERMANY • TRADITION SINCE 1774

PASSENGER

seasalt



nordbron



weird fish

TUMBLE
AND
HIDE
ENGLAND
Genuine Leather

SIX GREAT REASONS TO SHOP IN GULLANE

There's more to Gullane than golf and gorgeous beaches... there is also a fabulous array of independent shops dotted around.

And what's more there are plenty of great reasons for doing your shopping at local markets or in independent stores. I'm often in awe of how independents are merchandised and styled; love that I can bag a unique piece that no one else has; enjoy the banter with the shop owner and like the idea I'm putting money in the pocket of a local artisan or owner to fuel our local economy (and help put dinner on their tables).

Here six of Gullane's fabulous stores give you one great reason (well product) to shop in Gullane...



GANNETS DELI & FARMHOUSE AND ORGANIC PRODUCE

At Gannets Deli we not only stock a fine selection of farmhouse cheeses, local smoked salmon and delicious pâté, but we also have organic vegetables (including fantastic fresh turmeric!), eggs and freshly baked bread. We're open Monday to Saturday from 8.30am to 5pm.

39 Summerside Place, Main Street, Gullane



HAZEL REBECCA & ISLE OF ARRAN FORGET ME NOT SILVER NECKLACE

This beautiful botanical pendant from Botanical Isles is just one of many from our new and exciting jewellery suppliers. Hand-picked and hand-pressed Scottish forget-me-nots from the Isle of Arran create this enchanting and incredibly detailed necklace. Other examples of this stunning jewellery include miniature Scottish roses, pansies, dandelion seeds and heather.

6 Rosebery Place, Gullane | 01620 843 438



OLD SMIDDY & CRAZY AARONS THINKING PUTTY

We can barely keep up with demand for this amazing product. It comes in over 40 exciting colours, never dries out, has no odour and leaves no greasy feeling on your hands. Plus, it's non-toxic and safe for children of three years and older. You can use Thinking Putty as a toy, a stress ball, a squeeze toy, or as therapy putty – you will not be able to put it down!

Main Street, Gullane | 01620 843 843



BLACKHOUSE & HARRIS TWEED BAGS

Come to BlackHouse and view our beautiful hand-crafted Harris Tweed Own-Label Collection of Ladies and Gents bags and luggage, along with our range of BlackHouse Harris Tweed gifts and interiors, all designed and handmade in Gullane.

23i Summerside Place, Main Street, Gullane | 01620 843 550



LOU LOU'S & AVEDA

We offer a full range of Aveda products including Nature's Remedy for Damaged Hair which fortifies damaged hair with quinoa protein, wheat protein and soy oil, to instantly repair, protect and strengthen your stressed tresses.

10A Lammerview Terrace, Gullane | 01620 843 438

SECRET BOUTIQUE & CHILDREN'S WEAR

As well as our our gorgeous ladies wear, remember we stock a stunning array of babies and children's clothes. Designer brands such as Pigeon, Joules, Absorba and Frugi will ensure your little ones are always looking their best or make fabulous new baby gifts.

Main street, Gullane t: 01620 842,222





POMPOMS WITH PERSONALITY

words | kim williams

Anthropomorphism is the showing or treating of animals, gods and objects as if they are human in appearance or behaviour. And it also the inspiration behind Etta Dunsmure's unique pompom gifts.



ANTHROPOM

info@anthropom.com | www.etsy.com/uk/shop/PomPomPeople
quote LOCAL LIFE and 25% will be donated to Womankind Worldwide

WOMANKIND WORLDWIDE

www.womankind.org.uk
www.justgiving.com/fundraising/etta-dunsmure

Anthropom is the creation of Etta, a mother of two young girls, who lives outside Haddington. Anthropom sells personalised three-dimensional pompom pictures on quality cotton fabric, framed in wooden embroidery hoops. Hand made by Etta at home, whilst running around after her children (and three legged dog!), they make lovely gifts for new babies, children's birthdays and unique presents to mark special occasions. They also make a cute alternative to a traditional door plaque and displayed as a group either on a wall or propped on a shelf, they will create an original focal point in any room.

Etta started making her Anthropoms for friends, but as the word spread and demand grew, an online shop was set up on Etsy. She explains *"I started making my Anthropoms as presents for friends as I wanted to give them something a bit more original than the usual gifts from the high street. Everything I make is handmade which means that no two items are identical. A lot of time and effort goes into each of my pieces and I love seeing them in situ on a nursery or bedroom wall"*

Taking inspiration from nature, the majority of Etta's creations are anthropomorphic versions of wildlife, although the latest range of Anthropom birds are more realistic in their look. Etta adds *"I don't just make animals, there are people too. As I create, ideas pop into my head, so the collection evolves!"* Etta also takes commissions and each Anthropom can be personalised.

Ancient mythology suggested that Anthropomorphic deities exhibited human qualities such as beauty, wisdom and power. So, perhaps this is the driving force behind Etta's original and bold charitable act to raise money for Womankind Worldwide. In March this year, Etta shaved off all of her hair to raise money for the charity and donated her hair to the Little Princesses Trust, who create wigs for children who have lost their hair through illness and disease. Not only that, but she is also using Anthropom to help raise further funds for the charity. **For any Anthropom orders placed by Local Life readers before the end of April Etta will donate 25% of the proceeds to Womankind Worldwide.**

Speaking of the reasons behind her unique choice of fundraising activity Etta said *"As a mother of two daughters, the charity Womankind Worldwide is close to my heart. It is a global women's rights organisation that works to transform the lives of women and girls in male-dominated societies that suppress and control women of all ages, from all countries and backgrounds. I want to set an example to my daughters to feel confident in themselves and grow up in a society where both men and women are equal without having to question it."*



beatitude

a state of supreme happiness

proud to announce
two new national
beauty awards



treatments & products available at Fletcher's Cottage Spa,
Archerfield, Dirleton EH39 5HU | t: 01620 897580
or order online at www.beatitudeproducts.co.uk



EMMA COMBE HAIRDRESSING

With over 15 years experience specialising in bridal hair, Emma Combe Hair, based in the heart of North Berwick, is at the very forefront of wedding hair design. Emma has an enviable reputation and a real passion for bridal hair and for her clients.

Every wedding is different and we cater for anything from one bride to the whole wedding party. Each wedding package is tailor made with love for the individual.

For more information please give us a call on 01620 890611 or send an email to echair@btinternet.com.





THE BESPOKE APPROACH

Everybody is unique & Every Body is unique

Pilates Sessions in Dunbar for 1 or 2 people on Traditional Equipment

Improves strength, stability and flexibility
Recommended by health professionals
Tailored to individual needs
Suitable for all ages and levels of fitness

Please see our website for current group class schedule

For further information contact Betsy
t: 07922 439 165 | e: betsy@thebespokeapproach.com
www.thebespokeapproach.com



MemoryBox

Photo Repair & Prints

Wide Variety of Unique Prints
DVD Family Slideshows
VHS/Audio to DVD/CD
Photo's/Slides Scanned & Repaired

CONTACT:
07910289054
memoryboxbus@btinternet.com
WEB: www.MemoryBoxPR.co.uk

Newhaven Harbour 1906






Physiotherapy

North Berwick

Expert help for all your aches & pains...

physiotherapy - musculoskeletal & neurological conditions | rehabilitation | massage | podiatry | pilates classes or 1:1 sessions | falls prevention classes | domiciliary visits | hearing assessments

7 Church Road North Berwick EH39 4AD
t: 01620 894 377 | www.physioplusScotland.co.uk

Chartered Physiotherapists, registered with the Health and Care Professions Council and all major insurance companies



OPEN YOUR HEART...

Mind, Body and Soul Columnist, **Bernie Petrie** asks us to open our hearts, this spring and let more love in.

All too often we may have unknowingly closed our heart. Perhaps it was once hurt badly, so our brain tells us not to do that again. It's too scary, it hurts too much, you can't handle it. Yet, if we take a look at nature, no matter what the weather throws at it, nothing is ever enough to stop the flowers blooming in springtime.

Just like flowers in nature, our heart can never actually be broken. It has the capacity to feel so much, it's the reason we're here – to experience the good the bad and the ugly. We have the capacity for much more love than our minds would have us believe.

Getting hurt and feeling rejection is, unfortunately, part of life. But no matter how bruised or broken you may feel, shutting down is not the solution. That means fear is winning and it is important that we do not allow fear to make any of our ongoing decisions. We have to be willing to feel a whole array of emotions if we truly want to live life as a full expression of who we are.

The two quotes below are just some of the many that line the walls of The Barefoot Sanctuary and by leaning into them and choosing to believe them we can forge new ways of living with an open heart.

Love is what we are born with, fear is what we learn here – *Marianne Williamson*

Love is our true power – *Robert Holden*

We need to use our hearts in everything we do. My early memories from when I was four or five years old tell me that I experienced praise and pain simultaneously, so I put up barriers becoming self-critical and self-conscious particularly in my early passions – art, dancing and singing. I was so scared to fully express myself because in the moment of praise from teachers came sneers from others. By believing that getting praise would also cause people not to like me, I put barriers around my heart, particularly when doing things that I loved, as it hurt too much.

What I didn't understand then, is that the neural pathways in our brain are forged in pairs – in my case praise accompanied pain*. Ever wonder why you associate one thing with another, like chocolate and joy? All early childhood experiences forge neural pathways that pop up together again and again.

Thankfully we can teach ourselves to recognise a limiting pathway and learn to side-step the auto response. We can stop letting the fear of rejection or jealousy from allowing us to create the things that cause us joy. Ask yourself – in what area of my life do I need to open my heart more to let more love in? What is it that you would really love to do? Like the flowers emerging from the snow covered ground in spring, it's time to take that leap of faith and open your heart.

With love until next time.

Bernie

THE BAREFOOT SANCTUARY | 45 Melbourne Place, North Berwick | e: bernie@barefootambition.co.uk
sign up for daily blogs from Bernie by visiting www.thebarefootambition.co.uk

*Biology of Beliefs by Dr Bruce Lipton





Osteopathy for aches and pains

Osteopathy has much to offer all ages, both in preventative and acute care. Back pain, muscle strains, sports injuries, sprains and joint pain can be helped by osteopathy.

Clinic and home visits
01620 890 535
Kenneth McLean Bsc Hons Osteopathy



"good health in good hands"
33 Green Apron Park, North Berwick EH39 4RE
Registered Osteopath: 3/4410/F

The Ordinary can be Extraordinary

A Paragon china 1930s eight piece part teaset sold for £1,350

Unforeseen treasures lurk in unlikely places. Let one of our experts help you uncover them.

Please contact us to arrange a free home visit
0131 553 7000 or email at info@ramsaycornish.com
Valuers throughout Scotland

15-17 Jane Street,
Edinburgh EH6 5HG
0131 553 7000
info@ramsaycornish.com
www.ramsaycornish.com






SPRING INTO ACTION

words | kim williams

Spring is a time for shedding layers, spring cleaning and tossing some unhealthy winter habits you may have fallen into, such as not exercising due to Arctic temperatures.

Spring is finally here and as the days get warmer and longer, more people are starting to tie the laces on their running shoes. Some of us will start to trade our oversized coats for light jackets and hit the ground running (literally) while others will start foraging through the internet to find the motivation to get active. If you're the latter, you may need some guidance to turn the walk from your sofa to your front door into a little more exercise.

For many, the challenge of getting fit is not the motivation itself, but the lack of knowledge about what you're even supposed to be doing. This is where a personal trainer can help. Whether it's simply tweaking a current exercise regime or helping shed unhealthy winter habits, personal trainer, Vharri McMinn (pictured inset) has been helping clients meet their fitness objectives for 15 years. She explains "I believe that as well as helping a client to meet their exercise goals it's also important to provide information that will improve and sustain health and well being, even when the session is over."

Vharri who graduated from Aberdeen University with a degree in Sports Physiology and Exercise Science,

has recently opened her own studio. She says "Based in my hometown of North Berwick, the facilities at the Lighthouse offer a great location for me to have my studio. It is an accessible, bright and airy base to train my clients. I am also delighted to be sharing this space with a number of other fitness professionals throughout the week and look forward to creating a real fitness hub in North Berwick."

Whether your goals are training for an event, improving mobility and flexibility, losing weight, building muscle, boosting fitness or simply improving your health, Vharri will tailor the session to suit each individual client. She also runs numerous sessions at North Berwick Sports Centre including pilates and metafit. Vharri also works with clients who need injury rehabilitation and spinal care.

Right now you can take advantage of the better weather by injecting a little fun back into your fitness routine. As well as exercising indoors, take your workout outdoors too. Vharri is a great believer in this, offering both individual and group outdoor sessions, from exercise sessions at Archerfield Walled Garden to fitness classes on a Stand Up Paddleboard.

VHARRI MCMINN PERSONAL TRAINING | THE STUDIO AT THE LIGHTHOUSE

Heugh Brae, North Berwick EH39 5PS | t: 0797 1606131 | e: commit@vharrimcminn.co.uk | vharrimcminnpt.co.uk

CLOCK HOUSE FURNITURE

25 Years of Quality Bespoke Furniture



...all made from 100% recycled plastic water bottles!

These beautiful rugs, stools & cushions can all be seen at Clock House Furniture. Many other designs available – all made from 100% recycled plastic. Stylish, robust and washable.

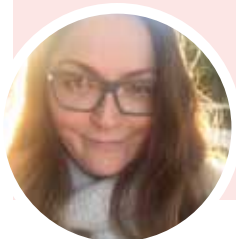


Drem Airfield, Fenton Barns EH39 5AW | t: 01620 842870
www.clockhouse-furniture.com



WWW.CREATEINTERIORSSHOWROOM.CO.UK
1B SEAFIELD RD >> EDINBURGH EH6 7LE
>> 0131 553 4933

START
SOMEWHERE.



SPRING CLEAN YOUR WORKSPACE

This issue **Hayley Flangan** tells us how a workplace clear out can also declutter your mind and improve productivity.

Spring has sprung and with it comes brighter mornings, lighter evenings and a new lease of motivation. There's no better time of the year to have a good clean, and with the average person spending around 40 hours a week working, we figured the desk is a great place to start. So whether your desk is in a cubicle, a shared workspace or your bedroom here are our five top tips to transform your working space from organised chaos to productivity heaven.



1

#workspaceinspo

If getting organised was on your list of resolutions, chances are you have more than a couple of projects to choose from and don't know where to start! With the mantra 'start somewhere' in mind, what better place than your cluttered, uninspiring, impersonal workspace. Spring is a great time to reset, to prioritise career goals and reorient ourselves before a fresh season begins.



2

#deskgoals

Style your desk to achieve your work goals, by reducing stress, getting organised and enhancing creativity. Start with tiny tweaks by introducing some organisational elements like a catch-all tray, a pen holder and closed storage boxes to eliminate some of the visual stress. Add pieces that promote mindfulness; an aromatherapy candle, a full spectrum daylight lamp and a little bit of plant life. Items like this will hopefully remind you to take a break and breathe while working.



3

interiors | spring clean your workspace



4

#stationeryaddict

Feeling flat and uninspired? Plan a new colour story for your desk with coloured papers, beautiful notepads and contemporary stationery. Simple and cheap, these don't break the bank but feel like a treat. Get instagram worthy by mixing the marble and monochrome graphic collection from luxury stationery designer Katie Leamon. Your productivity will sky-rocket when you create a space that is both accessible and sleek, that you are drawn to, with well designed products that you love to touch, use and be around.

#theresacardforthat

How many times do you have to run to the shops to grab an underwhelming last minute gift or card? Compile a master list of all events and birthdays for the year ahead and buy in advance, keeping them in a labelled expandable file or folder near your desk. Fall in love with the art of caring again, sending personal handwritten cards and gifts to people you treasure. Combine illustration, typography and Scandinavian design, choose especially those cards that can be kept, framed or added to the recipient's vision board to up their own workspace game!



5

#printlove

The visual is a necessary element for thinking creatively and a vision or moodboard is perfect for seeing the bigger picture. Hang a board, whether wire, cork or peg where you can keep all of your ideas organised and in view. Inspire and help provoke ideas, with artistic prints and motivational typography. Add personality and brighten the space with print and pattern, an inexpensive way is temporarily framing gift wrap and swapping it out seasonally.

NØRDEN | 82 High St, North Berwick | www.norden.online



- Blackout Blinds Specialist
- 5 Year Guarantee on most Blinds
- 40 Years Combined Experience
- Free Measuring and Fitting

Roller | Roman | Vertical | Venetian | Skylight | Wooden | Perfect Fit

Call Colin or Philip

01875 401067 | 01620 436638 | 01368 460092

www.forthblinds.co.uk

Unit 16, Mid Road Industrial Estate, Mid Road, Prestonpans EH32 9ER (by prior appointment)



TotalEnergy Solutions

YOUR LOCAL HEATING AND PLUMBING EXPERTS



All makes of gas and oil boilers installed, repaired and serviced • Your local heating and Green Energy specialist • Heatpumps, Solar and Biomass Boilers installed



t 01620 842 736 m 07823 777 081

e totalenergysol@btinternet.com

www.totalenergysolutionscotland.co.uk

*Boiler service guarantees if your heating breaks down within a 12 month period, we will carry out any repairs for £60 plus parts.



SPECIALISTS IN SECOND-HAND ITEMS
BOUGHT | SOLD | RESTORED | COMMISSIONED

Our showroom has a huge collection of furniture, mirrors and collectables. We specialise in shabby-chic distressed furniture and we're stockists of Frenchic furniture paint – including primer, brushes, wax and finishes.

Frenchic

PROFESSIONAL HOUSE CLEARANCE
REMOVED | REUSED | RECYCLED

We offer an efficient, professional and sympathetic house clearance service. We'll clear everything – the kitchen cupboards, the house, attic, garage, garden and the garden sheds! We'll even take away mattresses, curtains and carpets. Everything is disposed of properly and wherever possible, reused and recycled.



Open 7 days 10am - 5pm | Fenton Barns Retail Village, North Berwick EH39 5BW | t: 01620 850 402 | m: 07840 524 587

Dreams become reality.

Whether you are looking for some stylish new tiles to update your kitchen wall, or an exclusively designed new luxury bathroom, we're with you all the way.

THE NORTH BERWICK
BATHROOM AND TILE COMPANY

Fenton Barns Retail Village, North Berwick EH39 5BW
01620 850435, www.northberwickbathrooms.com



AGAINST THE GRAIN

words | kim williams

These days, when mass-produced furniture goes for a song from stores like Ikea, it's refreshing to see a wave of artisan furniture-makers bravely going against the grain.

Joshua Miller, is one of the new wave of artisan furniture makers breathing new life into the old-fashioned carpentry trade. Using his natural designing ability and his woodworking skills he founded his company, Aspect 6, after graduating from the renowned East Lothian-based Chippendale International School of Furniture in 2008. Equipped with skills in traditional and modern furniture making, Josh specialises in both cabinetmaking and antique restoration.

A talented young furniture designer, Josh produces bespoke top quality woodwork for both domestic and commercial use from his East Lothian workshop which he shares with workshop dog, Crux (pictured above left). His impressive customer list includes Benugo at RBS headquarters and Archerfield Walled Garden, where all the exquisite bar, woodwork and coffee tables are Josh's work. "Making great furniture is not only about creating something that looks good and works well, it's about giving it character and personality – a tangible link to its owner." Josh explains "We work alongside our customers throughout the entire process to make them feel part of the piece so they can share its story."

A key part of the business is restoration and Aspect 6 restores a broad range of furniture from 18th and 19th Century antiques, through to 1950s vintage furniture. "When a piece of furniture grows old, unloved and a bit decrepit, the temptation is to throw it away and buy something new," says Josh "but our ethos is to remain sympathetic to the piece, returning an item to its original beauty using traditional and modern restoration techniques." And, Josh has quickly gained a reputation as a skilled wood-worker capable of turning his hand to most challenges, including the restoration of the seating area outside North Berwick's St Andrew Blackadder Church (pictured with Crux).

Aspect 6 has recently added bespoke wooden wedding decorations and gifts to their repertoire. From rustic wedding cake stands, to gorgeous wooden place names, to personalised Sgian Dubhs, each piece is unique and beautifully hand-crafted. They also offer a range of items to hire for weddings and events, including tables, candle holders, blackboards and even an entire bar.



quality flooring and quality advice

Good advice is always worth its weight in gold – and when you're dealing with us you get the benefit of many years' experience installing and fitting a full range of floor coverings in a wide variety of settings. Whatever your flooring requirements we are here to help.

George Cochrane Floor Coverings are specialists in Hard Flooring and our Quick Step Laminate is installed by a Master Fitter, with all work covered by our good will policy!

Karndean | Victoria | Quick Step Laminate | Amtico | Moduleo



carpets
vinyls
laminates
rugs
karndean

Opening Hours:

Tuesday-Friday
10.00am to 4.30pm
Saturday 10.00am to 4.00pm
Closed Sunday and Monday

George Cochrane
FLOOR COVERINGS

Fenton Barns Retail Village
East Lothian EH39 5BW

t: 01620 850 730



www.georgecochranefloorcoverings.co.uk

Charles Brattisani Antiques

Antique furniture, accessories and decorative items to furnish your home.



Fenton Barns Retail Village, nr Drem
t: 01620 850 883

Open Wednesday - Saturday 10am-5pm, Sunday 12-5pm

CLOCK & WATCH REPAIRS

Vintage & New



All work completed in-house, from battery replacement to full rebuild

We specialise in the repair of quality time pieces and instruments: Vintage Clocks and Watches, Grandfather Clocks, Pocket Watches, Bracket Clocks and Genuine Restored Military Watches

Specialists in Victorinox Swiss Army Watches

TIME FLYS

ALL WATCH AND CLOCK REPAIRS | NO JOB TOO SMALL

01620 890 466 or 07860 696 769

watchandclockrepairs@hotmail.com • www.watchandclockrepairs.co.uk



NOT QUITE OUT OF THE WOOD (YET)!

The dream of early retirement is all that keeps some of us going through the daily grind. Fantasies of a round-the-world cruise, gin and tonics on a seaside terrace or writing a best-selling novel all make work endurable.

Somebody who recently considered retirement, is Donnie Spence of **Linton Country Furniture** which is now in its 38th year and based at **Fenton Barns Retail Village**. Donnie considered hanging up his overalls and sailing off into the sunset, but after the announcement of the retiral sale he was astonished by the demand for the handmade furniture they supply and decided to carry on for a while yet.

So whilst Donnie will be taking a step back, he will carry on using his team of skilled craftsmen to produce furniture that stays true to Linton Country Furnitures ethos – furniture that is built to last and can be handed on to the next generation. Donnie said *"Just the other day, I had customers come in and order a new table as they were giving their old table to their newly married daughter. I remember when they bought that table from us – their daughter was a toddler!"*

Donnie is selling off two bedroom displays, various display coffee tables, bookcases and other pieces to make way for a different look for Linton Country Furniture. But whether you purchase some of the beautiful ex-display pieces or furniture from the new collection, Donnie will ensure you are purchasing a stunning piece of furniture you can use and love every day. A piece which will stand the test of time, a piece of furniture that will never be ready for retirement – just like Donnie!

Hand Crafted BESPOKE FURNITURE

FURNITURE JUST THE WAY YOU WANT IT



(NOT QUITE) RETIRAL SALE includes two stunning bedroom displays



Open 12-5pm every day, including Sunday
Fenton Barns Retail Village,
North Berwick EH39 5BW
t: 01620 850 488 | e: info@lintoncountry.co.uk

What to expect from a complimentary hearing assessment at The Edinburgh Hearing Practice

First and foremost, we will listen to you. Hearing loss is personal and we take the time to listen to your experience. We recommend that you bring someone with you as they can often provide useful information and support. Our hearing assessments usually take about 90 minutes.

Most hearing centres will measure the quietest sounds that you can hear and based on this will make a recommendation. Although this type of hearing test provides useful information, by no means does it provide a full picture, we hear with our ears but it is our brain that understands speech! With this in mind, we have designed our test protocol to ensure that we measure your exact individual issues.



We have the latest technology and can show you images of your ears on a screen. If your ears are blocked with wax your hearing test will not be accurate. You're in safe hands at the Edinburgh Hearing Practice as we can perform "Professional ear wax removal".

We take you through a thorough hearing evaluation using the very latest audiometric equipment to record the quietest sounds that you can hear, but also importantly, the way that your brain is able to understand the signal from your ears. This involves testing your speech recognition in both quiet and in the presence of the dreaded background noise. Where appropriate, we perform tympanometry to check how the middle ear is working (this is a really simple comfortable test, and is nothing to be nervous about).

At each stage, we will explain the results really thoroughly to you and make sure that everything is completely clear. Occasionally we may feel that onward referral is required – this is unusual, but you can trust us to always do the right thing. If hearing aids would help, we will discuss all the different solutions that are available to you based on your hearing loss, lifestyle, cosmetic preference and ease of use. All the results and recommendation are given to you in a report. If appropriate we can make a recommendation on next steps, to help you continue on your journey to better hearing.

Our care plans are bespoke and suited around your individual needs and preferences. All our hearing aids are available to trial for 30 days at no cost. We believe that the proof is in the pudding! We are a family owned and run business and we love what we do. Trust your hearing to us!

Edinburgh
HEARING PRACTICE

www.edinburghhearingpractice.co.uk
admin@edinburghhearingpractice.co.uk

Gullane 01620 493000
Auchterarder 01764 219000
Edinburgh 0131 629 1819

201 St Johns Road, Corstorphine, Edinburgh EH12 7UU
4 Stanley Road, Gullane, East Lothian EH31 2AD or
63 High Street Auchterarder PH3 1BN

START FRESH THIS SPRING

As the sun shines a little longer and the chill of winter begins to fade, many find that spring is the perfect time to reorganise their lives. Whether rearranging your closet, tossing out unwanted household items or filing away important financial documents, now is the time to reset and declutter your life! Here are our top tips to get you started.



1 MAKE A LIST

It's important to start with a goal in mind and put a plan together. So write down all the rooms in your house, or areas you want to declutter, then pick the first one on your list. Then pick an area within that room and focus on getting rid of stuff. Start small and celebrate the victories!



2

LOVE IT OR LOSE IT!

We hold on to things for many different reasons, some we can't explain. This rule is a pretty quick decision maker – if you haven't used or worn an item in the last six months to a year, you don't love it. Ask yourself if you would buy this item today. If the answer is no, you don't love it. If something no longer fits you, your home, or your aesthetic, you have to lose it. Figure out what you really love and lose the rest! Either donate them, bin them, or sell on ebay.

ORGANISE YOUR CLOSET

Put away gloves, winter clothing items and boots so you'll have plenty of space for spring clothing. Remember to wash or dry-clean them first! Get rid of unused clothes and accessories. Do your bit for good causes by donating them to charity.



3

FRESHEN BEDDING AND LINEN

It's very easy to forget but duvets should be cleaned twice a year – send them to be professionally dry cleaned. Wash all your bedding, curtains and cushion covers. Wait for a good windy day, get them out on the line and let the spring breeze do its magic!



6

ORGANISE YOUR DIGITAL LIFE

We tend to store our whole lives on computers and smartphones, but if these are not properly maintained, it can be hard to find important items. Start by upgrading any software and apps, then delete those you don't use. File away important emails, delete unneeded emails and unsubscribe to e-blasts you never read.



4

DON'T FORGET ABOUT YOU

When people strive to declutter their lives, one of the things they often forget about is themselves. Reducing your commitments and re-evaluating how you spend your time are great ways to bring peace to your everyday life. Write down all of your commitments and evaluate how important they are. While there are some commitments we can't escape, such as work and family, others we can. If it isn't bringing you happiness, cut it out of your life. Create a list of what you want to achieve each week and assign these goals to different days. Having a routine of what you will accomplish each day will give you a sense of order and make your life feel less chaotic.

spring starts here!

Boardside Cafe is an award winning outdoor eatery based at the adventure site of Foxlake in Dunbar and is a perfect venue for casual eating, socialising, family gatherings and children's parties. It is also an excellent refreshment pit stop for walkers and other sporting enthusiasts.

Boardside offer a delicious, freshly prepared, daily menu using locally sourced produce giving excellent quality and value for money topped off with a friendly service to thousands of visitors that come to the site every year.

Opening Times:

April to May – Sat, Sun, Easter Holidays and Bank Holidays | June, July and August – 7 days
visit www.foxlake.co.uk/cafe for seasonal hours
cafe@foxlake.co.uk | t: 07921772661



LIFE IS BETTER BOARDSIDE

words | kim williams

Enjoying a spot of food with friends in the great outdoors is one of life's greatest simple pleasures.



BOARDSIDE CAFE | FOXLAKE ADVENTURES

Dunbar EH42 1XF | www.foxlake.co.uk/cafe

Opening Times: April to May – Sat, Sun, Easter Holidays and Bank Holidays | June, July and August – 7 days
visit website for seasonal hours

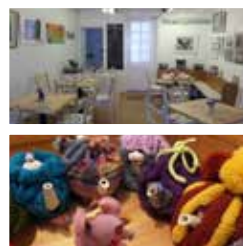
As summer draws ever closer, the days get longer, the weather warmer and the sun brighter – so now is the perfect time to step outdoors and embrace dining alfresco. And, the **Boardside Café** at Foxlake in Dunbar is the perfect place to do just that.

With its idyllic lake-side setting and laid-back vibe, Boardside Café is not your conventional café, it's a quirky outdoor eaterie in a, quite frankly, beautiful setting. Picnic tables and deckchairs overlook the lake or you can cosy up in the re-vamped train carriage or 'the shack' complete with hot-water bottles and blankets should the Scottish summer choose to be less than kind. It's not just wakeboarders and adrenaline-junkies who choose to go here, Boardside Café is the perfect pit-stop if you're walking the John Muir Way or just fancy an amble around Foxlake itself. It's the perfect place for indulging in a spot of people watching as well as any of the scrumptious dishes. Café Manager, Caroline Vevers said *"Don't be put off by coming if you're not sporty, the café is the ideal place to meet up, relax and sit for a while to enjoy the ambiance and the café goodies"*

The all-day menu offers anything from breakfast rolls and summer fruit granola to milkshakes and smoothies, from locally sourced steak burgers to sharing platters of cheese and charcuterie. Not to mention a gorgeous array of traybakes and cakes. You also can enjoy afternoon tea, served on gorgeous vintage china and mismatched teacups. Owner, Jacquie Gibson says *"We're passionate about food, it's important to us how the food tastes and where it comes from. So, where we can, we use local producers, butchers, bakers, dairies and many more."* Food presentation is also taken seriously. *"Serving food outdoors means we're limited on what we can use"* explains Jacquie *"we look for unique and imaginative ways to present our food which fits in with the outdoor feel."* Food is stunningly presented on Boardside boxes lined with greaseproof paper, enamel plates and kilner jars. And, in line with their outdoor credentials, there is no single-use plastic only eco-friendly vegware.

Boardside Café is the perfect venue for special celebrations and the team cater for a range of events, including children's parties, hen and stag parties. So with all this on the menu, are they taking a step back? *"No"* laughs Jacquie *"we're forever coming up with new ideas. In April we're launching our teddy bears picnics, where children will follow a bear hunt through the woods before stopping to enjoy a picnic full of delightful goodies such as teddy bear shaped sandwiches and biscuits. And, we'd love to extend this to offering picnics around the lake. The idea being, you can pre-book a picnic hamper, then take yourself off and find your own picnic-perfect spot."*

OLD BAKEHOUSE TEA ROOM at Sew in Stitches High Street, Aberlady EH32 0RB



OPEN
Monday, Tuesday,
Friday, Saturday
10am - 4.30pm

Teas • Cappuccino • Latte
Americano • Flat White
Mocha • Hot Chocolate
Cakes and scones freshly
baked each day. (Soya milk
& Gluten Free available)

Warm welcome to everybody • Light Lunches available
Find us on Facebook and Tripadvisor • Gifts in shop
t: 01875 870 405 • www.sewinstitches.co.uk

SMEATON NURSERY & GARDENS

This traditional walled garden nursery set in the rural heart of East Lothian offers an extensive range of plants throughout the year.

Trees & Shrubs • Seasonal Bedding Plants
Seeds & Bulbs • Pots & Ornaments • Compost
& Garden Sundries • HTA Gift Vouchers



SMEATON TEAROOMS AT SMEATON NURSERY & GARDENS

Our popular Tearoom offers an appetising selection of home-made soups, paninis and baguettes, salads and platters. Plus our ever popular mouth-watering home baking and our delicious Smeaton Scones.



OPEN DAILY, ALL YEAR ROUND SMEATON NURSERY & TEAROOM

Preston Road, East Linton • 01620 860 501
www.smeatonnurserygardens.co.uk



VEGAN LASAGNE

As the evenings grow lighter and we peel off the layers, I don't know about you, but my focus turns to lighter healthier food, which lifts our spirits and in turn makes us feel good and more energetic. Cut to this month's recipe – a healthy and vegan lasagne! Yes, healthy and vegan with my no-dairy cheese sauce. Really, you can hardly tell the difference. It takes a bit of preparation but it's well worth the effort.

YOUR TOMATO SAUCE

2 tins of 400gr chopped tomatoes
2 cloves of garlic
2 medium onions
Splash of red wine if you have a bottle open!

Tablespoon of olive oil
Black pepper and sea salt to taste
Really good tomato purée
Touch of Maple Syrup

Pop everything in a slow cooker if you have one, or simmer over a low heat for 4 hours. I cook my sauce over two days, switching it off when I go to bed. Make a big batch, and you can freeze half of it for next time.

YOUR NO-DAIRY CHEESE SAUCE

3 oz spelt flour
2 heaped tablespoons of Engevita Vegan Yeast Flakes
(available from earth matters)
1 pint Oatly oat milk

2 desertspsoons of Apple Cider Vinegar
Olive Oil
1/2 teaspoon Cayenne pepper
Salt and pepper to taste

Make a roux using the flour and enough olive oil to form a paste. Add the oat milk a little at a time until you have a thick sauce. Add the flakes, cayenne pepper and apple cider vinegar. Season and keep tasting until it's a cheese sauce.

THEN...

For your filling use whatever roasted vegetables you fancy. Put all your veg in a roasting tin and cook until soft. To make the lasagne, layer with spinach, kale, basil, the sauces and lasagne. I use Spelt Lasagne Bion which I think is the best, (you can buy this from Earth Matters). Cook in oven for about 50 minutes on 160/170°C fan assisted.

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.



Wild Dining with the Mad March Hare is more than just eating outside, it's innovative and contemporary dining at its best. Created by Amanda Farnese-Heath, the Wild Dining experience was inspired by Amanda's passion for bringing people together, to eat, at a long table, in beautiful places.

Food has always been a mainstay in Amanda's life, brought up in an Italian household, everything happened around the kitchen table. A culmination of years in a busy kitchen led to the Mad March Hare pop-ups. The idea was to find redundant kitchens and set up camp for as long as they were allowed. Amanda explains "Mad March Hare was conceived in a pub kitchen, we had no name and no idea how many folk were going to turn up to as we did not take bookings. It was the maddest opening evening you could imagine and was completely heaving, myself and the guys in the kitchen just managed to pull it off! Hence the 'mad', the rest; in the Chinese horoscope I am a Hare and I was born in March. Mad March Hare was born!"

Mad March Hare organises magical foodie events reminiscent of Amanda's childhood days. They focus on small specialist food and drink launches and long table dinners which are mainly outdoors in secret, beautiful, unusual and remote locations, where you share big plates of rustic, delicious food. Amanda says "When I started popping up in kitchens with bad lighting, (strip lighting really effects my mood), I loved the idea of what I was doing but it never felt like it was completely me. It took time to realise that somewhere in my Italian make up, was the joy of being outdoors, in a warm climate at a long table set out in an olive grove, enjoying a rustic feast with friends. But I live in Scotland and it's cold, yet I thought, why not? Let's give it a go."

The first Wild Dining event launched last October, with a seven-course meal served over four hours in a chilly, yet beautiful, autumnal forest. Amanda adds "The ground covered in pine needles was soft and smelt divine, the tall trees protected us from the westerly wind and even the candles stayed alight. There was no kitchen or walls to restrict me and the whole evening felt like a dream."

Each menu is planned around the seasons, the location and the tastiest ingredients Amanda can find. There is always something extra to make each event magical and memorable; be it a forage along the seashore, screening an outdoor movie, or a classical ensemble. Amanda explains "If there's a forage beforehand, for say, seaweed, we will make sure one of the dishes includes that ingredient. Although, I'm mindful that not everybody will enjoy a whole menu of seaweed because it might be a first taste for some people."

The food is not fussy, it's simple, delicious and tasty. It is mainly cooked over fire to enhance flavour and is served slowly throughout the evening so guests can enjoy each course and the magical experience. And it really is magical – long tables beautifully decorated, stunning locations – Scotland and Wild Dining works, you just need to wrap up warm. Although Amanda can help with that as well "For our first event, I made some cashmere pockets from an old jumper with hand warmers inside if anybody needed them!"



CANTEEN | STREET FOOD FESTIVAL

Archerfield Walled Garden, Dirleton EH39 5HQ
28 April, 26 May, 30 June, 28 July, 25 August & 29
September | 12-8pm | £1 per adult, children free

THE STREET FOOD REVOLUTION

words | kim williams

There's a revolution happening in British food, and it's happening on the street. Right now some of the most exciting food is being served by passionate and talented traders out of trailers, carts and vintage vans.

And once again, East Lothian residents can experience the street food boom right on their doorstep. Following the huge success of its opening season, Rogue Village's Canteen Street Food Festival is back on the last Saturday of the month, from March through to September at Archerfield Walled Garden.

Having quickly established itself as a firm favourite on the street food calendar with foodies, families and traders alike, the festival which brings street food to a rural environment, is a truly unique experience – juxtaposing trailers, fire-pits and DJs with the 18th century walled courtyard, amongst woodland trails and landscaped gardens.

The best part of the street food craze is the amazing array of food you can try. With so many varied dishes and cultures being represented through food, you'll find incredible flavours, cooking techniques and ingredients coming together in meals that make your mouth water. Canteen features some of Scotland's most acclaimed street food traders including; Shrimpwreck, Harajuku Kitchen, Buffalo Truck, Chick & Pea, The Big Blu, The Crema Caravan, Pizza Geeks, Bostock Bakery, Umami Spice Girl, The Cheesy Toast Shack and Mimi's Bakehouse.

Resident DJs and Edinburgh clubland stalwarts, Four Corners, provide an eclectic carnival soundtrack incorporating reggae, funk, latin, soul and afro, in the courtyard. And, the open-air bar serves Archerfield's signature ales or grab a cocktail from cocktail specialists including Herringbone and Poco Prosecco.

Children can enjoy The Fairy Trail, a short woodland walk where, armed with fairy dust, they can discover the tiny homes of the local fairy community. Or you can burn off the calories consumed by exploring a range of walks and trails across the Archerfield Estate.

Delicious finger-licking street food, signature ales, seasonal cocktails, music and a family-friendly carnival atmosphere – it's all part of the revolution!

CARRICK DECORATORS



- Comprehensive decorating service including all interior and exterior work
- Professional and reliable
- Find examples of our work on Facebook

call Nicky for more information **0772 701 0163**

find us on



G J Muir Interiors

Professionally Hand Painted Kitchens, Furniture & General
Decorating in East Lothian

Are you looking at your kitchen and wondering if it can be hand painted?



The answer is probably
yes, it can!

If you like the layout of your kitchen and it is functional but you want a new look, we can clean down your kitchen, prepare and prime it, and apply a flawless hand painted finish in literally any color of your choosing. Using appropriate abrasives and specialist primers, we can prepare bare timber or MDF; clear lacquered oak, lacquered pine; waxed pine; foil wrapped laminate or melamine surfaces.

- Clear Pricing • Prompt & Punctual • Cost Effective • Minimal disruption

Phone G J Muir Interiors on 0131281 1546 (please leave a message)

Mobile: 0756 595 6750 Email: gjmuir@hotmail.co.uk

Drem Timber & Fencing Ltd

Come in and see our extensive range of Fencing, Gates, Wood Products and Building Supplies.

Fenton Barns Retail Village, Drem EH39 5AN
t: 01620 850 833 / 836 • m: 07900 551 322
www.dremtimberandfencing.co.uk



"Dedicated to providing quality service"

ALL ELECTRICAL WORK UNDERTAKEN

- Full and partial rewires
- Fuse box upgrades
- Inspection, Testing and Certification
- Additional sockets, lighting and more

Call now for a free no obligation quote, you'll be glad you did...

t: 0744 4034116

e: info@ajs-electricalsolutions.com



www.ajs-electricalsolutions.com



**BUILDING CONTRACTORS
JOINERS & GLAZIERS**



All glazing and joinery work undertaken:
Kitchens | Bathrooms | Conservatories Extensions | Loft Conversions
Laminate and Hardwood Flooring
Call now for a no obligation quote
t: 01620 880 530 | m: 07983 655 870

C Paterson & Father

Formerly Alex J Paterson (Gas and Plumbing)

Featuring Cameron the award winning apprentice and Alex the 'Gas Man' with over 40 years' experience!

One stop shop for all your gas and plumbing requirements

Probably the best son and father business in the Lothians



Please Check Out our Newly Launched Website

www.gasandplumbing.co.uk

07958 648900 | 0131 564 1877 | 01620 497299

Alexander A. Walker
Electrical Contractor

MAIN STREET, GULLANE
EAST LoTHIAN

Tel: 01620 843 136

FOR ALL ELECTRICAL
INSTALLATIONS,
REPAIRS & MAINTENANCE

LOCAL JOINER

Quality Craftsmanship Guaranteed



Clean & Tidy
no job too big or too small
call Peter on
01620 890 466 or 07860 696 769



ANDERSON LANDSCAPING AND GARDEN SERVICES

Established in 2011 by Cameron Anderson, a fully qualified Muirfield Green Keeper, **Anderson Landscaping and Garden Services** offer a professional reliable complete garden service from routine garden maintenance through to any type of landscaping and tree and lawn services.

LAWNS

Artificial lawn laid and specialist lawn treatments carried out by a qualified green keeper.

LANDSCAPING

Hard and soft landscaping carried out by a team of experienced professional builders.

TREE SERVICES

Professional tree services. Plus, seasoned logs and kindling with free delivery in East Lothian.

OTHER SERVICES

Including power washing driveways, fences painted, gutters cleaned. Spring garden tidy-ups. One off jobs welcomed. All works considered.

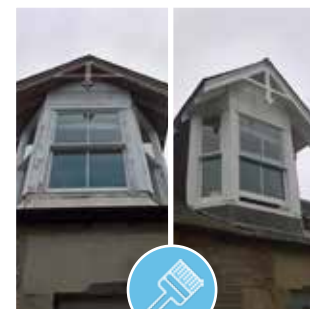
t: 01620 850 590 • m: 07906 034 258 • www.andersonlandscaping.org.uk

SELF-EMPLOYED PLASTERER, PAINTER & GRAFTER



PLASTERING

internal walls and ceilings | single surface or complete rooms | skim coating | crack repairs | artex covered plasterboarding, ceiling and walls | lath and plaster repairs | external rendering



PAINTING

Internal: ceiling, walls and wood surfaces (skirtings, facings, doors, etc)
External: dormers, gables, eaves, doors, window frames, fences, gates, guttering and downpipes (height restrictions apply) | **External walls and structures:** garages, sheds, etc



GRAFTING

Other works considered:
Gutter cleaning, grass cutting, small lawns laid



fully insured for peace of mind

call Nick on t: 01875 815913 | m: 07784 748361

'Needs Must'
'A solution to those necessary chores'

Garden Maintenance | Garden Tidy
Fencing | Decking | Slabbing
Patio and Decking Cleans
Gutters Cleaned | Hedge Cutting
Winter Tidy

Contact Dougie West on:
07877 180071
e: needsmust1@btinternet.com

PRESSING NEEDS LAUNDRY

a solution to your laundry needs

Ironing • Service Laundry • Dry Cleaning with two-day service • Repairs and Alterations

Our staff give a superb finish!

Opening Hours:
Monday- Friday 9am-5.30pm
Saturday 9am-12pm
Delivery Service:
Monday to Friday

2007 to 2018
... celebrating
over 10 years in
business

Contact Donna Kellock
01620 892 763
07918 721 192
pressingneeds1@yahoo.com

Unit 3 & 4
Mill Walk Business Park
Tantallon Road
North Berwick
EH39 5NB

Dirleton PC Doctor

Richard Fairbairn

01620 850 284 dirletonpcdoctor@btinternet.com

- Computers and laptops reinstalled, optimised and cleaned.
- Virus and spyware checks and inoculation – unnecessary startup items removed to make your PC run faster than new!
- Tailored coaching in computer operation, safe surfing and parental safeguards.
- Local, professional and friendly. I can carry out my work in your home or in my office.
- Advice on buying new equipment or equipment upgrades – make sure your software is compatible with the next PC you plan to buy.
- New and second user PCs for sale



Call me anytime with any issue or query you have.

I can usually handle urgent issues on the same day.

**Good Financial Advice
Lasts A Lifetime**



WALLACE
FINANCIAL PLANNING

36 Market Street, Haddington
01620 820202
www.scottwallace.co.uk

“Wallace Financial Planning provided me with comprehensive financial advice which gives me peace of mind that in my later life years, my affairs are finally in good order and sheltered from tax”
A J Taylor

• **Protection** • **Investments** • **Retirement planning** •



A₂B Private Hire Taxis



Taxis

Need a taxi or minibus? Wherever your pickup or destination, we will aim to help you with our friendly and quality service.



Airport Transfers

Need to catch a flight? We will get you to the airport in plenty of time.



Weddings

Need a wedding car? We have an executive Mercedes which is perfect for the job.

01620 89 5000
a2btaxisnorthberwick@aol.co.uk

Total

tax services



*“Whatever your taxation issues
- we can help”*

- Advice you need to minimise your tax bill
- Business tax for sole traders, partnerships and companies.
- Accounts prepared, VAT, PAYE and personal tax.
- Flexible hours & fixed fees

For business or personal advice, please contact: Anne H Scott

01620 880 287

anne@totaltaxservices.co.uk
www.totaltaxservices.co.uk

WHITELAW WELLS
CHARTERED ACCOUNTANTS

...where people matter

Edinburgh

9 Ainslie Place,
Edinburgh EH3 6AT
Tel: 0131 226 5822
mail@whitelawwells.co.uk

Glasgow

9 Royal Crescent,
Glasgow G3 7SP
Tel: 0141 332 5499
mail@whitelawwells.co.uk

North Berwick

Glen Orchy, 15 Glenorchy Road,
North Berwick EH39 4PE
Tel: 01620 892090
info@whitelawwells.co.uk

www.whitelawwells.co.uk





Love Clean Patios

Is your free time precious?

Do you want your drive and path to look in the best possible condition?

Using our specialist equipment, we can return your exterior surfaces back to that new look and keep them looking that way.

SPECIALISTS IN REFURBISHMENT OF BLOCK PAVED AREAS

We specialise in the clearing and refurbishment of block paved areas, including re-sanding the joints and applying specialist sealants.



Love Clean Carpets

Developed in Australia and Germany the Dry Fusion System gives a new standard of cleaning never before available. This carpet care system uses an innovative and patented rotary cleaning machine that heats the activator solution to provide an amazing action.

STAIN & SOIL PROTECTION BUILT IN

Notice how your carpets "dull off" after steam or conventional cleaning. That is because dust and grime is gripping the carpet. Our built in stain protection allows dust and grime to be vacuumed away and spills to be wiped away.

NO WETNESS

The system has its own heat drying system, it cleans and dries at the same time.

Carpets dry within 30 minutes

Stains and spillages kept at

bay for longer

100% customer satisfaction
guaranteed



CALL NOW FOR A FREE NO OBLIGATION QUOTATION | t: 01368 863 500 | www.dryfusionscotland.co.uk

DATES FOR YOUR DIARY

April & May 2018

APR	EVENT	TIME	VENUE
to 4 Apr	Society of Wildlife Artists Exhibition	10-4pm	Waterston House, Aberlady (SOC)
to 2 Apr	Easter Art Show	10am-4pm	St Andrew Blackadder Church
to 2 Apr	Gosford House Open Days www.gosfordhouse.co.uk	from 1pm	Gosford House, Longniddry
Sun 1	Sunrise Service & Egg Rolling	8.30am	Garleton Hills/Athelstaneford Village Hall
Fri 6	Organ Concert by Dave Davies	7.15pm	Whitekirk Church
Fri 6	Across North Berwick Prayers	10.30-11.30am	St Andrew Blackadder Church
Sun 8	Hunger Lunch	12-1pm	St Andrew Blackadder Church
Mon 9	North Berwick Art Group: Janet McCrorie Illustrated Demo	7.30pm	Hope Rooms, North Berwick
Sat 7	MRT Spring Coffee Morning	10am-12pm	Hope Rooms, North Berwick
Sat 14	Little Big Screen visit: www.littlebigscreen.org	3pm & 8pm	Gullane Village Hall
Thu 19	Leuchie House Golf Day	8am-5pm	North Berwick Golf Club
Sat 21	North Berwick Artisan Fair	10am-4pm	Abbey Church
Sat 21	Rotary Shine Concert	7pm	St Andrew Blackadder Church
Fri 27	Health and Wellbeing Event	9.30am-1.30pm	St Andrew Blackadder Church
Sat 28	Stewardship & Gift Coffee Morning	10am-12pm	Whitekirk Church
Sun 29	Bethany Cream Tea	2-4pm	Gullane Village Hall
MAY	EVENT	TIME	VENUE
Fri 4	Across North Berwick Prayers	10.30-11.30am	St Andrew Blackadder Church
Sat 5	NB Horticulture Society Plant Sale	9am-12pm	St Andrew Blackadder Church
Sat 5	Leuchie House Coffee Morning	10am-12.30pm	Leuchie House
Sat 5	Rugged Pathway Pilgrimage	9.30am	St Mary's Church, Haddington
Sun 6	Messy Church	4-6pm	St Andrew Blackadder Church
Mon 7	North Berwick Art Group: Anna Davis Screen Printing	7.30pm	Hope Rooms, North Berwick
Sat 12	Annual Scout Jumble Sale		Gullane Village Hall
Sun 13	Messy Church	3-5pm	Athelstaneford Village Hall
Sat 19	Little Big Screen visit: www.littlebigscreen.org	3pm & 8pm	Gullane Village Hall
Sat 19	Hearing Awareness Day	10am-3pm	St Andrew Blackadder Church
Sat 19	North Berwick Artisan Fair	10am-4pm	Abbey Church
Sat 26	Big Annual Dog Show	from 10am	Dirleton Village Green

DON'T FORGET these dates



1 April
Easter Sunday

1st Thursday of the month...

Gullane Flower Club

Gullane Flower Club meet the first Thursday of every month from February to May and then from September to December. Meetings take place at the Mallard Hotel in Gullane at 7.30pm. New members and visitors welcome.



29 April
Bethany Cream Tea

Bethany Cream Tea takes place on Sunday 29 April from 2pm to 4pm in Gullane Village Hall. Musical interludes will be performed by Orlando Mason. Entry is £6 per adult and £3 per child. Funds raised will support Bethany Christian Trust's work to transform the lives of homeless and vulnerable people in Scotland.

21 May
Victoria Day

Victoria Day is a public holiday in parts of Scotland, mainly Dundee and Edinburgh, although it was formerly more widespread. It is celebrated on the last Monday before or on 24 May to commemorate Queen Victoria's birthday (24 May 1819).

WEEKEND TIDE TIMES

APRIL		High Water		Low Water	
		AM	PM	AM	PM
1	Sun	0354	1613	1004	2235
6	Fri	0711	1944	0014	1221
7	Sat	0755	2035	0048	1305
8	Sun	0849	2133	0140	1411
13	Fri	0152	1403	0740	2010
14	Sat	0231	1442	0819	2046
15	Sun	0307	1518	0856	2122
20	Fri	0615	1837		1204
21	Sat	0701	1929	0020	1250
22	Sun	0755	2033	0110	1356
27	Fri	0125	1344	0728	2009
28	Sat	0212	1430	0816	2051
29	Sun	0254	1512	0858	2130
MAY		High Water		Low Water	
		AM	PM	AM	PM
4	Fri	0601	1832	1135	2347
5	Sat	0639	1914		1202
6	Sun	0721	2000	0020	1243
11	Fri	0003	1223	0614	1844
12	Sat	0102	1317	0700	1927
13	Sun	0150	1404	0742	2008
18	Fri	0514	1737	1125	2346
19	Sat	0559	1827		1212
20	Sun	0649	1923	0032	1304
25	Fri	0000	1225	0603	1849
26	Sat	0059	1320	0658	1940
27	Sun	0149	1409	0746	2023

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

Local Life has nothing to do with the organisation of the events listed. If you have questions please direct enquiries to the organising body or the venue. Some contact details are provided. All information subject to change.

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

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 in your area

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 | 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

t: 0774 230 297 | Sunday Morning 11.30am

The Baptist Church | Victoria Road, North Berwick

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



TURNING THE TIDE ON PLASTICS

As a conservation and education charity, human impact on the environment and wildlife is at the forefront of the work of the team at North Berwick's Scottish Seabird Centre. They are working hard to raise awareness of some extremely important environmental issues.

Small changes can have a significant impact and the Seabird team supports reducing plastic waste wherever possible and practices this throughout the Centre. In the Seabird Café there are compostable straws, recyclable glass bottles and jars, and sauce sachets are being replaced by dispensers and compostable containers. The Centre also offers a 50p discount on hot drinks, when customers bring their own cup.

In the Discovery Centre, there are seasonal and family-friendly interactive science shows which bring environmental issues to life in an accessible and fun way to highlight how we can all help to make a difference. Professor Egghead, who appears in many different guises each year, engages young and old in a bid to instil behavioural change.

This approach is supported by Education Officer, Andrew Grieveson, who offers a range of environmental-based workshops for primary and secondary school pupils, encouraging people to change their buying habits linked to plastics and non-recyclable items. The Seabird Centre works in partnership with North Berwick in Bloom, East

Lothian Countryside Ranger Service, Surfers Against Sewage and the Marine Conservation Society on community-wide beach cleans as well as supporting #2minbeachclean with frequent pick-ups undertaken by members across the team. Visit www.seabird.org for details of when the next beach clean will take place.

Education Officer, Andrew said: "For our community beach cleans, in the region of 80-100 people attend and we normally collect around 40 bags of rubbish. At these, and the annual Marine Conservation Great British Beach Clean Survey which we also support, plastic is by far the biggest offender. We find things such as food packaging, plastic cutlery, microplastics and lots of cotton bud sticks, which all have an impact, not only on the landscape, but also on wildlife."

"Changing behaviour is crucial. The more people understand about the impact of plastics on the natural environment and what they can do to help, the better. We all need to reduce, reuse and recycle more to help our amazing wildlife."

Join in the Seabird conversation with #puffinsnotplastic #gogreenforgannets and #sustainableforseals.

Don't miss the Centre's new environmental animation on their YouTube channel.

SCOTTISH SEABIRD CENTRE | The Harbour, North Berwick EH39 4SS | www.seabird.org

TRY SAILING IN MAY






YACHTS. DINGHIES
Stand-Up-Paddling
Kayaks . Rowing
POWERBOATS

East Lothian Yacht Club has joined with local water sports clubs to offer a superb opportunity to try a range of boats and boards.

11,12,13th MAY
East Lothian Yacht Club
North Berwick Harbour
elyc.org.uk

TURN UP.
CHOOSE A SPORT.. it's FREE !
WE'LL TAKE YOU ON THE WATER.

Explore 10,000 Years of Coastal Heritage and Culture



COASTAL COMMUNITIES MUSEUM


School Road · North Berwick EH39 4JU
Entrance via the library foyer

ADMISSION FREE | DONATIONS WELCOME

OPEN SEASONALLY
From Easter to late November
Open weekends and Holiday Mondays. In April, July and August the museum is also open Wednesday to Friday. 11am to 4pm.


SHOP | CHILDREN'S ACTIVITIES | LIFT
DISABLED FACILITIES | PARKING

www.coastalmuseum.org
t: 01620 894313




COASTAL COMMUNITIES MUSEUM

in partnership with



East Lothian Council



Scottish Seabird Centre

Registered charity SCO43666

AND FINALLY
at the back...



NORTH BERWICK BEACH CLEAN 7 APRIL 2018

Plastic pollution is currently high on the news agenda and with marine wildlife under threat in many ways – we all need to do what we can to safeguard our wildlife for future generations.

Help turn the tide on litter and keep North Berwick beaches a great place to be, as well as protecting our wildlife. Join the Scottish Seabird Centre, East Lothian Countryside Ranger Service, Surfers Against Sewage and North Berwick in Bloom on Saturday 7 April, from 10am to 12pm for a fun and rewarding community beach clean. There is no need to book – just turn up to help on the day.



BEATITUDE WINS TWO NEW NATIONAL BEAUTY AWARDS

East Lothian based aromatherapy brand, Beatitude has won two new beauty awards. The highly regarded Beauty Shortlist Awards had entries from over 600 brands and judging took place over a six month period, from early September through to February.

These Awards are not easy to win. They are completely independent – there's no public vote, they do not accept sponsors and there is zero affiliation or tie-in with any brand whatsoever. Awards are only given to products that are results-driven, feel-good and effective.

Beatitude scooped up two awards; Best Candle for their Comfort Candle and Best Sleep Well Product for their Peace Pillow Spray and Room Scent. With big brands such as Eve Lom, Ren and Neom on the winners shortlist, it really is a fantastic achievement.

Beatitude | www.beatitudeproducts.co.uk

WINNER OF NATIONAL NEW LANARK DESIGN COMPETITION ANNOUNCED



New Lanark World Heritage Site is delighted to announce the winner of its Textile Print competition in celebration of the Artist Textiles Picasso to Warhol exhibition which runs until the 29th April 2018.

To celebrate this exhibition, the village's textile production history and Visit Scotland's 'Year of Young People', New Lanark's design competition invited entries to commission a 'New Lanark' textile print, to incorporate into a new range of promotional merchandise.

Following a number of high calibre entries received from across the country, Zita Katona from Fife was announced as the Overall Winner. Zita's 'A Yarn Well Spun' design fully fitted the brief that the textile print should be an all-over repeat pattern that embodies the theme of 'Living and Working at New Lanark'. New Lanark will work with Zita to incorporate her winning design into a range of promotional textile items to be sold exclusively within the New Lanark Mill Shop.

Artist Textiles – Picasso to Warhol runs to 29 April 2018 | www.newlanark.org



wood burning stoves | multi fuel stoves | hearths | full installation service
approved retailers for Hwam | Wiking | Chesney's | Dean Forge | Hunter Stoves

Fenton Barns Retail Village, North Berwick EH39 5BW | t: 01620 490128
info@stovesandmorenorthberwick.com | www.stovesandmorenorthberwick.com

THE FIREPLACE

PREMIER STOVE DEALERS SINCE 1992

**CELEBRATING 25
YEARS IN BUSINESS!**



**ENJOY A FABULOUS NEW
LOOK FOR YOUR HOME
WITH THE RIGHT
FIREPLACE...
WHETHER GAS, ELECTRIC
OR SOLID FUEL**



The Fireplace is the right choice. We have an in-house installation team and offer free site surveys. Technical appointments available. Free Manufacturers Extended Warranties available.



6a High Street, Dunbar
t: 01620 822000
e: info@the-fireplace.com
www.the-fireplace.com