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*free community & lifestyle magazine*

AUGUST | SEPTEMBER 2018



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## LOCAL LIFE THIS ISSUE

We all know how fleeting Scottish summer time can be, although this year the mercury has risen and we're enjoying lots of sunshiny days. To help you make the most of the sunny skies and warmer temperatures we put together this issue jam-packed with interiors, food and fashion inspiration, plus ideas of what to do and where to go when the mercury rises.

You might not think you're the outdoor type but the warmer weather encourages us to get out and explore what our beautiful county has to offer. Whether you set off for a peaceful country walk or a day at the beach, spare a thought about plastic pollution and how it is currently destroying the local environment and wildlife. We have an inspirational story from the pupils of Longniddry Primary School about their campaign to ditch balloon releases in favour of the more eco-friendly bubbles.

Until next time, enjoy summer, enjoy Local Life...

*Kim*

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# James completely stressing out about the sale of his house



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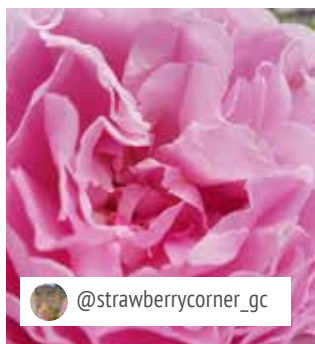
## THE #EASTLOTHIAN ESSENCE OF SUMMER!

It's shaping up to be a perfect summer. And clearly instagrammers are in agreement. Here are some of our favourite summer insta-snaps...

### NEXT TIME | LOVE EAST LOTHIAN FOOD AND DRINK?

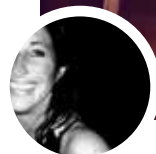
Share your snaps of the gorgeous produce we have in abundance, here in East Lothian.

instagram @yourlocallife #eastlothianfoodanddrink



## LOOK WHAT WE FOUND!

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



### WINE, WHISKY AND CHEESE

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

I'm staying a bit closer to home this issue. In fact pretty much on my doorstep, is Lockett Bros new 'Tasting Bar'. I feel a little bit chuffed as I played a small part in its conception and Chris and the team have made it happen. Enjoy a dram or a glass of one of the many amazing wines Lockett's have on offer, and sit nestled around beautifully crafted old whisky barrels on comfy tartan benches. And guess what? There are cheese plates to accompany your drink of choice.

This is an early bar so don't leave it too late to pop in. For my money, it's the best quality wine, whisky and cheese you'll find locally.

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### ROCK AND BIRD ROCKS

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

As someone who loves playing with paints I was delighted to hear that Rock and Bird had been taken over by fellow art lovers. Martin and Julia Zeller-Jacques take the helm of this gem of an art supplies shop in North Berwick. Julia has modelled for still life sessions at local artist's Jayne Stokes art classes so she is the real deal! Pop in, say hi and get the creative juices flowing.

**ROCK & BIRD** | 64 High Street, North Berwick



### VINTAGE LOVE

Editor Kim Williams covets vintage finds at Madame Butterfly

I love vintage boutiques for their unique pieces and that feeling of surprise and delight as you browse. Madame Butterfly on North Berwick's High Street has a whimsical vintage feel and stocks gorgeous homeware as well as vintage clothing and jewellery. Because, seriously, who doesn't love finding that unique, one-of-a-kind piece that has a story to tell and is a delicious pleasure to wear?

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## FASHION FOR YOUR STAYCATION

You don't always have to leave the country to go on holiday. Sometimes, it's just about taking time out and seeing what's on your doorstep, rediscovering the place you live in and relaxing. But packing for a staycation can be a challenge, so

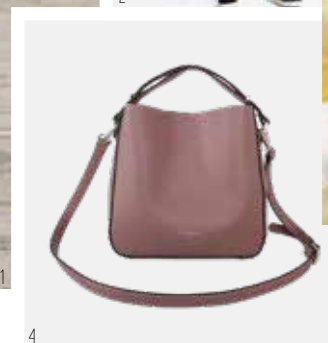
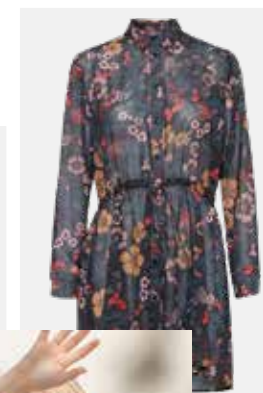
Elaine Ramanauskas puts together her staycation fashion must-haves.



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Holidaying at home means we may enjoy some days of sunny, warm Med-style weather, but chances are the sunny days will be interspersed with chilly and wet weather. So, we need clothes that allow us to look stylish and on-trend but protect us from whatever the British climate throws at us. Let's start with a weatherproof coat. Top of the list are coats from Protected Species; not only are they stylish but they're waterproof, windproof and completely breathable. They are perfect with trousers for day and look fabulous over a floaty dress on a chilly evening. Another must-have for the British staycation is a gorgeous printed tunic – wear on its own or over jeans or trousers, should the weather be less than kind. A long-sleeved shirt is ideal as it not only protects you from the sun but can add warmth on cooler days too. Add a cross-body bag and you're good to go.

1. Protected Species Waterproof City Walker in Night Sky | 2. Joules Lucie Print Shirt | 3. B Young Florence Tunic | 4. Red Cuckoo Bag in Pale Pink | 5. Protected Species Waterproof City Walker in Atmosphere White | 6. Protected Species Waterproof Parka in Sandstone Fawn | all from Secret Boutique, Main Street, Gullane | [www.secretboutique.shop](http://www.secretboutique.shop)





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## THE C WORD

Laura Thomas Co's Kate Armstrong asks is it too early to mention the C word?

If you're like us, at Laura Thomas Co, you'll already be thinking about the busiest season of the year. But, I can hear many of you groaning – who actually wants to think about Christmas in August?

Well, before you get your tinsel in a tangle, you may wish to consider that there are benefits to starting your Christmas shopping early. First and foremost, people make better decisions when they are not in a rush and you're less likely to make a rash purchase. Plus, you'll have more choice and more time to purchase the perfect present. Founder and Creative Director, Laura Wilson said "It's never too early to start your gift buying, especially as last year our best selling Christmas candles sold out as people just couldn't get enough of them!"

The Laura Thomas Co Christmas Candle is the perfect blend of cinnamon, cedar-wood, orange and clove. Hand-made and hand-poured in-house, the LT Christmas Candle is made with essential oils, soy wax and a textile grade cotton wick. If the person you're buying for is not a fan of burning candles then go for the Christmas Scent Diffuser instead, they're 100% natural and smell like Christmas in a bottle. After all, it's never too early to mention the C word when it smells this delicious!

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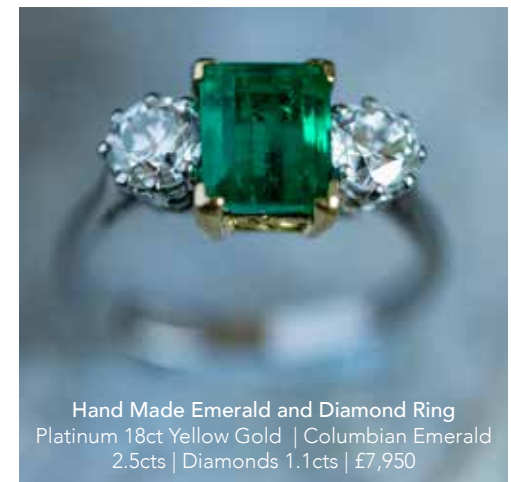


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## RELAXED SUMMER LIVING

Summer is here, bringing with it a whole new set of decor trends to transform your home. It's the perfect time to embrace design which creates a care-free, relaxed vibe to your living space. For 2018, designers are moving away from the hot tropics in favour of more classic botanical styles, which convey a natural serenity and understated sense of calm in our spaces. Summer sees a shift towards visual lightness, the outdoors and natural materials. Look for marble, blonde wood, wicker and rattan, imperfect wonky ceramic dinnerware and hand-blown glassware for a look that brings the best of nature's bounty together. A pared-back palette of neutrals with accents of trending sage, mint and peach is the perfect accompaniment.



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Mottled Bone Inlay 4-Drawer Cabinet £1,695  
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local life | 17



## CALA OFFERS JOY OF COASTAL LIVING WITH A WAVE OF NEW HOMES

Those seeking a premium home benefiting from a vitality-boosting sea breeze can now take their pick of upmarket developments along the golden coastline of East Lothian.

Following years of careful planning, CALA Homes (East) is currently selling from four coastal developments around the popular county, all perfect for families and individuals looking to swap the busy lifestyle of the city for semi-rural bliss, or those already living on the coast but who seek more quality space.

A prime example is Marine Rise situated in Gullane on the historic site of the former Marine Hotel, and later the Scottish Fire Rescue Service College. Philip Hogg, Sales and Marketing Director with CALA Homes (East), said *"Marine Rise is a really amazing destination, with something to suit many tastes. Not only do we have characterful refurb apartments, but also incredibly spacious new-build apartments and homes too, ensuring a home for every lifestyle and need."*

Just a few hundred yards away, on the very outskirts of the village, Fentoun Green offers potential buyers lush surroundings and a selection of three, four and five-bedroom family homes. Both Gullane developments are well connected with picturesque walkways, including the famous John Muir Way. Also on hand are award-winning beaches, while the area's championship golf courses

along the 'Golf Coast Road' will cater for those looking to enjoy 18 holes.

Neighbouring Gullane is one of East Lothian's most sought-after property hotspots, North Berwick, which regularly features near the top of polls for places to raise a family. CALA's established Law Gardens development currently offers three and four-bedroom homes against a backdrop of North Berwick Law, giving each of its properties picture-perfect, panoramic outlooks.

Further along the sandy coastline, buyers can discover Castle Bay. Situated in Belhaven – originally the ancient port of Dunbar – the development offers a range of four and five-bedroom properties perfect for professionals and families alike. Philip added *"East Lothian has it all: award-winning beaches, never-ending nature walks and a variety of excellent schools and amenities. Commuters, shoppers and day-trippers are in easy reach of Edinburgh too. It really is a beautiful part of the world and we are delighted to be able to offer a range of developments up and down the county. Our East Lothian homes are perfect for those looking to escape the hustle and bustle of busy city life to set up home in a postcard-worthy location."*

To find out more about each of CALA Homes' developments around East Lothian, visit [www.cala.co.uk/eastlothian](http://www.cala.co.uk/eastlothian)



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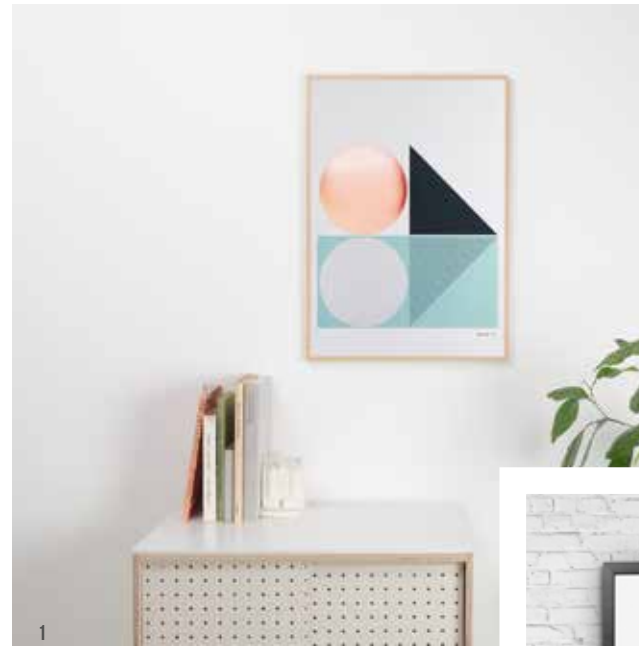
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# SALAD DAYS

SMOKED TROUT, BEET LABNEH, PEARLED SPELT AND EGG SALAD

This Summer we have been blessed with long, hot sunny days and I'm sure numerous barbecues. Here's a very tasty salad to go with pretty much anything or is just delicious on its own! Earth Matters sell pearly spelt which for my money is the best grain around right now. If you have time and fancy trying smoking your own trout, it's delicious. If not Belhaven Fish do a fantastic one.

## WHAT YOU NEED

- |   |   |
|---|---|
| 2 trout fillets   | Zest of a small orange  |
| 1.5 cups of pearly spelt  | Dill and any other herbs you fancy  |
| 4 beets roasted   | Salad leaves (I'm picking from my garden and have rocket, purple spinach and mustard leaves) but again anything works |
| One small tub Greek yoghurt emptied into muslin or cheesecloth over night so the liquid drains away |   |
| 3 soft boiled eggs  |   |

## WHAT YOU DO

Cook the spelt so it still has a bite and boil the eggs. Grate the roasted beets and mix with the drained yoghurt, add salt, pepper, a glug of olive oil and the orange zest. Mix lightly. Then assemble your salad like the image above.

You can make a little simple dressing to spoon over the top. Simply mix olive oil, lemon, mustard, salt and pepper, garlic and a touch of sugar. Also mix some chopped dill into dressing.

Serve with griddled sour dough and a glass of organic Rosé.

*Amanda x*

We still have a few seats left at our long table outside in the courtyard at Steampunk on the 15<sup>th</sup> September.

If you would like to come along head over to our website [www.themadmarchhare.com](http://www.themadmarchhare.com)

Follow us on our Facebook page **The Mad March Hare** | t: 07809 895 469 for any enquiries.



## IT'S A FAMILY THING!

The Brand Family at East Fortune Farm have opened a farm shop, Brand's Larder, selling home-grown and reared produce alongside goods from other local producers.

This fantastic store located on the Brand Family's farm stocks much of their own produce from freshly-laid eggs to home reared pork and lamb, as well as a variety of fruit and vegetables, some of which are grown on the farm by Granny Brand. The home-cured bacon, finest pork sausages, lamb chops, steaks and roasts are simply delicious and to complement these are various items from some of the best local producers. From fresh breads and jams to spice kits, salt rubs, crackers, chocolate and pop corn – there are even treats for pets.

Jane and Grant Brand are fourth generation farmers at East Fortune Farm. This thriving business is a family affair, with three generations still living and working on the farm. The Brands also run caravan parks on the farm which have been providing relaxing breaks in rural East Lothian since 2002. Located just off the John Muir Way (just along from Merryhatton Garden Centre) the farm offers a real escape and a haven for walkers, cyclists and dog walkers.

The Brands are award-winning breeders of Hampshire Down sheep and have won overall Hampshire Down

champion at this year's Highland Show for the fourth consecutive year. They have recently added a herd of Saddleback pigs to the farm. Jane and Grant take great pride in nurturing their livestock to ensure the highest quality meat is produced. They also have a large free range brood of hens, with sons Ritchie and Robert, the fifth generation really leading the way here.

In addition to the caravan parks and farm shop at East Fortune Farm, the Brands also offer holiday accommodation in a North Berwick flat. This beachside haven offers the perfect getaway for couples or small families and is dog friendly.

Jane said "We are so passionate about what we do here on the farm from nurturing our livestock and produce to the hospitality we offer. The demand for our lamb and pork from friends and local restaurants has been so great that the farm shop seemed like the natural next step for our business. We hope you will enjoy visiting Brand's Larder too!"

## BRAND'S LARDER

East Fortune Farm, East Fortune, North Berwick EH39 5BT

e: [hello@brandeastfortune.co.uk](mailto:hello@brandeastfortune.co.uk) | t: 07785348230 | [www.brandeastfortune.co.uk](http://www.brandeastfortune.co.uk)







## LORD OF THE STRINGS

words | kim williams

The creation of high-quality violins, violas and cellos is a slow, patient, calming craft that has largely remained unchanged since the 1800s. And it is an art being performed right here, in East Lothian.

Customers are often surprised when Colin Adamson answers the door to his workshop. There are stereotypes associated with those engaged with violin-making as a profession. One imagines an elderly professor type with a beard and a Slavic accent.

In fact, Colin is youthful and clean shaven. His workshop, however, meets the conventional expectations of what it should be. Comprising of a main workshop, loft area for varnishing, storing wood and housing reference books and literature, plus a reception area where players can play new and existing instruments. All the hand-tools look familiar, mainly because they're part of a centuries-old tradition. Colin wears an apron, and works hunched over a bench by the windows, which look out over the rooftops of North Berwick and the West Beach which provides a great source of inspiration for his work. Colin says *"I feel incredibly inspired living and working in North Berwick. I enjoy a lot of thinking time whilst walking on the beach with my dog, and can see why artists and crafts-people love the light and landscape of this beautiful place."*

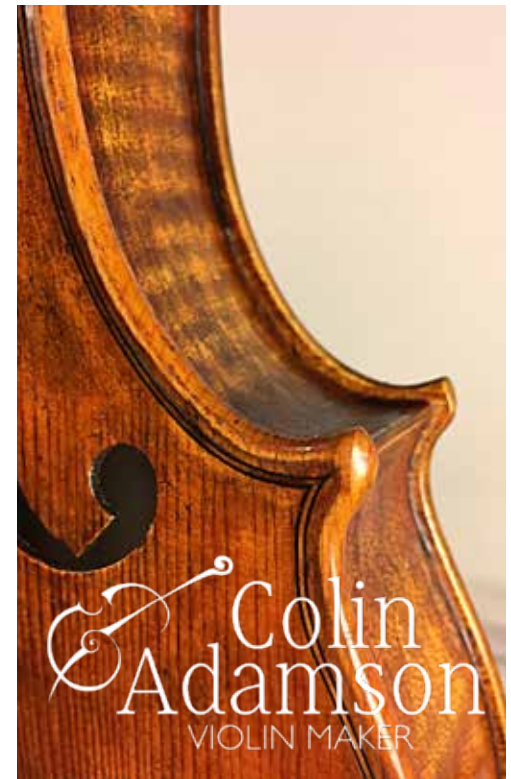
Edinburgh-born Colin, as a young man, was interested in woodwork, art and architecture. However, it wasn't until Colin spoke to a local violin maker, who suggested he go to a violin making school, that his career path was set. For Colin, his making and repairing journey is one that has taken him from the prestigious Newark School of Violin Making through Canada, Finland and Germany, working on and handling many Italian and French instruments, which helped him develop into one of the UK's finest violin makers.

He's been carving wood into instruments for many years and has made instruments for players in the RSNQ, BBC 26 | local life

Scottish Symphony Orchestra, Liverpool Philharmonic and orchestras in London, and several instruments for freelance musicians around the world. He recently moved to North Berwick to concentrate on developing his making of handmade bespoke instruments for clients, alongside the business of repair work and restoration. Colin explains *"The rail link to Edinburgh and surrounding areas is a big advantage, and many customers like to drop off or pick up an instrument and then spend the day in North Berwick."*

For Colin, it's not just about a beautiful handmade, bespoke instrument for his clients, it's also about the relationship he develops with them. From the initial meeting where they choose the wood for the instrument (maple for the back, ribs and scroll, and Italian spruce for the front), he uses an updated photo library to keep the customer in the loop. And they're always welcome to pop in and see what progress is being made at any time. Colin says *"It's a real buzz when the client comes to pick up the instrument and play it for the first time."*

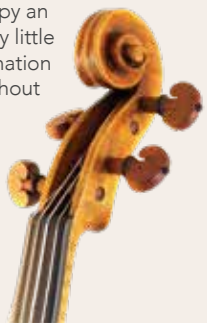
An old craft it may be, but there is a huge demand for the instruments and Colin has a long waiting list for his work. When we met, Colin was making two Guarneri del Gesù copies; one in the varnish process, the other at the beginning of its journey. The next order is for a customer in Australia and then towards the end of the year he will begin making a copy of a Stradivarius cello. Colin explains *"I feel the long-held dream to move to North Berwick will inspire me to make the best instruments of my life and I'm looking forward to working with my existing client base as well as developing a new one."*



I studied at the Newark School of Violin Making. My work since then as a maker has taken me to Canada, Finland and Germany, and I've worked on and handled many instruments by Italian and French masters. This gave me great insight in to the classical period of violin making, which is where I still get a lot of my inspiration.

As well as making new violins, I also make copies of distinctive 17th century Italian instruments to order. It's certainly a challenge to copy an old master and re-create every little mark and scratch using information which I have gathered throughout my professional years.

84 High Street  
North Berwick | EH39 4HF  
mail@adamson-violins.com  
07780 607793  
adamson-violins.com





# Q&A GEORGE BIRRELL

interview by kim williams

Scottish Contemporary artist George Birrell was born and brought up in the west end of Glasgow. George trained at the Glasgow School of Art from 1967 to 1971 and, after graduating, went on to teach art and design in Scottish schools for the next decade, before turning to paint full time in 1980.



George became fascinated by the small fishing villages, after visiting the East Neuk of Fife, at the age of fifteen. Hooked, George continued to revisit these villages and is well known for his characteristic interpretations of their architecture, alleys and harbours. None of the places that he paints actually exist, but instead his paintings are created from different memories pulled together into one piece.

George exhibits in galleries throughout the UK. He has a solo exhibition of his recent work, taking place at Fidra Fine Art this August.

## Why art?

I discovered art at around the age of 13. I was finding it hard to adjust to life at secondary school and was given the option of science, music or art. I was hopeless at maths, the music teacher was a harridan – which left art! I found I actually did well at art and it gave me the self esteem I was lacking.

## Who is your favourite artist?

My all-time favourite artist is Rembrandt. He is the most wonderful handler of oil paint and when he paints a person, he paints

their soul and not just the surface of their face. You really see into the person's soul with a Rembrandt portrait.

## Rembrandt's work is very dark – whereas your paintings use a much brighter colour palette?

I think my work is bright in reaction to the Scottish climate! It's a northern European thing – the further north you go the less light there is. This has a bearing on the way you feel, so I combat it with bright exaggerated colour. I love playing games with colour and enhancing its intensity.

## If you had not become an artist, what career would you have pursued?

Anything to do with speed! A Rally Driver. I used to co-drive a rally car. It was an incredibly powerful feeling – one that could take you out of

yourself completely.

## What advice would you give to your 18-year-old self?

I was advised by my parents to get a teaching qualification as a fall-back career. Although I enjoyed teaching, I wished I'd just taken the plunge and made my living by solely painting.

## What work of art do you wish you owned?

Rembrandt's self portrait – which is hanging in the Scottish National Portrait Gallery, in Edinburgh. It was painted just before his death. He was destitute and there is a simple honesty in the painting. I think it is the most honest self portrait ever painted.

## Favourite or most inspirational place?

I fell in love with the East Neuk of Fife at the age of 15, so much so that I did not travel abroad until I was 40. Even though I am from Glasgow, I love the east coast of Scotland. The east is far more colourful and gives me a chance to use bright colours. Although I live in and love East Lothian, I've never really painted it, but there are definitely parts of it that appear in my paintings.

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

I am a complete petrol-head! I adore driving, fast cars and speed. My wife and I go abroad every summer to watch speedway racing.

## What would you do if you were given £10 million today?

I'd be incredibly upset – it's a terrible responsibility to be in charge of all that money! But, I'd buy an old castle and restore it with integrity, back to its original condition.



## GEORGE BIRRELL 4 TO 26 AUGUST 2018

Open Tuesday to Saturday 11am-5pm | Sunday 12-5pm | closed Monday  
7-8 Stanley Road, Gullane EH31 2AD | t: 01620 249389 | e: info@fidrafineart.co.uk | www.fidrafineart.co.uk

## LOCAL ART exhibitions



## REGULAR EXHIBITORS RETURN

The SOC (Scottish Ornithologists' Club) in Aberlady is welcoming back two of its regular exhibitors to present recent work. In August, Michael Warren will show recent watercolours inspired by birds observed in the wild in the UK and abroad. In September, Keith Brockie will present the result of two years spent recording wildlife on a Perthshire estate.

[www.the-soc.org.uk](http://www.the-soc.org.uk)

## ART IN AID OF EAST Lothian YOUNG CARERS

Local artists, Wendy Portway, Julie Otter and Pam McKenzie are holding an art sale to support local charity – East Lothian Young Carers. The exhibition and pop-up café takes place in North Berwick's St Andrew Blackadder Church from 9<sup>th</sup> to 11<sup>th</sup> August, 10-6pm. A third of the profits from the sale of paintings and cards and all revenue from the refreshments will be donated to East Lothian Young Carers.

GEORGE BIRRELL SOLO EXHIBITION | 4 to 26 August 2018  
FIDRA FINE ART | 7-8 Stanley Road, Gullane EH31 2AD | [www.fidrafineart.co.uk](http://www.fidrafineart.co.uk)

# DATES FOR YOUR DIARY

## August & September

AUG	EVENT	TIME	VENUE
Sundays	Summer Sunday Afternoon Teas	2.00-4.30pm	Abbey Church Hall
to 29 Aug	An Exhibition by Michael Warren	10-4pm	Waterston House, Aberlady (SOC)
2-6	Gosford House Open Days <a href="http://www.gosfordhouse.co.uk">www.gosfordhouse.co.uk</a>	1.00-4.45pm	Gosford House, Longniddry
to 4th	Gullane Games Week	various	Gullane
3-12	Fringe by the Sea	various	<a href="http://www.fringebythesea.com">www.fringebythesea.com</a>
Fri 4	Across North Berwick Prayers	9-10am	St Andrew Blackadder Church
9-10	Drama Circle Performance: Five Face the Phantom	6pm	St Andrew Blackadder Church
Sat 11	North Berwick Highland Games	9am-6pm	Recreation Park
Sat 11	North Berwick Artisan Fair	10am-5pm	Abbey Church
23-27	Gosford House Open Days <a href="http://www.gosfordhouse.co.uk">www.gosfordhouse.co.uk</a>	1.00-4.45pm	Gosford House, Longniddry
Sat 25	RNLI North Berwick Raft Race	12pm	Anchor Green
Sat 25	North Berwick Artisan Fair	10am-5pm	Abbey Church
SEP	EVENT	TIME	VENUE
Sun 2	Messy Church	4-6pm	St Andrew Blackadder Church
Mon 3	North Berwick Art Group   An Illustrated Talk by Ann Cowan	7.30pm	Hope Rooms, North Berwick
Sat 8	Strictly Leuchie	7.30-11.30pm	Haddington Corn Exchange
Sat 8	Bible Society Coffee Morning	10am	St Andrew Blackadder Church
Sun 9	Hunger Lunch	12noon	St Andrew Blackadder Church
Sat 8	Bass Rock Postcard & Stamp Fair	10am-4pm	St Andrew Blackadder Church
Sat 15	Hops in the Garden	4pm-midnight	Archerfield Walled Garden
Sat 15	North Berwick Artisan Fair	10am-5pm	Abbey Church
Sat 22	Meg Maitland Sale	10am-3pm	St Andrew Blackadder Church

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.

## DON'T FORGET these dates



9 - 10 August  
North Berwick  
Drama Circle:  
Five Face the  
Phantom

After last year's highly acclaimed performances of 'Five Go to Fiddler's Island', Julian, George, Dick, Anne and Timmy the dog are back in North Berwick for another spiffing adventure. Will they solve the mystery of the ghostly organ music coming from the Harbour Pavilion? Is there a secret hideaway in the cave under the Bass Rock? This spoof of Enid Blyton's classic series will be presented in the glorious space of St Andrew Blackadder Church.



25 August  
RNLI North  
Berwick Raft  
Race

Saturday, 25<sup>th</sup> August will see North Berwick awash with rafts as various teams battle it out at the annual RNLI North Berwick Raft Race. This year's theme is SOS – save our seas. Money raised will be divided between the RNLI and local charity, the North Berwick Pipe Band.



AUGUST		High Water		Low Water	
		AM	PM	AM	PM
3	Fri	0717	1955	0027	1256
4	Sat	0802	2045	0101	1337
5	Sun	0855	2145	0158	1436
10	Fri	0206	1433	0820	2045
11	Sat	0255	1522	0917	2136
12	Sun	0342	1609	1009	2224
17	Fri	0745	2012	0101	1336
18	Sat	0842	2107	0135	1413
19	Sun	0942	2206	0228	1511
24	Fri	0216	1446	0821	2016
25	Sat	0255	1521	0853	2051
26	Sun	0329	1552	0925	2127
31	Fri	0611	1842	1156	2355
SEPTEMBER		High Water		Low Water	
		AM	PM	AM	PM
1	Sat	0650	1923		1217
2	Sun	0734	2011	0024	1253
7	Fri	0053	1327	0714	1938
8	Sat	0150	1420	0814	2031
9	Sun	0239	1507	0906	2119
14	Fri	0624	1846		1225
15	Sat	0712	1933	0021	1248
16	Sun	0804	2023	0047	1317
21	Fri	0051	1337	0718	1916
22	Sat	0146	1419	0756	1953
23	Sun	0226	1453	0829	2029
28	Fri	0510	1736	1106	2312
29	Sat	0547	1814	1126	2333
30	Sun	0628	1856	1149	

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

## USEFUL NUMBERS

### in your area

<b>EMERGENCY</b>		
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	
<b>HOSPITALS</b>		
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	
<b>TRANSPORT</b>		
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	
<b>DOCTORS</b>		
Gullane Medical Practice	01620 842 171	
North Berwick Health Centre	01620 892 169	
<b>COUNCIL</b>		
East Lothian District Council	01620 827 827	
<b>POST</b>		
Post Office	0345 611 2970	
Royal Mail	0345 774 0740	
<b>LIBRARIES</b>		
Gullane	01620 820 645	
North Berwick	01620 820 700	
<b>SCHOOLS</b>		
Aberlady Primary School	01875 870 232	
Athelstanford 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

<b>Abbey Church of Scotland</b>   High Street, North Berwick   <a href="http://www.abbeychurch.org.uk">www.abbeychurch.org.uk</a> Dr Rev David Graham   Sunday 10.30am Crèche and Sunday School, Occasional Evening Services
<b>Aberlady Parish Church</b>   <a href="http://www.aberlady-gullaneparishchurches.org.uk">www.aberlady-gullaneparishchurches.org.uk</a> t: 01875 870 777   Rev Brian Hilsley   Sunday 11.15am, All Age Service 1 <sup>st</sup> Sunday of month
<b>Athelstanford Parish Church</b> t: 01620 880 536   Sunday Morning 10am. Family Service 4 <sup>th</sup> Sunday of month
<b>Our Lady Star of the Sea Church</b>   9 Law Road, North Berwick t: 01620 892 195   Sunday Mass 10am   Phone for weekday Mass times
<b>Dirleton Kirk</b>   Manse Road, Dirleton t: 01620 892 800   Sunday 9.30am, Wednesday 10am
<b>East Lothian Quakers</b>   St Andrew's Centre, Bayswell Rd, Dunbar   <a href="http://www.quakerscotland.org">www.quakerscotland.org</a> t: 01620 824 618   Meeting 11am on 2 <sup>nd</sup> and last Sunday of month
<b>Gullane Parish Church</b>   East Links Road, Gullane t: 01620 843 192   Rev Brian Hilsley   Sun 9.45am & Sunday Club. All Age Service 1 <sup>st</sup> Sun of month
<b>Longniddry Parish Church</b>   Elcho Rd, Longniddry   <a href="http://www.longniddrychurch.org.uk">www.longniddrychurch.org.uk</a> t: 01875 853 195   Rev Robin Hill   Sunday 9.45am Morning Worship
<b>North Berwick Christian Fellowship</b>   North Berwick High School, Grange Road, North Berwick t: 01620 893139   Sunday 10.30am
<b>St Adrian's Episcopal Church</b>   Sandy Loan, Gullane   <a href="http://www.stadrianschurch.org.uk">www.stadrianschurch.org.uk</a> t: 01620 892 154   Rev Simon Metzner   Sun 8am Holy Communion 1 <sup>st</sup> & 3 <sup>rd</sup> Sun, 9.30am Sung Eucharist
<b>St Andrew Blackadder</b>   St Andrew Street, North Berwick   <a href="http://www.standrewblackadder.org.uk">www.standrewblackadder.org.uk</a> t: 01620 895 233   Rev Neil Dougall   Sunday 9.30am Morning Worship, 10.30am all age worship, Crèche for under 3's
<b>St Baldred's Episcopal Church</b>   Dirleton Avenue, North Berwick t: 01620 892 154   Sunday 8am Said Eucharist (2 <sup>nd</sup> and 4 <sup>th</sup> ), 11am Sung Eucharist
<b>St Mary's</b>   Whitekirk t: 0774 230 297   Sunday Morning 11.30am
<b>The Baptist Church</b>   Victoria Road, North Berwick t: 01620 895 463   Sunday Worship 11am and 6pm, Wednesday 7.30pm





## HOPS IN THE GARDEN BRINGS FIRST SILENT DISCO TO EAST LoTHIAN

East Lothian's charity music and food festival, Hops in the Garden, will return for a third year this summer with even more family entertainment, including the county's first silent disco experience.

**T**aking place at Archerfield Walled Garden on Saturday 15<sup>th</sup> September, the event features a wide-ranging line up of national and local musicians, performers, and acclaimed food and drink traders. All profits from the day will go to support national respite centre, Leuchie House.

Fish, the world renowned singer/songwriter, and former Marillion front man, will make a special guest appearance. Taking time out from rehearsing with his band for his up and coming European tour, he said "As an East Lothian resident I'm aware of the wonderful work and care provided at Leuchie House. I'm pleased to be able to help out by supporting the Hops in the Garden festival and contributing to raising funds for the continued support of this admirable project. Having missed out in previous years due to touring commitments it was fortuitous that this year's event fell in the middle of our local rehearsals and will give us an opportunity to try out a couple of songs and partake of the 'hops-italy' at the same time in beautiful surroundings!"

Other bands performing on the day include The Prov Johnstone Band, The Retrophones, Cynthia Gentle and the North Berwick Pipe Band. The Retro Kids dance group will also be there to entertain the crowd with their dance moves, as well as some acoustic musicians to keep the audience singing along.

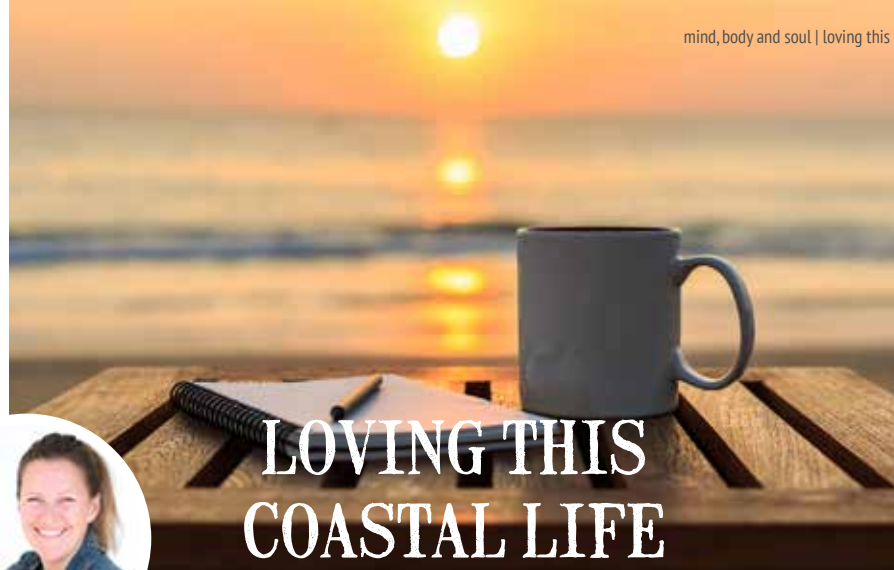
Another special feature of the day, for the first time in East Lothian, visitors will be able to be part of the silent disco phenomenon that has taken the country by storm. Wearing a hi-tech headset, they'll be taken on a roaming rhythmic guided adventure along the Fairy Trail and the Willow Walk on the Archerfield Estate.

Also involved in the festival will be a selection of the UK's most acclaimed street food traders, serving up everything from traditional African fare to seafood delicacies to cocktails and real ales. The festival will be rounded off by a disco and DJ set until midnight.

Mairi O'Keefe, Chief Executive of Leuchie House said "We're thrilled that there will be another Hops in the Garden festival this year. It has been a huge success over the past two years, demonstrating the wide appeal of a family-friendly festival that really does offer something for everyone. The support it has generated for Leuchie House has been wonderful, both in terms of the money it has brought in and the awareness it has raised of the unique service Leuchie offers. It's a fun and innovative way to offer support to charity and with all the added extras on this year's line-up we know it's going to be an event even more people will choose to support!"

### HOPS IN THE GARDEN

Saturday 15 September 4pm to midnight | Tickets are on sale at [www.leuchiehouse.org.uk/hops](http://www.leuchiehouse.org.uk/hops)



Mind, Body & Soul Columnist, **Bernie Petrie** tells us to pay attention to how we feel in our daily footsteps as they really do reveal our future.

The wind is blowing and the sunshine, despite the shutters, has made its way on to my eyelids, I wake, assuming it to be 11 in the morning and I'd slept in – it was in fact only 5.40am. An hour later and still awake, I leap out of bed because the line from Dido's song "I've still got sand in my shoes" is too loud in my ears to ignore any longer – it's time to write this and it must be now!

So at 6.49am with a cup of tea beside me, I'm sitting at my desk writing, in the early morning sun facing the sea and (with headphones on of course) I'm listening to Dido's sweet tones once again. The reality is quite overwhelming – it is very emotional – and I find tears of joy are streaming down my face. Why? This song finally makes sense. My footsteps have led me here and these are the words that affected me: "I've still got sand in my shoes, and I can't shake the thought of you. I should get on, forget you. But why would I want to? But I want to see you again. To a life where I can watch the sun set, and take my time. Take all my time."

As I listen my mind plays scenes from the evening before – going to bed with another stunning sunset as the backdrop and the barbecue with my family and dear friends on the beach in front of our house. These images reveal that my heart walked me right into this life on purpose.

The point to this anecdote is that I can still remember listening to this song from our home in Kilmacolm back in September 2003 – just as our (beach-loving) second

child was due to be born. I remember feeling an ache that I couldn't quite explain and I played the song over and over! Obviously I wasn't pining for some guy and in hindsight Dido probably wasn't either. Perhaps, like me, she was pining for the natural love of her life – the sand and the sea?

Less than two years later we moved to North Berwick in what seemed to be a drastic life change but, in fact revealed, that in both mine and my husband's hearts lay a long-lost love for the beach. I'm now 100% sure that this song played a part – because as my husband and I chatted about the future we truly wanted – it became clear that a desire to live by the sea was a childhood dream for us both. All we had to do was let our hearts guide us to the life we were dreaming of.

I believe you need to pay attention to the things that are making your heart ache in a way that feels like a pull – this is your life path calling. I have an acronym for **LIFE PATH** that might help – **Lean Into Fulfilling Experiences and Pay Attention to The Here** and now. Where your attention goes, your energy flows so if it means that you need to take a slight change in daily direction to course correct, do it. The tiny steps we take day by day will lead us into our future so make sure they are steps that you really want to take. I promise you, the clues lie right inside you, and in the music around you.

With summer love until the next time.

*Bernie*

**THE BAREFOOT SANCTUARY** | 45 Melbourne Place, North Berwick | e: [bernie@barefootambition.co.uk](mailto:bernie@barefootambition.co.uk)

sign up for daily blogs from Bernie and for details of upcoming workshops and Barefoot School visit [www.barefootambition.co.uk](http://www.barefootambition.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!**



[www.edinburghhearingpractice.co.uk](http://www.edinburghhearingpractice.co.uk)  
[admin@edinburghhearingpractice.co.uk](mailto: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



## MOVE BEYOND WISHFUL THINKING

"Physical fitness can neither be achieved by wishful thinking, nor outright purchase."  
– Joseph Pilates



### THE BESPOKE APPROACH

contact Betsy at [betsy@thebespokeapproach.com](mailto:betsy@thebespokeapproach.com)  
t: 07922 439 165 | [www.thebespokeapproach.com](http://www.thebespokeapproach.com)



The human body is a highly complex thing. We make many demands on it on a daily basis, but often pay little attention to how well we are moving and maintaining our bodies. While our bodies naturally age over time with daily wear and tear, the more we use our bodies as they are designed to be used, the better they will continue to function. Consider Joseph Pilates thoughts on aging "We retire too early and we die too young. Our prime of life should be in our 70s and old age should not come until we are almost 100." He said this at a time in life when 70 would have been considered very old!

Pilates is one of the most effective ways to achieve optimum movement in the body. The exercises build up the strength and control of our core muscles improving our day-to-day functional movement and posture. By making a regular commitment to Pilates, your body will steadily feel the improvement. Another famous quote from Joseph Pilates says "You will feel better in ten sessions, look better in twenty sessions, and have a completely new body in thirty sessions."

Betsy Twelves-Dickson, founder of The Bespoke Approach, is one of East Lothian's most-skilled Pilates instructors. As well as having one of the best equipped private studios in the county, she also runs regular group classes across the area. Betsy teaches individuals or pairs on traditional Pilates apparatus at her studio in Dunbar. The apparatus differs from working on the mat by providing resistance and direct feedback to your body. It "fast-tracks" the body to use the core muscles more effectively. Participants begin with a one-off introductory session. A block of six sessions can then be booked during which a progressive programme of exercises is undertaken. Private sessions can be very helpful for many people such as:

- those wanting or requiring individual focus
- when there are specific medical issues
- for those returning to exercise after a break
- when a weekly class commitment is not possible
- in addition to a weekly class

A wide range of ages and abilities come to the Bespoke Studio in Dunbar. Some people are working to improve their general strength and mobility, while others are working to regain good functional movement following joint replacements, strokes, cancer treatment and so on.

For those preferring a group class, you will find Betsy's mat classes ideal for adults of all ages. Participants move through a progressive set of exercises during the class to strengthen core muscles and improve balance. Demonstrating that age is no barrier, Betsy's 65+ Pilates class remains one of her most popular classes! So, if you are ready to move beyond wishful thinking, then take your first step and contact Betsy.



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feature | is a facial worth the fuss?

## IS A FACIAL WORTH THE FUSS?

words | kim williams

For the beauty DIYer, we live in boom times. Between masks and eye strips, deep-cleaning products and YouTube videos on face massage, you can do a pretty good approximation of a facial in the privacy of your own home.

So is going for a facial really worth the money and the fuss?

I have a shelf in my bathroom almost entirely filled with those little samples you are given when you buy a beauty product. Creams, gels and serums that are supposed to clear my skin, brighten it, even its tone, calm it down or do everything all at once. And I am planning to use them – one day! It's not an admission I make lightly, but sometimes it's hard to see the point of a facial. I'm not saying my skin is perfect – I'll take all the help I can get with the dark circles, frown lines and sagging jaw. But what can a facial really do?

Beauty Therapist Laura Nolan explains *"Your face is the first thing people see when they meet you for the first time. I believe it is important for you to present an exquisite first impression with skin that is healthy and glowing; a face that radiates that same passion you feel within. Our facials are designed for that very purpose."* Laura takes a holistic approach to facials. Her facials are tailored to what your skin needs, as no two people's skin is the same, using high efficacy and organic products to care for all skin types.

Laura explained my own facial would start with deep breathing exercises, followed by a deep cleanse, a peel, three different types of massage to promote micro-circulation and lymphatic drainage and a

collagen treatment, leaving my face firmer and with a more youthful glow.

She got to work cleansing my skin, then applied a light peel designed to remove the loose layers of epidermis and stimulate the skin's healing system, helping boost collagen production. The magic then happened in the form of a protracted massage of my face, neck, shoulders and arms. Deeper techniques are used to release restrictions in the facial and neck muscles redefining and sculpting tired muscles back into shape, like an energising work out for your face!

When she was done with me, I walked out looking and feeling like I'd just slept for 24 hours with skin that was super-bright, super-clean, ultra-soft and radiant. But the best bit, is that I actually look younger – cheekbones emerged and fine lines vanished! And what's more when I applied my make-up the next day it went on like a dream.

As Laura said *"All your facial expressions – your anger, your sadness, your stress – are imprinted on your face."* I think about how much I peer at a computer screen and how much I scowl, so maybe my facial muscles do deserve a good massage every once in a while.

Kim had the Nola Sculpting Facial | treatments from £90 - £145

Laura is available at The Barefoot Sanctuary, North Berwick | t: 07703778317 | [www.dollyandmop.co.uk](http://www.dollyandmop.co.uk)






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# BUBBLES BEAT BALLOONS CAMPAIGN RISES!

words | longniddry primary school p4 and the press pack

Longniddry Primary pupils are urging their local community to ditch balloon releases in favour of the more eco-friendly bubbles.

Longniddry Primary School is a Silver Award Rights Respecting School. A Rights Respecting School not only ensures children's rights are realised but also encourages young minds to become active and involved in school life and the wider world. The pupils at Longniddry Primary School are ensuring their voices are heard by raising awareness about plastic pollution and how it is currently destroying their local environment and wildlife.

## BACKGROUND

Primary 4 pupils studied a topic called 'One Planet, One Future' as part of their ongoing class work. This focused on looking at animal habitats and how rubbish and plastic pollution is destroying them, making their future uncertain. In addition to this, a Primary 3 pupil raised concerns after watching 'Blue Planet' and seeing how plastic pollution is killing sea life. During this time the Primary 4 teacher, Ms Hart, whilst out walking on her local beach in Canty Bay, North Berwick found a long piece of red ribbon which had clearly been attached to a balloon. It was clear this balloon had travelled over 150 miles from

Middlesbrough as there was a message attached on a laminated tag. This got the children thinking about balloon releases and once they investigated this topic they soon realised that mass balloon releases were threatening our coastlines and wildlife.

## THE CAMPAIGN

The children identified an area they would like to raise awareness about by leading a campaign in their local community and the rest of East Lothian. Ms Hart, Primary 4 class teacher said: *"The children care greatly about their local environment and want to help raise awareness of the dangers of rubbish and plastic."* This campaign will also contribute greatly to the school achieving the Gold Rights Respecting Schools Award.

The children soon found out that people use mass balloon releases when celebrating events or for remembering loved ones. The pupils at Longniddry Primary School have come up with alternative ways of marking special events to stop the latex and ribbon from these releases littering and endangering our

environment. Nine-year-old, Terry Bartsch who is part of the campaign group, said:

*"I think of balloon releases as litter bombs! They are causing death to our planet."*

The pupils decided to celebrate their Silver Rights Respecting Award by having a mass bubble release to highlight the danger of releasing balloons. This was the beginning of the 'Bubbles Beat Balloons' campaign.

## PROGRESS SO FAR

The campaign is now well under way. The children have been involved in a number of activities. They have carried out a beach clean (pictured below with Roger Powell, East Lothian Countryside Ranger who supports their campaign) and a community clean up, with support from parents. A group of pupils attended Longniddry Community Council and shared their campaign with local people, councillors and businesses. Local paper, the East Lothian Courier has also highlighted their campaign to their readers in East Lothian.

Taking their campaign even further afield, Primary 4 have written to the primary school in Middlesbrough responsible for releasing the balloons found on Canty Bay in North Berwick. They agreed that balloon releases are bad for the environment and have assured the campaign team they will not be doing it again! The hope is that they will now join the campaign and help spread the word further.



## THE FUTURE OF THE CAMPAIGN

The pupils at Longniddry Primary School have many plans for the future of the campaign.

They are planning to write to local councillors, MSPs and MPs to highlight their concerns in the hope they will help spread the message. The children will be visiting other schools throughout East Lothian to present their campaign, encouraging others to join and sign up to their 'Bubbles Beat Balloons' pledge. They also plan to contact local businesses and persuade them to not to release balloons when they are advertising or carrying out promotions.

It is important to stress that the children are not actually against balloons. Stephanie MacFadyen, the school's deputy head teacher, said:

*"It is not that we are against balloons, we just want them to be disposed of properly and in a way that does not damage our environment."*

## TOP TIPS FROM THE MARINE CONSERVATION SOCIETY

The Marine Conservation Society has thought about friendly balloon use. Here are some of their top tips:

- Don't let balloons go when outdoors.
- Fill balloons with air rather than helium.
- Securely tie balloons when outside.
- Always hand tie balloons, avoid plastic valves.

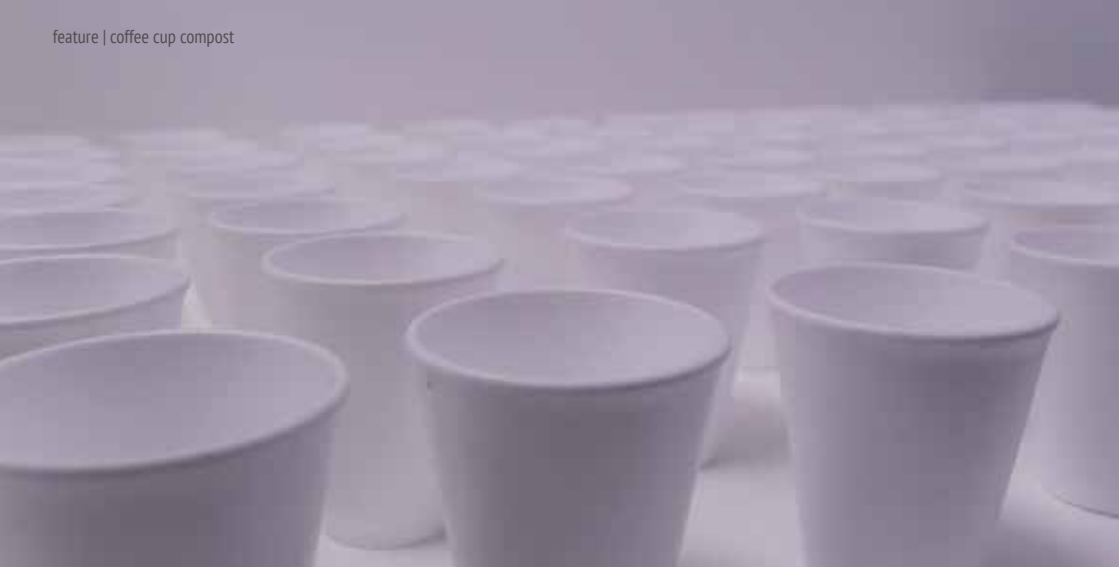
## BUBBLES BEATS BALLOONS

If local business or organisations would like to sign up to Longniddry Primary's Bubbles Beat Balloons community pledge contact the campaign on

Twitter: [longniddrys](https://twitter.com/longniddrys) or [www.edubuzz.org/longniddry/](http://www.edubuzz.org/longniddry/)







## COFFEE CUP COMPOST

North Berwick businesses cut waste, save money and make the grass grow greener!

Every day seems to bring more shocking images of packaging in the environment harming wildlife. Many of us now ask what can I do to stop litter reaching the sea? Reduce, reuse and recycle is a familiar refrain but what can we do about polystyrene takeaway packaging? Often it is only used once before being discarded and it can't be easily recycled.

North Berwick businesses are now leading the way in the search for alternatives, from composting coffee cups to fully recyclable packaging. Some are even finding it can save money. So could North Berwick become compostable? Expanded polystyrene (EPS) is used in fast food businesses as it's a cheap and insulating material, but it's not only littering which harms the environment, but the whole EPS lifecycle. A year ago, environmental charity Fidra looked into replacements for EPS takeaway food packaging and found the best solution would be compostable packaging. But to make a 'compostable North Berwick' involves infrastructure, incentives and innovation. "Today, however, progress is beginning" says Dr Clare Cavers, Senior Project Manager at Fidra, "While we will never know if it is because of seeds that were sown by us or a mix of things in the wind, we do know there is hope ahead and North Berwick could be leading the way".

Vegware launched their 'Close the Loop' system and set up collection systems for compostable packaging as a registered waste broker. Originally on a trial basis in

Edinburgh, it has recently been extended to East Lothian and taken up by two local businesses, long-standing users of compostable packaging Steampunk and The Walled Garden at Archerfield. Elly Douglas-Hamilton, Director of Archerfield Estates Ltd, comments "We have learnt a lot in how we control our waste in the last six months and have a long way to go however some great achievements have been made. Working together with other local businesses like Steampunk means that we can share information and ideas and start translating these ideas into practical reality. I hope this is something we can encourage other businesses in doing and help us all to realise that perceived barriers are perhaps not as great as they seem."

There is a definite groundswell towards more sustainable lifestyles and groups such as Sustaining North Berwick and Plastic Free North Berwick are empowering our local community, meaning with the involvement of more businesses and the community North Berwick could become a 'compostable town'. With these exciting times ahead, Fidra is organising an information event for local SMEs in and around North Berwick this autumn. Businesses will be contacted directly, but if you would like to be involved or find out more, please contact Fidra. As one local coffee enthusiast commented, "It's great to think my old cup is compost. As long as I put it in the right bin I can still enjoy a takeaway without adding to landfill. I just wish I could get some polystyrene free chips too!"

for more information e: [info@fidra.org.uk](mailto:info@fidra.org.uk) | [www.fidra.org.uk](http://www.fidra.org.uk)

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feature | time for an MOT on your finances?

## TIME FOR AN MOT ON YOUR FINANCES?

This summer, Scott Wallace opens his new financial planning office in North Berwick – the town he was born and bred in. Here, he gives some tips for carrying out your financial MOT.

We all lead busy lives, yet we all want to do and 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 you seize the initiative and 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 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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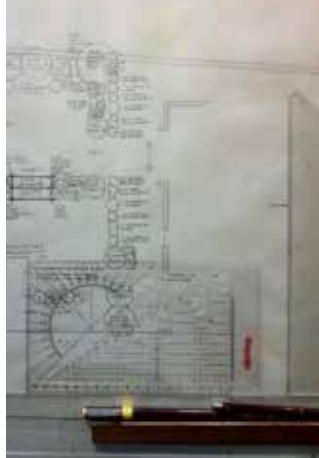
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## DRAWING UP A DESIGN BRIEF FOR YOUR NEW GARDEN

Whether you are designing your new garden yourself or calling in a professional, garden designer Joy Grey tells us why a good design brief is important.



### GOOSE GREEN DESIGN

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t: 01620 842866 | m: 07971163565  
e: joy@goosegreendesign.co.uk

To design a successful garden stand back from what you want to see and think about what you actually need. How do you use your existing garden? How do you envisage using your new garden? Do you need a safe place for children to play, an entertaining space for four or thirty, a secluded corner to enjoy the sun? Where will bins and the lawnmower live? Have you considered your constraints? Do you have excessive sun or lots of shade? Are you overlooked? Think about maintenance – weeding, deadheading, lawn mowing and so on. It can be constant! A well-designed garden must, first and foremost, function. Establish your needs and constraints and only then can you bring everything together to achieve a garden that looks beautiful and works.

Here are some of the things you might include in your design brief:

#### PRACTICAL CONSIDERATIONS:

Number of adults, children (their ages) and pets who use the garden.

#### EXISTING CONDITIONS:

What do you like most about your garden? What do you like least?

#### CHECKLIST:

Existing landscaping to remain (plants, paving, fencing, etc) Are any home remodelling changes planned? Does a neighbour have plans that might affect you? How long will you stay in your home? When will you use your garden (evenings, weekends, summer)? Do you have any privacy, security or noise issues? Any water issues? Pest problems (deer, neighbour's dog)? Allergy issues? Any soil problems (rocky, sandy, clay, disease)? Is there wind, frost, excessive shade or sun? Underground utilities?

#### NEW LANDSCAPING:

**What type of activities would you like to use your garden for?** Dining for number of people, daytime, evening and frequency? Recreational activities such as play areas for children, sunbathing, reading, relaxing, bird-watching etc? Vehicular and pedestrian access considerations (paths, wheelchair access, etc.)

**What else would you like to incorporate?**

Speciality gardens (vegetables, herbs, fruit orchard, rose or cutting garden, woodland garden). Patio, walls, pathways, or other paved areas (any paving preferences as well). Outline what else you require: lawn area, structures (pergola,

fencing, gazebo, sculpture), lighting, water feature, barbecue, fire pit and utility areas (rubbish bins, log store, shed, greenhouse, composting).

#### MAINTENANCE:

Is it by you, professional gardener or maintenance company? How many hours required each week?

#### DESIGN STYLE:

**How would you like your garden to look?**

**Country:** colourful, mixed borders, informal layout, winding paths.

**Formal:** symmetrical, clipped hedges, lawns, pergolas, paths, fountains.

**Contemporary:** architectural foliage, strong colour contrasts, mass plantings.

**Mediterranean:** drought tolerant plantings, grasses, lavender, olive trees.

**How would you like your garden to feel?** Private, serene and calming, formal, informal, symmetrical, exotic.

**What are your plant preferences?** Plants you want or don't want, flower colours you like or dislike?

#### BUDGET:

Most people don't want to think about this, but budget will determine whether your garden can be installed all at once or phased over time. It also determines whether you can hire a professional landscape contractor to install and maintain the garden. Paving materials and size of plant material will also be determined by your budgetary constraints.



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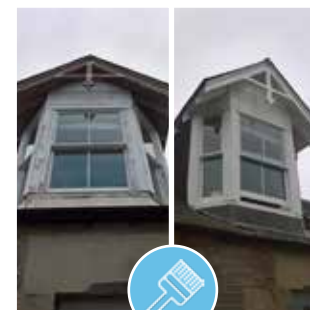


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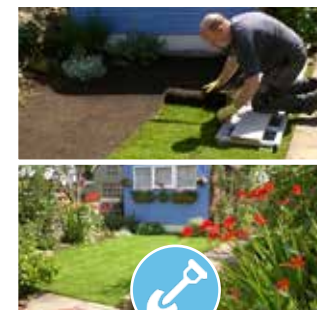
### PLASTERING

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



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AND FINALLY  
at the back...



## GAME PLAN

As a historic hub of learning and leisure, New Lanark World Heritage Site is delighted to be hosting the V&A Museum of Childhood's touring exhibition **GAME PLAN: Board Games Rediscovered**, this summer from 20<sup>th</sup> July to 4<sup>th</sup> November.

**GAME PLAN** celebrates the joy, excitement and occasional frustration of playing board games. This exhibition will include some of the most iconic, enthralling and visually striking games from the V&A's outstanding national collection of board games. Visitors can enjoy hands-on interactives and see more than 100 objects, featuring games from around the world, and explore the important role of design. Throughout the exhibition, selected games of special interest are highlighted with more detailed information on their history and influence.

In summer 2017, New Lanark welcomed 20,000 visitors to the **BRICK CITY** exhibition which featured models of famous landmarks recreated in LEGO Bricks. Evelyn Whitelaw, New Lanark's Exhibitions Officer, commented *"We are delighted to building on the success of Brick City by hosting GAME PLAN in summer 2018. Board games are a great way to bring the family together, and we hope that visitors will enjoy reminiscing about the games they used to play, and taking on challenges to find out if they are a 'sore loser' or 'smug winner'."*

**GAME PLAN: BOARD GAMES REDISCOVERED**  
open daily 20 July - 4 November 2018 | [www.newlanark.org](http://www.newlanark.org)

54 | local life



## LOCAL TREATS FROM LITTY'S LARDER

Liz of Litty's Larder has recently expanded her local food blog business by offering her beautiful and delicious cakes and sweet treats baked at home for you to buy. Liz bakes with the emphasis on using local, seasonal, foraged or home-grown when available, fair trade, ingredients and suppliers.

find her @littyslarder on Instagram, Facebook and Twitter  
e: [littyslarder@gmail.com](mailto:littyslarder@gmail.com)



## SAVE THE DATE

Make sure this date is firmly in your diary as Scotland's freshest festival is back! Extending to ten days for the first time, North Berwick's Fringe by the Sea will run from Friday 3<sup>rd</sup> until Sunday 12<sup>th</sup> August and is jam-packed with music, comedy, literature, film, politics and other seaside shenanigans to suit all ages and tastes, no matter how quirky.

[www.fringebythesea.com](http://www.fringebythesea.com)

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