



JUNE | JULY 2019

LOCAL LIFE

COMMUNITY & LIFESTYLE MAGAZINE

FROM EAST AFRICA
TO EAST LOTHIAN

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— COFFEE ROASTERS —

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To advertise in the August | September '19 issue please contact kim@yourlocallife.co.uk or 07768 622 378. Inclusion in the events pages is free for local events and charity fund-raisers. For the next issue, please email details of your event to info@yourlocallife.co.uk by 1st July 2019.

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THIS ISSUE



As I write we're enjoying a spell of settled and dry weather and whilst the farmers, greenkeepers and gardeners amongst us might be performing evening rain dances, the rest of us are dreaming of the long hazy days of summer.

This is my favourite time of year – the East Lothian landscape is at its most glorious with fields of yellow and green, reminding me how lucky we are to live in a county full of nature's bounty. Our cover image (taken by local photographer Martin Covey) sets the scene for our cover story, From East Africa to East Lothian, telling us why it's so important to think about the production process when we're enjoying the fruits of farmers and producers labour.

East Lothian also an inspiring setting for all the fêtes and festivals which flourish across the county, from Fringe by the Sea to the galas, festivals and games days in our local villages. We've pulled together a guide of what's happening over the coming months. And of course, we've all our regular features too – interiors, health fashion and gardening. Until the next issue, enjoy Local Life.

Kim x

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LOOK WHAT WE FOUND!

"A FEW THINGS THE LOCAL LIFE
TEAM HAS SEEN AND LOVED
THIS MONTH..."



WORTH TAKING A DRIVE

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

I know this place is some distance, but believe me it is worth the drive. Not only because the scenery is just breath-taking, but when you arrive the food is off the scale good. We were on our way back from a long weekend trip up North and popped in for brunch, and oh my days, this place just has everything right. Fantastic food, great booze and coffee, magic interiors, walks in abundance and an interiors shop to die for.

If you are ever heading that way it's a must stop off as this place has everything it takes to make a dream eatery. Perfect for a summer's day out!

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HOLIDAY FAVE!

Editor Kim Williams' travel find

This summer, whether you're jetting off to the Caribbean, sipping cocktails by the pool in the South of France or simply taking a weekend break in the Highlands, if you're anything like me, you'll want to take your beloved beauty products along. And if you're packing a carry-on, or just looking to maximise your luggage space, you'll want to keep your products small so your skin-care faves do not disappear at the security gate!

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Mind, Body and Soul Columnist Bernadette
Petrie finds she can refill on the high street

Lots of little changes add up to a new way of living. Reducing plastic consumption can be made easier by shopping locally for refillable washing up liquid and laundry liquid at North Berwick's Earth Matters. I've been doing this for a few months now and it feels better to refill than just recycle!

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FEEL GOOD FESTIVALS

words: kim williams | pictures: jamie bennett

Like the idea of leaving a festival feeling better than when you arrived? I went along to the Detox Healthy Beauty Festival at Archerfield Walled Garden proving festivals are not always about booze and mosh pits.

The face of festivals is changing. Where once it was all about mud-covered wellies, world-famous live bands and drunken antics, today you're more likely to hear about friends going to a non-alcoholic rave or a meditation and mindfulness weekend. For many of us, self-care has become less of a treat and more of a way of life and it seems we're swapping vodka-shots and club-culture for protein smoothies and yoga. Whether it's a day-long event or an entire weekend of yoga and detox, wellness retreats and festivals are becoming increasingly popular.

Last year, I tentatively dipped my toe into the wellness world, when I was asked to review East Lothian's first ever well-being festival at Archerfield Walled Garden, and along with the nation, I became a fan of the wellness festival trend.

After an incredibly successful first year, the Detox Health Beauty festival returned to Archerfield Walled Garden in May this year. With a focus on educating, motivating and inspiring people to become the healthiest versions of themselves, Detox Health Beauty work with experts from all over the world to provide guidance, information and top tips on how to look and feel your best. Sheena Skinner, owner of Detox Health Beauty said; "The atmosphere at our first festival was absolutely wonderful and we are excited to take it to a new level this year. It's all about helping people discover how to feel and look better – whether you want to try out a new beauty treatment or discover how to achieve peace and that inner calm we all seek."

Believe me, if you can find your inner zen anywhere, it's here. The setting is simply stunning. Cute teepees, decorated with flower garlands were dotted around the estate, delicious scents wafted from the vegan and vegetarian food zone and the super talented Funk Wagen set the sound track for the

day. Think Ibiza meets East Lothian and you'll get the idea.

There was an impressive line-up of experts from the world of detox, health and beauty with motivational wellness talks on every subject from nutrition to the menopause. This year's highlights included nutritionist Emma Marshall, the Kilted Yogi Finlay Wilson and Ardere's Nicole and Lauren Windas.

It was easy to enrich mind, body and soul as you wandered around the stunning Archerfield Estate exploring the different zones. The health and lifestyle zone featured well know names from the world of beauty. Brands such as Harvey Nichols and Lululemon sat side by side with local favourites Fletchers Cottage Spa, Beatitude and Laura Thomas Co. Mindfulness workshops and complementary treatments were set down by the lake in the retreat zone. You could visit a life coach, try the crystal healing beds, have reflexology or simply a facial.

A plant-based food zone headlined by Hendersons of Edinburgh, along with Alice's Pantry and The Edinburgh Fermentarium, to name just a few, kept festival-goers amply sustained. And the Mad March Hare served lunch and brunch at a beautifully styled long table nestled in the middle of the market garden. At the fitness zone, classes ran throughout the day and included Lululemon, Amanda Hamilton Pilates and Tara Lee Yoga. Festival goers got crafty in crafting for wellbeing tent, hosted by The Honeyed Bison, where many came away adorned with stunning floral crowns.

So, the chance to sample some of the country's best skincare brands, super-healthy foods, revitalising fresh juices, invigorating yoga sessions, relaxing meditation and so much more. A chance to enrich body and soul. I'll be back – next year.

" DISCOVER HOW TO ACHIEVE PEACE AND THAT INNER CALM WE ALL SEEK "

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FROM EAST AFRICA TO EAST LOTHIAN

For many of us, coffee is an integral part of our day. Whether we use it to wake up, to enjoy while we spend time with friends, to fuel our work and accompany business meetings or whether we work in coffee and it is our lifeblood. And that is why it is so important to remember those on the production end, for whom it is equally important and an equally vital part of their lives.

Steampunk Coffee have been roasting their traceable and ethically sourced coffees in North Berwick since 2012 and you can see the team roasting most days from their warehouse café. Founder Catherine Franks recently had the privilege of travelling to Ethiopia along with Ludwika, a member of their coffee roasting team. They joined other coffee professionals from around the globe on a learning trip organised by one of the companies through which they source their green beans. Catherine explains; "Ethiopia is the birthplace of coffee (legend says it was discovered there by goat-herd Kaldi in 850AD) and is one of our favourite origins to roast so we were very excited by the prospect of seeing the coffee being grown and processed there".

Ethiopia is unusual in that around 50% of the coffee it grows is consumed domestically. With the exception of Brazil, most growing communities do not have a big coffee consuming culture. The pair enjoyed drinking espresso in a range of different coffee shops in Addis Ababa from a top quality specialty house, very like Steampunk, to a popular national chain. Although the coffee varied tremendously in quality, it was generally roasted fairly dark and drunk with sugar. Catherine and Ludwika were surprised to learn that it is illegal to roast and serve the top grades of coffee domestically as the government is keen to bring in as much foreign currency as possible through export.

Nevertheless, coffee is very much an integral part of Ethiopian culture and is drunk socially throughout the day in the home, in cafés or from street vendors. The pair took part in a traditional coffee ceremony, where grounds are boiled and served three times, held to welcome guests, discuss social issues and resolve problems. They also attended the more elaborate Gada blessing ceremony. Gada is a traditional system of governance used by the Oromo, where respected elders meet to decide on issues of conflict resolution, religion and women's rights. They, of course, do this over coffee.

Because coffee is native to Ethiopia the majority produced (86%) comes from smallholder farmers who grow the crop among others on their homesteads. Being shown around some of these 'coffee gardens' by local children and seeing how coffee was processed, the pair were struck by how truly labour intensive the process is. Of course, back at home, roasting coffee is a skilled and highly labour intensive process too, and Catherine is quick to point out that at Steampunk they like to think that their care and attention to these little beans is honouring the work of all of the people involved in its production.

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MAKING SPACES

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But, making clever use of space is best left to professional designers and this is where Haddington-based Forever Spaces can help. Formerly known as Bathroom World, Forever Spaces focuses on clever interior design and space-saving storage solutions to match their customers' lifestyles, whether that be in the kitchen, bedroom or bathroom. Thanks to valued support from its East Lothian customers, the company has expanded, having recently taken on Maria, who joins Marie in the design team, which has allowed owner Roderick to focus on project management and quality control.

Open-plan living has slowly become part of our everyday lives, from a home office within a living room to a kitchen-diner, and whilst open-plan living sounds attractive, it has to be designed in the right way. Clever design will keep the spaces looking separate but seamless. Once you start really looking at the space you have in any of your rooms, you'll be surprised by how much of it is not being utilised, and how much potential there is to reclaim that underused space.

And although we may be yearning larger open-plan living spaces, on the other hand, we're also trying to install an extra bathroom into smaller and smaller spaces – converting previously wasted areas under stairs or in unused airing cupboards. The advantages of an extra bathroom are obvious, but in such a small space, clever storage is the key to reducing clutter and making the room appear as big as possible. Forever Spaces has the experience, skill and expertise to make this happen, with bespoke cabinets and integrated furniture.

From designing and installing stunning open-plan living spaces to transforming dead space into an extra bathroom, Forever Spaces can transform your dream into reality. The company thrives on sourcing unique and individual pieces, so if you've spotted something distinctive and original, or you want that wow-factor item or full on-trend room design, they'll make sure it becomes a feature of your home. A visit to their newly refurbished showroom will help inspire, with its vast range of products, from vintage classics



“ OPEN-PLAN LIVING SOUNDS ATTRACTIVE, BUT IT HAS TO BE DESIGNED IN THE RIGHT WAY ”

and cool, contemporary styles, to designer products from Italian manufacturers Bossini and Bagnodesign. Forever Spaces provides a quality installation and project management service and pride themselves on maintaining 100 percent customer satisfaction, plus they offer a lifetime guarantee on all of their products and work.

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BUTTERFLY SPLENDOUR

words: kim williams

With her magpie instincts and expertise at turning trash into treasure, Allanna Alexander has worked her unique creative magic in both her home and her business.

Cooned half way down North Berwick's high street you'll find Madame Butterfly. Step through the door and it's like stepping into another world. French flea market with vintage aesthetics mixed with feminine glamour – a gorgeous melting pot of whimsical, bright and beautiful pieces.

The creative brain behind this stunningly curated, yet quirky, French-style homewares shop is Allanna Alexander. "People used to come to my home and tell me I should open a shop" Allanna explained. "When my children had grown up and I moved to North Berwick, I thought I'd like to do something for myself, so I opened a homewares shop because I love interiors."

Allanna might love interiors, but it's clear from looking inside her home that she has a passion, the vision and a talent for creating truly remarkable spaces. Think hunting lodge with a roaring fire and furs, mixed with a touch of French opulence – chic chandeliers and Louis XIV style winged chairs. Mix with country cottage charm, mismatched furniture and floral prints and you have the picture.

Mixing old and new and repurposing junk-shop and vintage finds, Allanna defies convention with her signature style. Her love of vibrant colour and decoration feels luxurious and eclectic. She trusts her instincts when it comes to combining patterns, paints, trinkets and treasures in her home. A patchwork wall of wallpaper off-cuts provides an eye-catching feature in the living room (pictured top left). "I decided I needed a wow factor so I put together a collage of wallpapers" says Allanna, "I thought it was going to look rubbish, when I started but now it's finished, it looks pretty fantastic". Her magpie tendencies are revealed in displays of vintage clothing, shoes, handbags and glassware throughout her home. And every item has a story behind it. From a rocking toy which was her daughter's first Christmas present to the 1930s statuette, from an Edinburgh antique shop which stands beside a clock she picked up from TK Maxx. Allanna's interior style is also purse-friendly. She says "You don't need money for style, you can mix and match TK Maxx with antiques and it works."

Luckily, for those of us without Allanna's talent or style, we can pop into her North Berwick shop to

"I DO LOVE MY SHOP.
TO ME, IT'S JUST LIKE
STANDING IN MY HOUSE"

add a touch of flamboyance and inject some glamour in to our own homes. And just like her home, her shop – Madame Butterfly – is jam-packed full of gorgeousness. Allanna adds; "I do love my shop. To me, it's just like standing in my home. When I am work I feel like people are coming into my home."

When it comes to sourcing products, Allanna favours markets in France and adores travel in Thailand, so many of her finds end up in her shop. Trinkets, candles and coloured glassware adorn French-style dressing tables and brightly painted cabinets. Mannequins rock feathers, scarves, hats and jewellery. And creating a Parisian boudoir feel, are displays of quilts, cushions, kimonos, ornate French-style mirrors and chandeliers. Another of Allanna's passions, vintage clothing, is displayed throughout and you could be lucky enough to unearth a Missoni poncho or a pair of Chloé shoes in this treasure chest of a shop.

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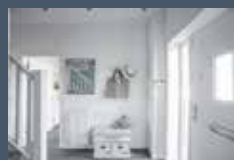
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THE LAZY SUMMER GUIDE TO A HIGH VIBE LIFE

words: hayley flanagan

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4. BATHROOM | Use clean, minimal, organic beauty products which stimulate all the senses. Less is more, think simple. Just add water.

5. LOUNGE | You've Marie Kondo'd the heck out of the first half of the year, so I'm not going to advocate any more cleaning or decluttering. Just put that stuff in a natural basket and get on with your day. Out of sight out of mind – the summer way.

6. KITCHEN | Adaptogen, what? The fluid way to support your body. Head to the kitchen and make a plant-based latte with activated plants, herbs, spices and mushrooms, to support your well-being. Your own elixir of life.

7. AIR | Sage and incense are easy tools to have on hand to clear and change the stagnant energy of a space. Even easier after the colder months of the year, throw open the windows and let the light and (hopefully) warmth in.

8. STONE | Used in modern technology such as lasers and mobile phones, crystals can vibrate, conduct, amplify and focus energy. Choose the stone you are drawn to. Head out into the world wearing something beautiful and feeling your best self. Let your positive vibes shine.

NØRDEN

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

LOCAL LIFE | 25



SUMMER GLAMPING SEASON IN FULL SWING AT HARVEST MOON

The sun is out, the sea is warming up, and the beaches are looking inviting, which can only mean one thing – summer is here and for Harvest Moon, East Lothian's premier glamping destination, its peak season is in full swing.

Nestled between the sand dunes and woodlands behind Tynninghame beach, Harvest Moon occupies arguably the best coastal location in East Lothian and offers unique glamping stays in custom-made treehouses and spacious safari tents as well as weddings for couples who are looking for a special celebration they won't find elsewhere.

Alex Mitchell, who has been running Harvest Moon for over ten years, talks of the huge rise in the popularity of glamping during that time; *"People have always loved the idea of getting away from it all and camping out under the stars in the great outdoors, but now they're also looking for the creature comforts of a warm stove and a hot shower! Glamping offers the best of both worlds and can be enjoyed just as much during spring and autumn as in the warmer summer months. All our treehouses and safari tents are equipped with*



**" PEOPLE HAVE ALWAYS
LOVED THE IDEA OF GETTING
AWAY FROM IT ALL AND
CAMPING OUT UNDER THE
STARS "**

wood-burning stoves and en-suite bathrooms, offering plenty of space and breath-taking views of the sea and countryside. For those who enjoy more traditional accommodation we also have our newly completed Harvest Moon cottage." said Alex.

There is an honesty farm shop, BBQ and campfire facilities, as well as a Kids Corner with chickens and fresh eggs, alpacas, bunnies, lambs and pygmy goats. *"Some of our guests prefer to stay put on on-site and enjoy family time with beach walks, rock pooling, sand dune sledging, sea swimming and cooking fresh local produce on our BBQs. Or if they are here for a bit longer, they love exploring the abundance of great attractions in the local area."* Alex added.

Get married at Harvest Moon

At Harvest Moon there are two beautiful wedding settings to choose from – on the beach or amongst the pine trees in the woodland – making it a sought-after wedding venue for couples looking to create their own special occasion. With an on-site marquee for post-ceremony celebrations, as well as stunning honeymoon suites in both the treehouse and safari tent sites, they can enjoy a weekend-long gathering with family and friends in their own private surroundings.

HARVEST MOON

www.harvestmoonholidays.com
www.harvestmoonweddings.co.uk
 e: info@harvestmoonholidays.com



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 6 April to 24 November

Open weekends and Holiday Mondays. In April, July and August the museum is also open Wednesday to Friday. Opening hours 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



Registered charity SCO43666

Scottish
Seabird
Centre

**The
puffins
are here!
Hurrah!**

On camera now
at the Scottish
Seabird Centre,
North Berwick.

www.seabird.org
 01620 890202
 #seabirddays

Image © Laurie Campbell
 Scottish Charity no SC025837



DON'T YOU JUST LOVE A FÊTE?

YOUR GUIDE TO LOCAL GALAS AND GAMES

EAST LINTON GALA DAY SATURDAY 8 JUNE 12.30pm

This community gala starts with the court procession from Dunbar Road, over the Linn Bridge, Bridge Street, High Street, School Road to Memorial Park. There is a crowning ceremony, stalls, inflatables, music, races, tea tent, beer, wine and burgers all at the park.

e: eastlintongaladay@gmail.com

DIRLETON FÊTE | SATURDAY 22 JUNE 1-4PM
Dirleton Fête and Games is a traditional village fête for all ages. This good old-fashioned fête includes musical entertainment, children's races, tombola and a raffle. Don't miss the Primary School's tea tent with home baking, plus a well-stocked bar, burgers from the barbecue and ice cream too. Classic cars and other vintage vehicles will be on display, and there will be carpet bowls for you to try within Dirleton Castle grounds.

HADDINGTON AGRICULTURAL SHOW, EAST FORTUNE | SATURDAY 29 JUNE 9AM-5PM
Haddington Show has been run annually in East Lothian, by the United East Lothian Agricultural Society, since 1804. Whether you are interested in horses, tractors, home-baking, crafts, cattle and sheep, shopping, showing your dog or simply relaxing to watch some quality entertainment, Haddington Show is a fun and family-friendly day out.
www.haddingtonshow.co.uk



GULLANE GAMES WEEK 27 JULY TO 3 AUGUST

A jam-packed programme of events featuring sports, treasure hunt, disco and fancy dress.

Sat 27: 10am Children's Golf Competition – under 12s (Children's Golf Course) | 2pm Football Tournament (Memorial Park) | 3.30pm Hockey Tournament (Astro)

Sun 28: 2pm Treasure Hunt (Mallard Hotel)

Mon 29: 6.15pm Table Tennis (Village Hall) 6.30pm Open Bowling Night (Bowling Club)

Tue 30: 6.30pm Long Drive and Pitch and Putt Competition (No 2 Starters Box, Gullane Golf Club)

Wed 31: 2pm Sand Modelling Competition (Gullane Beach) | 7pm Junior Disco – under 14s (Marquee on Children's Course)

Thu 1: 10am Children's Arts and Crafts (Village Hall) 2pm & 6.00pm Junior Tennis Competition (Tennis Courts) 7pm Ceilidh (Village Hall)

Fri 2: 7.30pm Quiz Night (Village Hall) Over 18s only. BYOB and Picnic.

Sat 3: 1.30pm Games Day | full programme of races, tea tent, raffles and fancy-dress parade.

Contact: gullanegames@outlook.com

24TH NORTH BERWICK INTERNATIONAL HIGHLAND GAMES

SATURDAY 10 AUGUST 9AM-6PM

Pipe bands, Highland dancing, heavy events, food, beer tent, stalls and much more.

www.northberwickhighlandgames.org



top left: Tim Wootton, Waxwings in Fuchsia | top right: Daniel Cole, Waxwings | bottom: Simon Griffiths, Sleepy Tawny Owl

OVER LAND AND SEA

An exhibition at The Scottish Ornithologists' Club, Aberlady featuring Tim Wootton, Darren Rees, Daniel Cole and Simon Griffiths

This group exhibition brings together three painters: Tim Wootton, Darren Rees and Daniel Cole and a sculptor, Simon Griffiths, to focus on wildlife captured at a particular moment. All are established wildlife artists and members of the Society of Wildlife Artists (SWLA).

While they share a passion for nature, and a life-long dedication to the subject, these artists each bring their very personal approaches to it, often delighting the viewer with contrasting takes on a shared experience.

Simon Griffiths will give a sculpture demonstration on the first day of the exhibition, Saturday 25th May (2-4pm, free, no booking required).

25 May to 3 July 2019
SOC, Waterston House, Aberlady
www.the-soc.org.uk

JUNE & JULY

JUNE	EVENT	TIME	VENUE
to 3rd July	Over Land and Sea Art Exhibition	10-4pm	Waterston House, Aberlady (SOC)
Wed'days until 20 th	Gospel Choir	7.30-8.30pm	Abbey Church
Wed 5, 12, 19 & 26	Gullane Community Table Tennis Club	juniors: 6-7pm seniors: 7-9pm	Gullane Village Hall
Thursdays until 26 th	Little Nippers	10-11.30am	Abbey Church Large Hall
Sun 2	Messy Church	4-6pm	St Andrew Blackadder Church
Fri 7	Across North Berwick Prayers	10.30-11.30am	St Andrew Blackadder Church
Fri 7	Summer Ceilidh – Bethany Christian Trust Tickets (donations please) from Bethany Shop	7.30-10.30pm	Gullane Village Hall
Sat 8	East Linton Gala Day	12.30pm	East Linton Memorial Park
Sat 15	Alpha Day Conference	9am-4.30pm	Abbey Church
Sat 15	Marie Curie Coffee Morning	10am-12noon	Hope Rooms
Sun 16	MRT Strawberry Cream Teas and Plants Sale	2-4pm	Mallard Hotel, Gullane
Thu 20	Leuchie House's Ascot Afternoon	1-7pm	Archerfield
Sat 22	North Berwick Artisan Fair	10am-5pm	Abbey Church
Sat 22	Dirleton Fête and Games	1-4pm	Dirleton Village Green
Sun 23	Dynamic Kirk	10-11.30am	Abbey Church
Sat 29	Haddington Agricultural Show	9am-5pm	East Fortune
Sun 30	Joint Sunday Service for Sea Sunday	10.30-11.30am	Abbey Church
JULY	EVENT	TIME	VENUE
Sundays	Summer Sunday Afternoon Tea	2.30-4.30pm	Abbey Church
Throughout July	Daily Children's Science Show (seabird.org)		Scottish Seabird Centre
Wed 3,10, 17, 24 & 31	Gullane Community Table Tennis Club	juniors: 6-7pm seniors: 7-9pm	Gullane Village Hall
Fri 5	Across North Berwick Prayers	10.30-11.30am	St Andrew Blackadder Church
Thu 18 - Mon 22	Gosford House Open Days gosfordhouse.co.uk	from 12pm	Gosford House, Longniddry
Sat 20	North Berwick Artisan Fair	10am-5pm	Abbey Church
Sat 20	North Berwick Summer Art Exhibition: preview	7-9pm	Hope Rooms
Sun 21 - Sun 4 Aug	North Berwick Summer Art Exhibition	10am-5pm 11am-5pm Sundays	
Sun 21	MRT Annual Summer Show for Horses and Ponies	starts 9am	West Fenton EH39 5AL
Mon 22 - Fri 26	Going Bananas Holiday Club (P1-P6)	2-4pm	Abbey Church
Sat 27	Marie Curie Coffee and Cake Stall	10am-5pm	Museum of Flight, East Fortune
Sat 27	Scotland's National Airshow	10am-5pm	Museum of Flight, East Fortune
Sat 27-Sat 3 Aug	Gullane Games Week		see page 28

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

USEFUL NUMBERS

EMERGENCY

Electricity (power loss)	105
Gas (24hrs)	0800 111 999
Lifeboat (coastguard)	999
Scottish Water	0800 0778 778
Crimestoppers	0800 555 111
Police (local)	101
HOSPITALS	
Edington Minor Injuries	01620 897 040
Roodlands	0131 536 8300
Royal Infirmary	0131 536 1000
Sick Kids	0131 536 0000
Western General	0131 537 1000
NHS 24	111

TRANSPORT

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

DOCTORS

Gullane Medical Practice	01620 842 171
North Berwick	01620 892 169

COUNCIL

East Lothian	01620 827 827
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POST

Post Office	0345 611 2970
Royal Mail	0345 774 0740

LIBRARIES

Gullane	01620 820 645
North Berwick	01620 820 700

SCHOOLS

Aberlady Primary School	01875 870 232
Athelstaneford PS	01620 880 241
Dirleton Primary School	01620 850 267
Gullane Primary School	01620 843 455
Law Primary School	01620 893 775
Longniddry PS	01875 853161
North Berwick High	01620 894 661

LOCAL CHURCHES

Abbey Church of Scotland | High Street, North Berwick | www.abbeychurch.org.uk
Dr Rev David Graham | Sun 10.30am Crèche and Sunday School, some evening services

Aberlady Parish Church | www.aberlady-gullaneparishchurches.org.uk
t: 01875 870 777 | Rev Brian Hilsley | Sun 11.15am, All age service 1st Sunday of month

Athelstaneford Parish Church
t: 01620 880 536 | Sun 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 | Sun 9.30am, Wed 10am

East Lothian Quakers | 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 | Sun 9.45am & Sunday Club. All age service 1st Sun

Longniddry Parish Church | Elcho Rd, Longniddry | www.longniddrychurch.org.uk
t: 01875 853 195 | Rev Robin Hill | Sun 9.45am Morning Worship

North Berwick Christian Fellowship | North Berwick High School, North Berwick
t: 01620 893139 | Sun 11.30am

St Adrian's Episcopal Church | Sandy Loan, Gullane | www.stadrianschurch.org.uk
t: 01620 892 154 | Rev Simon Metzner | Sun 8am Holy Communion, 9.30am Sung Eucharist

St Andrew Blackadder | St Andrew Street, North Berwick | www.standrewblackadder.org.uk
t: 01620 895 233 | Rev Neil Dougall | Sun 9.30am Worship, 10.30am all age worship

St Baldred's Episcopal Church | Dirleton Avenue, North Berwick
t: 01620 892 154 | Sun 8am Said Eucharist (2nd and 4th Sun), 11am Sung Eucharist

St Mary's | Whitekirk
t: 0774 230 297 | Sun 11.30am

The Baptist Church | Victoria Road, North Berwick
t: 01620 895 463 | Sun 11am and 6pm, Wed 7.30pm



JUNE		High Water		Low Water	
		AM	PM	AM	PM
1	Sat	0159	1413	0748	2011
2	Sun	0240	1454	0829	2050
7	Fri	0559	1829		1212
8	Sat	0647	1923	0028	1305
9	Sun	0742	2023	0122	1402
14	Fri	0046	1310	0646	1928
15	Sat	0138	1402	0740	2017
16	Sun	0226	1451	0833	2101
21	Fri	0552	1825	1141	2343
22	Sat	0630	1905		1210
23	Sun	0711	1948	0018	1248
28	Fri	1145		0529	1757
29	Sat	0023	1244	0625	1849
30	Sun	0119	1338	0714	1936
JULY		High Water		Low Water	
		AM	PM	AM	PM
5	Fri	0501	1729	1121	2337
6	Sat	0547	1818		1209
7	Sun	0635	1910	0024	1259
12	Fri	1149		0517	1805
13	Sat	0020	1253	0625	1905
14	Sun	0119	1351	0727	1956
19	Fri	0454	1722	1055	2252
20	Sat	0529	1758	1122	2323
21	Sun	0603	1834	1151	2355
26	Fri	0949	2235	0309	1539
27	Sat	1056	2340	0431	1702
28	Sun		1205	0545	1815

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

24th North Berwick International Highland Games

Saturday 10th August 2019
9.00am - 6.00pm

Recreation Park, North Berwick

Pipe Bands | Highland Dancers | Heavy Events (Tossing
the Caber) | Athletics | Side shows | Stalls

beat the queues... buy tickets online

BECOME A PATRON OF THE GAMES

2 adult tickets | access to Presidents Tents | 2 course meal for two
souvenir programme | name on the Patron's board | tea and coffee

www.northberwickhighlandgames.org

IT'S SHOW TIME

An eclectic mix of acts has been unveiled for the 12th Fringe By The Sea festival which will once again be staged in North Berwick this August.

Each August, a little slice of the Fringe heads to the seaside and for ten days great music, comedy, literature, film and much more take over North Berwick. Events centre around the two spiegel tents in North Berwick harbour as well as pop-up venues across town.

Among the big names taking part this year are legend Alexander O'Neal who will be performing hits from his 40-year career and BRIT-award winning Scottish singer songwriter Eddi Reader who will treat gig-goers to sounds from her latest studio album. Much loved Scottish stand-up comedian Fred MacAulay brings his wit and wisdom to the festival's opening evening while best-selling authors Val McDermid and Alexander McCall Smith will be in lunchtime conversation with former leader of the Lib Dems Lord Steel.

This year the festival will be showcasing a host of fresh talent including MALKA (pictured below) and Glasgow indie pop rock outfit Rubian are set to appear during the second weekend. The festival will also welcome East Lothian's The Honey Farm – expect big beats, heavy flows and good vibes from these three female rappers.

Many more events take place throughout the town over the course of the festival, the full programme is set to offer over 140 shows covering music, comedy, film, literature, family and kids, conversation, wellbeing and more. All the fun of the fringe is promised, with added gulps of fresh sea air and fish and chips on the beach!



Idlewild

Fringe By The Sea is bringing more Scottish musicians to the seaside and are delighted that indie rock giants, Idlewild will be appearing.

Since forming in 1995, Idlewild have turned from raucous cult curiosity to chart bothering national treasures. Now back with a new album 'Interview Music', the indie rock giants will treat the festival crowd to a live showcase of their acclaimed back catalogue as well as their brand-new material.

Not to be missed, Idlewild play Fringe By The Sea in association with The List and The List By The Sea Party on Friday 9th August at 9pm in the Simpson & Marwick Spiegeltent.

On the same evening Be Charlotte will be entrancing her audience with what has been described as a "shimmering and powerful pop sound". This 21 year-old from Dundee has already toured Europe, Asia and North America since starting to find her voice as a teenager with an acoustic guitar.

FRINGE BY THE SEA
2nd to 11th August 2019
www.fringebythesea.com

DON'T MISS



SUNSHINE TOMATOES

This time of year, for me, is all about tomatoes – in all shapes, tastes, colours and sizes. One dish I love to make is a pasta dish, full of tomato flavour. But because it's summer, I keep it lighter by sun blushing the little red jewels in the oven – the flavour intensifies and just explodes in your mouth.

WHAT YOU NEED

Any kind of little tomato (I buy from The Mart in East Linton)
Mozzarella or Burrata (The Cheese Lady in Haddington is great)
Toasted pine nuts
Tin of anchovies

Pasta (I'm a big fan of spelt pasta. It is very high in fibre and you can buy locally from Earth Matters.)
Basil
Olive oil
Grated zest of lemon
Sea salt and black pepper

WHAT YOU DO

Place tomatoes on a tray and cook in the oven for around five hours on the lowest setting. Toast the pine nuts in a dry frying pan until slightly burnt.

Then cook your pasta al dente. Drain and place back on the heat, add a glug of olive oil, lemon zest, anchovies, as many tomatoes as you wish and season with salt and pepper. Mix gently together. Break up the Mozzarella or Burrata on top and finish with torn basil and voilà! Summer!

Amanda x

Please head over to our website to find out all about the latest Mad March Hare events
www.themadmarchhare.com

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



The food we eat, its provenance and the welfare of the animals providing it, is of more concern to us more than ever before – and rightly so.

It's been almost a year since Jane and Grant Brand opened the doors to their farm shop, the Brand Family Larder at East Fortune Farm and what a successful year it's been for them. Jane has welcomed hundreds of customers to the farm shop and many return weekly for their fresh supplies. Jane tells us that once people taste Brand's finest meat and eggs they return thrilled by the outstanding quality. The Brand's delicious cuts of home reared outdoor pork and grass-fed lamb have been very well received by the local community including top restaurateurs. There are plans afoot for exciting collaborations which will include a range of charcuterie as well as pies made with East Fortune lamb and pork.

Here are three great reasons to support locally produced food:

IT'S ECONOMICAL

Supporting your local producers strengthens the local economy and supports your community. Eating locally and regionally cuts down on transportation and storage costs.

IT CONNECTS US

Knowing your farmer, allows you to connect with your roots; the practice of agriculture that has allowed us to survive and thrive over tens of thousands of years. As

one of the very few livestock farmers in East Lothian, Jane and Grant are passionate about providing you with the finest quality produce. All three generations of the Brand family get great satisfaction from meeting their customers and sharing their enthusiasm for their stock at East Fortune Farm.

IT'S ETHICAL

When you get to know your farmer, you know how your food is grown, reared and where it comes from. You can be assured that Jane and Grant are working hard all year round to provide you with the best. From Grant's management of the lush green fields on which the Hampshire Down flock graze to the high status welfare that the family focus on. The Saddleback herd of pigs are all outdoor reared with access to fresh water, feed and live in a stress free environment where they exhibit natural behaviour such as rooting, foraging and grooming – all essential for the animal welfare and promoting a healthier herd.

When you're planning your Sunday lunch or a BBQ with friends, be sure to include some of the Brand's finest cuts. From their roasts to delicious lamb steaks and pork and apple burgers, you will be proud to serve them in the knowledge that they were reared with care and passion. What could possibly taste better?

THE BRAND FAMILY LARDER

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

e: hello@brandeastfortune.co.uk | t: 07785348230 | www.brandeastfortune.co.uk



HEALING HERBS

For thousands of years, the herbs we use regularly in the kitchen were also renowned for powerful medicinal properties – the herb garden was the medicine chest. And in North Berwick herbs are being grown to support mental and emotional well being too.

Hidden away in the grounds of North Berwick's Abbey Nursing Home is a secret herb garden. A secret space where young people and vulnerable adults can talk, mix socially, and gain confidence, as well as learn gardening and business skills, and connect with nature – elements that all support physical, mental and emotional wellbeing.

This secret space is Herbspace, a not for profit Community Interest Company run for the benefit of the community in order to create positive social change. It was founded in 2016 by Jane McCormack and Kathy Duncan in recognition that many young people need a safe space to be themselves and escape the sometimes hectic world they live in. Kathy explains; *"Our core purpose is to support young people as they grow and find their place in the world. And, the growing of herbs, which are themselves inherently healing, encourages a connection with nature that is often absent in many peoples' lives."*

Herbspace has created a range of herbal teas and vinegars from herbs grown and foraged for, in and around North Berwick. The teas are made using herbs, then immediately dried and combined to create a range of delicious flavours, including chamomile and lavender, mint and clary sage, mint and lemon balm, elderflower and mint and yarrow. The vinegars are based on apple cider vinegar, well known for its health benefits, in which herbs or berries are infused. The vinegar range includes, elderberry, elderflower, rosehip, hawthorn, sea buckthorn and wild garlic. Some of them are then sweetened to create a more balsamic type flavour.

Herbspace's products can be found at Archerfield Walled Garden, Steampunk in North Berwick, The Loft in Haddington and The Store in Belhaven. They also regularly attend local markets and community events and all income from selling products is invested back into the business enabling them to continue supporting young people.

HERBSpace
www.herbspace.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.



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www.smeatonnurserygardens.co.uk

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www.byjulia.uk

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online



HOME GROWN PASSION TAKES YOU PLACES

Everybody knows that natural ingredients are far better for us, but why aren't skincare and haircare products all natural?

Nine years ago, founder of the Edinburgh Natural Skincare Company Tommy Crooks, asking himself that very question decided to do something about it. Sitting at his family kitchen table, inspired by the beautiful natural scenery of East Lothian where he lives, he began to craft an all-natural bar of soap with one mission in mind – to have no nasties, no artificial ingredients, and only the purest, most sensorially pleasing, quality natural elements.

Late nights and early morning finishes followed, to ensure he had the product perfectly right. One evening after putting his one-year-old son to bed, he had a eureka moment, and created their first ever all natural product. It was beautiful – entirely natural, a perfectly balanced skin cleanser and it smelled divine.

Tommy explains; *"Soon after that I was taking my cold processed, all natural soaps to countless craft fairs and local events. I can't remember the number of church coffee mornings I attended! It seemed like everyone who tried my soaps loved them and people just couldn't get enough, often asking me what other natural products we had in store for the future."*

Today, the Edinburgh Natural Skincare Company employs seven East Lothian locals and their studio in Prestonpans has become an aromatic wonderland where, every day, the air is filled with the scents of the essential oils used in each of their creations. And natural means natural! There are no petrochemicals, phthalates, parabens or sodium lauryl sulfates (SLS) present in any of their products and what's more they do not use single-use plastics. Their range of skincare products can be found at Edinburgh Airport, the Dunbar Garden Centre, in

their Edinburgh store and online from their website. Plus they deliver globally to customers in Germany, Japan, Taiwan, China, Kazakhstan and across the UAE. Tommy says; *"We now deliver across the world but I see East Lothian as being crucial to our success. I know first-hand that it's the best part of Scotland to live in, it's where my son was born and has the most welcoming people anywhere in this beautiful country of ours."*

Their store at on Cockburn Street in Edinburgh, is a firm favourite amongst locals and tourists, but for Tommy, this is just the beginning. The next step is the launch of a second store on Victoria Street in June. And brimming with exquisite all-natural skin and hair care products, which ever of the Edinburgh Natural Skincare Company stores you visit, it will be a treat for the senses.

Tommy says it's hard to pick favourites, but one of the company's proudest creations is their luxury range of solid hand cream bars. Delivering a unique way to provide hands with care, protection and gentle restoration whilst on the go, these products have a clear benefit above all other hand creams. The solid design means they beat the no liquid ban on flights and conveniently can be taken anywhere.

Tommy adds; *"Hearing my customers' experiences has made all the hard work worthwhile and everyday I try to show my son that hard word and passion can culminate in a flourishing business. I like to think of my journey as an East Lothian success story that's not out yet and as a thank you for all the East Lothian friends and neighbours who have helped us get there, I'm offering readers a 10% online discount. So you can treat yourself or someone you love to something really special."*

**" HARD WORD AND PASSION CAN CULMINATE IN A
FLOURISHING BUSINESS. "**

EDINBURGH NATURAL SKINCARE COMPANY
57 Cockburn Street, Edinburgh EH1 1BS
www.edinburghskincare.com



Earth matters and **Bernie Rowen-Ross** urges us to slow down and think more deeply about the simple things in life – such as a walk in nature.

As I write, my back is warmed by the sun, I hear the birdsong and all is well in my world. I've just returned from an evening walk, and with the memory of the different hues of green and the exciting colours of flowers in various gardens and fields, I empathise with the birds, as I too, feel like bursting into song.

So, why do you feel better after a walk in nature? Research suggests that as we walk in nature and 'touch the earth' we are able to change the way our brain works. This is because most of us are in some way or another attached to technology for many hours a day – our computers and mobile phones are the great attachments of our lives.

When we leave the artificial surrounds of technology and walk in nature something magical happens, we connect to more basic stimulation than technology. The way nature presents itself to us, enables the brain to form new neural pathways which are more wholesome than if we are watching a screen or being distracted by technology. Walking on the earth is an act of nurture to the spirit. Our spirits are lifted by being connected to the energy of Mother Earth.

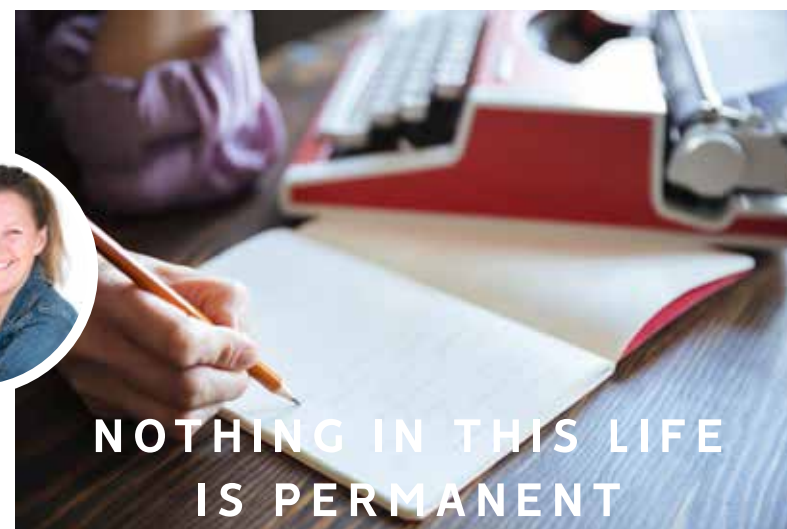
Think about what it is like to walk through the city – linked to earphones, walking on hard cement pavements, dodging traffic or watching for the little green man to tell us we can cross the road.

As you clutch a phone, you might not notice where you're walking. We do not appreciate what surrounds us – we try and block out traffic noise with more noise. Imagine for a moment what this scene is doing to our senses. Our nerves are jangled by the constant sound and we're totally unaware of the radiation which comes from the phone and we live in a virtual realm.

Take a deep breath and mentally, just for a moment, walk outside – hear the birds, the song of a blackbird melodious and cheerful. Mentally walk on a beach, or in a forest – feel what it is like and while doing so, promise yourself that at the first opportunity you will experience the beauty of our surroundings every day, or at least three times a week, walking in nature. Taking deep breaths of fresh air, thank the trees for all the work they do cleansing our air, respect the ground that you walk on, knowing that you are healing your spirit, feeling the fresh air on your cheeks and the warm sun on your face.

When walking in nature, consciously, you are soothing your mind, changing how your brain processes information by calming the mind and enriching your mental health and well-being. So, celebrate summer in East Lothian – it is a beautiful time of year.

Bernie Rowen-Ross is a Psychotherapist, Sound Healer and Astrologer. She works from **THE BAREFOOT SANCTUARY** | 45 Melbourne Place, North Berwick | t: 01620 844 321



Bernadette Petrie tells us nothing in this life is permanent.

As I sit down to write my column, I am a day late, having wasted precious energy fretting over an estimated utilities bill, which sent me into a total head spin. Ironically, I'm also on the eve of publishing my first self-help book – *Permission To Shine*. But with my deadline looming and a head full of angst, I feel far from shiny. But as my soon-to-be published book appeared in my in-box, I scrolled through and trusted I would find the self help I needed, to hear myself again.

As I read thought no 37 'Nothing in this life is permanent', I heard my inner wisdom whisper; "What will make you feel better?" I believe this is one of the most important questions we can ever ask ourselves. As spiritual beings on a human adventure we came here to feel our way. Our time here isn't permanent, as we will move on to another adventure after this one. Death isn't permanent. We will emerge again and again. The futures are infinite. However, we are on this earth now, and we only ever experience things in the here and now, so when things are feeling tough we need to reassure our minds that the next now might not feel the same.

Take a look at how the thought; 'nothing in this life is permanent' could help you shift on a daily basis. "None of my family and friends understand me – nothing in this life is permanent." "My boss is horrible – nothing in this life is permanent." "My jeans are too tight – nothing in this life is permanent." "I hate my job – nothing in this life is permanent." "I feel so ashamed – nothing in this

life is permanent." "I will never get over this – nothing in this life is permanent." "I don't know what I'm doing – nothing in this life is permanent." "I'm so broke – nothing in this life is permanent." "I feel rubbish – nothing in this life is permanent."

When bad things happen, we wrongly believe things will not change and this belief causes so much suffering. But, actually, we have two choices. We can believe the thought, feed it and make sure that it lasts longer than it needs to – as I did yesterday. Or we can focus on the thought; 'nothing in this life is permanent'. Focus on what we can do, in the here and now, to feel better, then repeat and repeat.

Don't judge what it looks like. If you feel angry, it might mean standing on the top of a mountain and screaming your lungs out or punching some pillows. If you feel lethargic or ill, it might mean some tender loving care for yourself, taking a nap with a hot water bottle. If you feel afraid, it might mean sharing those fears with someone you trust or taking steps to do the thing that scares you, so fear doesn't win.

That to me feels exciting, being present with it all. It certainly feels better to acknowledge that on a daily basis, things happens to throw us into a tailspin – but it will pass, and we always have the resources inside and around us to navigate through.

Bernadette

This column is an extract from Bernadette's first book '*Permission To Shine*' published May 2019

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

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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.



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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.

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WEDNESDAY

6.30-7.30pm Gravity Total Body Circuits | **7.30-8.30pm** Pilates

THURSDAY

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TIME FOR YOGA

words: sally jean rankin | pictures: lindsay scott

One of the many aspects of Yoga I truly love is that you can grab your mat, pop it into your kit bag and practice just about anywhere. Here are two easy poses to practice.

A lot of people tell me they would like to practice Yoga at home – perhaps in the morning or before bed – just to keep themselves supple enough so they don't seize up. So they can gain control of their breathing, to remain calm, less reactive and therefore more focused. It's very important to find that time to tune into your needs and allow this to happen without guilt! So stop, take a deep breath in, a deep breath out and come to sitting cross legged or on a chair.



Sukhasana | Easy Pose

This asana is a gentle way to ground yourself, bringing yourself out of your mind and thoughts and into your body.

Close your eyes, feel your sitting bones connect with the ground, sit nice and tall, bring one hand onto your heart and one hand onto your stomach, just notice the rise and fall of your stomach and your heart's rhythm. Take deep inhalations through your nose, hold your breath for a few seconds and then exhale through your mouth, just let go. Continue to do this for about 30 seconds and then begin to breathe in and out of your nose. If you have a cold, don't worry, just breathe normally, the important thing is to create equal inhalations and exhalations to create balance.

Stay in Sukhasana for five minutes and then come to extended child's pose (Uttitha Balasana).

You can practice these two poses at any time of the day and is a lovely way to start your home practice. If you would like to know more about Yoga please get in touch.

Uttitha Balasana | Child's Pose

Uttitha Balasana is a deeply restorative pose known as a resting pose in Yoga. If you feel overwhelmed this is a lovely pose to move into. Not only is it calming, it stretches and expands your back, spine and neck and opens the hips, thighs and legs.

Come onto your knees and move onto all fours. You can keep your knees together to gain flexion in your spine or you can take your knees out wide, big toes touching to open your hips. Extend your arms out in front of your or bring them to your sides and dip your chest and forehead down. You can pop a pillow or cushion under your forehead for comfort or if you are not so flexible at the moment.

Close your eyes and breathe. Again, focus on long inhalations and equal exhalations and stay for as long as you feel comfortable, perhaps three to five minutes.



Sally

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CLIMBING PLANTS FOR THE GARDEN

Garden designer **Joy Grey** tells us climbers add an extra, vertical dimension to the garden, take up very little ground space and can be used in a variety of ways to transform even the smallest of gardens.

Climbers can be used to disguise bare and ugly house walls, sheds, garages and eyesores. Train them on purpose-built structures such as trellises, arches and pergolas or through trees or larger shrubs to give vertical interest. They can be grown in wonderful combinations – a fragrant, pink, repeat flowering rose such as *Rosa Compassion* partnered with the award winning *Clematis 'Etoile Violette'*. Here are some of my personal favourites which I have planted in clients' gardens around East Lothian.

1. Clematis – *Clematis flammula*

Masses of sweetly scented, pure white, star-shaped flowers from July to October, followed by silky-grey seedheads with a fantastic perfume. Perfect for growing through a tree or shrub in a well-drained, sheltered site in full sun.

2. Honeysuckle – *Lonicera periclymenum 'Serotina'*

Honeysuckles have great fragrance, so plant where you will get maximum benefit from the heady scent. The large purple-red flowers are creamy-yellow inside and appear from midsummer until the autumn frosts.

3. Climbing Rose – *Rosa 'New Dawn'*

Repeat flowering roses give and give through

the summer months. This is a vigorous, repeat flowering rose with delicate and fragrant pink flowers and a tolerance of some shade. It combines attractively with honeysuckles and clematis.

4. Climbing hydrangea – *Hydrangea anomala subsp. petiolaris*

A useful self clinging climber for some of the more shady areas of the garden. Wonderful lacy, white flowers in early summer and yellow leaves in autumn. Try growing it up a tree trunk and prune in late autumn.

5. Virginia creeper – *Parthenocissus quinquefolia*

An award winning self clinging climber which is useful for covering ugly walls and fences. Deeply divided leaves give a delicate effect and provide superb crimson-red autumn colour. Prune regularly to contain its vigorous growth.

6. Star Jasmine – *Trachelospermum jasminoides*

A woody evergreen climber for full sun with white, strongly fragrant flowers and leaves which turn bronze in winter. Grow in a warm sheltered spot and prune to fit the available space.

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AND FINALLY

at the back



PERMISSION TO SHINE

At the Detox Health Beauty Festival in May, founder of The Barefoot Sanctuary, Bernadette Petrie hosted the Barefoot Talks Tent where she also spoke about her first book – *Permission to Shine – In 60 Thoughts*.

In 2010 Bernadette was admitted to the Glasgow Priory, suffering from what doctors were calling a manic episode. It was day five of an intensive, emotional roller-coaster journey which had terrified Bernadette and left her mentally and physically exhausted. During her stay in the Priory, Bernadette began to paint flower doodles. She carried on producing these doodles over the following years, adding life-affirming messages which she published on Instagram and in her daily blog. *Permission to Shine* follows her journey, exploring 60 of her 277 flower-doodles and explains how they helped her rediscover the parts of her hiding in the dark, and in doing so, will help you on your own journey to give yourself permission to shine.

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For the second time, the event will be held at Archerfield's luxurious Waterfront Pavilion with stunning seaside views overlooking the Firth of Forth. The afternoon will begin with a drinks reception and canapés followed by a delicious two-course lunch. Guests are also able to bid for some fabulous prizes in their Ascot auction.

Ascot Afternoon | 20 June 12:30–7.00pm
www.leuchiehouse.org.uk



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Scottish Fairy Festival | 8 June 2019
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bottom left image of Bernadette Petrie ©Jamie Bennett



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