

COMMUNITY & LIFESTYLE MAGAZINE

LOCAL LIFE

APRIL | MAY 2021

OUTDOOR ENTERTAINING

Transform your garden
into the perfect
socialising spot

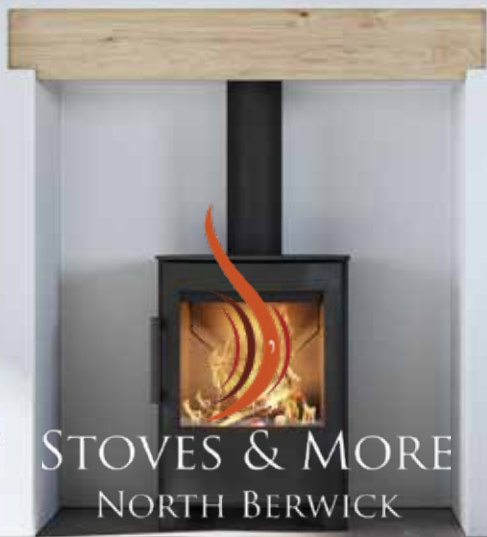
GO VEGAN

Favourite comfort
classics with a
twist

Spring Blooms

EMBRACE NATURE'S
SYMPHONY THIS SEASON

FREE



STOVES & MORE
NORTH BERWICK

wood burning stoves | multi fuel stoves | mantels | full installation service
approved retailers for Charnwood | Hwam | Wiking | Chesney's | Hunter Stoves | The Penman Collection | Vision Trimline

The Old Primary School, Kingston, North Berwick EH39 5JF | t: 01620 850308
info@stovesandmorenorthberwick.com | www.stovesandmorenorthberwick.com

CONTENTS



Look what we Found!	4
Fashion Nature's Symphony	9
Love Surf	11
A Day in the Life of Dr Sally Couldstone	13
Interiors Bring the Outdoors In	14
Work Perfect	15
Clever Spaces	16
The Perfect Interior Design	18
Food & Drink Vegan Comfort Classics	22
Shop Local at the Storeroom	25
To Do List	26
Stories in Stone Gosford Curling House and Ice House	28
Wish You Were Here	29
Mind, Body & Soul It's Spring!	30
Mind, Body & Soul Are you a Disappointed Optimist?	31
Charity Offers Virtual Workshops to Vulnerable Women	32
The Dietarian	33
Waxing Lyrical	34
Lovely Lavender	35
Bounce Blissfully into Spring with Yin Yoga	36
Good for the Sole	39
Outdoor Entertaining	46
Fresh Start	50



Editor's LETTER

There's something about spring that encourages everyone to look forward, set their clocks ahead by an hour. Yet perhaps we should also look back? Yes, I'm eager to return to some semblance of a pre-COVID existence. Yet I also find myself hoping that not all things become what they were before.



The last twelve months, we've seen a slowing of tempo in a world that is all-too-quick to focus on the next innovation, the next trend, a world that wants everything here and now, no matter the cost. A global pandemic, conversely, has forced us to find pleasure in the smallest and most everyday of things, such as country strolls, meals with family and the twenty-four hours on offer each day. And with the arrival of spring there is much to find joy in – before long, our gardens will be lined with blossoming hedge-rows and lambs will be stumbling clumsily around local fields. We're hoping this issue will send your spirits soaring too. Look out for gorgeous fashion finds, tips on bringing the outside in, how to create the perfect outdoor entertaining space and much more.

The days will be warmer and longer, too – inspiring us to stop hibernating and start enjoying the beautiful place we live in. Enjoy the issue.

Kim x

To advertise in the June | July 2021 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 3rd May 2021.

Editor: Kim Williams **Contributors:** Amanda Farnese-Heath, Hayley Flanagan, David Hicks, Joy Grey, Bernadette Petrie, Elaine Ramanauskas, Sally-Jean Rankin, Morag Readman, Bernie Rowen-Ross.

Distributed by: Johnson Distribution Services www.jdsdoor2door.co.uk

Cover Image: courtesy of POM Amsterdam

Local Life is designed, edited and published by Local Life Magazines Ltd, the Lighthouse, Heugh Road, North Berwick EH39 5PX. Whilst every effort is made to ensure accuracy in the information contained in this magazine, Local Life Magazines Ltd cannot be held liable for any errors or inaccuracies. Any opinions expressed in this magazine are not necessarily those of the publisher.



www.yourlocallife.co.uk



DELIGHTFULLY VEGAN

Food Columnist Amanda Farnese-Heath's foodie finds...

Hopefully by the time we go to press we'll be seeing lockdown restrictions easing, and with this in mind I've compiled a mini-list of exceptionally tasty takeaways all based in the very foodie Portobello! Here are just a few as I've not been able to visit any others recently.

The Little Chart Room on the Prom serves up some super tasty delights and they always have a vegan option on the menu.

Bross Bagels is vegan fast food at its absolute best. My fave is the Buffanono – deep fried cauliflower vegan cheese and their famous ranch dressing. Not for the faint-hearted!

Civerinos plan to open **Prom Slice**, hopefully by the time you read this! A slice of Polpetta, basically a vegan no meatball pizza, is off the scale tasty. And you get to sit on the promenade and look out to sea!

12 Triangles make great coffee great bread and other vegan delights to take away.



HARE TO STAY

Bernadette Petrie's powerful find...

I came across these fellows from the #hareto stay campaign on the morning of their photo shoot on Elcho Green. These 10 larger than life (actually six-foot) hares will form the biggest and most unique outdoor public art event East Lothian has ever seen. They will hop along North Berwick's streets, open spaces and landmarks, as a fundraising initiative to mark Leuchie House's 10th anniversary. The sculptures, each one individually painted by a local artist and sponsored by a business, will form a free, fun, family-friendly trail of discovery to explore and enjoy.

10 July – 18 September 2021
thebigharetrail.co.uk

Look WHAT WE FOUND!

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



THE MIGHTY MINI BAG

Editor Kim Williams finds the perfect mini-bag...

I'll admit it, I love a handbag or three! But my collection has been gathering dust since last March. And if you're like me, working from home means there is no need for the much-loved tote complete with hairbrush, mints, spare make-up and collection of old bus tickets you used to take everywhere with you. We're now used to leaving the house with nothing more than keys and a mask, and a tote (or clutch or saddle bag) seems a relic of ages past. So I was besotted when I spied this gorgeous Monk & Anna string backpack from NØRDEN. Made of high-quality vegan leather, it's just perfect to pop on your shoulders for that daily stroll or dash to the shop. Plus, inside you'll find an extra pocket for those must-take-with-you essentials!

Envelope String Backpack £39.95
www.norden.online

#hareto stay image © Teresa Sumerfield

TREAT YOUR HOME TO THE PERFECT FINISHING TOUCH!



QUALITY, MADE TO MEASURE BLINDS



FITTED BY EXPERTS



ForthBlinds

EXPERTS IN MADE TO MEASURE BLINDS

We offer you a wide range of exclusive blinds and solutions at affordable prices and no matter what the size of your order your request will be met with expert advice, individual attention and dedication to customer service.



Call today to arrange a **FREE** quote
0800 148 8245
ForthBlinds.co.uk
sales@forthblinds.co.uk

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

WOODEN • PERFECT FIT • VERTICAL
VENETIAN • ROLLER • ROMAN • SKYLIGHT

Free Measuring & Fitting
12 Month Guarantee
Superb range & choice
40 Years Experience



@ForthBlinds
Forth Blinds



LOOKING FOR HELP TO CHANGE YOUR CAR?

- Based in North Berwick, Derek has over 50 years experience in the Motor Trade, and will:
- Give expert advice on choosing the right car for your needs
 - Negotiate the best deal at your chosen dealer
 - Offer guidance on price to pay and part-exchange values
 - Covers East Lothian, Mid Lothian and Borders

Contact Derek on
07895 677 549 | e: deekobarnes3@gmail.com



Taxis

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



Airport Transfers

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



Weddings

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

01620 89 5000
a2btaxisnorthberwick@aol.co.uk



where your cat would choose to stay

Howpark provides just what you are looking for in a cattery.

A cosy, safe and above all, caring environment. The perfect place for your cat to relax and feel at home.

COVID-19
safety
measures in
place

Just off the A1, only 15 minutes south of Dunbar

The Coverage, Howpark, Grantshouse TD11 3RP

t: 01361 850356

www.howparkcattery.co.uk

Take the Lead

Alasdair Chalmers

Dip.dogtraining.st Dip.dog.psy

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

t: 07958 70 84 70

e: alasdair@takethelead-dogtraining.co.uk

www.takethelead-dogtraining.co.uk

For vehicles you
can rely on...

Long and Short
Term Car and
Van Hire

Roodlands Business Park
Hospital Road
Haddington EH41 3PE

THE • CAR
AND • VAN
RENTAL
CO • LTD

01620 82 5678

www.thecarandvanrentalco.ltd.uk

email@thecarandvanrentalco.ltd.uk

CLOCK & WATCH REPAIRS

Vintage & New



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

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

Specialists in Victorinox Swiss Army Watches

TIME FLYS

ALL WATCH AND CLOCK REPAIRS | NO JOB TOO SMALL

01620 890 466 or 07860 696 769

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



PetStay

HOME BOARDING

Pre book your dog's holiday dates to avoid disappointment.

When travel resumes, our dog carers are going to be in high demand!

Only 50% of normal booking fee due up front.

Pay the rest at a later date

More information

www.petstay.net • 07555 567385
edinburgh-lothians@petstay.net

available
online
secretboutique.shop
free local
delivery



spring collection now in store!

Secret Boutique
Gullane | since 2005

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



Nature's SYMPHONY

**FLORALS MIGHT SEEM THE
OBVIOUS CHOICE FOR SPRING,
BUT THIS YEAR'S CROP TAKE
A DIVE INTO NATURE.**

Florals for spring can be ground-breaking, we promise, and the resurgence of characterful blooms made a welcome appearance in the Spring/Summer 2021 fashion collections. It's impossible to ignore the respite (and design inspiration) that nature has offered during lockdown, and the gorgeous collection from POM Amsterdam bring nature to life with statement prints, pastel blues, fresh greens and earthy corals. Floaty dresses, brightly coloured blouses in loose, free-flowing handmade prints will offer some escapism, transporting us to a picturesque spring day – whatever the weather.



Clockwise from top left: Bouncing Leaves Top £74.95, Bouncing Leaves Blouse £89.95, Delicious Mess Blouse £99.95, Strawberry Blouse £89.95, Strawberry Dress £119.95, Sprinkles Top £84.95, Cheetah Disco Blouse £99.95
ALL POM Amsterdam and available from: SECRET BOUTIQUE, Main street, Gullane EH31 2AP | www.secretboutique.shop



summer clothing & accessories arriving

redpaddleco

Buff

MERRELL

BRAKEBURN

sugarhill
SHEPHERD

DIDRIKSONS1913

PASSENGER

SURFMASSCHER

SOREL

seasalt

O'NEILL

howies®

'ARCADE

STANCE

ICEPEAK

Northcore

weird fish

White
STUFF

TUMBLE
- AND -
HIDE
ENGLAND
Genuine Leather

BARTS®
AMSTERDAM

57 High Street North Berwick EH39 4HH
t: 01620 893 793
www.greatescapenorthberwick.co.uk
Open: Mon-Sat 10am-5pm, Sun 11am-4pm



Some of the Collection



Denim Shirt



Hoodie



Mary-Clare

LOVE SURF

words: kim williams

The surfer lifestyle appeals to many – days spent getting fit riding waves, BBQs on the beach and long nights spent in front of camp fires. And it's not only the lifestyle, but the look too.

There's something about that laid-back, beachy style that has inspired countless designers. It's cool, it's casual, and most importantly, it never looks like you're trying too hard. And, for Mary-Clare Dickie founder of North Berwick-based Lovesurf, it was her love of the sea and this laid back aesthetic which inspired her clothing brand. Mary-Clare who studied for a degree in fashion design and business worked for Swedish giant H&M for ten years before the birth of her first daughter.

In 2018 she took over North Berwick-based clothing business Madsurf. Predominately aimed at children and encouraging them to be active through fun, custom-printed merchandise, Mary-Clare saw an opportunity to create another brand offering surf-inspired clothing for adults as well as children. And in 2019 Lovesurf was born, selling good-quality, earth-conscious clothing, including; hoodies, sweatshirts, t-shirts, vests, t-shirt dresses, denim shirts and bags for both adults and children.

The COVID pandemic has not only changed the way we dress, but it's also changed the way we shop. More and more of us are alert to how businesses are treating their workers and the planet, and we're looking to support companies which play their part in improving the world. There's more to Lovesurf than their – very credible – eco-consciousness. All their

garments are made from sustainable and earth-friendly materials such as; organic cotton, recycled cotton and polyester from ethical companies, meaning companies who care about their employees and the environment. What's more, since their launch, Lovesurf have supported the charity Reverse Rett who are dedicated to changing the lives of children and adults with Rett Syndrome, a post-natal neurological disorder resulting in multiple disabilities and medical complexities for life. Mary-Clare explains how she became involved; "My friend Catherine has fund raised for Reverse Rett with 'Hope for Eliza' events since her daughter's diagnosis. We decided to produce a range of sweatshirts with a slogan that tied in with the family's hope for a cure and Eliza's strength. 'Hope is my superpower' seemed the perfect fit, and for every t-shirt or sweatshirt sold, £5 goes to Reverse Rett."

And channelling their own laid back vibe, Lovesurf pop up each summer from May to September in one of the very cool beach huts on North Berwick's harbour. If you can't wait until summer you can buy online, or drop Mary-Clare a message. So whether it's a beachy hoodie you're anticipating throwing over a bikini or you're needing a well-made tee to wear with your jeans and a chic blazer, these gorgeous, simple and well-crafted pieces from Lovesurf will be a staple in your summer wardrobe.

LOVESURF
www.lovesurf.uk

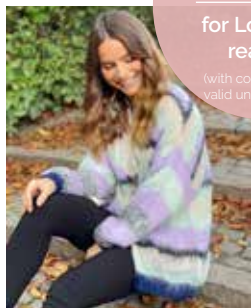




10%
discount

for Local Life
readers

(with code LocalLife,
valid until 30/04/21)



stylish, hand selected clothes & accessories to help
you be your own kind of beautiful...

info@coucoubelle.co.uk | www.coucoubelle.co.uk



15%
discount

on all Deerieo
products

(with code LocalLife15
valid until 31/05/21)

DEERIEO
natural skincare solutions

DISCOVER LUXURY THAT
COMES NATURALLY

Deerieo offer premium natural
skincare inspired by the Scottish
landscape.

Suitable for all skin types and
created to gently deliver visible
results. All products are handcrafted
in micro-batches, vegan-friendly,
cruelty-free and sustainable.

deerieo.com

I WAKE UP...

I have a two-year-old who wakes
me up around 6am shouting
"It's a lovely day!" After that it's
impossible to stay in bed, and
from that moment on it's all go;
making breakfast and preparing
for the day ahead. Zebedee, our
whippet, on the other hand likes
to use this time to take advantage
of an empty human bed, from
which he won't emerge until
summoned for a walk!

WORK STARTS...

It always surprises me how many
people order things on the
internet overnight, so I always
check my emails for new orders
first thing. I then set about
planning the day ahead, I'm a
great lover of lists!

A TYPICAL DAY...

As I grow the plants that I use in
my products, my work is really
seasonal. The summer time is the
busiest when I harvest the flowers
that I have been growing all year,
distil them to make essential oils
and floral waters, and begin the
soaking, infusing and mixing to
make up our products. Winter is a
much quieter season so I use it to
plot and plan for the year ahead.

BEST PART OF THE JOB IS...

Spending time in the wild-flower
meadow just makes me so happy!
In it's former life it was an arable
field, and it's been wonderful to
see it 'coming to life' over the past
couple of years. I love wandering
about in it, checking the plants
and noting down any invertebrate
visitors – which is a legitimately
important part of my day!

AND THE WORST...

As I only started my company
three years ago, I'm still basking
in the glorious feeling of being my
own boss. There are bits of the
business I'm less keen on, admin in
particular, but because it's my own
self-inflicted admin I don't mind it
all that much.

top image ©Emma Martin | bottom image ©Sarah Wardlaw



A DAY IN
THE LIFE OF

DR SALLY
GOULDSTONE,
FOUNDER OF
SEILICH

IN TEN YEAR'S TIME...

I have so many plans for my
business! I hope to use the
next few years to formulate
some new products and scale
up production which would
see me growing more plants
in a larger meadow. Once a
larger meadow is established,
my dream is to use it as a
place that people could come
and learn about wild-flower
meadows and their associated
wildlife – a place where I could
share my knowledge of and
passion for nature.

Born from a love of nature,
Seilich (pronounced 'Shay-lich')
was founded by botanist Dr
Sally Gouldstone in 2018. Their
floral waters are distilled in
small batches from wild-flowers
grown in the Seilich meadow
and used to create natural
cosmetic products. Their wildlife-
friendly farming methods and
the company's nature centric
ethos led Seilich to become the
first company in the UK to gain
Wildlife Friendly Certification
from the Wildlife Friendly
Enterprise Network.

SEILICH

e: info@seilich.co.uk
www.seilich.co.uk

CAREER HIGHLIGHT...

Before I began Seilich I worked at
Edinburgh's Royal Botanic Garden
as a research scientist, and would
spend weeks on end in remote
parts of Scotland collecting data.
It was just me, the woods, my tent
and the whippet for months at a
time – absolute bliss! Spending
time in the wild gave me a real love
of Scottish habitats, and inspired
me to continue working with wild
plants and nature conservation
today.

AFTER HOURS...

I'd love to say I do lots of reading,
yoga, artwork and other worthwhile
pursuits in my downtime, but to be
quite honest I'm usually completely
pooped after getting our toddler
to bed. A glass of wine in front
of the fire and a good box-set is
about my level at the moment. At
the weekend I usually get out for a
walk somewhere a bit wild if I can,
and that restores me for the week
ahead.





BRING THE *Outdoors* IN!

Celebrate the new spring season by bringing the outside in, here are a few ideas to get your fill of nature – inside!

Indulging in a bit of bird watching from the kitchen window or caring for a new plant-baby can help us mindfully transition from lockdown, to reconnecting with the outside world and whatever we want our new normal to be.

Plant Baby

Bird Watching

Clockwise from top left: Open Weave Hanging Baskets from £18, Moon Vases from £25, Peg Wall Planter (similar) £37, Bird Shelter £38, Window Bird Feeder £45, Glass Bird Table with Bath £95, Kokedama Birds Nest Fern £37, Bubbla Vase £15, Airplant Hanger & Tillandsia £18 | Available from: NØRDEN 82 High St, North Berwick | www.norden.online

WORK PERFECT

Have you turned your kitchen table into a pop-up office? Or adapted your ironing board into a makeshift desk? As working from home (WFH) becomes the new normal for many of us, we asked Interior and Environmental Designer **Naomi Sweeney** how to create the perfect, yet healthy WFH space.



Naomi who trained at Duncan of Jordanstone has been advising clients on workplace design, furniture specifications and ergonomics for over 14 years. Ti Design was established to bring together her interiors experience with the architectural training of her husband David, creating a full design service for home and workplace.

t: 07898 823 715 | e: naomi@tidesign.co
www.tidesign.co | [instagram: tidesign.co](https://www.instagram.com/tidesign.co)

ARE YOU SITTING COMFORTABLY?

If you have the space for a dedicated office, investing in task seating which correctly supports your body while sitting minimises the risk of back and neck pain. Your seat should have height adjustment, as a minimum, and be designed so arms and legs are in a correct seating position, with lumbar and neck support.

BE DYNAMIC

Movement is one of the best ways to minimise fatigue and RSI related injury. Alternating between standing and sitting is a great way to increase blood flow and there are many home office friendly sit and stand desks available – even ones that can be hidden in a cupboard when not in use. Failing that, kitchen counters make a good impromptu laptop rest!

EMBRACE THE DAY

Daylight is incredibly important for our well-being so spending your working day near a window is beneficial. Consider the position of workspace so as to eliminate glare throughout the day – north light is the most consistent – and allow for compensatory artificial light for times of shading, or in the evenings. Ideally the temperature (colour) of artificial light should vary throughout the day to mimic daylight and advances in lighting technology have introduced colour changing LED to the mass market, meaning a simple light bulb can achieve this in any light fitting at home.

BE GREEN

Having plants around us is beneficial for air quality and our inherent need to connect with nature. If you don't have green fingers, there are an abundance of zero maintenance options available in living walls sized as alternative artworks in the home.

DON'T FORGET THE KIDS!

Creating an ergonomically sound homework corner for kids can be easier than you might think – and can help build good working habits now, for healthy growing bodies. Little changes like making sure desks are at an age-appropriate height, and paired with a wobble stool to build core strength (and embrace the need to fidget!) can improve concentration. Height adjustable furniture will grow with them, and support home study throughout the school years.

SET THE TONE

Colour has a profound effect on our mood and a splash of paint can change a mindset from play to work. The light in a room can change a colour dramatically, so always look at swatches in the room you are working in to see how the change throughout the day. Earthy tones can provide a comfortable base to build colour personality into – it is still your home after all!

Clever SPACES

Spring has sprung and with it comes brighter mornings, lighter evenings and a new lease of motivation. There's no better time to declutter, upgrade and really reorganise our living spaces.

Forever Spaces tell us while clearing out clutter is a good thing, we might actually have more space than we think. We just need to consider how to use it effectively and efficiently.



*Organised
Office*

Working from home has become the norm for many of us. And a cluttered desk and a cluttered mind go hand-in-hand. Let this be the year you banish clutter, get organised and make working from home work for you. Forever Spaces can help design, plan and build an innovative home working environment. No detail is overlooked, from drawers and cupboards crafted in the exact size and shape to designing the perfect lighting.

Nothing beats a perfectly organised utility room for all your laundry and cleaning. Properly planned, these little rooms can be a huge asset and choosing the right storage will help optimise work-flow and make everyday tasks simple. At Forever Spaces they can help you plan and find effective storage solutions to meet the practicalities of modern life.

Clever Closets

Decluttering can feel like a mammoth task. We all know, we should be ruthless especially when organising our wardrobes, but we hold on to things for many different reasons. Not to mention trying to find space for all those extra winter layers; jackets, scarves, boots and so on, to make room for our spring and summer clothing. Making clever use of space is the answer, and the team at Forever Spaces are experts in designing and fitting creative wardrobe solutions. From dead space under the stairs to that tricky space under a coomb ceiling, even chimney breasts – every space can be used for storage; hiding away shoes, clothes and toys until they are needed. Plus, they have lots of ideas for clever storage solutions, such as shelving, cubbies and drawer organisers.



*Useful
Utility*

If you're considering transforming your home, our expert team is here to help. To discuss your project, design inspiration or to arrange a free consultation please get in touch.

FOREVER SPACES

1-2 Church Street, Haddington EH41 3EX | t: 01620 825808 | e: info@foreverspaces.co.uk | foreverspaces.co.uk

KITCHENS

BEDROOMS

BATHROOMS

OFFICES

DESIGN | SUPPLY | PROJECT MANAGEMENT | IN-HOUSE INSTALLATION




FOREVER SPACES
LOVE THE HOME YOU'RE IN



01620 825808 www.foreverspaces.co.uk info@foreverspaces.co.uk

1-2 CHURCH STREET, HADDINGTON EH41 3EX

THE PERFECT INTERIOR DESIGN

words: kim williams | pictures: amanda farnese-heath

For many of us, lockdown revealed the shortcomings of our four walls. When there is nowhere else to go, attention focuses on rooms and areas that aren't working, and even as life begins to return to normal, our homes are likely to have to work harder for us for some time to come. "Which means interior design has become such an important conversation," says interior designer Emma Cross.



Confined to our homes for a lot of the last year, the team at Emma Cross Interior Design have seen a growing number of people turn to them for advice. "It's often just for a couple of rooms and the need to make the most of every inch of space and build in robust future-proof ideas to help with the demands of both home working and schooling."

Emma and her team; Louise Cammock, Kate Black and Wendy Knottenbelt are to be found tucked away in North Berwick's Millwalk Business Park. Their showroom allows customers to browse a range of wallpapers, fabrics, furniture and home accessories and they offer a full interior design service tailored to meet any budget and style. Emma, who has worked with the commercial property sector for over ten years, adds; "We're able to do everything from space planning and furniture layouts to new cabinetry designs and fabric selection, and by working with design teams to deliver specification, design and installation we've provided high end bespoke interiors for developments across Edinburgh and the Lothians."



At Emma Cross Interior Design they not only offer soft furnishings in fabrics of your choice, but comfort levels can be tweaked to suit your preference. They also provide a full measure and installation service for made-to-measure curtains, blinds, cushions and bedding.

With an ever mindful approach to the way we shop and how we care for our planet there has been a massive resurgence of re-upholstery. And the team welcome the opportunity to take a treasured piece of furniture or a bargain, and transform it into a fabulous one-off piece for your home.



Meet THE TEAM

The team at Emma Cross Interior Design pride themselves on providing excellent customer service and expert advice to fulfil each of their client's project requirements. And, despite the challenges faced with lockdown and the global pandemic, over the past year the team at Emma Cross Interior Design has grown. Emma has been joined by senior interior design consultant Louise Cammock. Both Emma and Louise are supported by administration team Kate Black and Wendy Knottenbelt.

EMMA CROSS INTERIOR DESIGN

6 Mill Walk Business Park,
North Berwick EH39 5NB
t: 01620 894532 | m: 07968561752
e: admin@emmacrossinteriors.com
www.emmacrossinteriors.com



Hazel Rebecca

Designer Fabrics & Bespoke Curtains

for all your curtains, blinds, fabrics and soft furnishing needs

Stockists of Moon, Voyage, Sanderson, Casadeco, Prestigious, Harlequin, Clarke & Clarke, Romo and many other quality fabric suppliers.

We also stock curtain poles and rails including; Silent Gliss, Swish and Integra.

6 Rosebery Place, Gullane EH31 2AN
01620 843438 | 07770 952348
hazelrebecca@btinternet.com
www.hazelrebecca.com

PRESSING NEEDS LAUNDRY



DOMESTIC, COMMERCIAL &
HOTEL LAUNDRY SERVICES



NOW
OFFERING
COMMERCIAL
LINEN HIRE

THE PERFECT
SOLUTION FOR ALL
YOUR LAUNDRY NEEDS
eco-friendly water-based
cleaning – the natural choice
for every garment

WEDDING DRESSES CLEANED
your dress cleaned and beautifully boxed

Silks, wools, cashmere, viscose, embroidery, sequins... fibres of every kind are refreshed and regenerated by water-based cleaning. From coats to saris, wedding dresses to kimonos, tuxedos to cocktail dresses, wool blankets to curtains: there's no limit with our lagoon® Advanced Care service.

Ironing | Service Laundry | Dry Cleaning | Commercial Linen Hire | Sheepskin Rugs Cleaned
Leather, Sheepskin and Suede Jackets Cleaned | lagoon® Advanced Care | Repairs & Alterations
Same day turnaround if required | All services carried out on site

Open: Monday to Friday 9am-5.30pm, Saturday 9am-12pm | Delivery Service: Monday to Friday
Unit 3,4 & 5 Mill Walk Business Park, Tantallon Road, North Berwick EH39 5NB
t: 01620 892 763 | m: 07918 721 192 | e: pressingneeds1@yahoo.com



Total Energy Solutions

your local boiler and heating
specialist based in gullane
now offering boiler service
contracts



Contact Stuart Edwards on
t 01620 842 736 m 07823 777 081
e totalenergysol@btinternet.com
www.totalenergysolutionscotland.co.uk



Dreams become reality.

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

THE NORTH BERWICK
BATHROOM AND TILE COMPANY



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



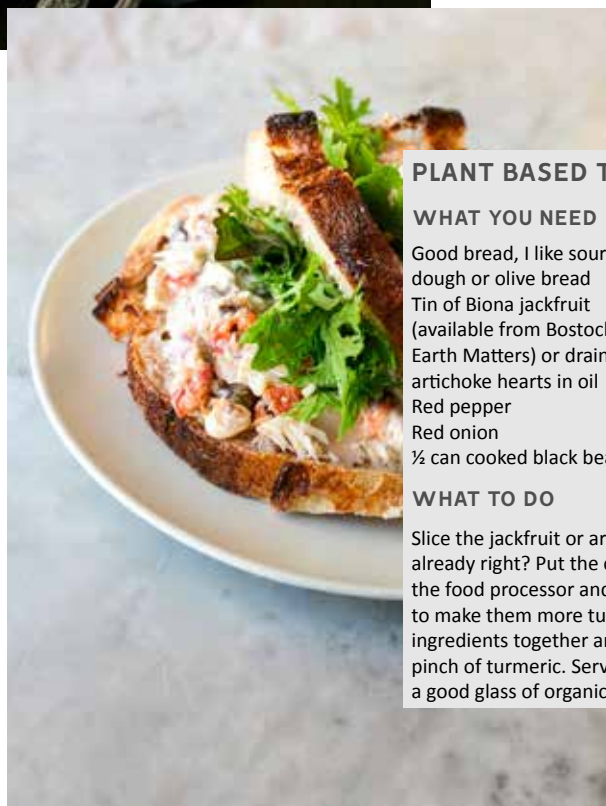


VEGAN *Comfort* CLASSICS



We all have our favourite comfort food. Whether it's eating your mother's homemade pasta or a cheese toastie, comfort food makes us feel all warm and fuzzy inside. I've used the time during lockdown to come up with vegan alternatives to some favourite comfort classics. And this issue I've re-worked recipes for tuna mayo and a cottage pie. I hope you enjoy the flavours and, most of all, these dishes help to reduce your meat, fish and dairy intake. Let me know how you get on.

hello@mrshareandmrheath.co.uk
www.themadmarchhare.com



VEGAN COTTAGE PIE

WHAT YOU NEED

2 handfuls red lentils	2 leeks
1 pack Seitan (I use Sgaia	4 carrots
Lorne sausage) chopped	3 crushed garlic cloves
into cubes	2 tins plum tomatoes
1 handful puy lentils	1 tbsp tomato purée
2 handfuls chestnut	3 tbsp nutritional flakes
mushrooms	

WHAT TO DO

1. Fry leeks until soft and add garlic. Chop the carrots and mushrooms and add to the leeks and cook for another five minutes.
2. Add the rest of the ingredients, season to taste and let cook slowly for an hour or so.
3. Put mixture into an oven-proof dish, top with potato (below) and cook at 160°C for 40 mins or until golden brown on top. Serve with wilted leafy greens.

POTATO TOPPING

2lb potatoes	Malden sea salt, black
1 sweet potato	pepper, oregano,
Vegan butter	turmeric and nutmeg
Oatly cream	

Peel and boil potatoes and roast the sweet potato. Mash with butter, cream and seasoning to suit.

PLANT BASED TUNA MAYO

WHAT YOU NEED

Good bread, I like sour-	½ can cooked chickpeas
dough or olive bread	Finely grated carrot
Tin of Biona jackfruit	Finely chopped celery
(available from Bostock or	Chopped cornichons
Earth Matters) or drained	A few capers
artichoke hearts in oil	Lemon juice
Red pepper	Vegan mayo
Red onion	Turmeric
½ can cooked black beans	

WHAT TO DO

Slice the jackfruit or artichoke hearts. Looks like tuna already right? Put the chickpeas and black beans into the food processor and blitz for 20 seconds, or so, to make them more tuna-like in texture. Mix all the ingredients together and add mayo, lemon juice and a pinch of turmeric. Serve with some vegetable chips and a good glass of organic beer!

Cleaning has never been so important
AND WE CAN HELP YOU!

typically
£13.50
per hour fully inc.

See how we can help by calling
t: 01620 436639 or e: east-lothian@uk.timeforyou.cleaning
www.timeforyou.cleaning

TIME FOR YOU™
DOMESTIC CLEANING

BROSE
SCOTTISH GOODNESS.

FRESH DELICIOUS OAT DRINKS
MADE IN EAST LoTHIAN

Brose ticks all the boxes for us – tasty product, locally produced with returnable bottles, we're hooked!™ Jane Robertson, Dunbar

Original Style or Barista Style
£2.00 per litre for home delivery
Order now
www.broseoats.com/order-form

Select postcodes in East Lothian



Spring HAS SPRUNG AT EAST FORTUNE FARM

The arrival of spring has been most welcome here at East Fortune Farm, as we prepare for our next lambing. The easing of lockdown restrictions over the coming months is also giving us a real sense of hope following the most difficult of years.

Food and cooking have been a source of comfort and joy to many – we know that so many customers have enjoyed taking more time and care over their menus during the past year. They've enjoyed sourcing locally produced ingredients and trying out some more elaborate dishes. Won't it just be wonderful when we can welcome our friends and extended family back around our tables? A traditional roast leg of lamb makes a truly delicious centrepiece for your Easter table, so be sure to order your home-reared East Fortune lamb quickly. We've all the trimmings for you to enjoy, from crisps and nibbles to organic vegetables and chutneys, and a large amount of our stock comes from over 30 local producers. We're delighted to share some of Granny Brand's delicious recipes and have a great selection of recipe cards available in the farm shop – with the majority of ingredients available to buy. We've plenty of goodies to treat the kids over the Easter break – from baking kits to iced biscuits and a wonderful selection of Easter eggs too!

Easter orders can be placed online and forms are available from the farm shop. Don't forget we continue to provide free local delivery across East Lothian on Tuesdays and Fridays and offer a click and collect option via our website. We look forward to welcoming you to The Brand Family Larder this spring – helping you to keep it local, reduce food miles and enjoy great tasting produce.



THE
BRAND
Family
LARDER
EAST FORTUNE FARM

 East Fortune Farm, East Fortune,
North Berwick EH39 5BT
 e:hello@brandeastfortune.co.uk
 www.brandeastfortune.co.uk



SHOP LOCAL AT THE STOREROOM

words: kim williams

From wonky veg to fakeaways, lockdown has transformed the way we shop, cook and eat.

And with supermarket delivery slots rarer than hen's teeth, there's a strange sense of nostalgia as many of us now mirror shopping patterns more like those of our grandparents – ordering from local butchers, greengrocers and delicatessens.



What's more, there is a deep sense of joy to be gained from filling a paper bag with mushrooms caked in mud or selecting a bottle of oil, or a bag of flour made by local artisan producers. The produce is fresh, local, and seasonal, and the taste – notably better.

It was exactly this joy of discovering local produce and the desire to share the best of what East Lothian and Scotland has to offer, which led 24-year-old Lucy Park to open the doors of her Gullane-based deli – The Storeroom – in December 2019. Lucy saw an opportunity to expand the range of the previous deli to include the best of East Lothian produce, encouraging customers to eat both locally and seasonally. At that time, she could not foresee what was just around the corner. Lucy says; *"I only saw three months of trading before the first lockdown, yet the support of local customers has been amazing, and this has been key in my first year of business."*

It's easy to see why the support is there. Walking through the door of The Storeroom, it's evident that Lucy is both passionate and knowledgeable about what she sells. The best of local produce is showcased alongside artisan producers from across Scotland and the UK. East Lothian producers include; Black & Gold Oil, Mungoswells Flour, Spice Witch, Belhaven Smokehouse, Dunbar Community Bakery, Yester Farm Dairies, Brand Family home-reared pork and lamb and seasonal organic vegetables from local farms where possible. She works with Edinburgh Cheesemonger I.J.Mellis to offer a wide selection of artisan and farmhouse cheeses. And, with an exceptional eye for detail and merchandising, Lucy also stocks a range of kitchen accessories including ceramics and hand-crafted cheese and chopping boards.

With restaurants closed, people working from home and parents introducing baking into home-school curriculums, food has become far more central to family and home life. And with that in mind, The Storeroom offers gift hampers all year round. Whether it be a gift for the foodie in your life or a treat for a special occasion, customers can create gift hampers containing a stunning array of products from local producers and artisan suppliers. Plus, you can browse the selection of hampers and gifts on the newly launched website. For more bespoke options, the team at The Storeroom are always there to help.

THE STOREROOM

39 Main Street, Gullane EH31 2AP
t: 01620 843 205
e: orders@storeroomgullane.co.uk
www.storeroomgullane.co.uk

LOCAL LIFE



To-do LIST

things to see and do in our local area...

JOINT EXHIBITION AT THE SOC

This exhibition brings together pastel drawings by John Threlfall and oil paintings by Esther Tyson with ceramics sculptures by Simon Griffiths. These artists take their inspiration from the close observation of animals in the wild. For this exhibition, John and Esther focused on the North East of Scotland and the Cairngorms respectively while Simon Griffiths takes his inspiration from the countryside around him in County Durham. Through many hours spent outdoors observing and sketching, all three aim to capture the very liveliness of animals in their environment.

29 April to 30 May 2021 (Thursday to Sunday 10am-4pm)
Scottish Ornithologists' Club (SOC), Waterston House, Aberlady
www.the-soc.org.uk



FRINGE BY THE SEA PLANS TO RETURN

North Berwick's summer arts festival Fringe by the Sea has announced plans to return this year in a new outdoor format with socially-distanced audiences. Basement Jaxx, Peat & Diesel, Candi Staton, Janey Godley and Huey Morgan will be spearheading the line-up beside a strong community-interest programme. As well as live events, a number of key performances will also be made available through webcasting.

6-15 August 2021
www.fringebythesea.com

Weekend TIDE TIMES



APRIL		High Water		Low Water	
		AM	PM	AM	PM
2	Fri	0633	1858	0018	1219
3	Sat	0722	1956	0054	1300
4	Sun	0820	2110	0139	1406
9	Fri	0205	1414	0758	2038
10	Sat	0246	1453	0833	2111
11	Sun	0320	1527	0905	2140
16	Fri	0554	1812	1120	2337
17	Sat	0629	1850	1142	2350
18	Sun	0706	1933		1213
23	Fri	0002	1231	0621	1851
24	Sat	0104	1325	0709	1939
25	Sun	0154	1410	0752	2026
30	Fri	0528	1755	1136	
MAY		High Water		Low Water	
		AM	PM	AM	PM
1	Sat	0615	1849	0002	1219
2	Sun	0706	1950	0044	1309
7	Fri	0041	1253	0633	1924
8	Sat	0134	1342	0717	2004
9	Sun	0215	1423	0754	2035
14	Fri	0455	1714	1042	2246
15	Sat	0528	1751	1110	2310
16	Sun	0603	1830	1139	2337
21	Fri	1039	2322	0425	1706
22	Sat	1148		0534	1808
23	Sun	0119	1337	0716	1951
28	Fri	0423	1653	1040	2307
29	Sat	0511	1745	1130	2351
30	Sun	0601	1840		1218

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

FIDRA FINE ART



George Birrell



Pascale Rentsch



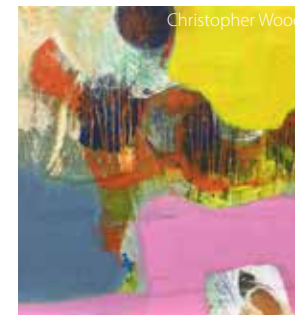
Astrid Trügg



Ann Oram



David Schofield



Christopher Wood



Victoria Broxton



Julia McNairn White



Paul Reid

MIXED SPRING EXHIBITION

6 MARCH TO 23 MAY 2021

Featuring ten new paintings by George Birrell, as well as work from; Victoria Broxton, Ann Cowan, Matthew Draper, Whyn Lewis, Leonie MacMillan, Julia McNairn White, Ann Oram, Paul Reid, Pascale Rentsch, Allan J Robertson, Michel Rulliere, David Schofield, Astrid Trügg, Christopher Wood and many more.

All work is available to view and purchase via our website

7-8 Stanley Road, Gullane EH31 2AD | t: 01620 249389 | e: info@fidrafineart.co.uk
For opening hours and further details please visit our website www.fidrafineart.co.uk



Stories in Stone GOSFORD CURLING HOUSE AND ICE HOUSE

Heritage consultant **David Hicks** tells us the stories behind some of East Lothian's historic properties.

Gosford House is probably one of the grandest buildings in East Lothian, but the grounds are equally important. Hidden among the carefully placed ponds and trees are some interesting little houses which tell a story about the life of a great estate.

The 'Pleasure Grounds' at Gosford House were designed by the architect John Ramsay in the 1790s, and were influenced by the fashionable Picturesque movement. The aim was to artificially create a natural-looking view, planned like a landscape painting with foreground and background features. Small 'rustic' styled buildings were an important part of the overall composition, and Gosford has several good examples.

A summerhouse was built at the head of the main pond, as a landscape feature known as a cottage orné. Originally it probably had a thatched roof, and traces of its shell-work decoration can still be seen. In 1860 this little building gained a new use, when it became the base for the Aberlady Curling Club. Curling stones and brushes could be stored there, along with a stove to help players keep warm.

Not far away is an ice house, an ornate building with a very practical purpose. The entrance is designed as a grotto with benches, but underneath is a chamber where ice could be stored tightly packed with straw. The ice would be used to make exotic desserts or to keep sides of meat and game fresh.

The distinctive material used for both buildings is called Tufa, a soft and porous stone chosen to achieve the all-important rustic effect. Tufa was used to construct much of ancient Rome, and so the architect was also inviting comparisons to the classical past.

Back in 1832 a visitor described the 'labyrinth of groves and walks' with 'grottoes of every kind of material', which remains the experience for anyone walking the grounds. The little houses are still doing their primary job, as intriguing features adding to the picturesque scene.



WISH YOU WERE HERE

What do you do when you visit the wonderfully varied coastline of East Lothian?

You can visit castles, play golf, go paddling at the beach, pursue water sports, visit harbours or send postcards to friends with the message "Wish you were here".

To illustrate these activities, local graphic artist Thomas Small has created six large graphic illustrations, which will complement the next exhibition at the Coastal Communities Museum in North Berwick, all about the dynamic life of Scotland's coasts.

Thomas explained; *"I have illustrated these seaside activities with the backdrop of well known coastal features such as Tantallon Castle, Craighleith Island, the Bass Rock and of course Berwick Law itself. Whilst I experimented with various styles, it was fitting to draw them in the style of the classic railway poster of the 1930s to 1950s, when sending a postcard was seen as an essential part of any holiday".*

The images which, full size, are over two metres high, will be back-lit by the windows in the former café area of the museum when it finally re-opens. We look forward to seeing you there.

COASTAL COMMUNITIES MUSEUM
School Road, North Berwick
Re-opens 8 April 2021 subject to government guidelines. Please check website for updates:
coastalmuseum.org

THOMAS SMALL, ILLUSTRATOR
contact@smallfindsdesign.co.uk
www.smallfindsdesign.co.uk



IT'S SPRING!

Bernie Rowen-Ross tells us in some folk tales, there is a belief that Oester the fertility goddess is celebrated as a bringer of hope for good harvests and long summer days.

In the Christian calendar, Easter is a celebration of Christ rising on the third day – to the believers this is a sign of hope. Personally for me, when the snowdrops pop their beautiful white heads up through the soil while it is still cold outside, it is a sign of hope for a brighter future. This magnificent display of snowdrops is followed by the proud daffodils, the vibrant crocus and the iris swaggering in her multi-coloured beauty. We await cherry blossom and the new flowering season of so much abundance here on the east coast of Scotland – with the sap rising, our spirits are lifted.

This spring has a tangible air of excitement because we've had a really tough year since last March. Lockdowns and the dreaded COVID-19 virus has taken its toll – the global pandemic has affected everyone in one way or another. Some have had to take their business on line, some have not been able to visit a shop, relying solely on deliveries, others have lost or changed jobs due to circumstances. Many have missed visiting family members.

Now is a time to look forward, we cannot change the past, but we can make the present so much more valuable. If we live in the present moment consciously, then the future is likely to have a better outcome. When we become aware of other's needs, count our own blessings and bring hope to someone else, we are starting with the right attitude.

Let's celebrate spring with those we really care about, celebrate that life is worth living despite hardship. If you are struggling – let people know. There is no shame in the struggle, it's more than likely not your fault, but due to circumstances and life changes. Take heart, there are so many people willing to help – in my experience Scotland is one of the kindest countries in the world. Practise random acts of kindness, not only will this affect the people who you are kind to, but it has a way of changing your own energy for the better. What more positive way is there than being kind to someone else?

Enjoy spring, we have a lot to celebrate.

Bernie Rowen-Ross is an Ayurvedic Counsellor and Psychotherapist, she consults via Zoom
t: 01620 844 321 | www.ayurveda-balance.uk



ARE YOU A DISAPPOINTED OPTIMIST?

If so, Bernadette Petrie hopes that learning about the Stockdale Paradox will give you the motivation to have faith, get real and feel glad on the other side.

I'm under no illusion that we still have some way to go to regain global normality, yet I have faith that the future will be very bright indeed. James Stockdale was the most senior American POW at The Hilton Hanoi POW camp during the Vietnam war and spent eight years there. In an interview with Jim Collins, author of *Beyond Entrepreneurship 2.0*, he was asked how he survived. He said; *"I never lost faith in the end of the story. I never doubted not only that I would get out, but also that I would prevail in the end and turn the experience into the defining event of my life, which, in retrospect, I would not trade."* Jim went on to ask him who didn't survive and he replied *"the optimists"*. If you are still in denial about the months and next year ahead, this is the part you might want to read; *"You must never confuse faith that you will prevail in the end – which you can never afford to lose – with the discipline to confront the most brutal facts of your current reality, whatever they might be."* Some of those POW optimists died of a broken heart. 'We'll be home by Christmas', we'll be home by Easter' – none of which would happen. James Stockdale thought differently, he had huge faith but wasn't afraid to look at the reality, yet he survived and went on to thrive and live a long happy life.

Ten years ago I had a nervous breakdown. I was a wreck, I had been for several months, but on the evening I was admitted to the Glasgow Priory I felt sure this was the beginning of a whole new story. I was scared but sensed

this was a defining point in my life which, in retrospect, I would not trade either. I would not have become a life coach, created The Barefoot Sanctuary or written my first book – *Permission To Shine*. Nor would you be reading this column.

Being admitted to a psychiatric clinic was a crisis point in my time line. Yet I felt very calm, because in the days leading to this I rediscovered faith, and deep down I understood, that as scary as this was, I would prevail. I have always been an optimist and that optimism could have crushed me in the days, weeks months and years to follow. But what became clear to me, and prepared me for the months and years ahead, was faith and acceptance. I needed to build my life back, day-by-day. This was a marathon – not a sprint.

I am grateful for my experience of depression and anxiety – the events that led to what happened in 2010. And, I've leaned on the faith and understanding I gained from that time throughout the last year. Becoming aware of the Stockdale Paradox encouraged me to take fresh stock of what may still come in 2021 and beyond, and for that reason, this optimist has once again been humbled. As we approach summer, I'm going to cherish what I can do, what I can experience and create, and take life day-by-day. We still have some way to go, but by getting real, we will get to the other side. With love

Bernadette

To experience a session with Bernadette or buy her book and card deck visit
www.thebarefootsanctuary.co.uk



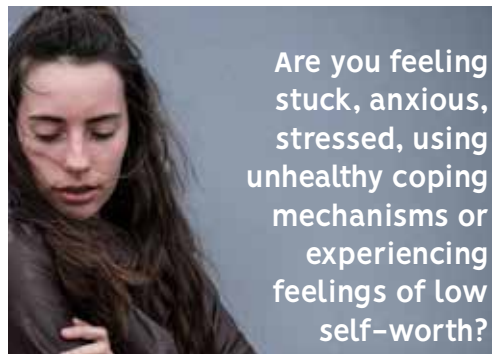
CHARITY OFFERS VIRTUAL WORKSHOPS TO VULNERABLE WOMEN

A local charity has created an online hub for vulnerable women, allowing them to access virtual workshops and establish a line of contact throughout the current lockdown.

The team at Anam Cara help women in need – those who have experienced difficult circumstances such as; addiction, depression, domestic violence, anxiety, adverse experiences and much more. They usually hold face-to-face group workshops, but were faced with the harsh reality of their services being stopped due to COVID lockdown restrictions. Acting quickly, they took all of their material online – allowing women to access the workshops from the comfort of their own homes. The team also establish daily and weekly contact – holding zoom calls, phone calls, check ins and live chats to help those in need and establish a much needed conversation for many.

Founder Maria Martin (pictured top) is delighted that the charity can still offer support during these tough times. She said; *“To be able to help those who are extremely vulnerable during another tough obstacle within their life is something we are delighted to have ongoing. As much have the world has come to a standstill, it is important to remember that mental health and those in vulnerable circumstances still experience these difficulties – they do not go away. Taking our workshops online has been a great success and many of the ladies who join us have actively engaged with this have enjoyed the social connection that it has created.”*

ANAM CARA currently take referrals from teams throughout Mid and East Lothian and also take referrals through their website www.anamcara.scot



ANAM CARA can help. A registered Scottish charity who support women and help to improve their emotional well-being. They'll provide tools and techniques to empower and inspire positive change of thoughts.

Contact them today and see how they can help.

ANAM CARA

WOMEN EMPOWERING WOMEN

t: 07551 774 089 | e: fiona@anamcara.scot
www.anamcara.scot



THE DIETARIAN

With summer just around the corner, many of us will look to shed a pound or two, or simply aim to eat more healthily as the warmer days approach.

Founders of The Dietarian, Lee and Claire Prentice, are on a mission to support the health of people across Scotland. They deliver nutritious, home cooked, calorie counted meals to the homes of clients following the 5:2 diet. Established while the couple were living in London after Claire, having had success with the 5:2 diet, started cooking fasting bags for several of Lee's personal training clients. Now based in Moffat they deliver throughout Dumfries and Galloway, and Edinburgh and the Lothians, with plans afoot for nationwide delivery.

It's been a few years since the 5:2 diet became the hit eating programme, with advocates claiming it helps achieve a healthy weight as well as providing a number of health benefits. Personal trainer Lee and Claire, a nurse, have seen first hand the impact that nutrition has on our health, fitness and well-being. Together they've supported hundreds of clients, many losing a significant amount of weight, to embrace a more balanced way of living.

Intermittent Fasting (IF) became popular in 2012 when journalist Doctor Michael Mosley trialled it, and subsequently created the 5:2 diet. So called because five days of the week are normal eating days while the other two restrict

calories to 800 per day. Consistently recommended by both doctors and nutritionists, the 5:2 diet, by reducing calorie intake for two days each week, can lead to reductions in body fat, insulin resistance and other chronic diseases. Many people report great success with this way of eating as it follows the principles of a balanced diet without restricting food groups. Elaine (pictured below) is one of them. *“I found these two photos; my son Jack's 16th and 19th birthdays – I am shocked! The Dietarian helped me with fasting bags and I feel so much healthier, body and mind, than ever before.”*

The Dietarian provides food for fasting days, and if required food with around 1800 calories for a further three days. Claire explains; *“Many people find the fasting days challenging, so we provide fast day bags. Delicious fresh food, already calorie counted, taking the planning and preparation off your to-do list.”*



THE DIETARIAN

East Lothian delivery on Sundays
 To find out more about the 5:2 diet and receive special offers, visit:
www.thedietarian.co.uk





WAXING LYRICAL

words: kim williams

Weekdays without a commute (for some) and weekends with little place to go can leave us feeling fidgety. So it's no wonder thousands of us are going online or turning to Zoom to learn something new.

I joined Laura Wilson of Laura Thomas Co for her live online candle making workshop.

Working from home often blurs the boundary between our personal and professional life. But it should also inspire us to make the most of our weekends. A great way to do this, is by learning a new craft or skill. As well as being a fantastic time filler, virtual workshops can help flex your creative muscles and leave you feeling inspired to take up a new hobby.

Laura Wilson, founder and creative director of North Berwick-based Laura Thomas Co quickly recognised the need to take their candle making workshops online as lockdown took hold last March. Laura started her company, Laura Thomas Co in 2012, when she was living in New Zealand and found it difficult to source mid-range, well made bedding. She began her own company sourcing high quality, fair trade cottons from India, Egypt and Vietnam. Since returning to her native Scotland six years ago, Laura has added a range of homewares and lifestyle products, including; a natural soy candle and diffuser range, all natural fibre herringbone blankets and towels, and a recently-launched body and hair care range.

A couple of days after booking my online candle making workshop, I received my candle making kit all beautifully presented in recycled packaging. Further instructions and a Zoom link followed by email, and I was set to begin. Candle-making isn't difficult, Laura assures us, as the online tutorial began. We had each received everything we needed to make our candles at home including; natural soy wax, glass votives and our choice of scented essential oil. Laura shows us how to melt the soy wax to the correct temperature before pouring it into a jug. We add the essential oils, and whisk the mixture to cool the wax to the perfect pouring temperature. There is a burst of aroma – hinting at what my finished candle will smell like. We then centre the wick in a gorgeous LT jar, holding it in place with a lolly-stick, pour the wax and leave it to set. Laura advises us to leave our candles to cure for a week – longer if we can, to ensure we get the best fragrance. All the while Laura chats to us, sharing insider knowledge, secrets, tips about candle maintenance – something she is ardent about. *"You should always burn the entire top layer of the candle, right to the edges of the jar, so it melts evenly"* Laura says, *"and wicks need to be trimmed after each use."*

There are plenty of opportunities to ask questions and time flies. I'm left with an amazing sense of achievement and two gorgeously-scented candles, not to mention my kitchen smells delicious. So while at-home work sessions can get a bit dull, switching up your workspace can help boost your spirits – and what better way than making a scented candle for your desk?

LAURA THOMAS CO.

The Lighthouse, Unit 2 Heugh Road, North Berwick EH39 5PX
info@laura-thomas.com
laura-thomas.com

LOVELY LAVENDER

words: kim williams

Whether it's a bag of dried buds in between your pillows, or a tiny bottle of essential oil, lavender is often a staple in every household. Famed in the world of aromatherapy for its near-instant calming effect and ability to send us drifting off to sleep, it also has an impressive roster of powers when it comes to skin.



OUR FOCUS WILL ALWAYS BE THE HUMBLE LAVENDER PLANT"

Open your bathroom cabinet and you're likely to find at least one lavender-infused product in your skin or body care arsenal. In recent years, the gorgeously scented plant has become the latest 'it' ingredient in skincare products and for good reason! Commonly known for its relaxing scent and conjuring up images of lavender fields under Provençal skies, lavender oil's effects actually extend beyond its fragrance, and this powerful herb boasts a variety of properties that can help clean and calm your skin.

It's not only Provence where row upon row of fragrant lavender grows. Just outside Gifford, nestled at the foot of the Lammermuir Hills, is Lothian Lavender. Dublin-born Sue Tait began making hand-embroidered lavender bags at her kitchen table in 2010, using lavender from her garden. These proved so popular, she planted a field of lavender to keep up with customer demand – and Lothian Lavender was born. Fast forward ten years, and Sue now married to a local farmer and the mother of the two young girls, the business along with the lavender has grown from strength to strength. Sue says; *"Running my business alongside family life is important to me. My husband and my young daughters are at the heart of*

everything I do – my youngest dead heads the flowers (she's our flower girl) and the eldest helps put the labels on the products."

The product range has developed from dried lavender gifts to a luxury body-care range and hand-poured home fragrances, and includes; soaps, hand creams, pillow mists and natural soy wax candles. In 2019 Sue's home-distilled lavender oil was certified for cosmetic use and is used in their hand creams, as well as the traditional cold processed soaps hand-made by Planet Soap in Crieff. Although not open to the public, products are available online and stocked in various outlets throughout Scotland and Northern Ireland.

Studying for a diploma in Organic Skincare Formulation has enabled Sue to further her knowledge. This, alongside a new herb garden created to grow more lavender and a variety of beneficial herbs, means the launch of a natural skincare range of products later this year. Sue adds; *"The focus on the business will always be the humble lavender plant. With all its wonderful properties of calming, antiseptic and healing being incorporated, more and more, into future products."*

LOTHIAN LAVENDER

e: lothianlavender78@yahoo.com | www.lothianlavender.co.uk

image top left and top right ©Sarah Campbell | sarahcampbellphotography.co.uk

BOUNCE BLISSFULLY INTO SPRING WITH YIN YOGA

words: sally jean rankin | pictures: lindsay scott

I have been working online with a private client who's been coming to me for a number of years. Due to her changing needs we decided to switch our approach to her yoga practice and try a more yin approach. This has been so successful for her, that it inspired me to train in yin yoga. Practiced for centuries in China and Taiwan, yin yoga is more of a restorative nurturing yoga practice and a perfect accompaniment to my regular Vinyasa, power and deep core teachings. This nurturing approach really allows you to switch off, deeply releasing the connective tissue and unblocking the body meridians to ensure your body is really functioning and performing correctly. During practice we use props such as pillows, cushions and folded blankets, holding poses from two, three and five minutes each time. This helps stimulate, compress and nourish the meridians to allow the life force energy to flow freely through the body (like acupuncture), so we can be still – calming the mind enabling us to delve a little deeper. Everyone experiences their yoga practice differently each and every time, which is why we often call it a journey. I highly recommend the practice, but I feel yoga is especially vital during this transitional seasonal time.

Sukhasana | Easy Pose

This is a pose we practice either at the beginning or the end of class, or during meditation. It is vital you are comfortable in this pose, as we can sit for up to five minutes. Sitting on a yoga block, folded blanket or cushion – cross your legs and sit on the edge of your prop so as to create some space in your pelvis, opening your chest, lungs and heart chakra, and lengthening the spine. Close your eyes, take deep breaths in and out through the nose and mouth and begin to still the mind by bringing your awareness to your third eye. In yoga we call this the space between your thoughts and it's a great way if you're a beginner to still the busy mind. Bringing your hands to your heart in Anjali Mudra begin to visualise a light green or pink light surrounding your body and keep visualising this light as you sit tall allowing the life force to flow freely up and down your spine. After a few minutes you can switch legs if you wish to level out your hips keeping your movements to a minimum so not to disturb the experience. Hold for five minutes.

Viparita karani Legs up the Wall

I tend to finish my Vinyasa classes with this pose and it's popular in yin yoga too. If you don't have enough wall space you can take your legs up a bed, chair, sofa or stool. It's deeply restorative! Lie on your back and then on your side, make sure you are warm and preferably in a quiet space and wriggle down towards the wall until your sit bones touch the wall. Swing your legs up the wall and pop two cushions underneath your lower back and if you have a spare underneath your neck and head too. Breathe deeply and comfortably not forcing your breath but at a steady rhythm until you feel a shift, and then continue to breathe comfortably holding the pose for 5 to 15 minutes. If visualising a soft light helps you relax then do that, anything to help you relax, switch off and let go.

“LET THE WATER SETTLE AND YOU WILL SEE THE STARS
AND THE MOON MIRRORED IN YOUR BEING” – RUMI

For further information on yoga classes both online or in person, massage, hand reflexology or Ayurvedic advice please contact Sally: www.kinship.studio

images ©Lindsay Scott numbereightcreative



FLETCHER'S
COTTAGE SPA
ARCHERFIELD HOUSE



SOMETHING TO LOOK FORWARD TO AT FLETCHER'S COTTAGE SPA

We may not be able to welcome you to Fletcher's Cottage Spa
right now but when it is safe to do so and when regulations
allow we look forward to welcoming you back.

We will be ready to offer you the perfect Escape,
to relax, recharge and re-energise.

Plan your post lockdown experience now by visiting fletcherscottagespa.com
or by emailing spareservations@archerfieldhouse.com

fletcherscottagespa.com

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
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

GOOD FOR THE SOLE

words: kim williams | pictures: emma martin

Regular readers will know I've always thought of massages as an indulgent luxury, ranking them somewhere between manicures and mud wraps on my 'frivolous uses for perfectly good money' scale. So it was with some hesitation that I went along for a reflexology treatment at Gullane-based Sunshine Sole.



Ring the doorbell on the brightly-painted, blue wooden door, entrance to the delightful garden studio which houses Sunshine Sole, I had little clue about what to expect. I don't really like having my feet touched, so I was somewhat apprehensive about trying reflexology. Heulwen Hardie, who has a Level 5 Diploma in Clinical Reflexology, showed me to her purpose-built studio (perfect in these COVID times) and quickly put me at ease as she talked about reflexology.

Reflexology is an non-invasive, holistic treatment that focuses on healing in the body by activating different reflex points found in the hands, feet and ears. Pressing on different points causes reflex responses in corresponding parts of the body, which can help promote healing. It doesn't just treat a single symptom, but aims to treat the causes of symptoms. It helps to relax you both mentally and physically, allowing the body to rebalance. Heulwen who offers traditional, fertility, menopause and perimenopause reflexology explained that clients come for a variety of reasons; those who come with a specific complaint or reason, those who use it as a maintenance treatment to mitigate the effects of stress and those who just find it wonderfully relaxing and do it as a treat.

My treatment started with a foot-bath and talking through my medical history, diet and lifestyle. Seated in the most comfortable chair, I promise you'll ever experience, Heulwen activated the reflex points on my feet that correspond with one side of the body, and continued to the other side until the whole body had been treated. She explained that if a reflexologist finds pain, tightness or energetic blockage in any of the reflex points, they will apply pressure to that area to promote healing elsewhere in the body. Heulwen only worked on my feet but I could feel the effects throughout my whole body. I'm not usually able to switch off from the outside world, but during the session my mind was completely tuned in to what was happening in that room and I'll readily admit to drifting off to sleep at times.

My first experience with reflexology pleasantly surprised me and I'd definitely be keen to have treatments. Already feeling the burden of a busy week, I was grateful for the relaxation which is proven to lower heart rate and blood pressure, as well as tension. But reflexology does not only relieve stress and anxiety, it is also good for menopausal symptoms, poor circulation, support during pregnancy, insomnia and digestive issues. Don't let preconceptions hold you back from trying reflexology. It's definitely worth a go – at a minimum, it will leave you feeling extremely relaxed and ready for a nap!

SUNSHINE SOLE

Erskine Rd, Gullane EH31 2DQ | t: 07979 380158

e: sunshine.sole@icloud.com

www.sunshinesole.com

A trusted part of the legal
landscape since 1926

Legal
PARIS STEELE

NORTH BERWICK
01620 892138

DUNBAR
01368 862746

HADDINGTON
01620 820982

parissteele.com



GOOD FINANCIAL ADVICE LASTS A LIFETIME

- Protection
- Investments
- Retirement planning

"Wallace Financial Planning provide me with comprehensive financial advice which is unpressured and the complexities explained with patience and clarity. This gives me peace of mind that, in my later life years, my affairs are finally in good order and sheltered from tax."

A J Taylor

36 Market Street, Haddington EH41 3JE • 6 Church Road, North Berwick EH39 4AD

T: 01620 820202 www.scottwallace.co.uk

Total tax services



*"Whatever your taxation issues
- we can help"*

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

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

01620 880 287

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

DIRLETON PC DOCTOR

COMPUTER SERVICES AND
HOME MOVIE CONVERSIONS

Do you want your precious
memories converted to digital
format and preserved forever?



At Dirleton PC Doctor we can convert:
VHS & camcorder to DVD or USB
Record & tape to CD or USB
Negatives & slides to USB or DVD

RICHARD W. FAIRBAIRN
t: 0755 735 3862 | e: richarddpd@gmail.com
www.dirleton.org

WHITELAW WELLS
CHARTERED ACCOUNTANTS
...where people matter

Glasgow

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

Edinburgh

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

North Berwick

The Lighthouse, Heugh Road
North Berwick EH39 5PX
Tel: 01620 892090
infonb@whitelawwells.co.uk

www.whitelawwells.co.uk



Hurry...

It pays to consult a valuer:
please contact our office
to arrange free home visit
or virtual valuation

RAMSAY CORNISH
AUCTIONEERS AND VALUERS
EDINBURGH

0131 553 7000
info@ramsaycornish.com
ramsaycornish.com

Drem Timber & Fencing Ltd

FOR ALL YOUR TIMBER NEEDS

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



We provide a high level of customer service

01620 850 833 / 836

www.dremtimberandfencing.co.uk

info@dremtimberandfencing.co.uk

Fenton Barns Retail Village, North Berwick, East Lothian EH39 5AN



- ◇ Custom woodwork
- ◇ Made to order
- ◇ Bespoke furniture

- ◇ Fitted wardrobes & kitchens
- ◇ Staircases & spindles
- ◇ High quality timber products
- ◇ Wood turner
- ◇ Locally sourced hardwoods

Anna's workshop is based in Leith

07919 485 173

info@alnurniture.co.uk

www.alnurniture.co.uk

We specialise in all second hand items
2nd Time Round
Bought • Sold • Restored • Commissioned

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

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

Frenchic

PROFESSIONAL HOUSE CLEARANCE
REMOVED | REUSED | RECYCLED

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



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

C Paterson & Father

Formerly Alex J Paterson (Gas and Plumbing)

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

One stop shop for all your gas and plumbing requirements

Probably the best son and father business in the Lothians



Please Check Out our Newly Launched Website

www.gasandplumbing.co.uk

07958 648900 | 0131 564 1877 | 01620 497299



**ROTARY
LAWNMOWER
SERVICING**

collection and
delivery free within
5 mile radius

ANDERSON LANDSCAPING AND GARDEN SERVICES

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

LAWNS

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

LANDSCAPING

Hard and soft landscaping, including mono-block driveways, carried out by a team of experienced professional builders.

FENCING & DECKING

Fencing and decking carried out by a team of experienced professional builders.

TREE SERVICES

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

OTHER SERVICES

Including house clearance, power washing driveways, fences painted, gutters cleaned. Winter tidying and garden clearance work. One off jobs welcomed. All works considered.

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



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



OPEN DAILY – ALL YEAR ROUND

Tearoom open 9.30am–4pm | Gardens open 9.30am–4.30pm

**Preston Road, East Linton EH40 3DT | t: 01620 860 501
www.smeatonnurserygardens.co.uk**

Outdoor ENTERTAINING

Spring is here and summer just around the corner. When better weather arrives, we Scots are always ready to step outside and make the most of it with friends and family. This year, more than ever, we will be keen to shake off the COVID restrictions and start socialising again. What better place than the garden? A few simple additions and changes can transform your garden into the perfect spot for drinks, BBQs and casual eating.

Garden Designer **Joy Grey** shares some ideas to help make the most of your outside area and turn it into the ideal entertainment space.



Think of your garden as an extension of your home – an extra room. A generous dining terrace will draw your guests outside. Add to the aesthetic by including comfortable seating with cushions and cosy blankets, outdoor floor rugs, large dining tables, vases of flowers, bunting and even mirrors and pictures. Choose a sheltered spot with maximum sun and within easy distance of the house and you'll have a natural social hub. Provide shade for those very hot days or for those who prefer to avoid too much sun. Incorporate awnings, a garden parasol or build a pergola and train climbers up it, creating both seclusion and some dappled shade. Consider adding a water feature – it doesn't need to be elaborate, even a trickle, can have an impact. The sight and sound of water helps relaxation and can even lower blood pressure!



Al Fresco

Dining

BBQs are the ultimate crowd-pleasers and perfect for multi-generational entertaining. Or invest in a wood fired pizza oven – guests can choose their own pizza toppings and watch as they bubble away in your Mediterranean-inspired terracotta oven. A fire pit is a wonderful way to add some theatre and heating to your garden after dark. Gather round wrapped up in blankets, toast marshmallows or s'mores and let the party continue into the night.

Outdoor lighting is just the thing to create mood. String globe lights or lanterns to create a gentle relaxing ambience. Pergolas are wonderful structures to hang lighting from, and up-lighting trees and shrubs will create wonderful mood lighting. Planting night-scented flowers such as Nicotiana, Phlox, Honeysuckle or Jasmine will add wonderful aromatic fragrances to gatherings.



After Dark



GOOSE GREEN DESIGN

The Grey Cottage, Goose Green, Gullane EH31 2AT
t: 01620 842866 | m: 07971163565
e: joy@goosegreendesign.co.uk

GOOSE GREEN DESIGN

gardens by Joy Grey



Joy Grey BSc(Hons) DipPSGD(Hons)

The Grey Cottage, Goose Green, Gullane EH31 2AT | t: 01620 842866 | m: 07971163565
www.goosegreendesign.co.uk | e: joy@goosegreendesign.co.uk

FOR ALL YOUR TREE AND GARDEN NEEDS

GARDENING:

Commercial or Domestic Maintenance
Hedge Cutting | Fencing | Lawn Care | Weed Control

TREE SURGERY:

Pruning | Felling | Dismantling | Planting
Stump Removal

Fully Qualified and Insured



absolute
Garden & Tree Services

contact Steven Ness on
t: 01620 481065 | m: 0776 116 7757
e: absolutegts@hotmail.co.uk





Family life taking it's
toll on your carpets ?



Dry Fusion can help...

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

STAIN & SOIL PROTECTION BUILT IN

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

NO WETNESS

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



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

Fresh START

This year, more than ever, we are looking forward to a fresh start. And **Morag Readman**, owner of the East Lothian franchise of Bright & Beautiful tells us; around the home there are so many things to refresh...



Back to Business

We are all looking forward to the day when our local high street is buzzing again. At Bright & Beautiful we can help businesses to provide reassurance for their staff and their customers with a range of deep cleaning services, including fogging. Fogging is a quick and safe way of disinfecting all areas of a space, including the bits that are hard to reach. Our product is eco-friendly and safe to use in food preparation areas.

Amongst the many plans that have been put on hold by lockdown, many people have had to delay their home move. As this market opens up again, the team at Bright & Beautiful can help by preparing a property for the market, or making sure it is clean, comfortable and hygienic to move into. This year, more than ever, we are so looking forward to helping our clients with their fresh start.



BRIGHT & BEAUTIFUL
t: 01620 674 658
e: morag.readman@brightandbeautifulhome.com
www.brightandbeautifulhome.com/east-lothian



Fogging...

Eradicate viruses and ensure a safe environment

Fogging or Misting is an in-depth sanitising process which works by expelling a fine, almost invisible mist. This mist settles on all surfaces and effectively eradicates any threat or cross-contamination. The process is quick and eliminates the requirement to remove any furniture, electrical equipment, papers, upholstery etc.

The system has proven to be 99.99% effective against Covid-19, and the fogging solution is totally natural and environmentally friendly, having passed the BS EN 14476 A2 virucidal evaluation and EN 1276 bacterial evaluation.

We are proud to not only be helping the environment but also assisting in the global fight against the current and future outbreaks of COVID-19.

The fogging solution achieved a kill rate of 99.99% against tested pathogens, including Noro and Rhino viral strains.

Ensuring the environment is not additionally harmed, the solution is alcohol-free. The alcohol used within sanitisers often comes at a high environmental cost, as the process to produce it yields a high carbon dioxide output.

Fogging helps business operations to continue, by providing both customers and staff with increased confidence in the safety of their working environment in these difficult times.

COVID-19 has a virus envelope structure, as such, leading scientific teams have also tested this fogging solution against several comparable viruses:

- H1N1 Avian Influenza
- Influenza
- Rotavirus
- Rubella
- Measles
- HIV
- Hepatitis B
- Hepatitis C
- Ebola



A room that has been 'fogged', can be entered 30 minutes after the process is complete.

BRIGHT & BEAUTIFUL

A BEAUTIFULLY CLEAN HOME AND A BRIGHTER YOU

Contact us today to find out how we can help you
01620 674658

morag.readman@brightandbeautifulhome.com | brightandbeautifulhome.com

TIME & TIDE



WWW.TIMEANDTIDESTORES.CO.UK