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LOCAL LIFE

COMMUNITY & LIFESTYLE MAGAZINE



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Editor's LETTER

By just about any unit of measurement, 2020 was a tough one. From the pandemic to politics, we've been through a lot, and a reset feels long overdue. We spent most of last year glued to our screens, checking daily case counts and engaging in exhausting conversations about the amount of risk involved in running to the shops, seeing family or simply going for a walk. We redid rooms in our homes, learned which corner was the most Zoom acceptable, gardened, baked or went on mad hunts for yeast.



But we're now at the threshold of a brand new year. So instead of new year's resolutions let's plan on refreshing, resetting and marching into 2021 with as much optimism as we can muster. One of the biggest changes we should continue, is shopping, as much as possible, at truly locally-owned businesses. We can't control a lot of what is happening around us, but it's the little things which will get us through – a delivery of locally-sourced food, a walk in the countryside or a quick dip in one of the county's beautiful beaches.

Although a sense of joy came with the new year, coronavirus is still very much a part of our lives. And, as we continue to navigate these strange times, be thankful for both the place in which we live and our local communities. Enjoy the issue.

Kim x

To advertise in the April | May 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 5th March 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

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.

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DELIGHTFULLY VEGAN

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

I'm developing more and more vegan recipes and I'm often asked where I buy my supplies. Here are a few of my favourite ingredients and vegan suppliers.

1. Locally, I love **Earth Matters** on North Berwick's high street and **Crunchy Carrot** in Dunbar.
2. Glasgow's **Sgaia Plant Based Meat** has all sorts of great meat substitutes. sgaiafoods.co.uk
3. **This isn't Bacon** – the title says it all. Great alternative. this.co
4. You can buy pretty much any vegan ingredient from here. thevegankindsupermarket.com
5. **Real Foods** is a staple if you live in Edinburgh, and worth a visit if not. realfoods.co.uk
6. Although not completely vegan, **Belazu** has so many delicious pastes and pestos. belazu.com
7. A list would not be a list, without vegan chocolate and **Land** produce delicious bars. landchocolate.com



THE LOVE TREE

Bernadette Petrie's powerful find...

Nature is always showing us what's important, how we need to support each other and yet stand strongly. Standing in The Lodge, North Berwick are these trees, known affectionately as the love tree. They stand apart but share a branch. I use it for myself, and for clients as a magical portal to step through with fresh intentions. It's directly in line with the Law and the Bass Rock and feels amazing to be around. Have fun discovering it and maybe, you too, will connect with it's magic.

Look WHAT WE FOUND!

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



AND REST...

Editor Kim Williams finds the perfect eye pillow...

With working from home, home-schooling and, well, just staying at home, we're spending more time than ever in front of screens, often late into the night. Such significant blue light exposure blocks a hormone called melatonin that makes us sleepy. As a result, many of us struggle with getting a good nights sleep. Enter, East Lothian-based Deerio's lavender and flaxseed eye pillow. I never thought I'd need one until I tried it. Filled with fragrant lavender flowers and flaxseed, this gorgeous 100% natural soft linen eye pillow helps you relax, aids better sleep, relieves muscle tension and can even reduce headaches. This eye pillow will help create an oasis moment – five minutes away from your screen and the demands of daily life. Just close your eyes and truly rest.

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

In the centre of Prestonpans stands a remarkable 400-year-old building, described as a 'monument to departed greatness'. Once a market place for buying and selling, it is now a rare survival, one of the finest examples of a mercat cross in Scotland and the only one still in its original position.

The monument dates back to 1617, when the thriving community of Preston was awarded a charter by the king allowing them to hold a weekly market and an annual fair on St Jerome's Day. The mercat cross was the physical symbol proclaiming this new status, a source of tremendous civic pride, with the promise of attracting lucrative trade.

That local pride is obvious in the highly ornate design of the monument. It has architectural flourishes such as spiral water spouts shaped like cannons, columns inspired by ancient Rome, sockets for holding flags and niches carved with a scallop shell pattern. But it is also a practical building, with a platform at the top for a bellman or town crier to make proclamations, and a chamber on the ground floor which would have acted as a prison.

On weekly market days the mercat cross would be a scene of great hustle and bustle, all tightly controlled by the local authorities who gained an income from stallholders. The annual fair though was a different matter, attracting a wide variety of pedlars known as chapmen, who travelled the countryside selling everything from buttons and buckles, to books and cloth.

In 1636 the Guild of Chapmen of the Lothians staged an extraordinary takeover and bought the rights to the fair and the cross. The guild used the monument for their annual ceremony at the beginning of July, where officials were elected for the year. By the 1800s the chapmen had all disappeared, but the ceremony continued for a while. In 1839 the local minister wrote that it was the scene "of a little innocent merry-making... as if at the summons of some ancient wizard".

The monument is well looked after but no longer a place of hustle and bustle, even with the local primary school just across the road. But surely this grand old piece of history could be at the centre of the community again, and maybe even the setting for the occasional merry-making.

Stories in Stone PRESTON MERCAT CROSS



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Spring COAT CHECK

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Spring is the fussiest of seasons and spring dressing can be challenging: sporadic bursts of sunshine interspersed with April showers make it hard to know what to leave the house in. Enter the spring coat – the perfect transitional piece to see you through the changing season. And Danish designers Junge know a thing or two about making quality coats and jackets for women of all ages – they've been doing it for more than 60 years. Junge designs classic pieces, combining effortless Scandinavian design with a feminine and contemporary touch. A Junge coat isn't just a coat to protect against the elements – it's a fashion statement too. From pretty apricots to zingy sky-blues, spring's offering is filled with shades guaranteed to brighten both your wardrobe and your spirits. Just add this season's essential stomper boot and you'll be all set to weather any lingering chill.

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Lockdown Drama?

STAY IN YOUR PYJAMAS!

words: kim williams

Lockdown or no lockdown, 2020 changed the way we dress and shop forever. Now lounge-wear is considered a staple, whether you're on a Zoom-call, lounging on the sofa watching Netflix or running errands.



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Just as quickly as staying in became the new going out, dressing down became the new dressing up, and so, our obsession with lounge-wear began. And with a spike in COVID-19 cases, a second lockdown and the onset of winter, the mood lifting qualities of a perfect pair of pyjamas are undeniable. While it has always been a popular choice among homebodies, lounge-wear saw a widespread resurgence in 2020 with many retailers reporting an increase in sales. And for Alice Meynell, this resurgence turned a project to make stylish Zoom-wear for her children, family and friends during lockdown into a successful business.

With her four children, all at home, lounging around in their holey PJs or worse, their awful trackie bottoms, Alice was inspired to create comfortable, roomy, yet incredibly stylish pyjamas. Alice explained; *"I made a few pairs of pyjama pants which were snapped up by family and in turn by their friends when they saw pictures on Instagram. The overwhelming response confirmed to me that it was a business worth setting up."*

Alice and her team – many of whom are hobby sewers who had to look for alternative sources of income after being hit hard financially by the pandemic – cut, make and sew each item for her East Lothian-based business Pajama Pantry. Made from natural cotton, which is hand block-printed by artisans in India using vegetable dyes, the pyjama bottoms come as shorts or full length trousers, with full sets due to launch soon. Change arrives in the prints. Many of us will wear a whimsical, extravagant print at home that we never would outside, and with new fabrics arriving each week and only small runs made of each design, you can be assured of pyjamas which are not only gorgeous but also unique.

Every pair of pyjamas comes with a free lavender bag to tuck into your pillowcase. And the packaging is fully recyclable, with the only plastic being the waistband elastic. Alice adds; *"I mind very much that we keep the carbon footprint as light as possible. All the packaging is both recycled, and recyclable. No plastic sticky tape!"* Nothing goes to waste – offcuts are used to make hot water bottle covers, brush rolls, artist rolls, hair bands, jewellery rolls and even dog collars. What's more, all material scraps go to local charities who get paid by weight for them to be recycled.

Pyjamas may be trending but they are rarely trendy, which is part of their allure. At a time when our desire for cosy, comfy clothing continues, pyjamas will continue to be part of our lockdown, lounge-wear and Zoom-friendly ensembles.

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Trending COLOURS

Each year the Pantone Colour Institute announce their colour of the year. After a tumultuous year thanks to a global pandemic, the colour authority has actually selected two contrasting shades for 2021: ultimate grey and illuminating yellow – it's a cheerful mix that reminds us of sunshine filled days. The combination gives an easy to live with modern look, and a cheerful pop of colour cleverly balanced by the most loved neutral – grey.

Forever Spaces tell us how to incorporate these trending colours into our homes.



Kitchen

Ultimate grey is a timeless neutral that makes an excellent choice for kitchen cabinetry. To incorporate illuminating yellow into your kitchen colour scheme; add chairs or barstools in a sunny shade, use as an accent for your serving dishes and lighting or just add a yellow jar to put fresh greenery in. You could go bold with the Schuller Next 125 kitchen range in warm saffron yellow – this daring colour choice works perfectly with grey.

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.

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Bathroom

Bathrooms are perfect for pushing your colour boundaries, especially if you're willing to experiment. As natural light is often missing from these spaces, in this Lustre bathroom from Utopia, yellow works to cleverly illuminate the room while offsetting the powder grey tiles. Ultimate grey looks gorgeous as a bathroom paint colour, on a splash-back or as floor tile. Add in splashes of yellow with towels and accessories.

Nearly any room can benefit from a background of ultimate grey, punctuated with pops of illuminating yellow. But as colour trends come and go, one of the best ways to add them is with accessories – cushions, rugs, throws and art offer a simple way to try out Pantone's colours of the year. Start small with a few colourful accents and if you still love the look after living with it for a while, consider a more substantial dose of grey or yellow.

Accessorise



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Dream THEN DO

words: hayley flanagan

We've all been forced into a 'less action, more day dreaming' holding pattern lately. So with a little help from Pinterest here's the not-yet-trending trends you should be planning on actioning in 2021... apart from staying healthy that is!



Japandi Aesthetic & More Doon

The Japanese naturalism meets Scandinavian minimalism trend is still on the rise. Sleek lines, neutral colour schemes, organic shapes, natural textures and calming set-ups should be on your radar.

Out: open floor plan, In: doors-ish. For WFHomers, there's going to be something called a 'cloffice' and when doors aren't available, we will find new ways to create some personal space.



Ritual Baths

Carve out time for an extra special soaking experience. Give bath time an upgrade with influences from ancient rituals, this isn't your typical tub-time.

Skinimalism

Embrace slow beauty and let your natural skin texture shine through. This new effortlessly chic routine is simple, sustainable and stay-at-home friendly.

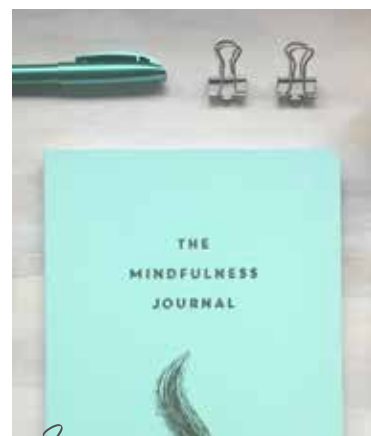
Shelves will be your new favourite corner of the house. Collect and invest in sleek or handmade dinnerware and coloured glassware and start taking those shelves.

Dish it Out



Modern Mystic

Manifesting is the new nesting – alternative spirituality is entering the mainstream. Grab a protection crystal, cleanse your space and build a vision board for 2021 where intention is everything.



Lessons in Mindfulness

With frustrations running high when home-schooling – don't underestimate a good heart-to-heart. Try a little parent-child mindfulness session.



Vibey Lights & Invest in Rest

Shedding a little light is a 2021 vibe. Reinvent your bedroom with bright, colour-drenched lighting for majorly moody looks. But remember zzz-time is me-time and sleep care is self-care. From diffuser blends for sleep to bedtime yoga, make restful regimens more luxurious than ever.

Make Lockdown 2.0 count, embrace a beginners mindset and teach yourself new skills. But remember... be kind to yourself.



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GET YOUR HOME IN GREAT SHAPE

Morag Readman, owner of the East Lothian franchise of **Bright & Beautiful** shares her tips for keeping your home in great shape.

Most of us have been spending more time at home than usual. There are some advantages – no commuting and working in your PJs – but it can also create challenges. Rooms are being used more so will need more cleaning. Being at home should make it easier to stay on top of household chores, but you might be finding it difficult to get the work-life balance right and this can get you down. Creating the right environment makes a big difference – a clean and tidy home is an investment in your physical and mental health. Plus, cleaning is good exercise, bringing more of a sense of achievement than any workout. Here are my top tips for a safe and fresh home.

STAY ON TOP OF THE WASH

Laundry is something that never stops, so it makes sense to do a little, and often, rather than let it build up. Bringing up three sons, my mantra was always “a load a day and put it away”.

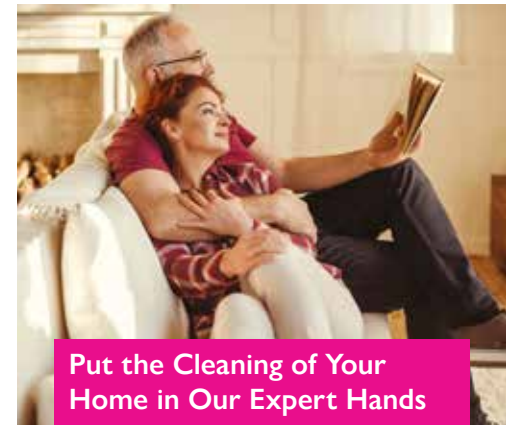
PLAN AND PRIORITISE

Make a to-do list for your housework. Your kitchen, bathrooms and downstairs floors will probably need cleaning more often than other areas. A simple rota makes you feel more in control, and it feels good when you tick those tasks off.

ZAP THOSE GERMS

Even on days when there's little time for cleaning, remember to regularly disinfect all the touch-points in your home, such as: door handles and light switches.

If you need help, I'd be delighted to talk to you. Whether you're thinking about regular cleaning or a one-off visit, give me a call for a free consultation. With safety in mind, I can also reassure you of the enhanced procedures we have for virus protection.



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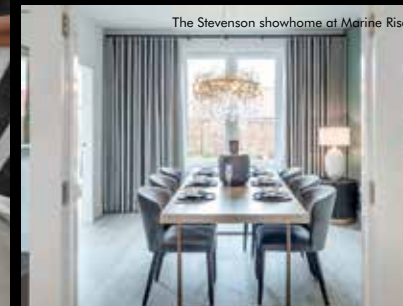
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To-do LIST

out and about in our local area...

LEARN TO CREATE YOUR OWN WILDFLOWER MEADOW

Imagine the peaceful sound of buzzing bumblebees. The pleasure of little butterflies, scurrying from one colourful wildflower to another. The delight of soft grass under your feet. Doesn't it sound idyllic? This might be difficult to imagine at the moment, with winter a tad on the gloomy side, but at Seilich they're already looking ahead to spring. And throughout spring, summer and autumn they're running workshops to teach you all you need to know to create and manage your very own wildflower meadow; be it in a window box, flower border, lawn or field.

Workshops held in the Seilich meadow just outside Pathhead and online | £35 per person
seilich.co.uk



A MUST FOR WILDLIFE ART LOVERS

Last year saw an endless supply of arts and culture finding its way online and the SOC joined this trend with the launch of their online art shop last June. A must for wildlife art lovers, the online shop focuses on works on paper – watercolours, drawings and fine art prints – that are sold unframed and delivered anywhere in the UK. The selection changes regularly to include work by artists exhibiting at Waterston House.

visit website for up-to-date information on exhibition dates
Scottish Ornithologists' Club (SOC), Waterston House, Aberlady
www.the-soc.org.uk



FIDRA FINE ART

Simon Laurie | Stove



MIXED WINTER EXHIBITION

UNTIL 28 FEBRUARY 2021

Featuring work from;
Claire Beattie, George Birrell, Georgina Bown, Chris Brook, Davy Brown, Alison Burt, Dominique Cameron, Alan Connell, Jimmy Cosgrove, Matthew Draper, Michael Durning, Ronnie Fulton, George Gilbert, Andy Heald, Simon Laurie, Sarah Lawson, Steven Lindsay, Alan Macdonald, Carolynda Macdonald, Neil Macdonald, Rachel Marshall, Alice McMurrough, Alison McWhirter, Sandy Murphy, Jim Rae, Naoko Shibuya and many more.

George Birrell | Castle Garden



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, Michel Rulliere David Schofield, Astrid Trügg, Christopher Wood and many more.

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



A YEAR OF MEANING

Ayurvedic counsellor and psychotherapist
Bernie Rowen-Ross encourages us to live mindfully
in 2021.

Here it is, 2021! There is a lot of promise in the air, and so much to be grateful for. I was gazing at the setting moon on new year's eve morning. It was freezing, but the cold didn't keep me inside, I marvelled at my surroundings, the crisp light-pink sky and the moon-set shimmering on the sea and I was happy to be alive.

Some, who are reading this, might have a heavy heart, maybe you have experienced loss in your life recently? But, honestly it is important to grieve, to be sad and feel that inner pain, which sits in your heart area. These feelings change, with time, as we come to acceptance, and life goes on in a different way.

There are others who are negotiating new challenges. It might be an economic challenge, a relationship challenge or even health related. As life continues, we cannot escape the changes that come every day, and let's face it, if there were no challenges, we would be bored with the monotony.

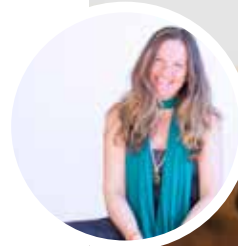
I remember a Buddhist teacher telling me; that when washing dishes, there is so much joy. I was flawed, joy – in washing dishes, he had to

be joking! He went on to describe the rainbows in the soap bubbles, the warm water on his hands, and the satisfaction of a job well done once he had completed his task. Now when I wash dishes, I remember that story as though it was yesterday.

I encourage you to be mindful, because we can experience one act in many different ways. Start by trying this. Have a glass of water in front of you, look at the water, and experience what you are feeling. Write that feeling down. Then allow the water to just touch your lips, don't put it into your mouth yet, just let it touch your lips, try and do that for a whole minute, then write about that experience, and now, keep a sip of water in your mouth for a minute and feel, really feel, what you experience – then swallow, and experience with total awareness the water travelling down your throat. Reflect and write about that feeling. In future each time you drink water, do it mindfully.

If you enjoyed this exercise, try doing it with something else. When we live mindfully life is so much more meaningful. And, let's make 2021 a year of great meaning in everyday experiences.

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



FALLING IN LOVE WITH LIFE

As a life coach and writer, **Bernadette Petrie** tells us 'judgement' is always the marker that reveals how she is experiencing loving this thing called life.

They say you teach and write about what you need to learn, and this certainly is the case for me. I fall flat on my face more times than I'd like to admit (that's my shadow). Like many people, I found 2020 to be incredible challenging, and as I emerge into 2021 it feels as if more of my gremlins and unowned shadows are being shaken and stirred. It's a nudge from the Universe to deepen the levels of forgiveness and acceptance for all of who I am. It requires me to fall more in love with all of my current life.

Love all the parts of you, that you would deny.

When I stop to consider what those parts might be, I need look no further than the parts of others I have been judging, disliking and even resenting. Sure, we can all have an echo chamber around us of people who agree with and admire us, but sending real love and compassion to those who challenge or niggle us is unconditional love in motion. Can you relate to this? If you do, I imagine a few names have popped into your mind. When we judge, we only compound the problem, and we starve ourselves of the love, that in truth, is the elixir of a joyful loving life.

I stand by the belief that I am a being of light on a human journey, but so is every other human on this planet. And there is no light without shadow. Every human that

triggers me is a reflection of myself. Life is a mirror and loving life is the inner work which reflects outwards. By being aware of the shadow elements reflected back to us from others, we have a choice. We can breathe in all of who we are, make peace and accept our humanity and feel the power of love, or we can stay stuck in the story of old. The one which cries – it was his fault, her fault, they are wrong. We may get to be right, but we won't be free and we certainly won't feel 'in love'.

Think again of someone who has been triggering you. Hold their image in your mind and ask yourself – what is this person showing me about myself? Pay attention to those feelings and instead of numbing those feelings, allow yourself to feel them. Let the feelings run through you, resist running away from them. By embracing these feelings, we find compassion for ourselves and the other party too.

If we really want things to change for the better we have to be part of the solution. In this month of love and important year of transformation and healing, we have a choice. The choice to own, love and forgive the parts we would rather hide away. By stepping into the shoes of the ones we judge we can find the parts of us which have been waiting for us to be their Valentine.

With love until the next time.

Bernadette

Bernadette Petrie is the creator of The Barefoot Sanctuary and author of Permission To Shine, available at all online book stores | www.thebarefootsanctuary.co.uk

YOGA TO RELEASE AND RESTORE

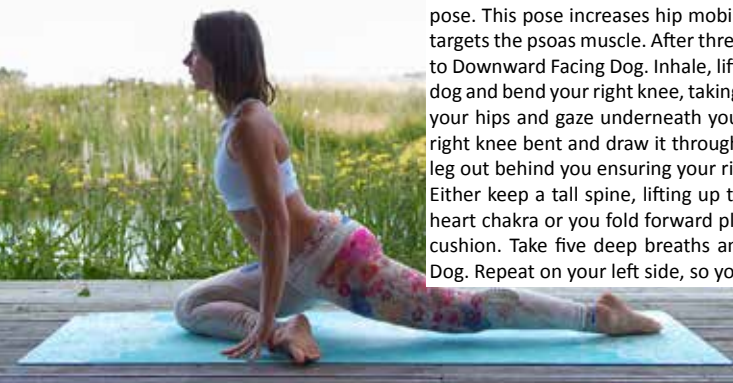
words: sally jean rankin | pictures: lindsay scott

At the beginning of every year I offer my yoga students the opportunity to set a Sankalpa. In Sanskrit, the ancient classical Indian language, Sankalpa means 'an intention formed by the heart and mind'. A statement or vow you create, which you promise to commit to.

This year I made a promise to myself to release any experiences that don't serve me anymore so I can restore my energy to where it needs to go – to what really matters. During such chaotic and challenging times, many of us have realised what is important to us and what is not. It's time to let go of all negativity, time to commit to restoring humanity and focus on the good. But first we must start with ourselves. Yoga is all about self realisation. It's a process we commit to and move through, layer upon layer. It is incredible, magical, what we reveal and what unfolds... it's not always pretty but it's honest, and when you do let go, you connect deeper into your soul.

Eka Pada Rajakapotasana | Pigeon Pose

This wonderful, restorative pose can be quite intense so please move slowly and mindfully into the pose. Be very mindful of your knees, if you feel any sensations in your knees try adjusting yourself or simply come out of the pose. This pose increases hip mobility, calms your mind, uses your core and targets the psoas muscle. After three rounds of Sun Salutations A and B come to Downward Facing Dog. Inhale, lift your right leg up into three legged down dog and bend your right knee, taking your right foot over to the left side, stack your hips and gaze underneath your right arm pit, as you exhale keep your right knee bent and draw it through to the top of your mat. Extend your left leg out behind you ensuring your right hip doesn't collapse. Keep breathing! Either keep a tall spine, lifting up through the chest and working with your heart chakra or you fold forward placing your forehead on your mat or on a cushion. Take five deep breaths and then come back to Downward Facing Dog. Repeat on your left side, so you balance out your body.



Garudasana | Eagle Pose

This standing balancing pose stretches the upper back and shoulders, strengthens the ankles and calves, improves balance, focuses the mind and improves hip mobility. From Tadasana, Mountain Pose, inhale, lift your arms up into High Mountain, as you exhale, gaze forwards, find your Drishti and wrap your right arm underneath your left arm. Wrap your right leg over your left thigh, hook the top of your right foot behind your left calf and squeeze your thighs together. Draw your navel into your spine to engage your Uddiyana Bandha pressing your palms together and slightly lifting your elbows up. Lengthen through the crown of your head and hold for five deep breaths. Unfold and come back to Tadasana, reset and repeat on the other side. Once you have finished take one round of Sun Salutation A and come to Child's Pose to rest.

As the new year continues be kind to yourself. Practise yoga, set a Sankalpa, ground yourself with purpose, and focus on all the good in your life.

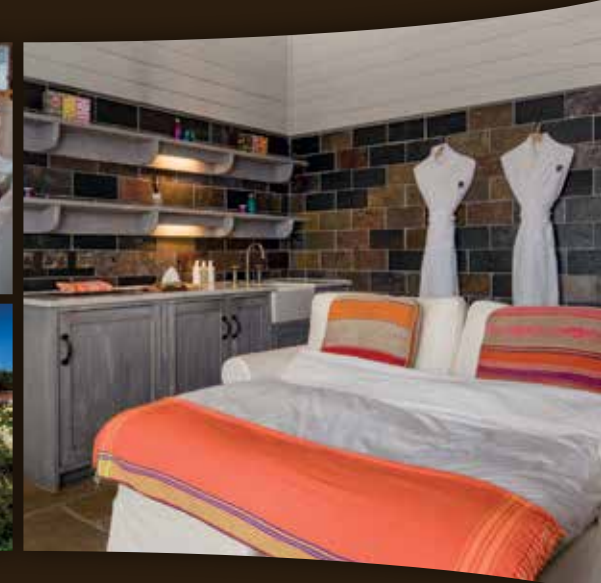


For further information on yoga classes both online and location based, yoga events, yoga brunches, retreats and massage treatments including hand reflexology please visit: www.kinship.studio

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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!



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YOGA FOR MENOPAUSE

When you hear the word menopause what is the first thought that enters your mind? Over the hill and past it? Hot flushes? Lack of sleep? Mood swings? Brain fog? The end of your fertile life?



Menopause is something all women go through, usually around the age of 46 to 51-years but the symptoms of the perimenopause (the lead up to the cessation of menstruation) can occur many years before this. To catalogue the symptoms associated with this stage in a woman's life would take too long – there are over 150 documented! Every woman's experience is different and individual. Some may only experience minor symptoms, others may feel debilitated by a range of physical and emotional symptoms that turn life upside down.

Throughout her own menopause, Petra Coveney an experienced yogi and member of the British Menopause Society, adapted yoga poses, breathing techniques and mindful meditation practices to help positively manage her symptoms. She went on to create Menopause Yoga™ (MY) to educate and empower women to embrace the changes in their minds, bodies and emotions at this life stage. This is undertaken using a unique combination of yoga poses, breathing techniques and mindful meditation practices specially adapted to support the main symptoms of menopause, such as; hot flushes, stress and anxiety, irritability and mood swings, insomnia and fatigue, and lack of joy.

Angela Edwards, a part-time biomedical scientist and yoga fanatic, was keen to share the benefits of this empowering style of yoga. A fully-qualified yoga teacher who has been practicing for over 20 years, Angela recently completed Menopause Yoga training with Petra and will be running a series of workshops, throughout 2021, open to all women at any stage of the menopause. The aim of the three-hour workshop is to provide support to women on their menopause journey, through; **discussion**: how the body changes and ways to manage the symptoms by providing information about HRT, complementary therapies, journaling, Ayurveda and nutrition. **Women's circle**: the opportunity to be heard, and to share experiences in a safe and supportive space – this sense of connectedness and community can often be a very healing experience. **Themed yoga practice**: poses specifically chosen to support the theme, before relaxing and then reconnecting to share feelings post practice. Angela adds; "No yoga experience is necessary, all the poses are accessible, so even if you have little or no yoga experience you will still reap the many benefits. The workshop will leave you feeling both nurtured and nourished on a physical, mental and emotional level as you enter the autumn season of life."

MENOPAUSE YOGA

For further information

e: angela_edwards_holly@yahoo.co.uk
www.facebook.com/angelaedwards.satanamayoga
 Instagram @satanamayoga
www.satanamayoga.co.uk

WHAT TO EXPECT WHEN YOU SEE A NUTRITIONAL THERAPIST

If your health and wellness resolutions have already fallen by the wayside, don't worry, a nutritional therapist can help get you back on track.



" I LOVE BEING ABLE TO GIVE PEOPLE THE KNOWLEDGE TO NOURISH THEIR BODIES, THRIVE AND FUNCTION AT THEIR BEST. "

Trying to live a healthier lifestyle can be overwhelming. And with every Tom, Dick and Harriet claiming to be a health guru on Instagram these days, it's difficult to know who to turn to for advice, because #eatclean isn't a qualification. Enter nutritional therapists: the people trained to help us eat better. Sure, there are loads of people who know their quinoa from their freekah, but nutritionists are a whole other breed. Using scientific and evidence-based research along with diet, lifestyle and supplement interventions a nutritional therapist can improve health outcomes and bring the body back into balance. They offer tailored advice and no two programmes will ever look the same. We asked nutritional therapist Katrina Farrell what to expect when seeing a nutritionist.

Why would you see a nutritional therapist?

Nutrition is not just about weight-loss, but incorporates a wide variety of health conditions that may benefit from nutritional input. I work with clients who have chronic illnesses, mild symptoms of ill-health or just want to maximise health. There are many reasons to see a nutritional therapist, for example; support for digestive issues such as IBS, IBD, bloating and indigestion, hormonal imbalances or help to increase resilience to stress and anxiety or advice on supporting an existing health condition or health goal. The list is by no means exhaustive and it's always a very personal decision.

What to expect from a nutritionist consultation

An initial appointment is between 60 and 90 minutes. During this time, a detailed case history is taken which helps the nutritional therapist understand where nutritional support can be provided. After the initial consultation, you'll receive an individually formulated plan which encompasses nutritional strategies, rest, exercise, and stress reduction techniques targeting the root source of health concerns.

Katrina, a qualified nutritional therapist and registered with British Association for Applied Nutrition and Nutritional Therapy (BANT), launched her nutritional therapy practice in 2020. Alongside her one-to-one clients, she runs online workshops addressing teen hormone health, hormone support for transitioning menopause, ageing well and surviving exam stress. She adds; "It's been very exciting to launch my health and wellness business. My approach is tailored to individual needs and will help you reach your health goals. Small changes can have a huge impact on health, energy, mental focus, mood and skin. I love being able to give people the knowledge to nourish their bodies, thrive and function at their best."

To find out about nutritional therapy and how it could help you, book a free discovery call on 07733 295688

KATRINA FARRELL NUTRITION

e: katrinafarrell@msn.com



Keeping skin supple and nourished in the winter can be difficult so we asked Rebecca O'Connor from Beatitude for advice on maintaining a healthy complexion this winter.

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KEEP Glowing

Facial oils are a really easy addition to your existing skin care routine, especially if you're wanting to give your skin some extra nourishment. Our skin often feels drier in the winter as it loses moisture – harsh winds, freezing temperatures and central heating all take their toll. Layering your skin-care products in winter allows the moisture to be kept in the skin's layers rather than pulled out by the dry outside air. Use your normal moisturiser first then follow with a rich facial oil.

Beatitude has three super silky nourishing facial oils which sink into skin beautifully and restore your skin's radiance, helping to maintain healthy skin. **Renew** is powerfully anti-ageing as it's naturally rich in retinol from broccoli seed oil and avocado oil. This stimulates

cell renewal and works to reduce signs of ageing. Supercharged with natural vitamin C from plant oils such as passion flower, pomegranate and raspberry seed, **Revitalise** helps reduce skin inflammation, irregular pigmentation leaving skin looking brightened and revitalised. **Replenish** is a soothing and calming blend of plant oils including evening primrose, oat, squalene and black cumin seed oil which nourishes and gives skin a healthy, dewy glow.

To maximise your skin's radiance, Rebecca recommends you rotate your facial oil every four months and drink plenty of water in the winter months to keep your body and skin hydrated.

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FAKIN' BACON CARBONARA

WHAT YOU NEED

- | | |
|---|----------------------------------|
| 2 handfuls of cashews soaked overnight | 1 tbsp apple cider vinegar |
| 2 onions | 1 tbsp lemon juice |
| 5 crushed garlic cloves | Rosemary |
| Fave vegan bacon | Parsley |
| Nutritional flakes (add to taste as cheesy as you want) | Malden sea salt and black pepper |
| 1 tsp Dijon mustard | Pasta of choice |

WHAT TO DO

1. Cook pasta and use pasta water to blend cashews to a cream, adding a bit at a time.
2. Fry onion and garlic, add flakes, salt and pepper, herbs, mustard, vinegar and lemon juice.
3. Add cashew cream and more pasta water if needed.
4. Chop up your fave vegan bacon and add. Cook with pasta for a couple of minutes.



VEGAN MEATBALLS IN TOMATO SAUCE

WHAT YOU NEED FOR THE MEATBALLS

- | | |
|--|---|
| 2 cups of oats | Tin of black beans |
| 2 medium onions, finely chopped | Puy lentils |
| 4 crushed garlic cloves | Herbs (I used parsley) |
| Juice and zest of 1 or 2 lemons | 1 tsp each of smoked paprika, black sesame seeds, cumin, cayenne, coriander |
| 1 cup pecan nuts | Malden sea salt and white pepper |
| 2 big handfuls of your favourite mushrooms | |

WHAT TO DO

1. Fry onion and garlic for a few minutes, add food processed mushrooms and herbs, add Puy lentils and mashed black beans.
2. Blitz oats and nuts in a food processor and add to onion and mushroom mix.
3. Add lemon zest, spices, salt and pepper to taste.
4. Mix thoroughly (I also added some chopped vegan pastrami from Sgaia Mheat) and shape into balls.
5. Lightly fry to add a bit of colour and place in a dish.
6. Add sauce and bake in the oven for one hour at 150°C, but keep checking. Serve with spaghetti.

SIMPLE SAUCE

- | | |
|---------------------------------|----------------------|
| Passata or tinned plum tomatoes | Glug of olive oil |
| Large onion | 1 tbsp coconut sugar |
| 3 garlic cloves | Malden sea salt |

Fry the onion and garlic, add all the other ingredients and cook slowly for a few hours if you have time, if not, ramp up the heat and cook quickly – it will still be good.

VEGAN Comfort CLASSICS



When it comes to comfort food, especially during the winter months, nothing hits the spot quite like a good Mac n cheese, cheese toastie, shepherd's pie, pasta carbonara or perhaps a tuna melt. The trouble for me, is all of these contain either dairy, meat or fish. So, I've used the time during lockdown to come up with vegan alternatives, and over the next couple of issues I'll bring you re-worked recipes of all your favourite comfort classics. 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



PLANT BASED EGG MAYO

WHAT YOU NEED

- | | |
|------------------------------------|----------------------------------|
| Vegan mayo | Chickpeas |
| Firm tofu chopped into tiny pieces | Red onion |
| Tahini | Turmeric, nutmeg, |
| Dijon mustard | Malden sea salt and black pepper |

WHAT TO DO

Add all the ingredients to the chopped tofu, season and serve. It's that easy!

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I WAKE UP...

at 5.45am to the farming programme and the weather forecast on Radio 4 – though quite often I doze through it! I listen to the news then start my day, often with a walk while I plan the day ahead.

WORK STARTS...

at around 8am when I check in with any landscape contractors who are building gardens for me. The initial topic is inevitably the weather and how it will impact the day's work! Will it be too cold to work with mortar? Too wet to lay paving, and so on. We also chat about the hows of construction, the various elements of the new garden and the difficulties with sourcing materials.

A TYPICAL DAY...

Breakfast, which is always late after I have dealt with my e-mails and made more phone calls. Lunch is grabbed when I can. My day is a pleasant mix of time spent in my studio and out-and-about in client's gardens, visiting suppliers and checking out plants in nurseries.

BEST PART OF THE JOB IS...

My clients and all the other lovely people I meet or interact with in the course of my day – suppliers, contractors and fellow garden designers. I love the mix of indoor and outdoor work and being my own boss and I often fit in a coffee or a walk with a friend. I love the ongoing learning curve that is garden design and having good friends who are also designers – we all know and support each other.



A DAY IN THE LIFE OF JOY GREY GARDEN DESIGNER

IN TEN YEAR'S TIME...

I will have retired from full-time work but will hopefully still take on the odd project each year. I dream that my own garden will be glorious – it has always played second fiddle to those of my clients! I have recently become a grandmother and am hoping for more grandchildren, and playing a part in their lives.

Joy, who trained at the Royal Botanic Garden in Edinburgh and then studied for a diploma in Garden Design through the Pickard School of Garden

Design which was achieved with distinction, set up Goose Green Design in 2004. Now, a well established and successful Scottish garden design and consultancy practice, Joy designs bespoke gardens for clients which are beautiful, timeless and functional.

GOOSE GREEN DESIGN

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

AND THE WORST...

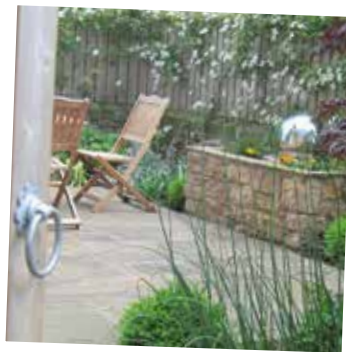
When the weather is miserable, and I have a four-hour garden survey to carry out... and then a supplier lets me down!

CAREER HIGHLIGHT...

Seeing my clients' delight in their new gardens. It's a highlight every time one of my gardens is completed – although no garden is ever finished, they are constantly evolving! Also, having my gardens featured in magazines and newspapers.

AFTER HOURS...

is spent in my own garden, cooking, sewing, walking, catching up with my friends and reading around my subject.



GOOSE GREEN DESIGN

gardens by Joy Grey



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WINNER RELAXES WITH BEATITUDE BATH OILS

Our October | November issue featured a competition run by award-winning aromatherapy brand Beatitude. Roz Hinds from Gullane was the lucky winner of a set of gorgeous Beatitude bath oils. The set contained three 100ml bath oils – Peace to relax and de-stress, Patience to invigorate and warm, and Joy to uplift and cheer. All will help you feel relaxed, rejuvenated, and will ensure silky smooth skin. Roz said: *“I’m delighted to have won the Beatitude competition and have thoroughly enjoyed using these wonderfully scented and nourishing oils.”*

Beatitude
beatitudeproducts.co.uk



RESTORATION YARD LAUNCHES BEAUTY AND WELLNESS COLLECTION

Restoration Yard has teamed up with leading UK sustainable lifestyle brand Laura Thomas, to launch its first Beauty and Wellness Collection. This beautiful collection of new scents in candles, diffusers, bath oils, washes and lotions has been inspired by artworks and interiors from the Buccleuch Collection at its sister estates across the UK, with the aim of creating a range that was true to its brand ethos, locally produced, and 100% sustainable and natural. The collection includes two fresh scents, Wild Lemon and Sicilian Sunshine; two woodland-inspired scents, Athenaeum and Caledonian Pine; and two floral scents, Rose Garden and Gardenia.

Restoration Yard, Dalkeith
Country Park
restorationyard.com



FEB		High Water		Low Water	
		AM	PM	AM	PM
5	Fri	0809	2035	0126	1337
6	Sat	0918	2156	0236	1510
7	Sun	1032	2314	0410	1645
12	Fri	0258	1508	0857	2133
13	Sat	0338	1547	0933	2208
14	Sun	0415	1625	1003	2237
19	Fri	0726	1942	0014	1228
20	Sat	0818	2042	0100	1334
21	Sun	0921	2152	0212	1520
26	Fri	0157	1414	0750	2019
27	Sat	0235	1451	0830	2102
28	Sun	0313	1526	0911	2143
MAR		High Water		Low Water	
		AM	PM	AM	PM
5	Fri	0645	1908	0012	1207
6	Sat	0741	2018	0055	1307
7	Sun	0852	2143	0206	1455
12	Fri	0206	1415	0802	2038
13	Sat	0243	1451	0835	2111
14	Sun	0317	1526	0907	2140
19	Fri	0601	1816	1106	2325
20	Sat	0641	1901	1138	
21	Sun	0729	1957	0000	1230
26	Fri	0043	1304	0645	1914
27	Sat	0129	1345	0727	1957
28	Sun	0308	1523	0907	2139

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

WEEKEND TIDE TIMES



SEAL RESCUE – WHAT TO DO

The grey seal pupping season is one of the great spectacles along our shores and each year the coastlines of the Isle of May, Craigleith and the Farne Islands are transformed as the youngsters take over. But sadly each year seal pups can be abandoned by their mothers. We spoke to the British Divers Marine Life Rescue (BDMLR) who told what to do if we come across a seal pup on the beach.

Grey seals live all around our coasts and we are now well into pupping season with pups being born on Craigleith, Isle of May and the Farne Islands. Grey seal pups are maternally dependant on their mother for the first three to four weeks when they will gain weight and start to shed their fluffy white coat, before heading into the water to feed for themselves. Sadly mothers can abandon their pups due to; illness, entanglement in the water, inability to get back to their pups and human interference.

The BDMLR is the only charity who actively attend rescues and have local medics who can be called upon twenty-four-seven, 365 days per year to strandings of seal pups, beached porpoises, dolphins and whales. They are the first people to call (number below) if you find a marine mammal on our beaches. BDMLR area coordinator Corinne Gordon tells us the key points to remember if you come across an abandoned seal pup. Do not touch the pup – the mother will certainly abandon it, if the pup contains your smell. Keep dogs on leads – if your dog gets bitten, you are looking at an expensive trip to the vet. Do not let children near the pup, however cute they look, seal pups will bite. Do not take selfies with the seal or drag it back into the water, you are likely to get bitten and the pup may drown as their coat is not waterproof until they moult. Give as much information as you can

on the location of the pup; landmarks, grid reference or What3Words app. This allows attending mammal medics to get the exact location and attend to the mammal as quickly as possible. Corinne adds; *“All seal pups we rescue on our beaches are given the best of care and taken to a rehab facility where they are cared for until healthy enough to be introduced back out to sea”.*

BDMLR was formed in 1988, when a few like-minded divers got together in response to a mass mortality of common seals in East Anglia, to help with the rescue effort in response to the Phocine Distemper Virus epidemic which resulted in thousands of deaths. Seal rescue has remained a major component of their work with medics rescuing animals around the UK. To be able to do this, raising awareness, fundraising and volunteers are vital. Assistant area coordinator and marine mammal medic Suzanne Blyth explains; *“It’s an amazing charity, one that I have been involved in for the past few years, taking part in talks, events, raising funds, teaching and being an ambassador for BDMLR wherever I can. We’re hopeful COVID-19 will pass quickly and we can get more of the public involved in what we do, such as taking part in beach cleans which is vital to our environment and its marine wildlife. Stay safe, stay healthy, take responsibility for our area and we will continue to have amazing beaches we can all enjoy.”*

BRITISH DIVERS MARINE LIFE RESCUE | HOTLINE 01825 765546

if you would like to donate visit: www.justgiving.com/campaign/BDMLRedinburgh
for further information about the charity and volunteering visit: www.bdmlr.org.uk



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