

COMMUNITY & LIFESTYLE MAGAZINE

LOCAL LIFE

JUNE | JULY 2021



Cool Caffeine

KEEP YOUR COFFEE COOL THIS
SUMMER WITH STEAMPUNK

FREE



Look what we Found!	4
Fashion The Colour of Summer	9
Beautiful, and Unique	13
Good Hair Days are Back	14
Interiors Oh My! Crystals, Chakras and Clearing	16
Top Interior Trends	18
Food & Drink Summer Fish Cakes	24
Food Spy East Coast Lobsters	25
Cover Story It's Getting Hot out There	26
BBQ Season at East Fortune Farm	28
Summer Staycation & Summer Reads	30
Victoria & Albert: Our Lives in Watercolour	32
To Do List	34
It's Show Time	36
Celebrate Scotland's Coast and Waters at Marine Fest	37
Love Local and Visit North Berwick Competition	38
Mind, Body & Soul The Gift of Observation	40
Mind, Body & Soul People are Born Inherently Good	41
A Day in the Life of Karolina Bajbuz	42
Fit Body, Fit Mind	43
Reflexology – More than a Foot Massage	45
Ayurvedic Yoga	46
Just Ask...for Financial Advice	49
Shining Brightly	53
Root to Market	62

To advertise in the August | September 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 28th June 2021.

Editor: Kim Williams **Contributors:** Amanda Farnese-Heath, Hayley Flanagan,
Bernadette Petrie, Elaine Ramanauskas, Sally-Jean Rankin, Bernie Rowen-Ross.
Distributed by: Johnson Distribution Services www.jdsdoor2door.co.uk



My love affair
with Scotland
and Scottish

food began when I
took a summer job
on the Isle of Skye.
There I discovered
the Scots' love of
traditions can only
be rivalled by their
love of food. Long before food aficionados
muttered the words 'locally-sourced,
seasonal produce', this tiny island was
serving simple delicious food championing
local producers and Scottish flavours.



Fast forward 20 odd years and today's
buzzwords are 'artisan', 'buy local' and
'provenance'. Here in East Lothian, the
abundance of produce means there is no
excuse not to buy and eat locally-sourced
food. This also means we're lucky enough
to have a wealth of farm shops, butchers,
fishmongers, restaurants and cafés all
selling delicious local and seasonal produce.
Not only that, but our high streets are full of
independent shops and artisan producers.

This issue we're celebrating the small
independent business. From Steampunk
who bring us the coolest caffeine, to
NBBA who are encouraging us to think
local first and support our high streets, to
the county's many local food and drink
producers, to name but a few. Plus there's
the chance to win a high street hamper.

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

Kim x

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



GREEN IS A NEUTRAL

Interiors Columnist Hayley Flanagan goes green...

One of the reasons I was so excited to reopen NØRDEN is that it's plant season! I'm looking forward to filling the shop with light, life and fresh air once again. I love the Plant Society co-founder Jason Chongue's second book 'Green'. It will help you transform your indoor and outdoor spaces into a lush, healthy oasis in no time, as well as teach you how to treat your plant babies right.

'Green' is a practical and personal guide to creating urban gardens and styling with plants, perfect for a range of environments and climates, inside or out. From balconies, porches, courtyards and small backyards to entryways, offices and living spaces, this how-to-guide is an approachable resource for gardeners of all types.

NØRDEN

82 High St, North Berwick
www.norden.online



SAYING GOODBYE TO PLASTIC

Bernadette Petrie's powerful find...

Each month I try to find a way to make another change to reduce our plastic consumption. These Laundry Detergent Eco Sheets from Earth Breeze have been my latest conversion, and I'm delighted to report they work a treat! Now all we need is a local stockist and before we know it they will be everywhere!

earthbreeze.co.uk

Look WHAT WE FOUND!

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



ALL WHITE

Editor Kim Williams finds the perfect white shirt...

When it comes to wardrobe staples there are few that work quite as hard as a classic white shirt. Popularised by stars such as Marilyn Monroe and Audrey Hepburn, it can be worn for any and all occasions. Perfectly home-office appropriate, it can also be worn as part of your favourite off-duty look or to Friday night drinks.

At the moment, when you're looking for the perfect blouse, opt for something with a big collar, big sleeves or pretty embroidery detail (or even all three). Just White have the most stunningly beautiful white blouses and shirts I've seen. They have a very special knack of adding just the right amount of detail to make every piece a real highlight and perfect for every season.

Just White available from
Secret Boutique
Main street, Gullane EH31 2AP

TREAT YOUR HOME TO THE PERFECT FINISHING TOUCH!



QUALITY, MADE TO MEASURE BLINDS



FITTED BY EXPERTS



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

happier, healthier pets
at barker & bone

FREE
LOCAL DELIVERY
7 DAYS A WEEK



At **barker & bone** we've made some alterations and we now sell frozen raw dog food along with an extensive range of dry and wet foods, and a large variety of loose natural treats, brand treats and chews, catering for all tastes and budgets. Plus we've lots of new accessories and gifts for dog lovers.

barker & bone

Open: Monday to Saturday 10am – 5pm
Sunday 11am – 4pm

t: 01620 894417

47 High St, North Berwick EH39 4HH



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

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: alsadair@takethelead-dogtraining.co.uk

www.takethelead-dogtraining.co.uk

A2B

PRIVATE HIRE



WE'RE OPEN!

At A2B we're pleased to announce that we're open and available for all your travel needs as the country re-opens its doors after lockdown.

A friendly, local run taxi company based in North Berwick, we service the whole of East Lothian and offer a complete taxi service.



Need a taxi or minibus?

Wherever your pickup or destination, we'll help you with our friendly and quality service.



Need to catch a flight?

We will get you to the airport in plenty of time.



Playing golf?

We can meet your golfing needs.

t: 01620 89 5000

e: a2btaxisnorthberwick@aol.co.uk



beautiful accessories for the
perfect summer outfit

Secret Boutique
Gullane | since 2005

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



THE *Colour* OF SUMMER

THIS SEASON THE RUNWAYS WERE FULL OF COLOUR TRENDS THAT DOUBLE AS MOOD BOOSTERS. FROM MELLOW YELLOWS TO BUBBLEGUM PINK – HERE ARE OUR FAVOURITES...

BUBBLEGUM PINK: This poppin' pink hue will hold strong throughout the season. The bold hue comes in a variety of shades, but think in-between neon and a more pastel colour.

SUNNY YELLOW: Even if we're unable to take sunny holidays, bring some sunshine into your wardrobe with an illuminating yellow shade. And in the middle of all the bright colours is the most muted of them all – pale yellow, ideal for pairing with those bolder hues.

TENNIS-BALL GREEN: The green that's emerged this season is hard to name. Some might call it neon, others lime. But there's also a case to be made for pale minty green, just perfect with white or metallics

Clockwise from top left: Lime Linen Shirt £89.95, Acid Yellow Embroidered Top £79.95, Yellow V-Neck Sweater £89.95, White T-Shirt with Orange £17.99, Pink Strawberry Blouse £99.95, Coral Star T-shirt £19.99, Pink Linen Shirt £89.95, Shirt Dress £129.95
SECRET BOUTIQUE, Main street, Gullane EH31 2AP | www.secretboutique.shop



76 HIGH ST NORTH BERWICK EH39 4HF

Meg Maitland

WOMENSWEAR



megmaitlandNB



@megmaitland

Get new season ready and brighten up your wardrobe with our fresh spring fits. This season's must haves include puff sleeves, summer florals and bright colours. Shop them in store and on our brand new website at megmaitland.com



North Berwick
01620 894220

Monday - Saturday
9am - 6pm

Sunday
11am - 5pm

Or visit us online at
megmaitland.com



SO&CO
ACCESSORIES

**WE MAKE
BEAUTIFUL
ACCESSORIES
AFFORDABLE**


75 High Street
North Berwick
EH39 4HG
01620 890009

www.soandcoaccessories.co.uk



**Earth
conscious
clothing for
adults & kids**

Lovesurf Beach Hut
North Berwick Harbour
madsurfnb@gmail.com
www.lovesurf.uk



Great Escape

summer clothing & accessories now in

redpaddleco



57 High Street North Berwick EH39 4HH
t: 01620 893 793

www.greatescapenorthberwick.co.uk

Open: Mon-Sat 10am-5pm, Sun 11am-4pm



We're Moving!

LT.
CO

From 3rd May, LT Co. will no longer be open at The Lighthouse NB as we're moving to a bigger premises!

Our workshop will be moving completely online so head to laura-thomas.com to stock up on your favourite scents, textiles and homewares.

15% discount for Local Life readers
Use code eastlothian15 to activate.

Free shipping on orders over £50
Collection points in Gullane + Edinburgh




FAODAIL

Gifts • Furniture • Hampers

- independent and eco-conscious
- bespoke furniture restoration and upcycling
- sustainable handcrafted products
- unique gift hampers

www.faodailgiftsfurniturehampers.co.uk

BEAUTIFUL, AND UNIQUE

words: kim williams

Mention the words 'bespoke, unique and jewellery' in the same sentence and the words 'out of my reach' might spring to mind. But hand-crafted beautifully unique jewellery may be more affordable and not as out of reach as you might imagine.



"TAKE A LITTLE PIECE OF NATURE
WITH YOU EVERYWHERE YOU GO"

In fact, straying from the path of more well-known jewellery brands can often mean a better value product and a design that feels much more personal. And if you've been dreaming of owning a piece of jewellery created uniquely for you, or longing to invest in something extra-special – it's most certainly an avenue to explore.

Caroline, designer, goldsmith and owner of Gullane-based jewellery label By Caroline, has been hand-crafting beautifully unique jewellery pieces for almost a decade. After graduating from Duncan of Jordanstone in jewellery and metal design, Caroline chose to further her skills by studying silversmithing at the London's prestigious Central Saint Martins.

Inspired by the hidden beauty in the natural world Caroline beautifully combines coloured gemstones and diamonds, using only precious materials to create captivating jewellery pieces all meticulously hand-crafted in her workshop. Each jewellery piece is elegant and intricate, and channels nature's beauty – ensuring the wearer takes a little piece of nature with them everywhere they go. Caroline specialises in commissions, particularly bespoke wedding and engagement rings. And although it may seem like a daunting task to undertake, creating custom made jewellery is a unique and exciting opportunity to capture a story. Resulting in a piece tailored to individual tastes helping make a proposal or gift even more personal. Caroline says, "Accompanying a piece of jewellery from concept to creation can be a very special experience and creates a bond that lasts forever. I work with each client from the design stage through to the finished product and feel as ecstatic as they do when we see the finished result!" Caroline can also help you fall back in love with worn out items of jewellery or unworn family heirlooms. She can remodel any jewellery, adding a modern twist to help bring jewellery back to life and turn them into more wearable and contemporary pieces.

Let's not forget, that choosing your materials is another area you'll have input on when you commission a piece of jewellery. And ethical awareness is extremely important to Caroline, so each and every piece of jewellery is carefully hand-crafted to the highest standard using precious metals and materials and hallmarked to British hallmarking regulation.

So, whether you have a specific design in mind or you need a little inspiration, Caroline will produce a timeless, high-quality piece that will take pride of place in any jewellery box.

online store and bespoke enquiries
BY CAROLINE JEWELLERY
www.bycaroline.co.uk



GOOD HAIR DAYS ARE BACK

words: kim williams

Those of us with overgrown roots and split ends rejoiced as hair salons re-opened after the most recent lockdown. And for the team at Lou Lou's in Gullane re-opening meant a new-look salon, new ideas and renewed optimism.

If you couldn't wait to head back to the hairdressers, after the most recent lockdown, to have your unruly mop sorted out then just imagine how frustrating it must have felt for stylists who were waiting months to pick up their scissors once again. It's been a frustrating and challenging year for those in the hair and beauty industry. Yet, behind the scenes many salon owners, including Louise Salmon owner of Gullane-based Lou Lou's have been coming up with new ideas and plans for the future and rethinking their salon's concept, to ensure their businesses bounce back successfully. Louise said; *"The last year has been a bit of a yo-yo for us. But we've used the time to refurbish and decorate, so the salon feels fresh and new – clients are excited to be back, the team are excited to get back to work and there is a good energy throughout the salon."*

Working alongside Louise is trainee stylist, Elizabeth and fully qualified stylists; Jo, Danielle and Taylor, who between them all have over 57 years experience in the industry. Lou Lou's senior stylists specialise in ladies and gents cutting, and Danielle has extensive knowledge in barbering. Both Taylor and Elizabeth provide hair extensions expertise including; tape, micro rings, mini tube, fusion bonds, la weave and invisible weave. And it's not only professional standards that the team at Lou Lou's take seriously. They're advocates of all-natural beauty products and are the only Aveda stockist in the county. After months of relying on our best hair dryer and DIY skills, our hair may well be in need of some extra TLC, and help is at hand with Aveda's Botanical Repair professional treatments. Louise explains; *"We're so happy to be able to offer our customers this new treatment from Aveda. This ten-minute treatment is amazing, it instantly strengthens so your hair is visibly revived, shinier and naturally full of life. Plus it's 93% naturally derived from plants, and scientifically formulated to work on all hair types and textures, while also being safe for use on colour treated and chemically processed hair. It's also vegan, cruelty free and silicone and sulphate cleanser free so you can look good and feel even better about using our high-performance hair treatments."*

Along with their natural products, the team at Lou Lou's encompasses a holistic approach to their services, they're attentive and listen to what their clients want in order to better anticipate and satisfy their needs. Aiming to make every client's visit a delightful experience, making every day – a good hair day.

LOU LOU'S
10a Lammermuir Terrace, Gullane
t: 01620 843 352

Westgate Clinic

Beauty Therapy, Podiatry/Chiropody
in a calm and peaceful space

Gift vouchers always available

NEW!
Neals Yard Remedies natural organic treatments

Reiki
Indian head massage
Hot stone therapy massage
relaxing Monu facials
St Tropez spray tanning
manicure | pedicure
eyelash and eyebrow tinting
eyebrow defining and more

39b Westgate, North Berwick EH39 4AG
t: 01620 893268 | e: lorna@westgateclinic.com
www.westgateclinic.com

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

FREE

no obligation
estimate and
measuring
service

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



Oh My!

CRYSTALS, CHAKRAS AND CLEARING

Long fascinated with crystals, gemstones and fossils, Hayley Flanagan introduces us to NØRDEN's newly launched crystal range.

In 1880, French physicist Pierre Curie (Marie Curie's husband) discovered that putting pressure on various crystals – including quartz, topaz and tourmaline – created electricity. This phenomenon, called the Piezoelectric effect, is why crystals are used as essential elements in computers, TV screens, iPhones and satellites. Because all matter is vibrational energy, including the bioelectric fields our bodies generate, we can use crystals to resonate, balance and focus the positive, and disperse the negative energies in ourselves and our spaces.

Growing up in the moorlands of the North, 'dinosaur country', regular visits to Ingleborough Cave inspired a family obsession with crystals, gemstones and fossils. And, alongside this came the fascination with the action of heat, pressure, water and minerals in nature to produce such varying and beautiful objects. This inspired our crystal range, designed to promote healthy homes and lifestyles by helping you create your own modern wellbeing rituals, or as we like to call them – NØRDEN rituals.

So, interrupt the frenetic flow of your day. Deep breath in – then exhale. This range is an open invitation to experience an alternative pace of life. Infusing elements of tactile plywood and pure crystals to provoke mindful contemplation of the natural good around us, and your inner truth. Each crystal has been curated intentionally for daily use. Transform your space. Make it a ritual.

SMUDGE SET: CLEARING NEGATIVE ENERGY

ZODIAC BOX: SUPPORTING YOUR POSITIVE AND IMPERFECT ASPECTS

ZEN GARDEN: INSPIRING MINDFUL MOMENTS

CHAKRA SET: BALANCING AND AMPLIFYING YOUR ENERGY MERIDIANS

available from

NØRDEN

82 High St, North Berwick

www.norden.online



Top INTERIOR TRENDS

Unsurprisingly, the predicted trends to watch for this year are all about creating a comforting and nurturing home. And as our homes continue to be multi-functional spaces, zoning and being organised are high on the list of design considerations too.

Forever Spaces share five of the biggest interior design trends for spring/summer 2021.



Broken-Plan Living

The trend for open plan living continues. And with more people using the space at the same time we need to find ways to screen or divide our space, to allow for flexible use throughout the day. Making clever use of space is the answer, and the team at Forever Spaces are experts in designing and fitting creative layout solutions. Bookcases can be used to cleverly zone a room, while room dividers are more popular than ever, as people seek to create flexible zoned home working areas.



Wellness at Home

Bathrooms have long been a place to escape to after a tough day but that desire is becoming greater as we're looking for space to fully relax and de-stress. Focusing on clever design and space-saving solutions the team at Forever Spaces will work with you to design your perfect haven.

Decorative Joinery

Custom-made storage has long been the go-to solution for dressing awkward spaces, and this year designs are heading in a direction that proves shelving and wardrobes are not only clever storage solutions, but the ultimate design flair.



Built-in Pantry

With lockdowns meaning many of us choosing to make fewer trips to the supermarket, storage of food and dry goods is now taking priority, and there is a bigger focus around pantry design in 2021. This Mereway built-in pantry is a cook's store-cupboard dream. If you don't have the space for a full built-in pantry, consider a tall pantry slider instead – perfect for making the most of tall, narrow cavities.



Sage Green Kitchens

With families spending more time together our kitchens have become even more central to our homes. And many of us are looking for inspiration for the room we spend the most time in. Sage green kitchens are fast becoming one of the biggest kitchen trends for 2021. Whether its paint, cabinetry, tiles or just bringing a touch of nature in – the hue is popping up everywhere.

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
t: 01620 825808
e: info@foreverspaces.co.uk
www.foreverspaces.co.uk

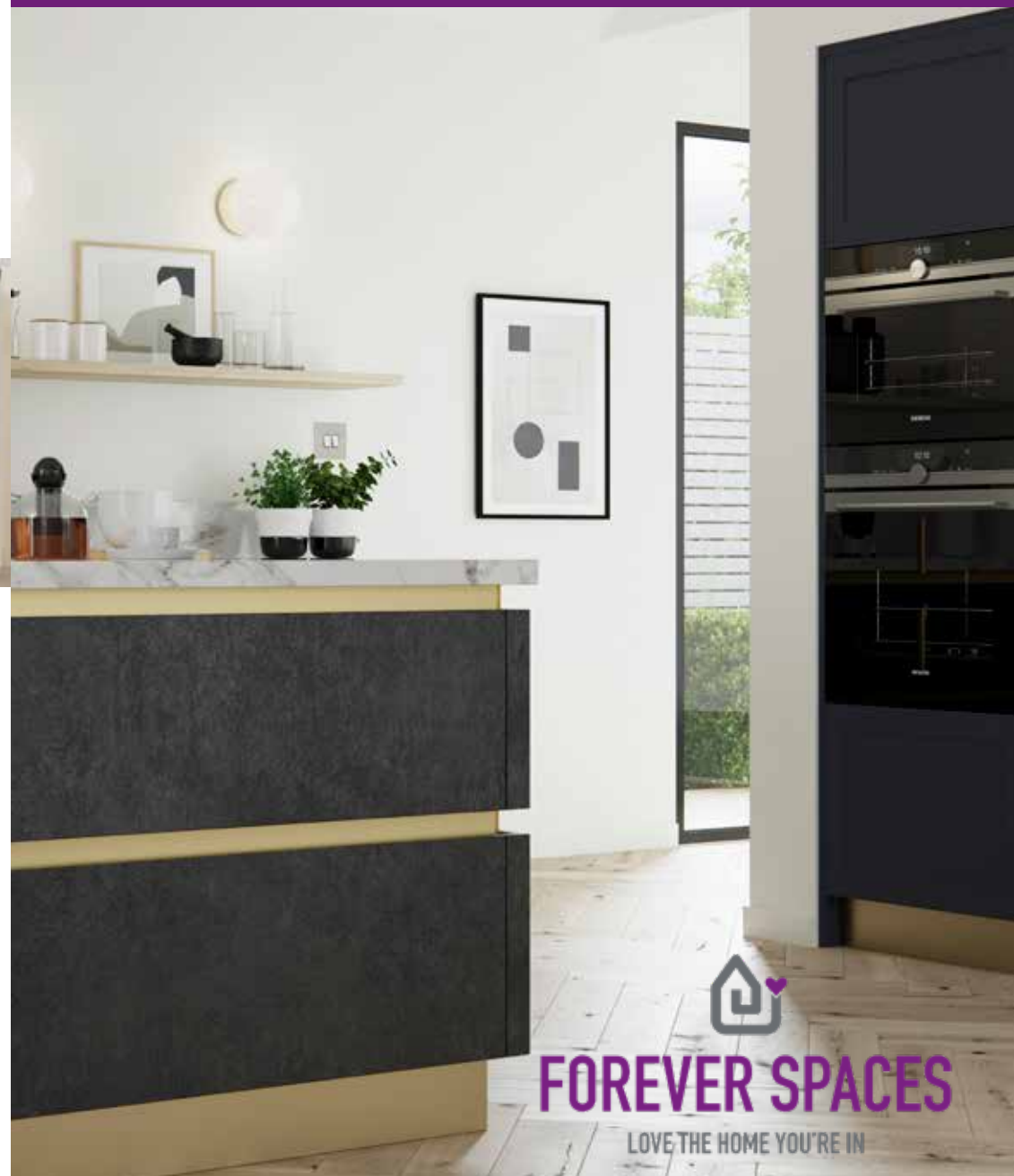
KITCHENS

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



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.totalenergysolutionsscotland.co.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



- ◇ 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

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



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



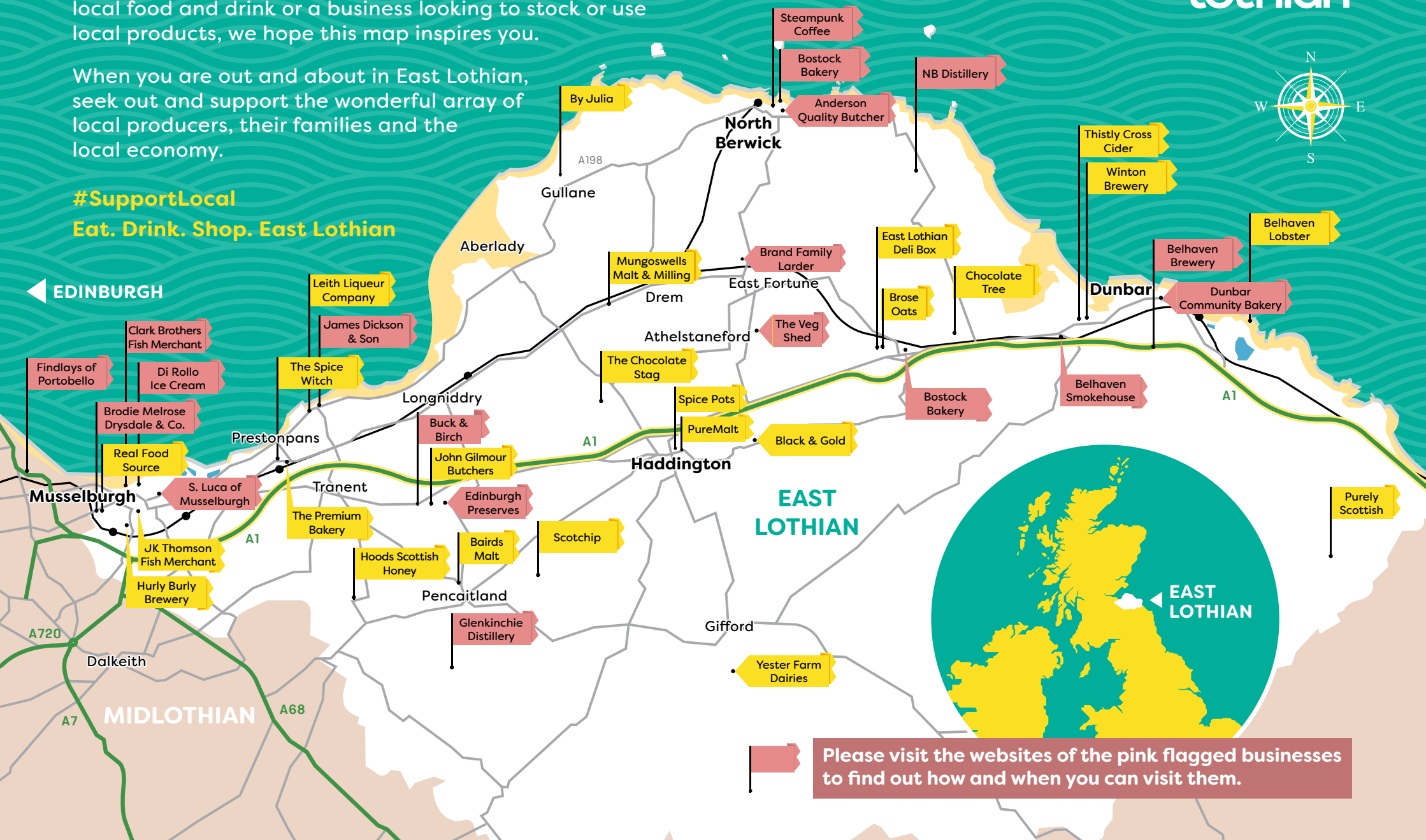
With over 40 producers, East Lothian has an amazing selection of local food and drink producers and it has never been easier to shop local and support them.

Whether you are a visitor or local who wants to seek out local food and drink or a business looking to stock or use local products, we hope this map inspires you.

When you are out and about in East Lothian, seek out and support the wonderful array of local producers, their families and the local economy.

#SupportLocal

Eat. Drink. Shop. East Lothian



Please visit the websites of the pink flagged businesses to find out how and when you can visit them.



Summer FISH CAKES



It's summer and eating outside is very special for me. As well as the BBQ, I often make these ever-so-simple healthy oven-baked fish cakes. Serve with a watercress salad and a simple olive oil and lemon dressing, homemade saffron mayo (Hellmann's is just as good) and a chunk of delicious bread. And if it's warm outside... even better!

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

WHAT YOU NEED

3 handfuls of your favourite herbs – I use basil, dill, fennel tops and parsley
Aprox 1kg potatoes
Aprox 700g of your choice of fish – I use

smoked haddock, a few prawns and salmon
½ lemon
1 tsp turmeric
Malden sea salt, black pepper

WHAT TO DO

1. Chop your herbs.
2. Peel and boil potatoes, not too mushy though!
3. Chop your fish into small pieces and mix with the herbs and potatoes, add sea salt, black pepper and turmeric.
4. Squeeze half a lemon into the mix and roll into patties – a couple of inches wide and an inch deep.
5. Lay on greaseproof paper with a healthy oil spread over the paper. I use hemp oil, but any good oil will do. Spread a bit of oil on top too. Bake in the oven at 180°C for 30 minutes or just check to see if the fish is cooked. Serve with salad and mayo.



EAST COAST LOBSTERS

delivering freshly prepared seafood direct to your door within East Lothian

call or email 24 hours prior to secure delivery
t: 07812041346 | info@eastcoastlobsters.co.uk
www.eastcoastlobsters.co.uk

FOOD *Spy*

EAST COAST LOBSTERS

Summer is finally here and so many of us will be heading to the beach for long awaited reunions with friends and family. Recreate the holiday feeling with a beach or garden BBQ and let East Coast Lobsters do all the hard work for you. Pop open the wine, sit back and enjoy their deluxe surf and turf BBQ box and you'll soon be feeling that holiday vibe.

The deluxe BBQ surf and turf box contains four freshly caught North Berwick lobsters, 1kg marinated rib eye steak and eight half shell scallops with sizzling chorizo, accompanied with a mouth watering lemon and mango dressing. Perfect for four people to enjoy together.

The North Berwick lobsters, freshly caught from the shores of North Berwick come prepared with no shell cracking required so they can be heated on the BBQ for five to seven minutes in the foil container. The tender rib eye steak carefully marinated in garlic, paprika and rosemary for a lazy summer haze, perfectly complement the lobster. Along with the half shell scallops, all prepared to sizzle on the BBQ. Add freshly cut slaw and a few chunks of focaccia bread and you'll have a ready made feast.

for menu details and to place an order
info@eastcoastlobsters.co.uk
www.eastcoastlobsters.co.uk



the perfect feast!



IT'S GETTING *Hot* OUT THERE...

But this is no reason to forgo your daily coffee hit, why not try drinking your coffee cold instead? There is a lot more to iced coffees than a Frappa-whatever filled with sugar and flavourings. Steampunk introduce two of their favourites; Flash Brew and Cold Brew.

There are a few reasons why even coffee purists should give iced coffees a try. Iced coffees are lighter, perfect in summer as many of us try to cut down on a dairy-heavy diet. It's easy to prepare a lot of cold coffees ahead, meaning you can grab one on your way out the door. Chilling coffee is also a great way of discovering some hidden flavours. And let's face it, who wants to faff around with espresso when it's really damn hot?

FLASH BREW

This method of making iced coffee originated in Japanese cafés and is on-trend across the UK and US. We love to play with this at Steampunk because the flavours we love in our hot specialty coffees come through in interesting delicious ways.

WHAT IT IS: Slightly concentrated hot coffee poured over lots of ice to cool and dilute.

WHAT YOU NEED: Any filter brewing method.

WHY IT'S GOOD: Preserves light and medium roasted specialty coffee's distinct taste profiles.

TO BREW: Try brewing as you normally do, and pour over ice. This might taste great, but if the coffee is too weak, shift your coffee-to-water ratio to increase the strength of your brew. At Steampunk when using batch, our recipe is usually 130-140g coffee to 1000ml water. That's about a 13:1 ratio. For flash brew you could shift the ratio to about 16:1, meaning you'd put in 160g coffee per 1000ml water. Try a few batches and see what tastes good in the cup size you're going to use. The flavours in the coffee will depend on your brew ratio and your ice-to-coffee ratio.

TO MAKE: Pour hot flash brew over a cup of ice, add milk if desired.

COFFEE PRO HACK: I make a lot of filter machine brewed coffee at home. Whenever I have any leftover, I pour it into a glass jar and pop it in the fridge. I can just grab the jar and add ice when I want a drink (use it up within 24 hours).

COLD BREW

This method of making iced coffee is known and loved by many. It's an easy way to make a high volume of consistent coffee.

WHAT IT IS: Coffee concentrate made by steeping coarsely ground coffee in room temperature water overnight, then straining.

WHAT YOU NEED: Very coarsely ground coffee

WHY IT'S GOOD: This is classic iced coffee, excellent with milk

TO BREW: Usually a ratio of 1:4 to 1:7 will work, depending on

grind size and how long you leave the coffee to steep. Just add room temperature water to ground coffee and leave it for 12 to 20 hours. When it's ready, strain concentrate and store in the fridge. Our Cold Brew at Steampunk is 380g coffee to 1.5 litres water with a 24-hour brew time.

TO MAKE: Pour concentrate over ice, add water to dilute, and milk if desired. Depending on the strength of your brew and how you want it to taste, add more or less water when diluting to serve.

COFFEE PRO HACK: Substitute milk (or plant based alternative) for the water to make a delicious creamy iced latte.

HOW SWEET IT IS

Adding granulated sugar to iced coffee isn't ideal because it won't dissolve easily. If you want a sweeter iced coffee, you need to make a simple syrup or use some other liquid sweetener like agave syrup or honey. Our recommendation is to put equal parts caster sugar and water in a small pan. Heat gently while stirring to dissolve and once there are no grains visible take off the heat. You want to avoid caramelising the sugar as this will add a different flavour altogether to your coffee. Get super-experimental if you wish and add flavours to your syrup – lavender, vanilla, orange – see what you like in your different drinks. These are also great in iced teas.

Steampunk has a new menu of iced coffees including Cold Brew, Iced Lattes and Affogato. Open 9-5 daily for take-aways or to sit on our sunny terrace.

If you want to read more about iced coffees (or any type of coffee making really) check out the coffee blog on our website.

STEAMPUNK COFFEE ROASTERS

The Warehouse
49a Kirk Ports
North Berwick EH39 4HL
steampunkcoffee.co.uk

STAYING LOCAL THIS SUMMER?

EXPLORE THE
WORLD OF
COFFEE!

Steampunk has been roasting coffee in North Berwick since 2012 and this summer you can explore the world of coffee with one of their explorer subscriptions.

Receive 250g of freshly roasted, ethically-sourced specialty coffee delivered direct to your door, every month for only £10. What's more it's in packaging that is plastic-free and fits through your letterbox. You can choose the quantity and frequency to suit you.

Plus, Steampunk are offering an exclusive discount to Local Life readers who take out an explorer subscription – 50% off their first delivery of coffee.

Simply great coffee – every day.

steampunkcoffee.co.uk

50%
off

your first delivery of
EXPLORER
SUBSCRIPTION

(code: EXPLORELOCAL
valid to 31/7/21)



BBQ SEASON AT EAST FORTUNE FARM

Now that we're able to get out more it's such a joy to catch up with family and friends. Even if puffer-coats and rugs are required, summer is all about dining alfresco. We spoke to **Jane Brand** of the **Brand Family Larder** about the perfect outside dining fare.

In preparation for BBQ season and family gatherings, the Brand Family larder has pulled together some of their best sellers into packages which makes it particularly easy for you if you're shopping online. These packages include a roast pork dinner for four, a BBQ pack for four and a 'plenty for £20.00' pork package as well as their fresh 'weekend breakfast pack' featuring home-reared bacon, sausages and free range eggs. These packages offer great value with up to 25% off the regular pricing. Plus they operate a click and collect service and still deliver each Friday across East Lothian, and can happily arrange a delivery to you if you are holidaying in the region too. If you're the owner of a holiday-let business, don't forget to let your guests know!

Their own home-reared Hampshire Down lamb is now in the farm shop. Jane explains; *"The younger the animal is, the more tender the meat and milder the flavour with a hint of sweetness. Reared purely on grass, our lamb has a delicate flavour and succulent, tender texture."*

They've also been busy sourcing new suppliers to bring you variety. Jane says; *We're thrilled to be stocking buffalo produce from our friend Stevie Mitchell (pictured left with Robert Brand) The Buffalo Farmer who you may recognise from 'This Farming Life' on BBC Scotland. Stevie has developed Scotland's largest buffalo farm and butchery at Boglilly Steading, Kirkcaldy. We are pleased to bring you something different to try."*

Bookings are flying in for the Caravan Park so don't delay if you're keen to book in or you've relatives looking for somewhere to stay when they visit. Jane adds; *"With farm walks encouraged and as much fresh air as you can take as well as a fully stocked farm shop on hand, East Fortune Farm is a great getaway so bear us in mind and book in online!"*



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

PERFECT FOR SUMMER REFRESHING COCKTAILS

Add a splash of summer to your fizz, wine...



... or even beer



by Julia
Gullane Ripple

www.byjulia.uk

Summer STAYCATION

This summer, a far-flung adventure may be off the cards, but the good news is that staycations are all the rage again this year. Now, while we can't guarantee you'll have weeks of sunny weather, here are a few ideas to help you make the most of a holiday at home...



Pack a Picnic

Grab a picnic bag, pack all your favourite food and drinks and spend the day outdoors – at the beach, park or even your garden. For atmosphere, lay down some blankets, string up hammocks and bring music. LT Co's blankets and tie-dyed towels help complete the summer living vibe.

Nautic Picnic Basket (top), NØRDEN 82 High Street, North Berwick | Herringbone Blanket (right) and Tie-dyed Towels from laura-thomas.com

Read in a Hammock

Create a serene hideaway in your back garden with a hanging chair or hammock, grab a great summer novel and enjoy a few hours swinging and reading.

Santorini Wicker Hangchair, TIME & TIDE 11 & 48 High Street, North Berwick

Dine Alfresco

There are few things as evocative of summer holidays as eating meals alfresco. Dress your table with linen runners and napkins, and bring out your china and glassware – it will look lovely twinkling in the light of a hurricane lamp or candlelight. Add rugs and even an outdoor rug to keep the evening chills away. If you fancy something a bit different from BBQ fare, why not invest in a pizza oven and bring a touch of Mediterranean flare to your outdoor dining room.

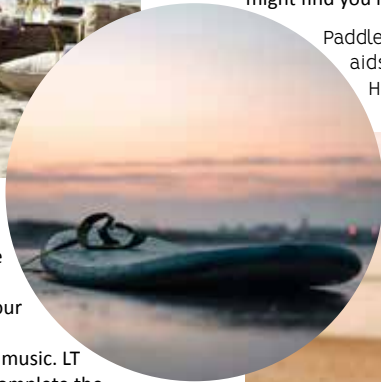
Ooni Pizza Oven, uk.ooni.com



Hit the Water

For many of us, summer is synonymous with water. Nothing brings us back to childhood like the cool relief of jumping into a lake, pool, ocean or river with the summer sun shining overhead. Consider trying out a new water sport this summer. Whether it's sea swimming paddleboarding or surfing, you might find you're hooked for life!

Paddle boards, wetsuits and buoyancy aids available from GREAT ESCAPE 57 High Street, North Berwick



Cosy Up Around a Camp Fire

There's nothing like a chiminea or firepit to keep the holiday vibes going into the night. Toast marshmallows and kick back amongst cushions and throws beneath the stars. If you really want to embrace the great outdoors, you could even pitch a tent and sleep alfresco.

Fire Pits available from coxandcox.co.uk
Multi-Coloured Stripe Herringbone Blanket from laura-thomas.com

image above ©Laura Meek

SUMMER reads

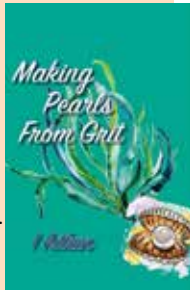
Summer is here and it's time to soak up the sunshine and immerse yourself in lots of great summer reading. Start with these local, East Lothian authors...

MAKING PEARLS FROM GRIT

I AITKEN

Diagnosed with breast cancer while on holiday in Japan, editor, one-time environmental activist and wannabe politician Isla distracts herself by snorkelling in the South China Sea, learning about slipper etiquette and negotiating the three Japanese alphabets. Back in the UK, between chemotherapy, surgery and radiotherapy, Isla considers other scenes from life and realises how people can be fully constructed by life's obstacles. When the family cat dies of lung cancer just as Isla is being cured, her anger at the illness's victory is undermined by her discovery of the Japanese philosophy, *ikigai* – reason for being.

RRP £8.99 | amazon.co.uk



EVERYDAY MAGIC

CHARLIE LAIDLAW

Carole Gunn leads an unfulfilled life and knows it. She's married to someone who may, or may not, be in New York on business and, to make things worse, the family's deaf cat has just been run over by an electric car. But in spite of her mundane life, Carole has decided to do something different and she's taken on an unlikely journey to confront her past, present and future. Filled with humour and poignancy this book reminds us that, while our pasts make us who we are, we can always change the course of our futures.

ringwoodpublishing.com



THE RALLY IN THE VINE

DREW HARDIE

In the sequel to Tie Break, young players from an East Lothian tennis club arrive in Catalonia for a week of intense training. Based at club president, Anthony Prestwick's failing vineyard, Anthony's new partner, Hamish Robertson, is determined to turn around the fortunes of the vineyard and, alongside court side shenanigans, a fight to save the vineyard unfolds. A light-hearted tale of love, intrigue, tennis and wine – where the tennis court isn't the only arena of competition, and where players are not the only ones vying for victory.

RRP £2.99 | amazon.co.uk (kindle)





VICTORIA & ALBERT: OUR LIVES IN WATERCOLOUR

Treasured watercolours collected by Queen Victoria and Prince Albert as a record of their lives together are on display in Edinburgh at The Queen's Gallery, Palace of Holyroodhouse.

Throughout their marriage Victoria and Albert were passionate patrons of watercolour painting, and formed a collection of thousands of works. Victoria & Albert: Our Lives in Watercolour will feature 80 of their treasured watercolours, including several by Scottish artists, some of which will be on display in Scotland for the first time. The watercolours the Queen and her consort acquired together captured moments of significance, from the christenings and birthday parties of the royal children to glittering court balls, views of the cities and landscapes they saw on their travels at home and abroad, and records of the places they lived, such as Windsor Castle, Buckingham Palace and Balmoral Castle. The royal couple spent happy evenings together organising their watercolours into albums, as recorded by the Queen in her journal. Following Albert's death in 1861, the albums took on even greater significance to the widowed Victoria, functioning as both a tangible memory of the time spent with her beloved husband creating them and a visual record of their lives together.

A highlight of the exhibition is an atmospheric watercolour showing Edinburgh at sunset by the Dunfermline-born painter Waller Hugh Paton. Victoria commissioned Paton to capture the view she enjoyed on her approach to the Palace of Holyroodhouse from the railway station, looking west over St Margaret's Loch and Holyrood Park, with Calton Hill and the National Monument in the distance. Another Edinburgh scene, this time by Glaswegian artist William Simpson, is on display for the first time, depicting Victoria at the unveiling of the memorial to Albert in Charlotte Square in 1876, a landmark in Edinburgh to this day.

One of Victoria's favourite watercolourists was William Leighton Leitch, a self-taught Glaswegian artist who became one of the most celebrated Scottish landscape painters of the 19th century. He was also the Queen's watercolour tutor for almost 20 years, and under his supervision she grew to be a talented amateur watercolourist. Upon Leitch's death in 1888, Victoria wrote in her journal of her sadness at the passing of 'dear old Mr Leitch, my kind old drawing Master, such an excellent artist, known to me for so many years, connected with happy and sad times, and with Scotland'.

The colourful, dynamic watercolours collected by Victoria and Albert illuminate aspects of both Victoria's reign and the royal couple's passions. They capture the pomp and spectacle of the British court, a shared love of Scotland, foreign travel and diplomacy, and the close-knit family at the heart of it all.

VICTORIA & ALBERT: OUR LIVES IN WATERCOLOUR
until 3 October 2021
The Queen's Gallery, Palace of Holyroodhouse,
Edinburgh

Images: Royal Collection Trust © Her Majesty Queen Elizabeth II 2020

Astrid Trügg | Curious Bird



ALL SUMMER LONG

29 MAY TO 29 AUGUST 2021

Featuring new work by; Chris Brook, Damian Callan, Dominique Cameron, Alan Connell, Ian Cook RI RSW, Fee Dickson, Matthew Draper SSA VAS PS Andy Heald, Kate Henderson, Jennifer Irvine RSW RGI, Suzanne Kirk, Alex Knubley, John McClenaghan, Arran Ross, Jayne Stokes SSA, Astrid Trügg 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 MUST FOR WILDLIFE ART LOVERS

There are two exciting exhibitions at the SOC over the summer months, including an exhibition of large sculptures in the garden.

Insectarium | 3 June to 25 July

A collection of artworks in a wide range of media that reflects our complex feelings towards insects. Beautiful or repulsive, insects loom large on the human psyche. This exhibition brings together paintings, sculptures, prints, small installations by 50 artists and is organised in collaboration with the Society of Scottish Artists.

Wonder Wander | 3 June to 26 September

Inspired by the coastal wildlife and landscape, Andrea Geile's sculptures are made using corten steel and casting techniques, and will grace the SOC's garden throughout the summer.

Scottish Ornithologists' Club (SOC), Waterston House, Aberlady
www.the-soc.org.uk



To-do
LIST

out and about in
our area...



COASTAL COMMUNITIES MUSEUM REOPENS

Explore 10,000 years of culture and heritage of the coastal communities that make up East Lothian's coastal ward at the Coastal Communities Museum in North Berwick.

COASTAL COMMUNITIES MUSEUM
School Road, North Berwick
admission by advance booking only:
t: 07859 460943 |
e: bookings@coastalmuseum.org
coastalmuseum.org



WANDER DOWN BROUGHTON STREET

There is light at the end of the tunnel and once again we can sit in cafés, restaurants or coffee shops, and enjoy life and the mutterings of other people. It's worth a wander down Edinburgh's Broughton Street, which has many awesome places to eat and shop – The Bearded Baker, delightful looking cafés, Hata being one of them and a beautiful looking Florist Fioritalia, amongst many others. Stock up on delicious morsels from The Bearded Baker such as sourdough bread, buns, coffee and savoury delights, and you'll have enough energy to trek further. Make sure you carry on down to Rodney Street, which is also full of little treasures.

Our food columnist Amanda will be back next issue after she's visited a few places to review!

Weekend
TIDE TIMES



JUNE		High Water		Low Water	
		AM	PM	AM	PM
4	Fri	1108	2353	0442	1742
5	Sat		1208	0539	1834
6	Sun	0050	1303	0629	1915
11	Fri	0400	1620	0951	2201
12	Sat	0434	1656	1027	2233
13	Sun	0509	1733	1103	2307
18	Fri	0852	2139	0218	1505
19	Sat	0958	2245	0333	1616
20	Sun	1108	2349	0445	1724
25	Fri	0320	1552	0940	2206
26	Sat	0409	1643	1034	2254
27	Sun	0458	1734	1124	2338
JULY		High Water		Low Water	
		AM	PM	AM	PM
2	Fri	0922	2200	0226	1521
3	Sat	1018	2255	0331	1625
4	Sun	1116	2352	0441	1727
9	Fri	0304	1525	0854	2105
10	Sat	0341	1602	0933	2143
11	Sun	0417	1639	1013	2221
16	Fri	0731	2010	0055	1339
17	Sat	0822	2106	0140	1428
18	Sun	0922	2209	0241	1530
23	Fri	0219	1454	0840	2105
24	Sat	0310	1545	0937	2154
25	Sun	0358	1633	1028	2238
30	Fri	0743	2016	0049	1323
31	Sat	0831	2104	0127	1359

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



IT'S SHOW TIME

Songstresses Lulu and Eddi Reader, and comedian Ed Byrne are the latest additions to the line-up for multi-arts festival Fringe by the Sea, which is back in North Berwick from 6th to 15th August, with a jam-packed programme.

Over 150 music, comedy, literature, family, well-being and exploration events will be staged around North Berwick, in outdoor or partially covered venues in-line with COVID measures, with the big-name acts such as Basement Jaxx, Janey Godley, Irvine Welsh, Gail Porter and The Blues Band hosted in a new venue in the town's Lodge Gardens.

Visitors will still find a festival vibe at the harbourside where the North Berwick Trust Harbour Home will feature delicious street food, a programme of free entertainment on The Lighthouse Live Stage as well as a Little Nippers kids zone. The Mactaggart and Mickel Makers Market will offer a showcase of local creatives and artisans.

On the green at the Scottish Seabird Centre, the new SSE Renewables Science Festival will offer up family friendly shows about climate change and the environment. Talks, music and poetry will be held in The Bookshelf at North Berwick Library and the relaunched Marine Hotel will host a series of master-classes.

Other highlights include visual art from new artist-in-residence illustrator Eilidh Muldoon as well as a free outdoor art spectacle, as the striking 10-metre high puppet STORM from Vision Mechanics parades around town on the final day. Part of the Year of Coasts and Waters, STORM is a mythical goddess of the sea who encourages us to consider how to protect our coasts and oceans.

The full programme will be announced in June 2021
FRINGE BY THE SEA
 6-15 August 2021
www.fringebythesea.com



CELEBRATE SCOTLAND'S COASTS AND WATERS AT MARINE FEST!

Get back to nature and indulge your love of wildlife at the Scottish Seabird Centre this summer.

In 2021, Scotland continues to celebrate its coasts and waters with a programme of activities and events which will shine a spotlight on these vital elements of the surrounding landscape. As part of the Year of Coasts and Waters, conservation and education charity, the Scottish Seabird Centre, will host its first ever Marine Fest to raise awareness of the diversity of Scotland's marine environment and wildlife and the pressures facing them.

With a host of exciting partners, a series of outdoor and on-line events have been planned between 31 May and 13 June 2021. The Centre's stunning coastal location, overlooking the Firth of Forth islands, allows unparalleled access to the sea, coast and beaches. The surrounding waters and islands are of international importance for their habitats and wildlife, including the world's largest Northern gannet colony (Bass Rock). Marine Fest will make full use of this setting, including a mile of golden sand and rockpools full of fascinating wildlife. Outdoor activities will be supplemented by digital events which will be accessible to those unable to physically visit the Centre.

Events include rock pooling, guided walks, citizen science, art, crafts, and interactive science shows. Incorporating World Environment Day (5 June) and World Ocean Day (8 June), they will also explore the threats to the marine environment and steps people can take to help. All of the events must be pre-booked and the full programme is available on their website.

Book a visit to the Discovery Experience and explore the wonders of Scotland's seas with their interactive games,

exhibits and live talks. Exhibits virtually transport visitors of all ages, from the warmth and comfort of the Centre, deep into a variety of Scottish marine habitats, including kelp forests, cold-water coral reefs and the waters around the Bass Rock.

Experience the spectacular wildlife up close with one of the seasonal wildlife boat trips around the local islands or make a day of it with lunch on the café decking soaking up the incredible views and finish off with a shell hunt on the local beach. Keep an eye on the website for news of upcoming events including the return of Professor Egghead's popular science shows over the school holidays, guided wildlife walks and beach cleans.

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



LOVE LOCAL AND VISIT NORTH BERWICK

The North Berwick Business Association (NBBA) has been relaunched and was awarded funding from Scotland Loves Local, a Scottish Government initiative to encourage us to think local first and support our local high streets and businesses as they emerge from lockdown.



North Berwick was recently named as the best place to live in Scotland by the Sunday Times and with its stunning views, beautiful beaches, high achieving schools and vibrant high street, it is easy to see why! Let's all support our local businesses as they recover from a most difficult year, to ensure we keep this town bursting with such fabulous, diverse shops offering both quality and choice.

The Scotland Loves Local funding has enabled the NBBA to facilitate a social media campaign across both Facebook and Instagram via @visitnorthberwick. These channels will tell the story of North Berwick over the coming months, focusing on the high street as well as the wider business community, sharing with locals (and visitors alike) the very best that North Berwick has to offer. In addition, local businesses are being supported by social media workshops and advice to support business resilience and growth.

"We know money spent locally is more likely to stay in the local economy and support local jobs. The Scotland Loves Local campaign encourages people to think how they can safely support this" explains Communities Secretary Aileen Campbell.



Operating through a Facebook group, North Berwick Business Association welcomes all business owners from within the North Berwick Coastal ward. The committee has been working hard since last summer on a fee-less basis and it is hoped that the association will return to being the thriving membership organisation our vibrant town deserves, relaunching the north-berwick.co.uk website to support the campaign.

What's more, North Berwick high street vouchers make the perfect end of term gift for family, friends and teachers – allowing them to choose what to buy from a wide range of the independent shops in the town. They are available from Etc. (cash only) on the high street.

We'd love you to join in, tell your friends and help us spread the word about North Berwick's dynamic high street. To join in the conversation, tag @visitnorthberwick in your posts and use hashtag #LoveLocalNB on Instagram.

Business owners and managers who would like to join NBBA:

visit North Berwick Business Association on Facebook or e: Hayley on hej@norden-online

MEET THE NBBA COMMITTEE

Chair: Meg Maitland, Meg Maitland

Vice Chair: Ewan Douglas, Time & Tide

Secretary: Hayley Flanagan, NORDEN

Treasurer: Susan Oliver, So & Co Accessories



WIN A HIGH STREET HAMPER!

Members of the North Berwick Business Association have joined together to offer some wonderful high street hampers over the coming months. The first of these is being offered in a competition via Local Life and to keep in the loop with future competitions, be sure to follow @visitnorthberwick on their social channels.

To win, simply tell us which is your favourite high street shop and why.

All entries will be entered into a prize draw and the winner will receive a high street hamper.

email your name, address and answer to:

competition@yourlocallife.co.uk
please put 'High St Hamper' in the subject

entries must be received by:
noon, 21 June 2021

T&Cs: One entry per person. The winner will be selected at random and notified by email. No cash alternative available. Decision is final and no correspondence must be entered into. Persons entering will have their details added to the North Berwick Business Association database for marketing purposes only. You have the right to unsubscribe at anytime. Your email addresses will not be shared with 3rd parties.

COMPETITION



THE GIFT OF OBSERVATION

Bernie Rowen-Ross tells us we need to take time to be still, and observe the wonders around us.

The sun is warm on my skin as it pours its light onto my arm, the sky is blue and I can hear birdsong. As I look out the window, a beautiful blackbird is chirping happily, and the ubiquitous wood pigeon is cooing in the distance. Yesterday I watched a family of jackdaws enjoying some peanuts that I had placed in the bird feeder. This feeding frenzy gave me pause; I thought about the gift of being able to observe nature and enjoy the activity without having to engage with it.

I recall, as a nine-year-old child, the day my father died in an aeroplane crash. I didn't know what to do with my feelings. I walked from our house into the Namib desert, about four blocks away, sat on the sand, and watched tiny insects go about their daily lives. There was peace in that observation, a peace of 'knowing' that life continues without us no matter what. I watched the horizon, sand blowing, as the shape of the dune shifted.

On this beautiful planet, the life that surrounds us constantly, the trees that change colour through the season, the sky that is seldom the same from one hour to the next, the sea that is never entirely still – what a marvel and joy.

I think it is healing to give yourself time to observe, and Mother Nature would probably

heal herself if we didn't try to change anything; if we simply observed without feeling the need to control or change nature. Honouring nature is not in our culture; in most Western cultures, there is a sense that 'we have dominion over the plants and animals'. If we could have a sense of awe regarding plants and animals, we would not be in the ecological mess we find ourselves.

When we can nurture nature and feel the interconnectedness of all things, we would take time to observe the wonders that abound right within our close neighbourhood. In silence, we can hear life buzzing around, with life-giving bees, the beauty of birdsong, the swish of the sea, the rustle of the breeze through the leaves. What more do we need



ENCHANTMENT LIES IN EVERYDAY MOMENTS IF YOU ARE OBSERVANT"
– AMY LEIGH MERCREE

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



PEOPLE ARE BORN INHERENTLY GOOD

Director Chloé Zhao's life has been defined by a line from a 13th century poem she learnt as a child; people are born inherently good. Bernadette Petrie asks us to look for the goodness within ourselves.

I remember, from early school days, loving and being transfixed by creating images with paint or chalk. I had a flair for it and I can still smell the blue paint I had on my hands, the day it was interrupted. Told I was 'a good girl' for painting the Virgin Mary – the wrong 'good' stuck, as did being called a goody two shoes. But, thanks to taking an online workshop with fellow intuitive artist Vicky Paul, I began painting with blue paint once again – on a path to rediscover that little girl. Like many of us, I forgot that goodness was my inherent nature and instead bought into the dictionary's meaning of good; to be desired or approved of. That's no place to create from.

At the time of writing, I walked into the living room as acceptance speeches were replayed from the recent Oscars – it felt like a message from the Divine herself. Chloé Zhao won Best Director and Frances McDormand, Best Female Actor. Their film *Nomadland* won Best Film. Chloé, who was born in China moving to the UK when she was 14, then to America, had adapted the screenplay, directed and edited it. She also spent months living with a nomadic community mostly in Arizona. In her acceptance speech Chloé said; *"I've always found goodness in people that I met anywhere I went in the world."* She dedicated her award to *"anyone who has the faith and courage to hold onto the goodness in themselves and to hold onto the goodness in each other, no matter how hard it is to do that"*.

It's easy for us to see the good in people we like and know. But seeing and finding the good in those who are pushing our buttons or we have unconscious prejudice towards is much harder. This often happens when we are not living in our truth. If we are living our truth, the good

pours out and attracts good back. If we are letting old conditioned prejudices run us, the goodness evaporates. We get annoyed and triggered by those following their hearts. We become jealous of people who are courageous, who are not waiting for permission. This is why it is so important to step outside of the conditioning we've been exposed to. Unless you can look in the mirror and see the goodness within yourself – your inherent birth right – you will not be able to see the true goodness in others. What if right now, nature is trying to make us see we are truly all connected. When we see the good in ourselves, we will see the good in those around us wherever life takes us, no matter how hard things are.

As a child, Chloé's parents drilled into her; who you are is enough and who you are, is your art. I hope to get through to my inner child by saying; you are by your very nature GOOD – Glorious, Open-hearted, Original and Divine. Create with that in mind always, and you will be surrounded by it everywhere you go. Ask yourself what did your five-year-old self start, that's up to you to finish? What goodness did she feel inside that you can demonstrate to the world? What creation will emerge from you when you return home to the truth that burns brightly inside you?

With love until the next time.

Bernadette

To take part in creative workshops at the Barefoot Sanctuary, buy Bernadette's book *Permission To Shine* or enquire about coaching visit:
www.thebarefootsanctuary.co.uk

I WAKE UP...

early. My cat Fingal is the alarm clock – he knows his feeding time all too well! Then it's time to have a strong black coffee (an absolute must for a coffee addict like me), a small breakfast, check the weather forecast and go through important emails.

WORK STARTS...

before the day begins. I like to stay organised or at least try, so I tend to plan my work a week ahead. This helps keep a work-life balance and I know what needs to be done on any given day. Otherwise things can get stressful and I want to put as much positive energy into my work as I can. Sometimes life has its own plans but I've learnt to accept that too!

A TYPICAL DAY...

doesn't exist! Because I run Deerieo single-handedly, my days always vary. I might be working on a new exciting product idea, making fresh products, taking photos for the website, designing product labels, or simply packing the orders and doing admin tasks. Every day is different and I love that!

BEST PART OF THE JOB IS...

The two aspects of my work which make me very happy are product creation and my customers. Making professional skincare which addresses the concerns of my clients is both art and science. I always feel excited when researching and trialling products to ensure they deliver what they promise. It's so rewarding to hear from my customers that my products helped them – it makes all the effort worthwhile.



**A DAY IN
THE LIFE OF
KAROLINA BAJBUZ,
FOUNDER OF
DEERIEO**

IN TEN YEAR'S TIME...

I would like Deerieo to have a positive social and environmental impact. I hope to build a team of passionate people who have good energy and enjoy learning. To be able to support environmental and social causes close to my heart, would make me truly fulfilled.

Deerieo's story began in 2016 when Karolina, who had recently made Scotland her home, couldn't find good natural off-the-shelf products to help with her complex sensitive skin concerns. After years of meticulous work and scientific research, supported by the holistic healing expertise passed down through generations in Karolina's family, she created a perfect blend of nature and science which gently delivers visible results – and Deerieo was born. Inspired by the Scottish landscape, Deerieo is a premium natural skincare range combining precious botanical extracts and naturally occurring actives for maximum efficacy. Handmade in East Lothian all products are vegan-friendly, cruelty-free, sustainable and recyclable.

DEERIEO

www.deerieo.com

RECEIVE 15% DISCOUNT
online with code LocalLife15

**CAREER HIGHLIGHT...**

Retraining to become a professional cosmetic chemist which enabled me to start Deerieo. It took four years of hard work and some risk to become self-employed at the start of the pandemic. However, it was an empowering experience and I've learnt so much about running a business.

AFTER HOURS...

Definitely spending time outdoors, especially by the sea. But I also can't wait to go to a live gig, discover new places or grab a coffee with some friends. It's great to see some restrictions easing!

AND THE WORST...

I'm a bit of an introvert, so social media is a challenge. My happy place is in my workshop or outdoors surrounded by nature. Having said that, I'm very grateful for my online community and their support, so it can be fun too!



FIT BODY, FIT MIND

words: kim williams

As we start to acclimatise to life after lockdown, for many of us there are a few habits and routines we would like let go of. But if there's one thing the coronavirus pandemic has taught us – it is that we need to make a constant effort towards maintaining both our physical and mental health.

The most recent lockdown has somehow felt harder, longer, and a bit more of a strain on our mental health and wellbeing. And just as it took time to find ways of coping during lockdown, it's likely it'll take time to get used to a new normal. As we adjust it's important to keep our minds as healthy as our bodies. Personal trainer Vharri McMinn and accredited life coach and mindfulness facilitator Jarrien Philip have developed a six-week online programme with this in mind. Their Mindset Group Programme is a blend of fitness and coaching tools and techniques, designed to support individual health and wellbeing goals. Delivered online, exercise workouts are sent every week along with meal plan ideas and mindfulness and coaching exercises. And importantly, there is also the opportunity to engage and share on the private online community group, helping keep you motivated and accountable.

Vharri, who has a degree in sports science and nutrition and opened her fitness studio three years ago at North Berwick's Lighthouse, tells us many people who weren't previously into fitness have been getting into running, yoga and other activities as a way to cope with lockdown. And they've been astounded at how much daily exercise can improve life. She believes in providing clients with the tools to help improve health, fitness and wellbeing to achieve a more positive, strong and active life. "Our Mindset Group Programme offers an encouraging and empowered approach, allowing you to start at your own

pace and progress from there. It's down to you how much work you put into programme, but we're here throughout the journey to help keep the momentum going."

Just as we have physical health, we have mental health, and the two are closely related. Jarrien who is passionate about supporting others to reach their full potential explains we need to take opportunities to reset and relax. "Lockdown has taught us it's good to have quiet times to restore and reflect, and that's one of the reasons we're offering fortnightly, live group coaching and mindfulness sessions on Zoom."

Whether you're looking for weight loss, strength training, to increase cardio or just feel better and more energised then this course is for you. One client commented; "Over six weeks I've gone from feeling inactive to getting 10,000 steps most days." Others added; "The weekly inputs, encouragement, and keeping us focused on our mindset is so positive." "I felt nurtured, encouraged, challenged and supported through the six weeks." Vharri adds "Jarrien and I are excited to be able to work together and hope our programme will encourage and support people to be active while also practicing mindfulness."

For further information or to join
Mindset Group Programme
e: vharriamcminn@hotmail.co.uk
e: jarrien@arden-uk.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!



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

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

REFLEXOLOGY – MORE THAN A FOOT MASSAGE

words: kim williams | pictures: Lindsay Scott

Most of us love a foot massage, especially after a long day on our feet. There's something so restorative and nurturing about caring for and connecting with our feet. But there's a lot more to reflexology than just making your feet feel good.



Reflexology is a complementary therapy which aims to treat the whole person. There are areas on the feet, face and hands which correspond to all the body's organs and systems, and a reflexologist uses gentle pressure techniques to activate these reflex points. Modern reflexology has roots in ancient Egyptian, Indian and Chinese practices and has surged in popularity as a holistic therapy to aid relaxation, reduce stress, improve sleep, release tension, improve mood and increase wellbeing.

For clinical reflexologist Kristi Sloan the route to discovering reflexology was a winding one. Kristi who has British and Norwegian heritage lived in England, Norway and Portugal before settling in North Berwick 12 years ago, returning to her husband's home town to bring up their two children. Having experienced periods of anxiety, stress and post-natal depression, Kristi wanted natural ways to help improve her wellbeing, leading her to discover the benefits of reflexology.

With a Level 5 Diploma in Clinical Reflexology, Kristi offers traditional foot reflexology as well as specialist sessions in pregnancy and postnatal care, treatment for babies and children, facial reflexology and Indian head massage. Kristi explains reflexology is gentle, effective, and safe for all ages and stages of life, it can be used to treat a host of health issues, from back pain and arthritis to migraines and menstruation, as well as be used safely to complement existing medical support. She adds; "I see a lot of people looking to find balance in their stressful lives, people with sleep disorders, chronic pain or hormonal issues. But my clients also find reflexology great for supporting pregnancy – both emotionally and physically." Reflexology can be used to support babies and children through unsettled periods, and Kristi uses techniques to help soothe babies with colic, teething, constipation and eczema. She also has a Friday afternoon clinic for school-aged children. Having trained with Ziggy Bergman, award-winning facial reflexologist to the stars, Kristi will soon be offering the Zone Facelift. Combining the benefits of facial reflexology with incredible facelift massage techniques, this is considered a natural alternative to Botox.

The number of reflexology sessions needed can vary – some people notice the benefits straight away, while others find their mood and sleep patterns improve over multiple sessions. And, with clients saying; "they feel de-stressed, sleep better, loved every second, look forward to it every week, feel in a much better place mentally," you can be sure reflexology will help you feel less stressed, more relaxed, and breathe life back into your body, making you feel balanced, positive and full of energy.

KRISTI SLOAN REFLEXOLOGY
Keppel Road, North Berwick EH39 4QG
07870 744415 | kristi@kristisloanreflexology.com
www.kristisloanreflexology.com

AYURVEDIC YOGA

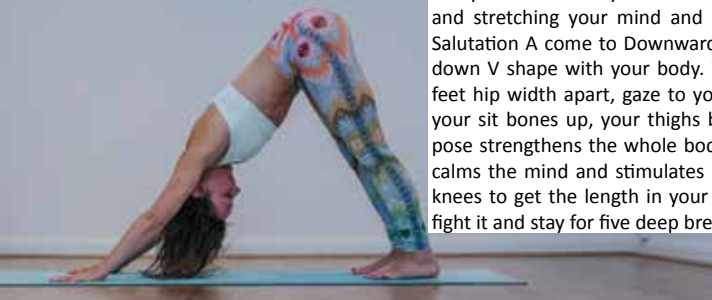
words: sally jean rankin | pictures: lindsay scott

Ayurveda, meaning science of life, is considered the sister science of Yoga. In Ayurveda the first thing we consider is a person's natural constitution which in Sanskrit is called our Prakriti. According to Ayurveda we are made up of five great elements – space, air, fire water and earth. And it's how these elements interact, creating patterns in three expressions of Prana that make up our Doshas. The Doshas are biophysical forces that move through the physical body and give an individual a unique energetic fingerprint. Typically, one element out of the five will be in excess – causing imbalances. These imbalances can be corrected through diet, lifestyle and herbs. Yoga is one of the lifestyle choices we suggest to a client to bring balance, understanding and greater health. There are certain times of the day when it's more suitable for a person to practice Yoga. As a person who is high in the elements of space and air I tend to move a lot, so an evening practice is more suited to my constitution as it grounds, slows and calms me down. Ayurveda is a complex, yet simple, system whose main aim is to protect and promote living a long and healthy life. Here are two Yoga poses you can safely practice which are Tri-Doshic and will help keep you balanced.



Ardha Mukha Svanasana Downward Facing Dog

Downward Facing Dog is considered a resting pose, a place where you can really connect with your breath during your Vinyasa practice – calming and stretching your mind and body. After completing a round of Sun Salutation A come to Downward Facing Dog. You are creating an upside down V shape with your body. With your fingers spread wide and your feet hip width apart, gaze to your toes, knees or naval and gently push your sit bones up, your thighs back and your heels to the ground. This pose strengthens the whole body and stretches the back of the body. It calms the mind and stimulates blood flow. You may need to bend your knees to get the length in your spine, work with your body rather than fight it and stay for five deep breaths.

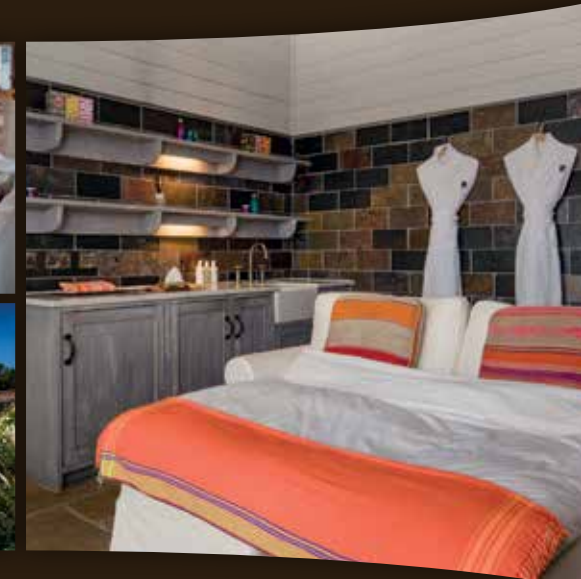


Uttitha Trikonasana Triangle Pose

Stand facing the longer side of your mat with your legs and arms out in Star pose, feet in line with your hips. Check your wrists are in line with your ankles and then turn your right foot so the toes point towards the top of your mat. Take a deep inhale, as you exhale extend your right arm and move your arm down your right leg (please avoid holding onto your knee). As you do this lift your left arm up creating a triangle shape with your body. Look to your left thumb or a little to the right of the thumb. Stay for five deep breaths then bend your right knee, look to your right foot and push up to Star pose, switch sides. Move your left foot so the toes point towards the back of your mat and do the same. This pose strengthens the legs and back, stretches the inner thighs, calves, spine and opens the hips. It also brings balance and improves focus. Again work with your body, if you have neck issues look to the floor instead of your thumb!



FLETCHER'S
COTTAGE SPA
ARCHERFIELD HOUSE



TREAT YOURSELF AT FLETCHER'S COTTAGE SPA

We are delighted to be able to welcome you
back to Fletcher's Cottage Spa.

Relax and unwind with a luxurious Spa visit here on the beautiful Archerfield Estate.

We look forward to welcoming you back for a much needed Spa escape.

To book your Spa Experience please call us on 01620 897 580
or email spareservations@archerfieldhouse.com

fletcherscottagespa.com

For further information about Yoga, Ayurveda, Massage, Hand Reflexology and Reiki please contact Sally:
www.kinship.studio



✉ naomi@tidesign.co
 ☎ 07898 823 715
 🌐 www.tidesign.co
 📷 tidesign.co

architecture | interiors | ideas **ti** DESIGN



To arrange a free valuation
 – virtual or socially distanced
 Please call:
0131 553 7000

info@ramsaycornish.com
 ramsaycornish.com

ADVERTISING FEATURE



JUST ASK... FOR FINANCIAL ADVICE

Nothing in recent memory has had such a dramatic effect on almost every aspect of our lives. COVID-19 has impacted our health and freedom, reshaped our working habits and, for many of us, provided an opportunity to rethink how we plan and build for the future. But making the right decision can be stressful at the best of times, **Chartered Financial Planner Chris Ness** tells us, now is a good time to ask for help to set new financial goals and priorities.

Sound financial advice can be crucial in helping people not only make the right financial decisions, but can also help you feel more confident about your long-term goals and more in control of your financial future. Based at the Lighthouse in North Berwick, Chris is an experienced Financial Planner who has been helping clients' achieve their financial objectives for over 20 years. With particular expertise in pensions and retirement planning, Chris shares three key points to look at, as we review our financial positions to ensure we're protected and improve our financial planning for retirement and care in later life.

1 FINANCIAL PROTECTION

If there is one thing this pandemic has taught us, it's that we can take nothing for granted. Make sure you have an appropriate life policy to repay your mortgage and other household expenses following the untimely death, long-term illness or disability of the main or sole income earner. If you run a business, you should look at insuring against the serious financial consequences of one of your key people dying unexpectedly or suffering a serious illness or disability.

2 FINANCIAL WELLBEING

With livelihoods under threat, people's finances became a number one priority and many of us became far more aware of our financial wellbeing, for both our current circumstances and the future. Seeking regular guidance and astute planning from an experienced financial adviser can be an important way to ensure you're on course. Working with a financial

planner helps you meet your financial goals, as well as understand the complexities and choices in relation to your finances that can benefit you and your family in the longer term.

3 TAX AND RETIREMENT PLANNING

A key element of any financial planning strategy is looking at how you can reduce your tax bill by making the most of the allowances, reliefs and exemptions available throughout the tax year. For example, are you getting the most from the tax-savings benefits your pension can bring? Financial advice can help look at the tax allowances you are entitled to, as well as how you might top up your pension – helping you have a better chance of achieving your financial objectives both now and in retirement.

The value of an investment with St. James's Place will be directly linked to the performance of the funds you select and the value can therefore go down as well as up. You may get back less than you invested.

The levels and bases of taxation, and reliefs from taxation, can change at any time and are dependent on individual circumstances.

For more information or an initial discussion please contact:

CHRIS NESS WEALTH MANAGEMENT LTD
 t: 07904 745 977 | e: chris.ness@sjpp.co.uk
 www.chrisnesswm.co.uk

Chris Ness Wealth Management Ltd is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the Group's wealth management products and services, more details of which are set out on the Group's website www.sjp.co.uk/products.

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

"I wanted to take extreme care in the decision I took about my pension. I feel I now have a clear view for the first time of how retirement might look for me and how I can adapt things to make my retired years a secure and stress free time."

J Johnston

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





NORTH BERWICK'S FIRST DEDICATED CO-WORKING AND OFFICE SPACE



Private Offices (various sizes for between 2 and 5 people)
Individual Fixed Desks
Co-working

flexible terms and memberships | fast fibre broadband | kitchen facilities | meeting pods | steampunk coffee | fairtrade tea



Unit 2 Heugh Road, North Berwick EH39 5PX | t: 01620 282090
info@lighthouseenb.co.uk | www.lighthouseenb.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



SHINING BRIGHTLY

When The Lighthouse in North Berwick opened its doors three years ago as the first purpose-built business centre in the town, it was one of the first trailblazers in the out-of-town workplace market.

Offering a mix of private offices and co-working, with flexible memberships to suit those after a fixed desk and those whose routines mean their work space needs to work around them, The Lighthouse has become a buoyant hub for local businesses, and the community. Tenants span every size and sector from health and beauty and professional services to marketing and design, energy consultants and wealth advisors, each drawn to The Lighthouse for its location, facilities and inclusive culture.

The Lighthouse managing director Nick Watson said; *"There is a real spirit of collaboration and companionship at The Lighthouse, which is an ethos we value and support. Members don't just occupy the same space, they often work together, which is something we reciprocate with, developing working relationships with our members who have skills and experience in the areas we need to help grow our business."*

One of The Lighthouse's longest-standing tenants Laura Thomas Co has experienced such growth in sales that the company is moving out of The Lighthouse this summer to larger premises. Laura said; *"The Lighthouse has been a fantastic base for the company and, while we are moving on to new adventures, we are all sad to leave. The team has always been so helpful and accommodating and really interested in each and every business under its roof. It's that personal touch that has made our time at The Lighthouse really special."*

Moving into the space and doubling the size of her existing unit is Michelle Denham Beauty and Skin Clinic, another business that has called The Lighthouse home since the beginning. Owner Michelle said; *"In my industry the space is absolutely vital to the experience and my customers love coming here. As a small business owner The Lighthouse couldn't be better landlords: affordable rents and friendly and professional treatment, I'm really excited that my business can grow into its next phase at The Lighthouse."*

Nick added; *"People come to us because they're looking for a cost-effective place to work that doesn't require them having to travel too far, which eats into their working day. And, whereas flexible working was once pretty much the sole preserve of forward-thinking tech companies, the pandemic has shown that people can work remotely and just as productively. More and more businesses are re-evaluating how they operate and taking on smaller regional offices or fixed desks in a centre like ours for staff are initiatives all being incorporated into working models."*

Small wonder this thriving business centre continues to enjoy near full occupancy. The Lighthouse's beacon is definitely shining clear and bright.

THE LIGHTHOUSE
Heugh Road, North Berwick EH39 5PX
e: info@lighthouseenb.co.uk | t: 01620 282090
lighthouseenb.co.uk

PRESSING NEEDS LAUNDRY



DOMESTIC, COMMERCIAL &
HOTEL LAUNDRY SERVICES

NOW
OFFERING
COMMERCIAL
LINEN HIRE

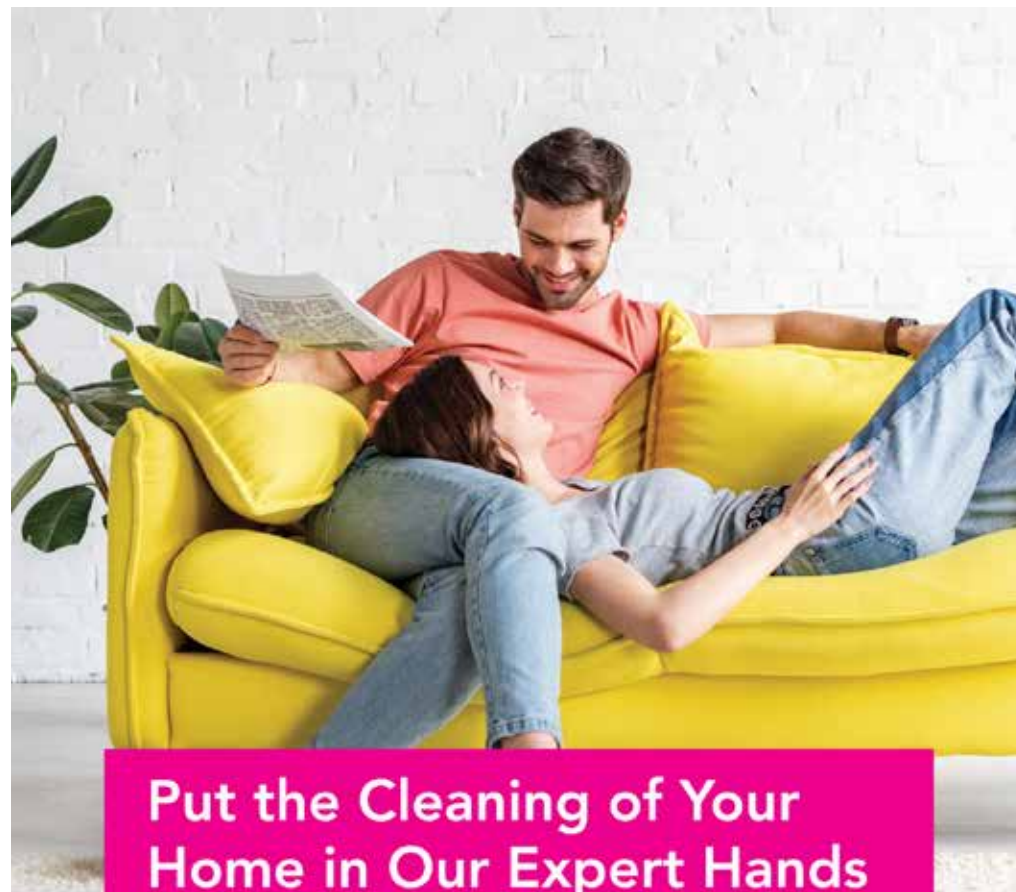
**THE PERFECT
SOLUTION FOR ALL
YOUR LAUNDRY NEEDS**
eco-friendly water-based
cleaning – the natural choice
for every garment

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



Put the Cleaning of Your Home in Our Expert Hands

Imagine if you no longer had to find the time to
clean during your evenings or weekends.

BRIGHT & BEAUTIFUL

A BEAUTIFULLY CLEAN HOME AND A BRIGHTER YOU

Call or email today to find out more

01620 674658

morag.readman@brightandbeautifulhome.com

brightandbeautifulhome.com



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

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



ALL TIMBER CRAFTS
Joinery | Decking | Fencing | Quality Guaranteed

DECKING AND WOODEN FENCING SPECIALISTS

design and on site manufacture of decking, fencing and motorised gates plus high-quality joinery work

call Peter
t: 01620 890 466 | m: 07860 696 769

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



WEATHERPROOF

— ROOFING & BUILDING SERVICES —

Weatherproof provides complete roofing and building services throughout Edinburgh and the Lothians for both residential and industrial customers. We handle all your roofing services from small roofing repairs to complete new roofs.

WHAT WE DO...

- ✓ New Roofs
- ✓ Slating
- ✓ Tiling
- ✓ Render-Roughcast
- ✓ Lead-Zinc Work
- ✓ Roof Repairs
- ✓ Roofline (fascia-soffits)
- ✓ Building Projects
- ✓ Refurbishment Work



contact Darren Munro for a free quotation

t: 0131 629 1215 | m: 0795 455 0560

www.weatherproofgroup.co.uk



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



And
FINALLY
AT THE BACK

ROOT TO MARKET

A food and goods delivery service set up by leading Edinburgh restaurateurs to support high-quality, sustainable produce from local suppliers amid the COVID-19 crisis, has now been expanded beyond the Capital to customers in East Lothian.

Chef patron Scott Smith, who recently appeared on BBC's Great British Menu, and wife Laura Smith are the duo behind award-winning Fhior restaurant on Edinburgh's Broughton Street. The restaurateurs set-up Root To Market last April in response to the sudden closure of the hospitality sector in the face of the COVID-19 crisis, pivoting their operation to protect their supply chain – in particular for those suppliers who had no alternative routes to consumers. Now available to customers in East Lothian, Root To Market has fast become an important sales channel for suppliers and a quality and convenient alternative to supermarket shopping for consumers – with a service focused on local sourcing, sustainability and fair pricing.

Scott said; "Root To Market is a means by which the fantastic produce that is made on our doorsteps can be delivered directly to customers' doors. But it has grown to be so much more than that and is now an integral part of our business and will remain so as we reopen our restaurant. What this experience has taught us is that people are a lot more aware of where their food comes from and they are keen to support local businesses. Root To Market offers a real alternative to the big supermarkets and, the fact is, you can get this amazing

produce at affordable prices which also gives suppliers a fair deal."

Among the East Lothian suppliers and producers working with Root To Market are; Mungoswells, Yester Farm Dairies, Phantassie Organics, Chocolate Tree, Buck and Birch and, Seabuckthorn foraged in East Lothian.

Karen Galloway, Business Manager at East Lothian Scotland's Food and Drink County added; "Last year saw people really connect with where their food comes from, take a greater interest in local food and want to support their local food producers. East Lothian producers and their fantastic products are a key part of the Root to Market product range and now more people will be able to benefit from having these products delivered directly to their door."

ROOT TO MARKET
www.root-to-market.co.uk

LOCAL LIFE READER OFFER

10% off

all Root To Market goods*
Code: **LOCALLIFE10**
valid for one use only until 31/7/21
* not applicable alcoholic beverages

With a wide array of products available,
it's never been a better time to support
your local food and drink producers.



Alcoholic drinks

Bakery and sweet treats

Chilled meats, fish and dairy

Deli products



Ice-cream

Non-alcoholic drinks

Spices and preserves

Store cupboard goods

Eat. Drink. Shop. Love East Lothian.



@fooddrinkcounty

www.scotlandsfooddrinkcounty.com





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