

COMMUNITY & LIFESTYLE MAGAZINE

# LOCAL LIFE

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the pandemic amplified much more serious mental-health problems, with a group of leading public health specialists warning in the British Medical Journal; *'the mental health impact of the pandemic is likely to last much longer than the physical health impact'*. Last October the Centre for Mental Health predicted that up to 10 million people – almost a fifth of the population – will need mental health support as a direct consequence of COVID-19.

© Amanda Farnese-Heath



Over the past 18 months we've all faced challenges, and for those with pre-existing mental health problems, life has sometimes felt very bleak. Our mind body soul columnist Bernadette Petrie (page 15) shares her on-going battle with her own mental health, and the need to remove any stigma surrounding talking about it. I was humbled by Jane Brand's bravery (page 16) in talking about her husband taking his own life, and touched by the resulting short film – *We all need a farmer* – inspired by Grant's death. Reminding me, to be thankful for, and to celebrate the place in which we live and our local communities.

## Editor's LETTER



As the nights draw in most of us celebrate the arrival of autumn – the falling leaves, the vivid colours and harvest time. But for others, the longer days only exacerbate the fear of isolation and loneliness ahead. While plenty of us became a little more anxious during COVID-19 and subsequent lockdowns,

reminds us it is essential to look after our own mental wellbeing and others' by continuing to check in on one another and share how we have been feeling. Be mindful of the importance of our actions, and remember how easy it is to spread kindness to those around us.

On a lighter note, we've all our regular features too. Interiors, health and beauty, what's on, fashion plus the chance to win a bottle of School Night – thanks to the lovely people at NB Gin. Enjoy the issue.

*Kim x*

Bernie Rowen-Ross (page 14)



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## GORGEOUS GELATO

Editor Kim Williams finds the perfect Indian summer treat...

One of the things I've missed the most about not going away for a summer holiday, due to lockdown restrictions, are the balmy Mediterranean evenings and enjoying a creamy gelato as you wander back from dinner.

So imagine my delight when I discovered that Imma's Artisan Gelato had opened in Gullane. Named after his late mother, Imma Colata and in tribute to his youngest daughter also Imma, this gelateria is the brain child of Luciano Crolla and his wife Anna. And has fast become my go-to for deliciously decadent home-made gelato in a simply stunning setting.

The gorgeous artworks and beautifully tiled floor are as instagram-worthy as the gelato



itself. With flavours ranging from the traditional vanilla, chocolate and strawberry to the more experimental pistachio, bubblegum and tiramisu – it's difficult to choose. Oh, and did I mention they sell Cannoli Kisses, Sicilian Brioche and waffles?

What's not to love?

**IMMA'S ARTISAN GELATO**  
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## Look WHAT WE FOUND!

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

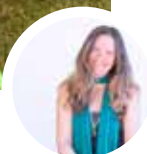


## THE BUTTERFLY EFFECT

Mind, Body & Soul Columnist Bernadette Petrie's powerful find...

It's had been an intense few weeks for my mind body and soul so I was delighted to find this little act of community kindness on the west beach on my return to North Berwick in late August. Someone did something about all the forgotten buckets and spades left on the beach. Demonstrating someone else's trash is another child's treasure. I was able to add to the collection, by donating the beach toys I'd found on the east beach. We really do change the world – one act of kindness after another.

This to me, is the butterfly effect in action.



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## EXPLORE THE AUTUMN COAST



© Helen Pugh

From wildlife walks and guided beach cleans; to citizen science workshops and online talks there's a host of activities to help you engage with nature at the **Scottish Seabird Centre** this autumn.

**P**ull on your walking boots and join the Seabird team for a guided walk along the North Berwick coast. Learn more about the seasonal seabirds and shorebirds to look out for, ask questions, share your knowledge, or simply unwind and enjoy the wildlife. The sunset walk is on 15 October and a sunrise walk on October 22. Tickets are available from the website.

If the up-coming global climate change summit COP26 has inspired you to take action to protect the marine environment, why not sign up for the free citizen science workshop on 29 October. You'll learn what citizen science is, why it's important, and discover how you can get involved in collecting data to safeguard wildlife and habitats. You could also borrow one of the beach

clean kits and spend time collecting potentially harmful litter from along the shoreline.

Enjoy quality family time over the October break with a trip to the Discovery Experience. October marks the beginning of seal season. There will be plenty of super-cute seals to spot from the remote cameras on the islands. The fun interactives will keep the whole family entertained, while learning more about Scotland's incredible marine wildlife.

Visit the website for news of upcoming events including seaside holiday clubs and the return of Professor Egghead's popular live science shows over the school break.

[www.seabird.org](http://www.seabird.org)

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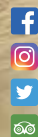
Control the cameras and zoom in on the super-cute seals.

Seal season from October.

[www.seabird.org](http://www.seabird.org)

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# Autumn LAYERS



Autumn is the time to burrow into your oversize fuzzy jumpers and wear the same pair of jeans Monday to Friday. Looking stylish through the cooler months means figuring out how to layer without looking like an overstuffed penguin. Here are our top tips:

**SWEATER VESTED:** A knitted vest, short-sleeved jumper or cardie will be your go-to autumn layer for anywhere, any day. Pair it with jeans, over a floaty maxi dress, or styled over a crisp white shirt.

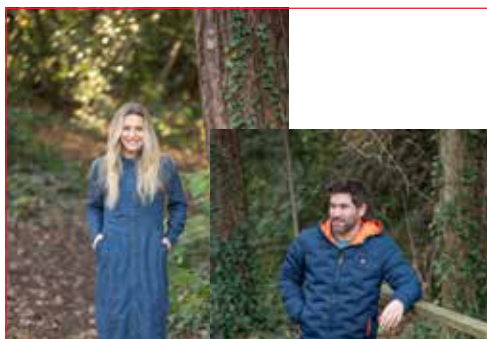
**START WITH A SHIRT:** When it comes to layers, shirts should be your seasonal go-to. Make a classic white shirt work for the cooler months by layering it underneath a lightweight jumper; wear with a pair of tailored trousers or mix things up by wearing shirts underneath sleeveless dresses too.

**COSY AND FLOATY:** There's a place for floaty dresses and skirts in your autumn wardrobe. Once temperatures start to drop, transition your summer favourites by layering with a long-sleeved shirt, jumper or cosy cardie.

**EXPERIMENT WITH PATTERN AND TEXTURE:** Don't be afraid to experiment with patterns and different materials when layering (it's very *Emily in Paris*!) Grab an army jacket and throw it over a cosy knit. Wear mix-matched prints, and play with colour to create an effortlessly chic look.



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## A DAY IN THE LIFE OF

CLARE  
BLATHERWICK,  
JEWELLER

With over twenty years in the jewellery business, Clare Blatherwick is one of the most experienced jewellery professionals in the country. In 2017, she founded Clare Blatherwick FGA DGA, a business designed to offer her clients an alternative to the high street for all of their jewellery needs. Clare has selected pieces of jewellery for sale on her website and undertakes gem sourcing, jewellery commissions, remodelling as well as both private and corporate valuation work.

Clare  
Blatherwick  
FGA DGA

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### I WAKE UP...

needing a cup of tea to kick start me! At the weekend, that cuppa may be had in bed alongside the whole family (including our dog) who have piled in for a story and cuddles. But weekdays it is often had on the run as I get ready for action.

### WORK STARTS...

by checking emails from clients, the gold price and trade news. I'll try my best to follow a time blocking plan but often things will crop up that I need to react swiftly to, so flexibility is key. When a client contacts me, I will always try to respond the same day or first thing the following morning if the email or call has come

in overnight. Good job I didn't sit down with that cup of tea after all!

### HOW I GOT INVOLVED IN JEWELLERY...

Entirely by accident, I got a Saturday job at a good independent jewellers whilst I was still at school and carried on with them when I was home from university for holidays. I then worked for an international gemstone dealer and in luxury retail before being head-hunted by Bonhams auctioneers where I was head of jewellery for a decade. That Saturday job certainly changed my life!

### A TYPICAL DAY...

is always atypical! I don't keep a stock or run a physical shop and as I see my clients in their homes, offices or banks, sourcing pieces on a case-by-case basis this means I am a private jeweller – something my clients love for the bespoke service and discretion this offers them. A day could involve meeting with a client about remodelling some pieces of jewellery, valuing a collection belonging to an individual

or institution for insurance purposes, helping a client from East Lothian sell a jewel in Hong Kong where I know they will achieve the best result, presenting to a trade conference, private bank or insurance company on the current state of the jewellery and watch market or writing a lecture on historic jewels for The Arts Society. I love the variety!

### BEST PART OF THE JOB IS...

hearing how delighted clients are with their pieces. Whether it is the antique ring they have always dreamt of that I found for them, a new necklace they commissioned from me or a piece they weren't wearing and was remodelled to their taste. A happy client means a happy jeweller and leads to long term relationships based around trust and discretion and knowing what pieces will appeal to, and most importantly, suit that client.

### AND THE WORST...

This is tricky as I really love what I do! Spending time sitting in a queue on the Edinburgh bypass is tedious and frustrating now the traffic is pretty much back to pre-COVID levels. Still, it gives me a chance to catch up with podcasts and offers head-space to think about future plans or where to source a particular jewel from for a client, so I guess even that cloud has a silver lining!

### CAREER HIGHLIGHT...

There have been many. I've been lucky enough to travel all over the globe for my career, particularly when I was with Bonhams and that was incredible, but I would say taking the plunge to leave the safety net of a monthly salary to follow the dream of running my own business has been the most exciting thing I have done.

### AFTER HOURS...

Time off is a rare commodity so when it happens, I always make the most of it. That could be a long beach walk with my dog to breathe deeply and think, or it could be hanging out with my family and friends, ideally accompanied by a gin and tonic and some live music – Fringe By The Sea reminded me of how much fun there is to be had right here in East Lothian.

### IN TEN YEAR'S TIME...

Having appeared in a few documentaries as a jewellery expert I'd be keen to do more. I have a couple of ideas for books too. Ideally in the next few years a device that grants me several hours extra per day would be invented! But the main thing is that I'd like to still be doing what I am doing – helping my clients with all their jewellery needs.





## VISIT ECHO BEACH SOMEDAY

words: kim williams

For a new generation of creators and consumers alike, the pandemic was a chance to break away and begin again. And one such COVID entrepreneur is Susan Cameron, founder of Echo Beach Designs.



The year 2020 began badly for Susan Cameron – having come to the end of her fixed-contract as a project manager at a large bank, she was told due to the downturn from COVID-19 her contract would not be renewed. Inspired by the words from the fabulous 80s hit by Martha and the Muffins; *“My job is very boring, I’m an office clerk, The only thing that helps me pass the time away, Is knowing I’ll be back at Echo Beach someday”*, Susan saw an opportunity to use her creative skills and realise a life-long dream. And in October that year, Echo Beach Designs was born – a bespoke small business where Susan designs and hand paints ceramics with timeless designs.

The pandemic also rewrote the rules on how we shop. Until lockdown, most of us were accustomed to any-time, any-place shopping, with very little thought of what we were buying or why. Now there is an increased focus on finding either a gift or something for yourself that is a bit different and unique, a shift to local artisan products. Echo Beach Designs slotted into this marketplace perfectly. A massive draw to customers is that as well as a range of ready-made designs, Susan offers free personalisation on the majority of her items.

Susan currently sells her stunningly beautiful pieces at retailers in both Dunbar and Linlithgow along with Facebook and Etsy, and online from her own website. Her pieces are a delight, from afternoon tea stands painted with quirky puffins, vibrant gerberas and gorgeous sunflowers, to coasters and delightful mug and plate sets decorated with highly imaginative and creative designs.

With Christmas just around the corner, Susan is working on adding some Christmas cheer to her collection. She says; *“I have a new design called Mistletoe Kisses, which is a bit different from the traditional Christmas item, albeit there is a dash of gold!”* She has also launched a personalised Christmas bauble which will help raise money for the RNLI station in North Berwick. Susan adds; *“These have a small amount of sand from beaches around East Lothian and are the perfect Christmas gift for those in East Lothian and further afield who dream of sunny days on one of our stunning beaches.”*

After only six months in business, Susan won the Theo Paphitis Small Business Sunday award – an amazing accolade for a young business. And a year on, Echo Beach Designs continues to grow from strength to strength. Having found her creative spark in the midst of the pandemic darkness, Susan says; *“I have turned my life around from being stressed everyday with my office job, to being a much calmer, contented person and mother – my son is delighted! I hope my designs offer you the same calmness they give me.”*

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Bernie Rowen-Ross reminds us of the importance of our actions and how easy it is to spread kindness to those around us.

Oh what joy, the autumn colours are showing off their best palette! As I watch the leaves falling it reminds me of our own impermanence, our own time on the planet. The leaves, dance down to mother earth and eventually become the food for new plants in a joyous surrender to growth and impermanence all at the same time.

How I hope that we too as humans could do the same. Let's live to the full, and when it is our time to leave our bodies behind, let's do it with the abandon that the leaf does when it leaves its branch. The process of life and death is the one process that we cannot ignore, as illustrated in the Buddhist teaching:

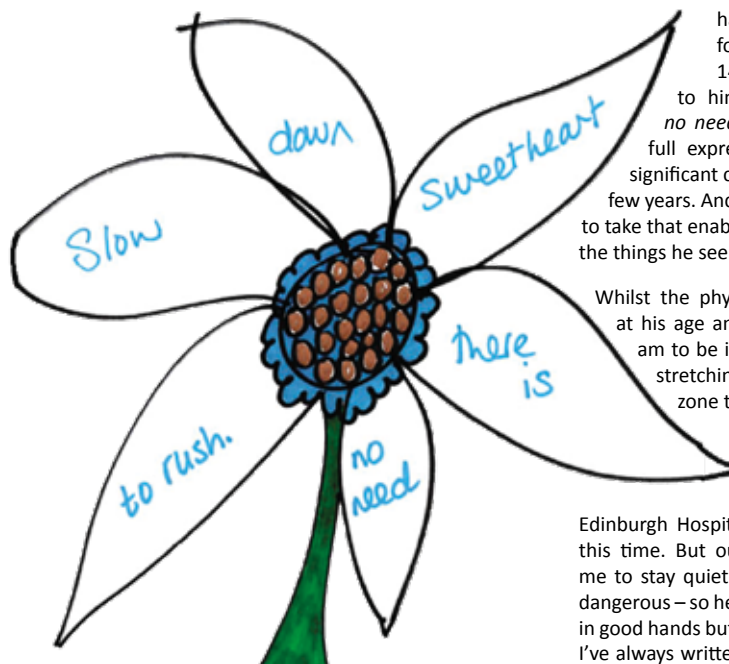
*I am of the nature to grow old.  
There is no way to escape growing old.  
I am of the nature to have ill health.  
There is no way to escape ill health.  
I am of the nature to die.  
There is no way to escape dying.  
All that is dear to me and everyone I love  
are the nature to change.  
There is no way to escape  
being separated from them.  
My actions are my only true belongings.  
I cannot escape the consequences of my actions.  
My actions are the ground upon which I stand.*

It's the last remembrance that is the most practical and relevant to those around us and society. My actions are the ground upon which I stand. It is easy to be kind, if we think of how much we can do for another person. Small actions count, a little hand-picked bunch of flowers for a lonely person, shopping for a friend, calling on your lonely neighbour, sending food to the food bank, helping at a charity. Knitting squares for blankets for the refugees or children in need, or simply giving time to a vulnerable person. Most of us reading this magazine are able to be of help, and I greatly appreciate the kindness that I have observed in East Lothian.

The weather is getting colder, more people are spending time indoors, we can make sure that those folk who are alone have something like a visit, or a phone call to light up their day. Remember it is your actions that are the ground upon which you stand.

Happy autumn and enjoy the beauty that surrounds us.

Bernie Rowen-Ross is an Ayurvedic Counsellor and Psychotherapist. She consults via Zoom t: 01620 844 321



## SLOW DOWN SWEETHEART THERE IS NO NEED TO RUSH



As columnist **Bernadette Petrie** struggles with her own mental health, she reminds herself and us to slow down – take each day as it comes – step-by-step.

One day my son hopped into the car beside me and said; "Mum, I can't wait until I'm taller than you". He was about half an inch away. When I started to write *Permission to Shine* nine months later, he had overtaken me by a good couple of inches. It's September as I write this and I'm taking time out from the world and pausing for my own mental wellbeing. And my son is now over six-feet tall. But as I sat in the car that morning, his words made me smile. Yet I also felt for him, remembering all too well, the angst of teenage growing years. In his race to manhood his height was ever present – the rush to leave childhood spurring him on. A few weeks before that moment he

had asked if he could go to Amsterdam for the day with his friends (he was 14-years-old) and I heard myself saying to him; "Slow down sweetheart there is no need to rush." I am very aware that the full expression of who he is to be involved significant changes, not just physical, over the last few years. And there are stages and steps he needed to take that enabled him to expand his world and do all the things he seemed desperate to do as a 14-year-old.

Whilst the physical changes seemed more obvious at his age and stage, the full expression of who I am to be in the future also involve me growing, stretching and continuing beyond my comfort zone too.

As I edit this excerpt from my book I'm taking time out, having recently been a patient in the Royal Edinburgh Hospital. I really fell down the rabbit hole this time. But our mental health is too precious for me to stay quiet about it, and any stigma attached is dangerous – so here I am saying I really needed help. I'm in good hands but as I thought about this column where I've always written openly about my own human path, this is the message I need to remind myself of; "Slow down sweetheart there is no need to rush." Do it step-by-step, day-by-day. So I'm re-reading my own book. It's like the life coach version of me, I knew I would need her wisdom further down the rabbit hole.

My book was sparked by art. Over a nine month period, I doodled 277 flower doodles, one every day almost like daily meditation. Then one day I didn't. I had shared them on Instagram as I doodled. I used them in workshops and I've given many of the original doodles to clients and started to refer to them as divinity cards. My desire was to explore the thoughts whispered to me by Source, illustrated in the form of flower doodles. The doodles throughout *Permission To Shine*, should you wish to read the first part of my story, will take you on an internal journey, enabling you to bring some of those parts of yourself home and as you do, you will get their permission to shine.

I need to take my time in this precious life, I need to trust my inner wisdom because when we rush we miss all these beautiful uplifting moments, so I'm re-saying this to myself and maybe you need to hear it too; "Slow down sweetheart there really is no need to rush."

*Bernadette*

You can buy Bernadette's book and card deck online: [www.thebarefootsanctuary.co.uk](http://www.thebarefootsanctuary.co.uk)  
Also available from: **NÖRDEN** 82 High St, North Berwick.



## THE BRAND FAMILY RE-FRAMING THE FUTURE

words: jenny rutherford

Back in February Jane Brand's world was shattered. Grant, her husband of 20 years, father to her children and business partner at East Fortune Farm took his own life. There were no warning signs, nothing to alert Jane or the wider family that Grant was struggling with his mental health. Overnight, Jane found herself a widow, a single parent and running the family business alongside her father-in-law who had all but retired from the farm. The shock of Grant's death that February night has been incredibly hard for the family and the wider community to come to terms with.

We caught up with Jane to find out how the family have managed to keep their farm, farm shop and caravan parks going over the last six months and hear about their plans for the future.

### Jane, how are you and the boys?

Dealing with the agony of Grant's loss during lockdown was unbearable. The chaos of COVID-19 added a heightened sense of isolation, compounded by everyone's anxieties around the pandemic and the future in general. Six months on, we try to take every day as it comes and try not to think too far ahead. Accepting that I will never know the answers to my questions really is the hardest part. The determination from the whole

team to continue developing what Grant spent 20 years building is what motivates me to get out of bed every morning. The boys are getting back to their daily farm duties with Ritchie making up the pig feed and Robert gathering the eggs. A new path lies ahead of them now but they are a tremendous support to me as we reshape our future together.

### How is it living and working on East Fortune Farm?

Living on a farm is both wonderful and relentless. Memories of Grant are everywhere; a sound can suddenly take me back to a moment in time and a view of a hi-vis jacket in the lambing shed often makes me double take. The hardest part is having nobody to share concerns with at night, or to get reassurance that we're doing the right thing. The business has grown so much over the last 18 months – we've increased our produce ranges, taken the farm shop online and continued our commitment to local deliveries. With this, our team has grown and we're navigating our way through the increased admin this brings! Improvements to the way the farm works are ongoing, helping to reduce manual labour and upgrading facilities to prevent challenging weather conditions which often test the team, as they did Grant.

### How have the family dynamics changed?

Since losing Grant, family dynamics have altered as we all adapt to life without him, whilst trying to understand what caused his worries. It is very painful for the whole family. Grandpa and I will sometimes grab 15 minutes at night watching the sunset over the sheep fields chatting about our day and how we move forward. Grant's brother Jamie, a music teacher, is more involved than ever with the farm and we're constantly in touch about details for butchers, meat weights and deliveries. He has been a pillar of strength as I navigate my way forward.

### What does the future look like for the Brand family?

We have decided to continue to grow the business to ensure a solid future for the farm and the boys. Even if farming is not their chosen path, the diverse business we now operate will open many doors for them. In spring we recruited a farm manager and together we agreed to continue the farming calendar as normal. Our Hampshire Down lambing will go ahead in December and a new Lleyen tup is on the way to assist East Fortune Bute with the tupping season in October ahead of spring lambing next year. The new team at the farm have big boots to fill that's for sure, but they are very much part of the family and developing the business together is our main focus. The business is also so much part of the community now, from the team themselves to customers, suppliers and advisors. Despite the pain, I feel a great sense of achievement in what we have created since opening our first little caravan park back in 2002, though I never anticipated doing any of it without Grant.

[www.brandeastfortune.co.uk](http://www.brandeastfortune.co.uk)



## WE ALL NEED A FARMER

In August a short film, aimed at raising the feel-good factor amongst Scotland's farmers, launched on social media. 'We all need a farmer' is the work of award-winning director, Jason Connery, and narrated by renowned Scottish actor Ian Pirie.

The Brand family have been enormously touched by the release of a short film 'We all need a farmer' which was inspired by the loss of Grant. Scott Brown, a Midlothian farmer and Animal Health Advisor with Dumfries based Murray Farmcare instigated the short film with the aim of boosting morale and mental well-being in the agricultural community.

Scott said; "Everyone, including the farming community has had a difficult time facing up to COVID-19 in the past 18 months. But, in many cases, the impact of the pandemic simply added to the burden of uncertainty faced by Scottish farmers around issues like Brexit and climate change. Sadly, these wider challenges can pile up on top of people and in the past few years we have seen a significant increase in mental health issues in the farming community. For me personally, statistics become numbers that really hit home when farmers from my local community take their own lives. In February of this year, local farmer and friend Grant Brand took his own life, and the tragic loss of Grant was the catalyst to try and do something to hopefully make a difference to the mindset of other people who may also be struggling mentally."

The film is set to play a key part in the launch of a major new campaign to raise awareness of mental health issues in farming; FarmStrong, an initiative born in rural New Zealand will be brought to Scotland, thanks to financial backing from the Movember charity.

You can watch the film on YouTube and social media: [youtu.be/6lbWDC6CWc8](https://youtu.be/6lbWDC6CWc8)  
#WeAllNeedAFarmer

Grant's brother Jamie was invited to record a conversation by the rural podcast, OnFarm about mental health within rural communities. You can listen to it at: [www.on-farm.co.uk](http://www.on-farm.co.uk)



If I have to choose my favourite season it has to be autumn, followed very closely by spring. The colours of the season, the feeling of hibernating and more than anything, the aromas in the kitchen. Rich and spicy with a nod to the festive madness that follows.

I fell totally in love with all things pumpkin after attending a master-class at Kilduff Farm where they produce the most interesting and diverse range of culinary pumpkins. The usual suspects – those which end up not being eaten but used as lanterns – in my mind don't do these autumn jewels justice. I could ramble on forever about each one, but why not try them all for yourself. East Lothian-based Kilduff Farm produce these nutritious beauties – pick one and see which becomes your favourite. Mine is definitely the Crown Prince which I use in this recipe.

Let me know what you think.

Mad March Hare runs events throughout the year. To find out more please visit our website. [hello@mrshareandmrheath.co.uk](mailto:hello@mrshareandmrheath.co.uk)  
[www.themadmarchhare.com](http://www.themadmarchhare.com)

#### WHAT YOU NEED

1 Crown Prince pumpkin  
1 cauliflower  
Raclette cheese  
A few chipotle chilli flakes

#### WHAT TO DO

1. Peel and chop the pumpkin. Chop the cauliflower, making sure both pumpkin and cauliflower are roughly the same size.
2. Sprinkle with a few chilli flakes and roast at 150°C fan assisted for about 20 minutes until cooked but not too soft.
3. Remove from oven and thinly slice the Raclette and lay on top of the pumpkin and cauliflower.
4. Pop under the grill until the cheese starts to bubble.

Serve with some gorgeous crusty bread.



#### PUMPKIN BARBECUE SAUCE INGREDIENTS

500g pumpkin puree (made by roasting 500g Kilduff farm culinary pumpkins for 20 mins and then mashing with a splash of water and a knob of butter)	50g Worcestershire sauce
100g cup apple cider vinegar	65g 100% tomato juice
100g pure maple syrup	2 tbsp tomato paste
	1 tbsp soy sauce
	1 tsp black pepper
	1 tsp ground cinnamon
	½ tsp ground ginger
	¼ tsp garlic powder
	¼ tsp ground allspice
	¼ tsp cayenne pepper

#### METHOD

1. In a large pan, combine the pumpkin puree, vinegar, maple syrup, Worcestershire sauce, tomato juice, tomato paste and soy sauce. Whisk together.
2. Season with the pepper, cinnamon, ginger, garlic powder, allspice and cayenne, then heat over a low heat.
3. Bring the pan to a simmer, and cook for 30 minutes. (The barbecue sauce will thicken very quickly, so keep an eye on it so it doesn't burn.)
4. Once cooked and very thick, transfer the sauce into a mason jar, and leave it overnight (if possible).

#### THE PULLED PORK INGREDIENTS

1 batch pumpkin barbecue sauce, as above  
2kg Brand Pork – Boston Butt (enough for 6+ generous portions)

#### METHOD

1. Place your pumpkin barbecue sauce in a slow cooker or large casserole dish. Nestle the pork into the sauce and cover.
2. Cook on LOW for 8 hours in a slow cooker or 3 hours in the oven at 160 °C.
3. Shred using a fork. Keep warm until ready for serving.

## Pumpkin PULLED PORK



Jane shares a Brand Family scrumptious autumnal recipe. Local culinary pumpkins from Kilduff Farm and their delicious home-reared pork make a brilliant combination. This seasonal recipe is delicious and well worth the wait and if possible make the pumpkin barbecue sauce the day before.



**THE BRAND FAMILY LARDER**  
East Fortune Farm, East Fortune,  
North Berwick EH39 5BT  
[e:hello@brandeastfortune.co.uk](mailto:hello@brandeastfortune.co.uk)  
[www.brandeastfortune.co.uk](http://www.brandeastfortune.co.uk)



delivering freshly prepared seafood  
direct to your door within East Lothian

order online

[www.eastcoastlobsters.co.uk](http://www.eastcoastlobsters.co.uk)

to discuss private dining requests

e: [info@eastcoastlobsters.co.uk](mailto:info@eastcoastlobsters.co.uk)



## WORTH SHELLING OUT FOR

words: kim williams

Today we regard lobster as a luxury food, but it has not always been so. They were so abundant in colonial New England that servants, as a condition of their employment, insisted on not being fed lobster more than three times a week. And on these shores they were at first a food of the poor, a way of eking a meagre diet from land and sea. Some perverse part of me doesn't want to be able to eat lobster every day; I want it to be, a dish I only order as a treat. And I'm not alone, the team at East Coast Lobsters, East Lothian's local seafood delivery business have had a busy year, delivering the amazing seafood we have on our doorstep. I spoke to Annabel Mill-Irving to find out just what they've been up to in 2021.

### How did East Coast Lobsters come about?

In 2020 Phil and I decided to combine our love of seafood and culinary skills, after Phil was unable to return to his original job as a chef on a super yacht in America due to COVID-19, and East Coast Lobsters was born. Phil has a wealth of experience in the catering industry, starting in East Lothian at the legendary Greencraigs hotel in Aberlady. Expanding on his culinary skills, he began working as a chef on super yachts catering for a diverse range of clients with many demanding requests.

### What do you deliver?

We're delighted to cook and deliver fresh seafood, including; North Berwick lobster, crab cakes, seafood platters, langoustines and half shell scallops to customers so they can enjoy restaurant-quality food within the comfort of their own home.

### How do you support sustainable fishing?

We are very proud to be supporting The Lobster Hatchery in North Berwick with their *Buy One Release One* membership scheme. This all important charity ensures that the lobster population is repopulated in the Firth of Forth so we can all enjoy local lobster for years to come.

### What's been new for you this year?

A new avenue for us this year, was Street Food by East Coast Lobsters. We popped up at Fringe

by the Sea in our new horse box serving delicious seafood filled bagels. It was great fun to be based at the harbour and meet so many new and loyal customers. Look out for where the horse box will be next, as we have lots of new events and menus coming up.

We were also excited to launch our new website in the summer and customers can now order online.

### What else have you in store for 2021?

As the autumn months are upon us, the team at East Coast Lobsters are looking forward to all the excitement the festive season can bring. We're keen to help get the party started, so let the Champagne flow and treat your guests to our decadent Christmas platter. Our Sharing Platter combines some of our popular seafood platter elements and a few festive additions – North Berwick lobster and prawn cocktail in a NB Gin and marie-rose sauce, crab and herb dip, home-made salmon pate, Belhaven hot and cold smoked salmon, two North Berwick lobsters and Scottish oatcakes to serve. Perfect for gatherings with friends and family.

We're also planning a trio of seafood canapés that can be ordered in groups of 6 or 12. Mini lobster rolls, hot smoked salmon in oatcake cups and crab salad in filo cases – the perfect accompaniment to your Christmas cocktails.

### EAST COAST LOBSTERS

e: [info@eastcoastlobsters.co.uk](mailto:info@eastcoastlobsters.co.uk) | [www.eastcoastlobsters.co.uk](http://www.eastcoastlobsters.co.uk)

# BOOKS, BOOZE AND BESTIES

words: kim williams

Combining a love of reading with delicious paired cocktails and great conversation inspired Kirsty Herriot on a new business venture.



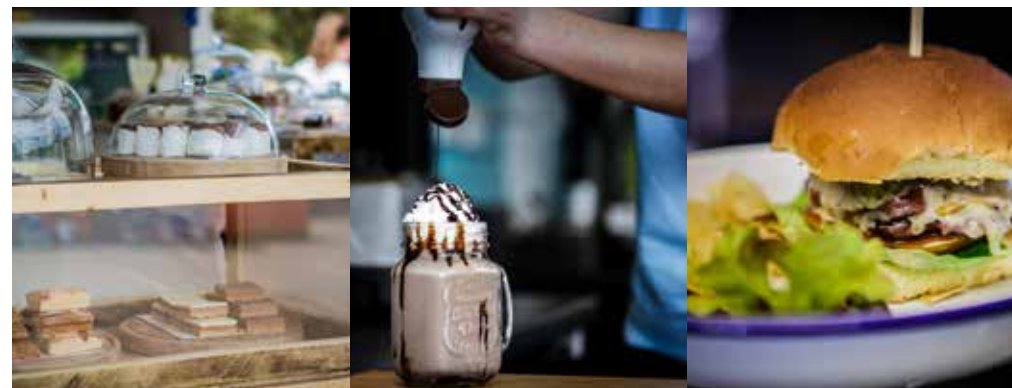
Taking time to curl up in your favourite chair, with a drink in hand and devour a good book is one of life's great pleasures. But if you want to share your love for an author, discuss a book's thorny moral questions, or just see some human faces, then the act of reading need not be an isolated affair. And this has always been the premise for many a book club. Founder of The Boozy Book Club Kirsty Herriot has shared her love of reading with friends for many years and felt she'd perfected the art of the book club. The rules of book club were simple – the host had to theme and match a cocktail to the book. *"It became quite a competition between hosts, and an absolute delight to sip and hear why and how the cocktail was created, adding a whole new dimension to discussing the themes and characters of the books."*

The Boozy Book Club was born when Kirsty began gifting her friends bottle of homemade Tequila Mockingbirds (her cocktail choice at their very first North Berwick book club) because they kept dropping hints about how much they loved them! Inspired, she decided to sell a Christmas To Kill a Mockingbird box which proved incredibly successful, and producing more of the same was the obvious next step. Throughout the various lockdowns, Kirsty's book club continued – connecting online and keeping in touch with each other. And it was important to her, that people who bought her boxes were able to join the book club too.

Not even a year in and The Boozy Book Club has grown from strength to strength, Kirsty has thought of everything. Each The Boozy Book Club Box is carefully curated with a specially chosen book and cocktail, a recipe so you can make the cocktails at home, a playlist of tunes to listen to, and surprise gifts which once you have read the book make absolute sense. Plus you get to join The Boozy Book club once a month as they host live author interviews. Kirsty adds; *"For our first online meeting, I asked the author to join us. It was so amazing I knew this was something I wanted to continue. It felt like an impossible task to get bestseller Matt Haig, author of The Midnight Library, to join us. And I was overwhelmed when he agreed."* Since then Kirsty has convinced every author featured in the monthly boxes to join them online. And at this year's Fringe by the Sea, Kirsty interviewed, in front of a live audience, author Evie Wyld about her book, *The Bass Rock*.

Kirsty has big plans for The Boozy Book Club, but at its heart it's still just about friends sharing books and a really well made cocktail!

monthly boxes and subscriptions available  
**THE BOOZY BOOK CLUB**  
[info@theboozybookclub.co.uk](mailto:info@theboozybookclub.co.uk)  
[theboozybookclub.co.uk](http://theboozybookclub.co.uk)



Foxlake Adventures,  
Dunbar EH42 1XF

Jay Bird's Larder is a 5-star, award-winning cafe and eatery in a unique outdoor site, based at Foxlake Adventures, Dunbar. We are proud to use the finest, locally sourced ingredients in our freshly prepared menu of delicious home-cooked food, great coffee and goodies.

Visit [www.jaybirdslarder.co.uk](http://www.jaybirdslarder.co.uk) for seasonal opening hours and follow us on Facebook and Instagram @jaybirdslarder for all our news, events and special offers.

## Award Winning Gullane Glögg

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[www.byjulia.uk](http://www.byjulia.uk)

## GET INTO THE CHRISTMAS SPIRIT AT...



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**with our NB family of  
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NB Classic Gin | NB Navy Strength  
NB Samphire Gin | School Night  
NB Citrus Vodka | NB Rums  
Ginspiration Tours | Venue Hire  
Cellar Door Sales

Cellar Door open Wed to Fri 10am – 4pm  
(extended opening hours over Christmas)

**visit@nbdistillery.com**  
**www.nbdistillery.com**

**10%**  
**off spirit purchases**

online or in shop | excludes tours and vouchers  
use code LOCALIFE21 | valid until 31/12/21

## GINSPARATION

words: kim williams

From decades of decline gin has bounced back and is now one of the nation's favourite tipples. And NB Distillery is the perfect place to learn, sample and relax with this botanical beauty.

In a pretty rural setting a stone's throw away from North Berwick stands NB Distillery. This purpose-built distillery has serious eco-credentials – the power is generated by solar panels and rainwater is collected to make gin. Anyone can visit and see all the copper pots and vats, the distillers banging around in their aproned glory, creating bottles of craft gin, vodka and rum.

A success story of Britain's fast-moving gin renaissance, NB Gin has come a long way from its modest beginnings in 2013, starting off in founders Vivienne and Steve Muir's kitchen. The company has steadily grown over the years by following and perfecting the exacting and meticulous London Dry distilling process, going from local to global producing a range of multi award winning spirits. The product range includes; NB Classic Gin, NB Navy Strength, a limited edition NB Samphire Gin, the world's first London Dry Citrus vodka, and three rums. New to the product line is limited edition School Night – a low-alcohol gin based spirit, inspired by their award winning NB Gin but with 50% less alcohol. Housed in a unique Frugal bottle, the packaging is made from 94% recycled paperboard, the perfect addition to this sustainable distillery. NB Gin was voted the World's Best London Dry Gin in 2015 and has also been selected by the Royal Family on two monumental occasions, served at the Brit Awards and accredited as one of the top 100 luxury brands by Rolls Royce.



NB Distillery offers a unique visitor experience. Think log fires, comfy sofas and of course, deliciously large gin and tonics. Arriving for the Ginspiration tour, visitors are welcomed with a NB classic gin and tonic, garnished with pink grapefruit and basil. Drink finished, it's on to the production room where Managing Director Steve Ross introduces guests to NB's resident gin still Little Gloria, before talking through the gin making process. Upstairs in the luxury lounge there is a flight of a further five tasters and the opportunity to purchase from the Cellar Door shop.

The venue is also available to hire, accommodating 20 people comfortably, or for a more intimate event the elegant dining room can be used, for anything from meetings to networking, from birthdays to elegant stag or hen parties, or simply a long overdue family get-together. Whatever the occasion NB Distillery offers a unique experience of learning, luxury and sampling of world class products – spanning a range of gin, vodka and rum.

### NB DISTILLERY

Tours operate Monday to Saturday, 5–6.30pm and must be pre-booked online | £25 per person  
**visit@nbdistillery.com**  
**www.nbdistillery.com**



*not on a school night!*

## WIN A BOTTLE OF SCHOOL NIGHT

To win a bottle of limited edition School Night, simply answer the question below. All entries will be entered into a prize draw and the winner will be chosen at random.

### Question

**What is the packaging used for  
School Night?**

email your name, address and answer to:  
**visit@nbdistillery.com**  
entries must be received by:  
midnight, 31 October 2021

T&Cs: One entry per person. The winner will be 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 NB Distillery database for marketing purposes only. You have the right to unsubscribe at anytime. Your email addresses will not be shared with 3rd parties. The sweepstake winner must be 18 years of age or older and valid government issued ID will be requested.

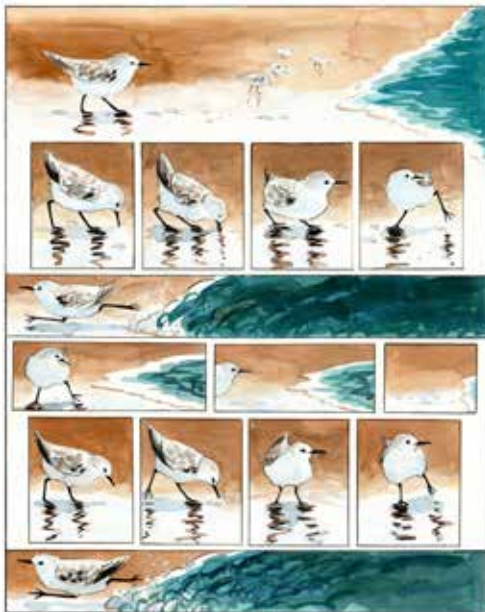
COMPETITION

CHANGING TIDES

Changing Tides at Dunbar's Coast Gallery is a mixed exhibition, showcasing a wide variety of work from; Ian McWhinnie, Linda Park, Lynn Howarth, Janet McCrorie, Amanda Phillips, Robert Pereira Hind, Ian Neill, Rebecca Styles, Margaret Kathleen Hume and Marlene Lochhead.

From the idiosyncratic to the universal, Changing Tides investigates a wide variety of visual forms. From the deeply human moving works of Janet McCrorie, which capture a particular part of Scottish culture, to Robert Pereira Hind's beautiful gilded gold pieces – these artists each capture the contrasts and visual dynamism in our immediate environment. Gallery director Carol Kelly says; *"Changing Tides poses a series of questions, and perhaps even a vision which the artists can help us imagine, in order to seed change and bring forth a new relationship with the space in which we live."*

**CHANGING TIDES** | 24 September to 15 January  
Coast Gallery, 144 High Street, Dunbar EH42 1JJ  
[www.coastgallerydunbar.com](http://www.coastgallerydunbar.com)



WILD MOMENTS

This exhibition presents the work of three up-and-coming wildlife artists and winners of a Society of Wildlife Artists bursary; Adele Pound, Lorna Hamilton and Melanie Mascarenhas. Their approaches are very different, but they share an ambition to capture a whole world in their work. They are quite experimental and use unusual ways of portraying wildlife through graphic stories, for example, or by attempting to capture sounds and movement in paint. The resulting works present wildlife in a wider context, that of a narrative or multi-dimensional landscapes.

**WILD MOMENTS**  
30 September to 7 November  
Scottish Ornithologists' Club (SOC),  
Waterston House, Aberlady  
[www.the-soc.org.uk](http://www.the-soc.org.uk)



To-do  
LIST

out and about in  
our area...



LITTLE BIG SCREEN

Get yourself along to Gullane's village hall to watch a mix of old favourites and blockbuster movies. This wonderful community cinema hosts films in the village hall with café-style seating. Doors open at 7.30pm for 8pm screenings. Entrance is by donation, and this tickets must be purchased in advance.

Saturday 9 October | Dream Horse  
Sat 13 November | Supernova  
**LITTLE BIG SCREEN**  
[contact@littlebigscreen.org](mailto:contact@littlebigscreen.org)

Weekend  
TIDE TIMES



OCT		High Water		Low Water	
		AM	PM	AM	PM
1	Fri	1107	2342	0519	1749
2	Sat		1223	0627	1844
3	Sun	0052	1325	0714	1925
8	Fri	0416	1642	1032	2238
9	Sat	0457	1723	1111	2315
10	Sun	0541	1806	1149	2350
15	Fri	1125	2346	0520	1743
16	Sat		1242	0635	1845
17	Sun	0054	1339	0730	1932
22	Fri	0412	1633	1013	2219
23	Sat	0445	1705	1033	2244
24	Sun	0519	1737	1050	2306
29	Fri	0914	2142	0218	1454
30	Sat	1025	2258	0412	1657
31	Sun	1038	2307	0442	1702
NOV		High Water		Low Water	
		AM	PM	AM	PM
5	Fri	0210	1436	0824	2034
6	Sat	0253	1517	0907	2119
7	Sun	0338	1600	0951	2206
12	Fri	0845	2107	0224	1449
13	Sat	1001	2220	0355	1606
14	Sun	1112	2324	0506	1707
19	Fri	0215	1436	0812	2023
20	Sat	0249	1507	0838	2056
21	Sun	0323	1538	0903	2125
26	Fri	0644	1855	1144	
27	Sat	0740	1957	0051	1307
28	Sun	0844	2109	0208	1446

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

# CUT AND PASTE: SCOTTISH ARTISTS RISE TO COLLAGE CHALLENGE

words: jan patience

The art of collage may have a long and varied history stretching back centuries, but as demonstrated by pop superstar Beyoncé's recent unveiling of a collage to mark her 40th birthday, it's having A Moment.

Now, a group of Scottish artists, including comedian Phill Jupitus, is cutting and pasting its way to a new way of seeing the world. The artists have been assembled by Alan Rae, owner of Fidra Fine Art in Gullane, a long-term fan of the art of collage. The East Lothian gallery owner wants to show how different artists use the medium in their work. He said; *"I asked eight artists whose work I admire to create work for the exhibition, which opens here in Gullane on 9 October and runs until 21 November. It's been a fascinating exercise watching the collages come in from all the artists, some of whom, like Alfons Bytautas, John Caldwell Brown, Simon Laurie, Ann Cowan and Alastair Strachan, are best known as painters and printmakers. For some, collage is the whole point, but others use it to help composition or to create texture and interesting layers. I've been looking at collages over the years from the likes of Colin Brown, who has an international reputation as a collage artist. But by having them all in the same room I'm hoping people will find it interesting to compare the different styles and be inspired."*

Fife-based comedian-turned-art student, Phill Jupitus, is currently in his third year at Duncan of Jordanstone College of Art in Dundee. He explains; *"The best thing about collage is the speed at which you can work with colour, form and narrative. I love the work of collage artists like Peter Blake. What's great about his art is the deeper eye he has for connection and context. There's a vivid flighty playfulness working alongside really concrete intention. Unexpected stories emerge as you construct a collage. It's a compelling medium."*

While Jupitus favours overlaying vintage images from the mid-20th century featuring the likes of a young Lulu to Chairman Mao, Glasgow-based Alastair Strachan's collages evolve from quick line drawings and develop by layering coloured papers created from

left over paint from his palette. Several of his collages have been inspired by scenes from his own lockdown.

Edinburgh-based ceramic artist, Karen Thomson incorporates a variety of patterns, surface texture, forms and colour accents into ceramic plates. Thomson stamps and prints photographs which have been manipulated, then adds screen-printing and lithographic techniques.

There will be surprises along the way. John Caldwell Brown is better known as a painter. The artist, who trained at the Glasgow School of Art in the 1960s under the likes David Donaldson and Duncan Shanks says he has been using collage in his work for over 30 years. *"Sometimes collage is a means to an end,"* he says. *"Other times it's as an end in itself. I enjoy the magpie approach of finding the right piece in a studio full of possibilities. There are boxes of painted papers, offcuts, guillotined slices, collections of printed material, discarded gems waiting to be recycled. I am inspired by the ripped edges of paper juxtaposed to scissor cuts and an infinite variety of surface texture."*

Collage also features new work from Borders-born Alfons Bytautas. The renowned printmaker attended Edinburgh College of Art from 1972 to 1976 before going on to Paris to study at Atelier 17, the studio of acclaimed Modernist printmaker Stanley William Hayter. Bytautas was Master Printmaker at Edinburgh Printmakers' Workshop from 1979 to 2009 and is world-recognised as an innovator in printmaking techniques.

**COLLAGE | 9 OCTOBER TO 21 NOVEMBER 2021**  
**FIDRA FINE ART**  
7-8 Stanley Road, Gullane EH31 2AD  
01620 249389 | e: alan@fidrafineart.co.uk  
www.fidrafineart.co.uk



Alfons Bytautas | Observation



Ann Cowan | Red Boat and Lobster Creels



Simon Laurie | Fine Wines



John Brown | Inside Outside



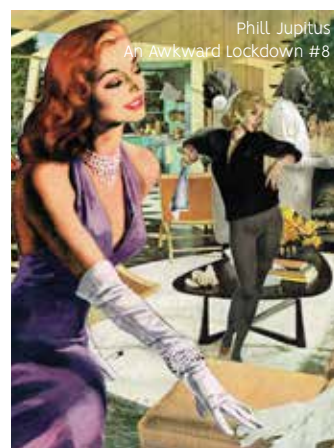
Karen Thomson | Seaweed Platter 1



Colin Brown | Bird of Paradise Flower



Alastair Strachan  
Dennistoun with Car Track Snow  
Drawing



Phill Jupitus  
An Awkward Lockdown #8

**" UNEXPECTED STORIES EMERGE AS YOU CONSTRUCT A  
COLLAGE. IT'S A COMPELLING MEDIUM "**



Memento Mori

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

Today East Lothian's graveyards are quiet contemplative places, but two hundred years ago they were the focus of alarm at a new crime wave. The graveyards at Prestongrange and Oldhamstocks churches both have seemingly unassuming buildings, which are actually relics of a time when the fear of body snatching was rife throughout the area.

Both graveyards have good examples of Watch Houses, built in the Georgian period to shelter the guard keeping a vigil over the freshly dug graves. They are simple one-roomed structures which look like small cottages. The buildings have windows facing into the graveyard, along with chimneys and fireplaces for the long winter nights when the bodysnatchers were most active. October to May were regarded as the 'dissecting months', as the bodies would last longer in colder weather. Some Watch Houses were even built with gun loops, so the guard could take pot shots at any intruders.

At Prestongrange Church the Watch House incorporates older memorials, including a highly appropriate skull and crossed bones from a headstone known as a Memento Mori.

The example in Oldhamstocks Churchyard dates to 1824 and is a well-built structure, with finely dressed stone and even a little nod to fashionable classical architecture in its decoration.

Both buildings are testament to the fear of body snatching in the early 1800s. At that time the medical schools in Edinburgh needed fresh corpses for their anatomy classes, but the supply of bodies was limited. As a result there was an illicit trade in bodies, with newly dug graves a target for thieves. Watch Houses were just one example of the community trying to keep their graveyards safe.

The need for Watch Houses disappeared in 1832 with the new Anatomy Act, which allowed a greater supply of bodies in the name of science. But some survived, as a useful meeting place for parishioners or storage. The humble Watch Houses at Prestongrange and Oldhamstocks Churchyards are now relatively rare examples, easily overlooked but with a fascinating story to tell.



Prestongrange Church Watch House



Oldhamstocks Churchyard

## Stories in Stone INVASION OF THE BODY SNATCHERS



Colin Brown | Cabbage Rose

FIDRA FINE ART  
**COLLAGE**  
9 OCTOBER TO 21 NOVEMBER 2021

Featuring: Colin Brown, John Brown RSW, Alfons Bytautas RSA,  
Ann Cowan, Phill Jupitus, Simon Laurie RSW RGI & Alastair  
Strachan with ceramics from Karen Thompson

Open Tuesday to Saturday 11am-4pm | Sunday 12-4pm | closed Monday  
7-8 Stanley Road, Gullane EH31 2AD | t: 01620 249389 | e: alan@fidrafineart.co.uk | www.fidrafineart.co.uk

## COLD COMFORT SKINCARE

As the leaves change colour, autumn is a reminder to reset our beauty routine to help protect against the colder climate and the drying effects of central heating. Scandinavia has the most gorgeous winter landscapes, so it's safe to say they have perfected the art of cold weather skincare.

**Hayley Flanagan** brings us ten steps to create that seasonal glow, including effective products from Hæckels, the natural, coastal beauty pioneer; MODM, Edinburgh's own award-winning holistic skincare; and Björk & Berries the eco-luxury brand preserving Nordic flora.

### SCANDINAVIAN SKINCARE BIBLE

Trends in skincare can be tough to keep up with and this book focuses on paring everything back. By revealing the science, including the relationship between gut health and skin, Dr Gillbro empowers you to lay the foundation for beautiful, healthy, glowing skin through simple, self-care rituals.

### MODM VITAMIN CLEANSING GEL

A unique and innovative gel cleansing formula, packed with a blend of plum kernel oil, pomegranate seed oil, macadamia nut oil, safflower oil, evening primrose oil and the Nordic superstar sea buckthorn oil. Use at night on dry skin and remove with a lukewarm, damp cloth. The colour and smell alone is sunshine on a dreary day!

### MODM WHITE JADE FACIAL MASSAGE STONE

Winner of Editor's Choice at the Beauty Short List Awards 2021, this ultimate Gua Sha tool is perfect for performing easy DIY facial massage for vital, contoured, glowing skin. White jade is renowned for promoting a sense of serenity, healing and peace. Start with clean skin, a clean massage tool and apply five to six drops of your favourite oil. MODM have an easy to follow video tutorial on their website.

### B & B BLUEBERRY + BLUE TANSY RESTORING FACE OIL

A nourishing, restorative and calming face oil providing deep hydration and love to even the most delicate skin conditions. A true miracle worker! When forests cover 57% of the Scandinavian landscape no wonder berries are an essential part of life and this product contains Swedish organic blueberry seed oil. Use as a double cleanse/face mask for a deeply calming and nourishing home treatment.

### HÆCKELS BIO RESTORE MEMBRANE

Zero-waste, grown to order under-eye masks! Seaweed agar is infused with aloe vera, hyaluronic acid, witch hazel and the Nordic staple cucumber into a degradable sheet eye mask to cool, soothe and reduce visible signs of tiredness. Activate in cool water, place the patches on the soft skin around the eyes and leave for ten minutes.

### HÆCKELS EARTH MARINE WATER + AHA 4%

100% natural exfoliant that helps in cell turnover to reveal more youthful skin with visibly reduced pores, discolouration and fine lines. The solution acts as a leave-on exfoliator that works overnight to remove dead skin cells when used two to three times per week by simply wiping all over the face. With ingredients that are anti-inflammatory, calming redness and

inflammation, this product turns the clock back on summer sun damage repairing it over the darker months.

### MODM FACIAL REFINING MIST

A delicate blend of orange blossom water, rich in vitamins C and B, and cooling aloe vera. It nourishes, smoothes, gently exfoliates, removes impurities, brightens, refreshes, clarifies and refines the appearance of pores. Mist after cleansing for removing any lasting residue without harsh stripping or drying out the skin, leaving a fresh and dewy canvas for subsequent application of serums and moisturiser. Keep close to you for boosting moisture levels throughout the day, even over makeup.

### MODM CONDITIONING LIP OIL IN MANDARIN

A lightweight, 100% natural oil nourishes and conditions the lips and softens fine lines around the mouth. With a blend of strawberry seed oil, watermelon seed oil, jojoba seed oil and festive mandarin essential oil for increased circulation. More intense than a balm, banishing chapped lips forever.

### HÆCKELS ALGAE PLUMP + B3

A vegan alternative to traditional hyaluronic acid. This natural formulation features marine-derived water molecules from seaweed which attract and hold moisture three times more effectively than hyaluronic solutions on their own. Perfect daily hydration, massage the serum into the areas of your face that you want to focus on, to visibly plump the skin, reduce wrinkles and smooth out the skin's texture.

### B & B RESCUE CREAM INTENSIVE SKIN REPAIR

The final step should be a richer night cream than you are used to. This complex skin treatment formula is designed to improve skin barrier protection, provide irritation relief and enhance skin vitality in extreme weather conditions. Probiotics, the new beauty buzzword, have been incorporated to stimulate the increase of oxygen and reduce stress in the skin cells. This cream supplies absolute comfort, and leaves the skin calm and smooth.

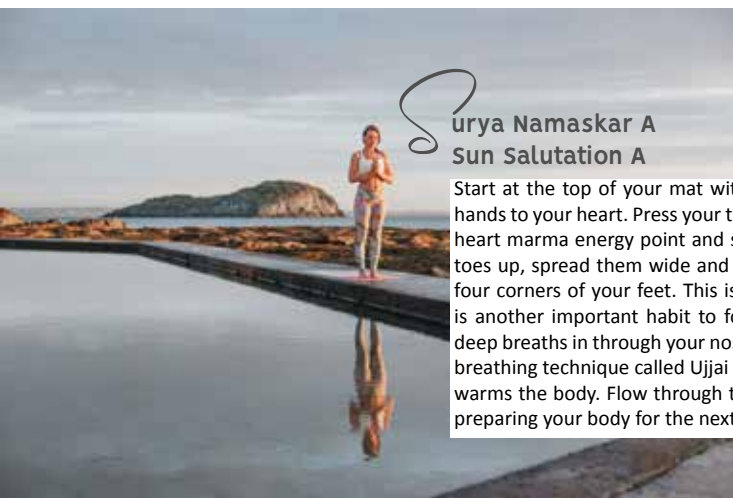
With the exciting opening of NØRDEN's second store in Branton, North Devon comes a diversification into beauty and wellness. The Branton store, alongside NØRDEN's unique Nordic homeware and lifestyle offering, will have a focus on Scandinavian skincare. Sinead Jennings, our resident holistic facialist, will provide the newest facial techniques in their calming treatment space.

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# AYURVEDIC YOGA – MORNING ROUTINE

words: sally jean rankin | pictures: lindsay scott

Since embarking on my Ayurvedic journey I have been astounded at its ancient wisdom and knowledge regarding healing and health. Ayurveda, looks at who we are and what we need at that particular moment in time and gives us a solid plan to follow so we can authentically live a happy and healthy life. An aspect of Ayurveda which has been truly life changing is looking at my morning habits and creating a really healthy morning routine – this is called Dinacharya. Many of us lack any sort of morning routine yet it plays a vital role in our long term health. Dinacharya needs to be practiced in the morning in order to keep the connection with the circadian rhythms of nature. One way to keep this connection is to rise early and practice yoga. Begin by waking early (before 7am!) and start your morning giving thanks ('I'm so grateful for...'). Then pop on the kettle, grab a mug of hot ginger and lemon tea, roll out your mat and practice 20 to 30 minutes of yoga. This gets the energy moving, warms and stretches the body, focuses the mind and connects you with your soul.



## Surya Namaskar A Sun Salutation A

Start at the top of your mat with your feet a little apart and bring your hands to your heart. Press your thumbs into your chest connecting to your heart marma energy point and say a prayer or set an intention. Lift your toes up, spread them wide and then ground them down so you feel the four corners of your feet. This is called creating a strong foundation and is another important habit to follow during your practice. Start to take deep breaths in through your nose and out through your nose beginning a breathing technique called Ujjai Pranayama, this helps calm the mind and warms the body. Flow through three to six rounds of Surya Namaskar A, preparing your body for the next set of asanas.

## Uththita Parsvakonasana Side Angle Stretch Pose

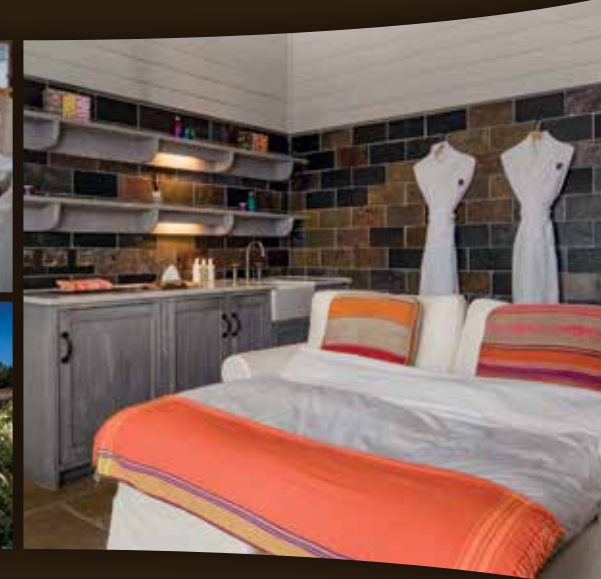
This wonderful pose strengthens the legs, opens the hips, stretches the spine and lengthens the side of the body. Come to the top of your mat and step your right foot out facing the length of your mat, feet in line with your hips and your arms out stretched and in line with your shoulders (Uththita Tadasana). Turn your right foot so the toes face the back of your mat and bend your right knee. Inhale, as you exhale bring your right elbow to your right knee with your right palm facing up and stretch your left arm up and bring it over the length of your left side body. Lengthen your neck, keep your core engaged and breathe. Adjust your gaze to what suits you, be mindful of your neck and eyes – your gaze wants to be soft, not strained. Five deep breaths, then come back to Uththita Tadasana. Other side – turn your left foot so it faces the front of your mat, bend your left knee, left elbow to left knee, right arm up and over. Five deep breaths. Come back to Uththita Tadasana and then to Tadasana at the top of your mat. Finish with a Sun Salutation, then sit on your mat and either continue your practice or come to relaxation.



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

First and foremost, we will listen to you. Hearing loss is personal and we take the time to listen to your experience. We recommend that you bring someone with you as they can often provide useful information and support. Our hearing assessments usually take about 90 minutes.

Most hearing centres will measure the quietest sounds that you can hear and based on this will make a recommendation. Although this type of hearing test provides useful information, by no means does it provide a full picture, we hear with our ears but it is our brain that understands speech! With this in mind, we have designed our test protocol to ensure that we measure your exact individual issues.



We have the latest technology and can show you images of your ears on a screen. If your ears are blocked with wax your hearing test will not be accurate. You're in safe hands at the Edinburgh Hearing Practice as we can perform "Professional ear wax removal".

We take you through a thorough hearing evaluation using the very latest audiometric equipment to record the quietest sounds that you can hear, but also importantly, the way that your brain is able to understand the signal from your ears. This involves testing your speech recognition in both quiet and in the presence of the dreaded background noise. Where appropriate, we perform tympanometry to check how the middle ear is working (this is a really simple comfortable test, and is nothing to be nervous about).

At each stage, we will explain the results really thoroughly to you and make sure that everything is completely clear. Occasionally we may feel that onward referral is required – this is unusual, but you can trust us to always do the right thing. If hearing aids would help, we will discuss all the different solutions that are available to you based on your hearing loss, lifestyle, cosmetic preference and ease of use. All the results and recommendation are given to you in a report. If appropriate we can make a recommendation on next steps, to help you continue on your journey to better hearing.

**Our care plans are bespoke and suited around your individual needs and preferences. All our hearings aids are available to trial for 30 days at no cost. We believe that the proof is in the pudding! We are a family owned and run business and we love what we do. Trust your hearing to us!**



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## GARDEN STIRLING BURNET

Over the next six issues we gain insight into the working lives of the people who make up Garden Stirling Burnet, one of East Lothian's oldest law firms.

For many, if not most, the law can be, well, a bit intimidating. Perhaps it's all the TV shows that depict drama within, and between firms, cases and lawyers. One of the most popular television series of our time is the legal drama, *Suits*. However, viewers often forget that the programme is fictional and not always close to reality. Yet shows such as this can also make the legal process more human and lawyers seem more approachable. Directors of local law firm Garden Stirling Burnet, Angela Craig and Alan Borrowman are keen to introduce a more human-side to law firms.

With origins dating back to the early 1900s in Haddington, Garden Stirling Burnet (GSB) have been practising law in East Lothian for generations. Naturally, they are proud of their heritage as one of the oldest and largest law firms in East Lothian, but they are also just as proud of their commitment to investing in the local community today.

We speak to Angela and Alan, who are happy to give us a personal insight into their lives as busy solicitors and tell us why they love living and working here so much.

**How long have you been with the firm?**

**AC:** Alan joined the firm in 1988 and I followed a year later in 1989.

**How long have you lived in East Lothian?**

**AC:** I've been here 25 years.

**What do you love most about East Lothian?**

**AC:** What is there not to love about East Lothian? I love the beautiful and varied scenery, but in particular the coastline and the sea air are breath-taking.

**What is the best thing about living and working in East Lothian?**

**AC:** East Lothian is rural, yet still feels very cosmopolitan probably due to its proximity to the city of Edinburgh.

**What do you like to do when not busy at work?**

**AC:** The great thing about living in East Lothian is the incredible countryside and the beaches. I find both walking and swimming help me unwind after a busy day at work.

**What are your specialisms in the firm and what legal issues, situations do you deal with?**

**AC:** Court work, specialising in criminal work.

**Within your specialism, are there changes in the law or things people should do or be aware of, or is there any general advice you would like to give?**

**AC:** Appearing in court or any issue relating to a court matter can be confusing and daunting for people. The law is constantly changing and I would recommend that people seek legal advice in such situations at the earliest possible stage.

**Lastly, why should clients choose GSB and what benefits can you bring? What sets you apart?**

**AB:** We are a highly experienced team and by being East Lothian based, there is a long-standing association with the people, businesses and local communities, meaning we're able to provide clients with the benefit of that expertise and local knowledge over a diverse range of legal matters. We are unique within the county, as we have offices spread across the region, which means easy accessibility and local services.

We are conscious of the challenges that have had to be faced in recent times. And we're proud to have been able to meet those challenges and be able to continue to offer an efficient service to our clients. We, as a company, are committed to continuing to do so, whilst in turn investing in the local community and supporting local charities.



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Angela Craig & Alan Borrowman

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## COPYWRITING – HOW THE POWER OF WORDS CAN HELP YOUR BUSINESS

Claire MacLachlan answers the common question, what exactly does a copywriter do and does my business need one?



### 2. Your time is too valuable

When you're running a business, your time is spent on all the daily tasks that go with it. Writing good copy for brochures, websites or any other marketing material takes time. A professional copywriter can do it in half the time and be twice as effective, leaving you to concentrate on growing your business.

### 3. Climb up those Google rankings

Informative and well-written content can help your business rise up the Google rankings – no more languishing on page 2! Every time a prospective customer carries out a Google search they type in specific keywords. Copywriters will subtly work these into your copy. This is called SEO (search engine optimisation) copywriting and is very powerful. Easy to read and original content also improves the user experience by making the reader stay on the page, again Google rewards you for this.

### 4. Bring a fresh perspective

As a business owner it is hard to step back and to think clearly about the benefits you bring. A professional copywriter does not need to be an expert in your business or industry. Rather they will ask questions to find out more; look at the marketing you are doing and research your competitors. By doing so, they're able to write copy with the right tone and message for your customers and your business.

Copywriting is a skill and an invaluable business investment. Hire a professional today, you won't regret it.

### CLAIRE MACLACHLAN COPYWRITING

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Let's start with what copy is? It is written persuasive content which is a direct conversation with your customer, designed to turn readers into buyers. Copy is everywhere; on your website, your social media, blogs, emails, newsletters, brochures and more. Engaging and well-written words are invaluable to every business no matter the size. It is often overlooked with many business owners feeling they can write copy themselves, but not everyone is a writer or has the time to do it successfully. Professional copywriters bring so many benefits to your business, here are just a few:

### 1. Help you connect with your audience

Too much copy is full of sales talk and jargon, and fails to connect with the audience or what they want. Business owners who write their own copy will tend to focus on the features of a product or service (what it is) rather than the benefits it bring to customers (how it helps). For example rather than; 'We are proud that our hoover has a powerful and cutting-edge motor', you would say 'With power you can feel – cut your housework in half and spend more time with your feet up.' A professional copywriter connects you to your audience. They get rid of the I's and we's and focus on the you's – 'You have this problem' and 'You need this solution.' They will write in a direct, yet personal tone to tell your potential customer how you meet their needs, turning them into important buyers.

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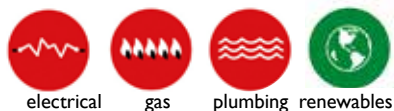




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# RENOVATION BUDGET TIPS

Setting a budget is an important part of any home renovation project. Good planning and working out your home renovation costs are essential. Budgets are a really helpful decision-making tool that can help you avoid unexpected costs and under or over investing. Over the next few issues the team at **Forever Spaces** tell us how to make your home renovation budget go further.



## COSTS AND CONTINGENCY

Research how much your renovation could add to the value of your property to maximise its return on investment. Local estate agents can help you learn which features and property improvements are desirable in your area. A quick search of ceiling property values in the vicinity can also be helpful. Set aside part of your overall budget for unexpected costs should they arise. The amount you reserve will differ depending on the size of your project, however 10 to 20% is a fair estimate. If your home is pre-1950, has moisture issues, woodworm, roof or foundation concerns, your contingency budget may need to be more generous. If you need planning permission or other types of building consent these also need to be factored into your budget. Be sure to check with your contractor if they will manage this for you, or if you need to. Remember if your home is listed or in a conservation area, this will need to be considered too.

## DETERMINE YOUR PRIORITIES

Identifying your must-haves is an effective way of making room for compromise. For instance, a top-of-the-line stove might be really important to you, but you might also happily swap marble bench tops for quartz. Alternatively, if you find a tile you really love, reserving it for the areas that actually need to be waterproof can be much more cost-effective than tiling a whole room.



## MAKE AN IMPACT

Opting for modern features such as; recessed shelving, concealed lighting, boundary free showers and handle-less cabinets can be a good way of maximising your home renovation budget's aesthetic value. Keeping your colour palette neutral and choosing classic fixtures and fittings is another way of maximising your renovations longevity and cost-effectiveness over time.

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

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## TIPS FOR AUTUMN CLEANING

As autumn approaches and we begin to spend more time indoors, take time to make sure your home is comfortable and clean. Morag Readman, owner of the East Lothian franchise of Bright & Beautiful shares her top tips.

### Keep dust and cobwebs under control

Spiders take up residence indoors too, so extra time is needed to get rid of cobwebs – extendible cobweb brushes and lambswool dusters are the best to use. It's also a great time to give your lamp shades a bit of tender-loving-care. Use ostrich feather dusters and for a really good clean, take the shade off the lamp and gently vacuum or wash it.

### Freshen bedding

As it gets colder many of us switch to heavier bed linen or a higher tog duvet. Don't forget to vacuum and turn your mattress, and pop the mattress cover and pillow protectors in the wash.

### Don't let mould take over

At this time of year, we may be less inclined to leave our bathroom windows open which can lead to a build up of mould. Take a minute after your shower to remove the water from your shower screen, using a simple 'squeeze'.

### Top tip for extractor hoods

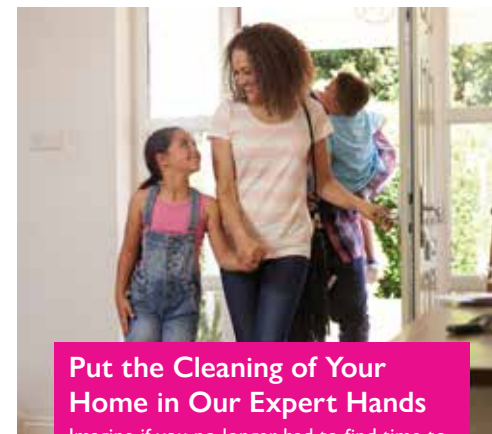
Unclip the filters from your extractor hood over the hob and pop them in the dishwasher. It pays to check your manual first, but this makes most filters look like new!

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## ENCOURAGE WILDLIFE INTO YOUR GARDEN

No matter the size of your garden, it can be a haven for wildlife – insects, bees, birds and wild creatures. Even a window box can attract wildlife. By choosing the right plants and using the best wildlife-friendly practices every garden will be able to encourage and build wildlife diversity. Joy Grey shares some ideas to make your garden home to a range of creatures.

### Don't be too neat and tidy

Your garden doesn't have to be a mess to be wildlife friendly. Find a space that you don't mind being less tidy where twigs and leaves can be left to supply food and habitat for many species. Try to leave perennials and grasses uncut through the winter giving seeds for birds and shelter for hibernating animals such as hedgehogs, frogs and newts. Think about the back of the garden shed, hidden corners and behind borders.

### Install a pond

Even the tiniest of ponds will quickly and easily attract wildlife. Try sinking a tub to entice dragonflies, water beetles, frogs and more. In turn these will attract more wildlife and expand your eco-system providing sustenance for other creatures and creating a self-sustaining circle. Birds will very soon visit to drink and bathe.

### Create a wildlife corridor

Wildlife corridors help ecosystems expand and thrive despite their close proximity to humans. Most gardens are enclosed and separated from their neighbours – each supporting their own little ecosystem. If neighbours co-operate and open a very small gateway – even just 25cms, then a series of gardens can potentially become a large area of many hectares. Local populations of hedgehogs, frogs, toads, shrews, beetles and all manner of creeping creatures can then travel and a larger area for living and hunting without encountering the dangers of roads.

### Do you really need to use chemicals in the garden?

Gardening with chemicals is potentially very harmful to wildlife. Spraying pests can often kill predators too. Try to use alternative measures such as manual barriers, good hygiene, companion planting or even physical removal. Ensuring that plants remain healthy will also help their resistance to pests and diseases.

### Choose the right plants for your plot

Pollination is carried out by bees, butterflies and other

insects and is vital for seed and fruit production. Ensuring the flowers you grow in your garden provide optimum amounts of nectar and pollen which are easily accessed is beneficial. Plants with simple, single flowers are much easier for insects to access. Growing plants that will give a long season of flowering is equally important – even into winter. Include spring flowering bulbs and winter flowering plants such as heathers and mahonias.

### Diversity is key

Try to ensure that you have a wide variety of plants, shrubs, climbers, hedging plants and trees in your garden. A mature tree will support a whole ecosystem – offering food (flowers, fruit, seeds and nuts), nesting sites and cover for a range of insects, birds and small animals. Hedges and dense shrubs are particularly sought after by birds but remember to respect their nesting season when it comes to hedge cutting.

### You don't have to mow the whole of the lawn!

A neatly mown lawn is a green desert for biodiversity! Even a modest reduction in lawn mowing can boost wildlife, increase pollinators and save money! Try to reduce how often you mow, perhaps leaving some areas unmown and allowing wildflowers to flourish. You could mow pathways through the uncut areas.

### Give them a home

It's amazing how quickly wildlife will appear in a garden once there's a home for it. Add bug hotels, bird boxes, bat boxes, hedgehog houses and more, but bear in mind that they must be appropriately sited. Ensure bird boxes won't be raided by cats and that they are appropriately placed to avoid the worst of the elements.

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## NEW CO-WORKING HUB NOW OPEN

A new office hub, accommodating professionals looking for co-working space, has opened between Haddington and Longniddry. Wheatrig Business Hub has transformed an historic farm building with stunning views and a peaceful location, into a modern office hub with rentable desks, a communal kitchen/diner as well as showering facilities and free parking. The Hub offers the perfect environment for office work; comfortable surroundings, total connectivity and social interaction. The ideal solution for someone not planning on returning to corporate high rises but unable to contemplate a future that involves staying at home for the majority of the day. Owners Anna and William Thomson, said: "Working from your spare room or dining room table is, as thousands will attest, far from easy. Whilst fine in the short term, as a long-term solution home working has its drawbacks. Without doubt, the physical environment here is truly inspiring, hopefully encouraging people to be creative, let their minds wander and truly enjoy the experience of work."

For further information on co-working desks or private offices contact: [www.wheatrig.com](http://www.wheatrig.com)



## AUTUMN FASHION HITS THE STORE AT RESTORATION YARD

Although the desire to fling open the closet doors and pull on a dancing dress or a full-on flouncy skirt is strong after months of not going out, we're still loving all those months of comfort dressing. And this season fashion collections have reacted by mixing up full-on glamour with easy-to-wear comfort. Expect colour, print, clever cuts and surprising details. Forever wardrobe icons are also our watch words and more of us are into slow fashion. The Store at Restoration Yard sell clothes to transcend the seasons, and the years. Sisi Gibreel, head of retail explains; "Fashion at The Store is less about following trends and more about capturing the Zeitgeist. We know from our conversations on the shop floor that women feel the need to look and feel fabulous for every occasion – from the supermarket run to work meetings and beyond, to those now most treasured nights out. Those lockdown months have created this feeling of celebration for dressing up for even the most mundane moments in our everyday. However, we are all now used to elevating the need for comfort into our most dressed up looks. Also, we know our customers, more and more, are looking for wiser fashion buying. They want longevity. They want sustainable choices. They want kinder fashion. So where possible we buy labels that use sustainably made fabrics and production."

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