

COMMUNITY & LIFESTYLE MAGAZINE

LOCAL LIFE

OCT | NOV 2022

Relight my Fire

...page 22



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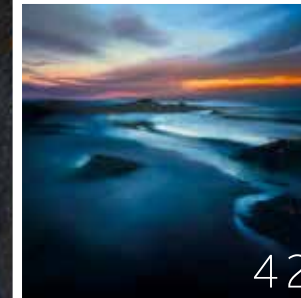
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The Queen's death brings personal loss for those close to her and the country. A constant presence in millions of lives. For those who have followed her long and illustrious reign, stretching over 70 years, the highlights of her life became milestones and memorable events in our lives. The Queen viewed Scotland as a "haven and a home". For me, a reminder of how lucky we are to live here – not only because of its outstanding beauty but, more importantly, the sense of community and the generosity of spirit.



Autumn is a fitting time for the start of a new and unwritten chapter for our nation. Autumn presents a blank slate full of promise – a sense of the ending of one thing and the beginning of something else.

Editor's LETTER



As I write, the eyes of the world have turned to Edinburgh and Scotland after the death of Her Majesty Queen Elizabeth II. News of Queen Elizabeth's death was not wholly unexpected. After all, she lived to the grand age of 96. Nevertheless, it arrived as a national shock, but at the same time has allowed a moment of reflection, of shared history.

and celebrate the successes of local businesses in our area. Of course, we've all our regular features too; health, beauty, food, what's on, plus a chance to win a Dermalogica Microdermabrasion or Chemical Peel Facial, thanks to the lovely people at The Spa @ Garleton Lodge.

With a new season ahead and a new chapter in the history books, it's time to look forward, embrace the energy and opportunity this brings, and celebrate community and our belonging together. So until next time enjoy Local Life.

Kim x

LOCAL LIFE

COMMUNITY & LIFESTYLE MAGAZINE

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Inclusion in the events page 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 24 October 2022.

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Forth Blinds & Shutters

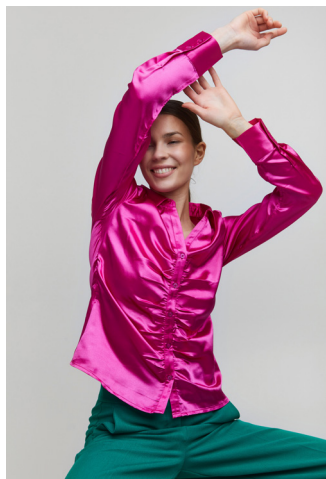
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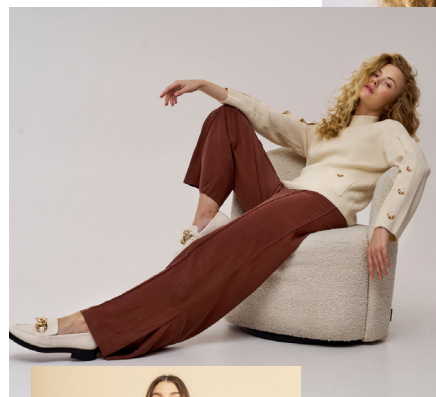


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THE COLOUR OF AUTUMN

For autumn and winter, the runways were full of an imaginative and intriguing mix of timeless tones and artful brights embracing our contrasting desire for serenity and stability with energy and excitement. Here are our favourites...

FROM BARBIE PINK TO POUTY PURPLE: The antidote to minimalistic hues, this season's pinks are guaranteed to make you feel good and give your look a directional edge. You'll need a good pair of sunglasses and a touch of courage to pull off neon pink. Alternatively, release your inner moody poet with pouty purple.

SINGING THE BLUES: A variety of saturated shades of blue found their way into the collections this season. Make a statement with a vibrant cerulean shade, or try the more mystical but equally rich lazuli blue.

HOT CHOCOLATE: From caramel hues to aromatic browns, this pure cacao goodness will surely satisfy your sweet tooth and keep you on-trend this season.

Clockwise from top left: Button Sleeve Sweater £54.99, Wide Leg Trousers £49.99, Fuchsia Floral blouse £39.99, Fuchsia Faux Leather Trousers £59.99, Blue Cord Trousers £69.99, Blue Knitted Dress £62.95, Blue Cardigan £57.95, Blue and Black Sweater £79.99, Chocolate Faux Leather Jacket £59.99, Floral Print Blouse £39.99, Purple V-Neck Sweater £49.99 | All available from: **SECRET BOUTIQUE, Main street, Gullane EH31 2AP | secretboutique.shop**





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CHERISH SLOW FASHION

With an anti-fast fashion environmental message, a recent cherished clothes exhibition raised funds for East Lothian-based children's charity Teapot Trust.



In today's world of fast fashion, which has such a harmful impact on our planet, it's time to slow down and encourage the fashion industry to move towards a more sustainable and ethical future. In the documentary, *The True Cost*, author and journalist Lucy Siegle summed it up perfectly: "Fast fashion isn't free. Someone, somewhere is paying."

With this in mind, the congregations of Abbey Church, North Berwick, and Dirleton Kirk recently organised and curated an exhibit of cherished clothes. The exhibition, which attracted over 700 visitors and raised £1,570 for East Lothian-based charity, Teapot Trust, celebrated dearly loved garments that have been treasured, repurposed or redesigned. Each exhibit told a story, bringing the garment to life and offering interesting insights into decades of social history.

There was a sale of work based on eco-friendly and natural materials, including quilts, cardigans, dolls, cards and artwork by local artists. In addition, a local spinner gave demonstrations to highlight traditional crafts used to make clothes. Positioned around the exhibition space were quotes from well-known people about eco-fashion, recommended reading (*Fashion to Die For* by Lucy Siegle and *Threads of Life* by Clare Hunter) and tips for visitors who want to embrace slow fashion.

Caitlin Meagher, Supporter Engagement Manager at Teapot Trust, said: "We're enormously grateful to Abbey and Dirleton Churches for organising and hosting the exhibit with such thoughtful detail. It's clear a power of work went into making it a success and, appropriately, the funds raised will benefit our environmentally conscious work – providing art therapy outdoors for children living with chronic illness."

CHERISHED CLOTHING TIPS:

Choose styles that are true to you – pieces that you love which you'll keep forever

Take good care of your clothes so they last longer

Organise your wardrobe well

Repair and repurpose before you replace

Consider the impact on the environment of dyes and cleaning treatments

Shop where companies source clothes responsibly – check their 'green' credentials

For more information about Teapot Trust:
teapot-trust.org



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FALL INTO AUTUMN

From scaling clifftops to long countryside walks, you need to dress for the occasion, whatever the weather. The team at ArdMoore have selected their top picks from their extensive range of outdoor wear, suitable for any outdoor adventure.

As the mercury drops ever-lower, and the sun shines for just a few hours a day, heading into the wild may seem far from desirable. But the great outdoors has a wonderful impact on both our psychological and physiological well-being, and we shouldn't deny ourselves a chance to reconnect with the world around us. In turn, when it comes to dressing for an al fresco jaunt, ArdMoore, an online outdoor clothing company, is fully equipped with all you need for a life outdoors. As the temperature drops and the wind cools, you can stay outside for longer with warm layers, waterproof coats, jackets and boots. Stay on trend with the Sealand Woodcock Advanced Women's Jacket, famously worn by the Princess of Wales, the waterproof and insulated Didriksons Cajsa Parka or a pair of Dubarry Galway boots.



Clockwise from top: Sealand Woodcock Advanced Women's Jacket £188.99, Didriksons Cajsa Parka £200, Harkila Pajala Shirt £74.99, Ridgeline Monsoon Classic Jacket £149.99, (main image) Dubarry Galway Boots £379.00, Grubs Muddies Icy 5.0 Kids Wellingtons £34.95, Muck Boots Arctic Sport Mid Women's Boots £135.00, Ariat Women's Skyline Mid H2O Waterproof Walking Boot £125 all available from: ardmoor.co.uk

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Five BEAUTY TIPS FOR A GOLDEN AUTUMN GLOW



Karolina Bajbuz, skincare expert and Deerieo Skincare founder. You can also read Karolina's beauty blog at deerieo.com hello@deerieo.com

There is something magical about autumn. The fiery colours, the warm flickering of candles, delicious spiced coffee and cosy jumpers. What's not to love? Well... as the weather becomes colder and rainier, you soon will notice your skin starts to feel dry, perhaps more irritable with some redness, and the healthy summer glow begins to fade.

Your skin's needs change as the seasons change, and **Karolina Bajbuz** shares her expert tips on adjusting your beauty routine for healthy, radiant skin in the autumn.

HYDRATE AND PROTECT

Indoor heating, hot showers, wind and cold temperatures dehydrate your skin faster than you can say "pumpkin spice latte". Invest in a quality water-containing moisturiser with hydrating ingredients like glycerin or hyaluronic acid and emollients such as plant butters (i.e mango, cocoa or shea). The combination of water and oil in a face cream allows your skin to absorb extra moisture, vitamins and healthy fats to feed your skin, protect it from environmental damage and slow down the water evaporation from your skin. Speaking of pumpkin latte, drinking large amounts of strong coffee, tea, and alcohol has a diuretic effect, meaning it may cause some dehydration. Instead, drink enough plain water daily to keep your body hydrated and your skin plump.

Pro tip: Put a humidifier on your desk, in your bedroom or in any other indoor space where you spend a lot of time.

CLEANS GENTLY

Ditch the harsh foam and gel cleansers that strip your skin of moisture and disrupt its natural protective barrier. Instead, try the double-cleansing method to effectively remove makeup, deep-clean impurities and nourish your skin without causing irritation or redness. To double-cleanse, apply a small amount of natural cleansing balm, cream or oil cleanser to your face and neck, massage until all grime dissolves and gently wipe away with a soft towel soaked in warm water. You may repeat this process twice or use a mild natural facial soap as a second cleanse. Your face should feel soft and comfortable, not 'squeaky clean' or tight after washing. In addition, avoid hot showers or bubble baths as hot water and foaming products pull water from your skin, leaving it dehydrated.

USE A VITAMIN SERUM

Your skin, like the rest of your body, needs vitamins. Your diet and your beauty routine should include a range of vitamins and antioxidants for healthy, radiant skin to maintain its firmness and promote collagen production. Vitamins A, C, B3 (Niacinamide), E, D and K are beneficial to your skin's health, helping revitalise and boost collagen, fight dark spots, reduce free-radical damage, soothe redness, reduce acne and even heal wounds. Choose a serum with a high concentration of vitamins that meets your skincare needs and includes several vitamins in one product.

EXFOLIATE

Regular exfoliation of the face and body is crucial, especially in harsh weather when the skin loses moisture, becomes dull, cracks and develops dry patches. Use gentle exfoliants like clay masks or fruit acid peels one to two times a week. It will help remove rough skin buildup, unveil soft and smooth skin, and help your cosmetics reach deeper layers of your skin to work more efficiently. Avoid harsh scrubbing tools like sonic brushes, muslin cloths or powdered kernel scrubs. They are too abrasive, causing damage to the skin, increased water loss, and spread bacteria.

PROTECT YOUR HANDS AND LIPS

The skin on your hands and lips is thin, making them susceptible to weather damage, dryness and chapping. Invest in a good butter-rich and long-lasting lip balm to protect and nourish your lips in all weather, and always keep a hand cream handy.

KAROLINA'S TOP PICKS



DAILY GLOW
MULTITASKING
FACE CREAM
with Sea Buckthorn
and Niacinamide
50ml | £37



AURORA FACE SERUM
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CELEBRATING TEN YEARS IN GREAT STYLE – GULLANE'S AWARD-WINNING HAIR SALON, LOULOU'S

LouLou's hair salon in Gullane looks chic after its makeover earlier this year. With a stylish blue and copper colour scheme, it showcases the artistic flair of owner Louise Salmon.

But as Louise runs her eyes around the room, she isn't taking in the smart décor; she's picturing herself stepping through the salon doors ten years ago as a prospective buyer, steeling herself to make the leap from teaching the next generation of hairdressers at Edinburgh College to opening her own salon. Port Seton-based Louise had toyed with the idea of running a salon for a long time. "We [Louise and her husband Paul] used to pass this place in the car on a day out, and I would say, 'THAT' would be good."

One fateful day, Paul spotted that the salon Louise had always admired was up for sale. What's more, the timing was perfect – Louise was keen to move on from teaching, and her daughter was settled at university. Paul persuaded Louise to at least go and have a look. "So I did. And I came out, and I thought, I want it. It was as quick as that. I could

see myself driving to work here. I already knew Gullane quite well and knew I'd like to be part of this community."

Louise credits Paul with giving her that initial nudge in the right direction, but her vision for the salon was instant and clear, "It would be Aveda. Quality, sustainable ingredients and a unique colour system. And it would be a community salon for all ages and walks of life. The five chairs would be different – you could come in and sit next to a ninety-year-old or a five-year-old. Everyone would feel welcome." And in July 2012, LouLou's opened its doors.

Louise talks warmly about one of her first clients, who has been coming to her once a week for ten years, "We have a giggle, and we never talk about the same thing twice." She mentions another who has been coming to her for almost as long, "She's had



two babies, I did her wedding, I do the kids, the whole family come to me, the extended family come, and that's really special, making people look lovely, being part of their conversation, part of their life."

In short, Louise's vision for her salon quickly became her reality. The 2022 renovation marks a fresh start for Louise after two difficult trading years over the pandemic. "I wanted to let people know I was still passionate about my job and

business, and I wanted a nice environment for my clients to come back to – and for the girls and me to come back to."

Louise's team at the salon comprises stylists Jo, Danielle and Taylor and apprentice Mirren. Jo and Louise have worked together for eight of the salon's ten years, "We bounce ideas off each other all the time." There's a happy chemistry among her staff, and Louise is proud of it, "They really like each other, and that's so important."

LouLou's uses the popular salon management software Phorest to track appointments and automatically request client feedback after a salon visit. In August, Phorest presented LouLou's with its coveted Client Experience Award 2022, only given to UK salons receiving the majority of five-star reviews. Louise and the team are thrilled with the award and thrilled with the feedback too. "The reviews come to me, and I forward them to the girls. A five-star review means so much. The girls say to me, 'You've made my day.' Every review, every client, everybody counts."

Looking ahead to the next ten years? For Louise, it's about continuity – preserving the five-star service and ensuring long-term clients, returning clients and new clients always feel welcome in those five chairs. "Gullane is growing. There are so many new people. A huge range of ages and walks of life come through the door daily. The next ten years... I just want to be here, giving my service. I love what I do, the team I do it with, and the clients I do it for. It's a really privileged position to be in."



Louise's top tips

LOUISE'S TOP TIPS FOR GREAT HAIR AT HOME

The best way to detangle hair is to start at the ends and work your way up to the top – much less breakage that way.

When blow-drying hair, just when you think it's dry – dry some more! Damp hair equals flat hair.

The secret to salon-shiny hair? Point the hairdryer down the hair shaft towards the ends when drying.



Call LouLou's on
01620 843 352

10a Lammermuir Terrace,
Gullane EH31 2HB
louisesalmon@louloushair.co.uk
louloushair.co.uk



PARTY SKIN PREP

Wow, where has the year gone? When we opened the new spa salon at Garleton Lodge in June, we were very excited to be helping clients get ready for that long-awaited post-COVID holiday! And yet here we are whispering in corners about the dreaded 'C' word and the arrival of Mr and Mrs Claus, writes **Angela Cockerton**.

With festivities on the horizon comes the anticipation of getting dressed up to join our friends, family and colleagues at celebrations and get-togethers. Hopefully, without a facemask in sight.

Many clients ask what they need to do to get their skin in the best condition for both make-up application and to cope with the extremes of temperature that autumn and winter bring.

Where to start? It's super important to exfoliate and prep skin ready for your chosen skincare routine. Think of it the same way you would prepare a surface for decorating – would you apply a gloss paint straight onto a flaking and rough surface? The same applies to our skin. At The Spa at Garleton Lodge, our most popular deep exfoliation

treatments are Microdermabrasion and a ProPower Peel from results-driven skincare brand Dermalogica. While it might sound scary, microdermabrasion is a straightforward process that uses a fine spray with crystals and suction to gently sand away a layer of skin to improve and brighten skin tone. It also helps with acne, hyperpigmentation, fine lines and wrinkles. Depending on your skin concerns, we will recommend a course of treatments to achieve the very best results.

The ProPower Peel is a chemical procedure used to treat wrinkles, pigmentation and scars. This treatment can be administered at different depths, light, medium or deep, depending on your skin concerns. Light and medium peels can be repeated in two to six weeks if necessary, but a deeper peel is a one-off treatment.

So you've had your professional exfoliation – what's next?

A basic skincare regime for everyone should be a cleanse, tone and moisturise. But, if you're anything like me, a routine which involves a cleanser I can't use in the shower is a total no-no! I'll buy it, but it will just sit on the shelf looking pretty. That's why our therapists tailor programmes that suit your skin and your lifestyle.

On top of a basic routine, our therapists can recommend products, such as serums and exfoliators, to address specific concerns. In addition, targeted moisturisers, for example, a night cream, are amazing at assisting with skin regeneration. Remember, your skin cells rejuvenate every 28 days, so consistency with your routine is everything.

Ideally, you should have an in-salon exfoliation facial at least two weeks before your big event. So by the time you're ready to put on your bling, your skin will be in the best condition possible and the perfect canvas for your party make-up.

TALKING ABOUT CHRISTMAS...

We have gift boxes with various skincare products, home fragrances and the all-important chocolate gift to suit every budget and gift vouchers. All can be beautifully gift wrapped to make your Christmas present buying effortless.

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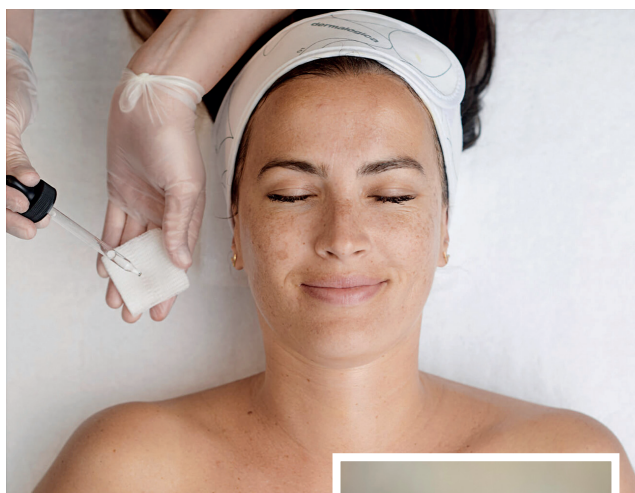
Name one of the most popular deep exfoliation treatments at The Spa @ Garleton Lodge?

email your name, address and answer to: thespa@garletonlodge.co.uk
entries must be received by:
midnight, 30th October 2022

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 Garleton Lodge database for marketing purposes only. You have the right to unsubscribe at anytime. Your email addresses will not be shared with 3rd parties.



COMPETITION



AN AYURVEDIC GUIDE TO YOGA

words: sally jean rankin | pictures: lindsay scott

It's autumn! Outside, the leaves have fallen and are swirling in circular gusts; inside, I've reached for my bed socks; I'm clutching my hot water-bottle and drinking plenty of hot herbal teas to keep my digestive fire stoked. During this season, it's typical for Vata dosha to become imbalanced. In Ayurveda, some beneficial suggestions are hot nourishing soups, dals with rice, golden milk before bed, hot oil massages to help creaking joints, mugs of chicken broth, deep relaxing breathing exercises and, of course, yoga. Here are two poses that help pacify excess Vata whilst keeping us warm! It is best to practice a slow vinyasa flow yoga to calm and ground, and in a warm room.



Balasana
Child's Pose

You can start your yoga practice in Child's Pose. Come down onto your mat, bring your knees together, arms by the sides of your body and see if your forehead will connect with your mat. Deep breaths in through the nose, out through the nose. Stay for five deep breaths, allowing yourself to stretch. Child's Pose is an excellent grounding pose, to keep warm, place a blanket over your back, bring it over your shoulders and your head and disappear from the world for 10 minutes. This wonderful restorative pose offers an opportunity to draw the senses inwards, reducing fatigue, calming the nervous system, stretching the back and hips, ankles and thighs. Excellent for reducing excess Vata Dosha.

At the end of your slow vinyasa flow practice, come to Easy Pose for a meditation. Sukhasna is a simple seated posture that is grounding and calming; it opens the hips, lengthens the spine and aligns the body. Please make sure you are comfortable. Place a cushion underneath the sit bones if you cannot straighten your spine easily. Come to a seated position, cross your legs, come to a tall spine and close your eyes. Easy Pose is fantastic for excess Vata. The buttocks and root chakra connect with the ground calming Vata Dosha, centring the chaotic energy. Stay for 5-20 minutes. Allow your thoughts to come and go in your meditation.

Sukhasana
Easy Pose



For further information on Yoga, Ayurveda and Ayurvedic massage treatments, please contact Sally: kinship.studio

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

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

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



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

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

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

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

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NATURAL ARTISAN BEAUTY BRANDS SHINE

Botanical-powered skincare is on the rise, and two incredible sustainable and ethical East Lothian brands are part of this growing trend, both winning awards this year.



Deerioo – Boutique Skincare Specialist of the Year

Established in 2020 by Local Life’s beauty expert Karolina Bajbuz and her mother Nina, Deerioo Natural Skincare quickly gained recognition from customers and beauty professionals. Culminating in the Innovation and Excellence Award as the best UK Boutique Skincare Specialist of the Year by Corporate LiveWire.

Deerioo’s uniqueness lies in over 46 years of combined experience in the beauty sector, expertise in Eastern herbalism passed down through generations and performance-driven natural formulations that gently deliver visible results. Deerioo creates artisan cosmetics that target multiple skin concerns and are vegan-friendly, cruelty-free and sustainable from seed to shelf. All their products are independently assessed by a dermatologist and garner rave reviews from their customers. The Awards judging panel was particularly impressed by Deerioo’s ongoing development of a beauty professional line designed for beauty therapists and makeup artists. With fantastic feedback and an ever-evolving portfolio of clients, Deerioo Natural Skincare Solutions is quickly becoming one of the most successful new beauty brands on the market.

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Seilich – Best Wildcrafted Beauty Brand 2022

Seilich (pronounced ‘Shay-lich’) was born from a love of nature. A love of nature and a passion to create products that aren’t just natural but those that are actually good for nature. Started in 2018 by Dr Sally Gouldstone, Seilich is a small family-run company producing beautiful natural products based on the floral waters of native Scottish plant species. All products are made using Wildlife Friendly certified botanicals grown in their wildflower meadow. Wherever possible, all other ingredients are natural, low carbon, organic, vegan, palm oil free, sustainably produced, and of UK origin.

Growing their ingredients in a wildflower meadow secured Seilich a place at the 2022 Beauty Shortlist Awards, where they won Best Wildcrafted Beauty Brand. Moreover, their Meadow Face Mask won Best Wildcrafted Beauty Product of 2022. The Meadow Face Mask can be purchased alone or in the Face Mask Gift Set, where it comes with a handmade clay bowl (made by Edinburgh potter Biscocho ceramics), masking brush, muslin cloth, and a bottle of their small batch distilled hydrosol. What’s more, profits from product sales are used to create further wildflower meadows for the benefit of nature, so by supporting Seilich, you are supporting nature too.



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RELIGHT MY FIRE

Faced with the gloom of winter, expensive heating bills and global insecurity, people are returning to the comforts of the hearth with a boom in open fires and wood-burners.

When it comes to the winter, there is nothing quite like the heat of a fire to stave off the cold and keep you cosy. Throughout history, fireplaces provided both a means to cook and heat the home. However, central heating became almost ubiquitous after World War II, and fireplaces fell out of fashion. Old fireplaces were bricked up, and often their beautiful surrounds were destroyed or removed. But with today's rising fuel bills, solid fuel burners, chimney sweeps and coal merchants are all reporting a surge in

business as customers try to find cheaper ways to heat their homes.

With this rise in popularity, East Lothian-based Stoves & More are busier than ever. Theirs is a family-run business, consisting of husband and wife Michael and Elaine Horne. Michael has over 25 years of experience in the building trade and offers an all-trades service – from supply and installation to annual servicing. Stoves & More can install multi-fuel or wood-burning stoves into any home, and they specialise in

twin-wall flue pipe systems meaning you don't even need a chimney. Michael and Elaine pride themselves on the quality of their products, the professionalism of their experienced in-house installers and their after-sales service.

Stoves & More stock a full range of wood burning and multi-fuel stoves, gas and electric fires, flues and accessories from top brands including; Charnwood, Hwam, Wiking, Chesney's, Hunter Stoves, The Penman Collection and Vision Trimline. Their showroom located in The Old Primary School in Kingston, just outside North Berwick, includes live display models which allow you to see the quality of the specially selected range. Michael says: "Most customers come in simply looking for a stove but leave educated about the benefits of fuel efficiency and control, which helps them choose the right fireplace or stove for their home."

Installing a log burner, which is cheaper to run than traditional gas and electric heating systems, is more financially appealing than ever due to the rumbling fuel crisis. But what about those of us who are concerned about the impact on the environment? Michael adds: "Nowadays we often hear the phrase 'go green', and at Stoves & More, we fly the flag for 'green living' supplying stoves from manufacturers such as Hwam as Wiking. By using the autopilot system, which offers a proven 30% more heat output using 40% less firewood, this combined with sustainably-sourced hardwood ensures you really are going greener!"

So, when it comes to heating your home, why not join the increasing number of British homes firing up their wood-burning stoves and fireplaces this winter, keeping chilly weather at bay?

STOVES & MORE

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



A DAY IN THE LIFE OF LAURA WILSON



I WAKE UP...

Every morning my lovely partner Justin makes me a cup of tea to have in bed before I get up; such a gentle start to the day. My two daughters are high school age, so they sort themselves out. I drop my little one off at nursery before heading to the Laura Thomas Co office at Kilduff Farm. I've started doing more pre-work exercise so visit Personal Trainer Vharri McMinn every week.

WORK STARTS...

With creating a list for the day before the computer is turned on. Then a short time is spent on admin. I've recently started tagging different days for different focuses, such as Marketing Mondays and Finance Fridays.

A TYPICAL DAY...

Usually means being glued to a computer all day, although I visit our retail store on North Berwick High Street a few times a week to talk to staff and drop stock off.

HOW I GOT INVOLVED IN LT.CO...

Laura Thomas Co has evolved from my love of living as closely as possible with nature. Everything we do at LT.CO is about creating natural products, with all aspects of

that product being as sustainable as possible. Every detail has been looked at and thought about. From the plant-based ingredients in our products to how we package and ship them in the most eco-friendly way.

BEST PART OF THE JOB...

Creating scented products for people that evoke memories of places and people. We now supply a lot of hotels with toiletries around the UK, and it is truly wonderful when clients email to tell us they first experienced our products in a certain hotel.

AND THE WORST...

Trading through a pandemic. I hope that NEVER happens again!

CAREER HIGHLIGHT...

Having both my daughters work in the business is not your average career highlight, but it is mine!

AFTER HOURS...

During the week I'll be working in the evening after dinner and at weekends, totally relaxing at home in the garden with my gorgeous little family.

IN TEN YEARS...

Laura Thomas Co will have

developed further ranges, all with the aim to be one of the leading sustainable UK toiletries brands.

Laura Wilson is the founder and creative director of Laura Thomas Co. Inspired by the benefits of chemical-free living, Laura began her company with a lavender candle to naturally enhance sleep. Since launching in 2014, Laura Thomas Co has continued to grow from its North Berwick workshop and online shop and now has a boutique on North Berwick's high street. This leading UK sustainable lifestyle brand sells a beautifully curated range of eco-friendly homeware and beauty products.

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THE AUTUMN HOME

Autumn offers a wealth of inspiration, with its burst of beautiful colours evoking a sense of warmth and comfort. For homeowners, it is undoubtedly a time of the year when we yearn to make décor changes which mirror the seasons: from the clean sweep of spring to the wrap-up-warm moods of autumn.

AUTUMNAL COLOURS

As the temperature cools and the indoors beckons, a charming palette of deep, rich hues will create the perfect ambience for relaxation. Martini Olive, Orange Tiger and Rose Violet: just three of the hues in Pantone's colour trend report for Autumn/Winter 2022 all make a bold statement by enveloping a room with instant warmth and comfort. If redecorating your home in autumn colours is too much, add colour to your space by changing your soft furnishings, accessories or artwork.

A TOUCH OF THE 70S

If the decades could be distilled into seasons, the 70s would be autumn. An eclectic mix of textures, patterns and colours; animal prints, furry shag pile rugs, velvet furnishings, geometric shapes, burnt orange, rich browns – all scream autumn. Get the look with wooden accents, rattan furniture, cork accessories, quirky ceramics, macramé wall hangings and large leafy house plants.

ADD TEXTURE

Evoke a cosy atmosphere ideal for concentrating on cosy autumn activities, whether settling down with a copy of our magazine or enjoying your favourite Scandi drama. Tweeds and wools like rugged Highland fabrics are a quintessential part of the autumn home and bring an element of cosiness and texture alongside a palette of rich hues. Don't be afraid to delve into dark shades and offset the moody tones with a pop of colour such as mustard yellow.

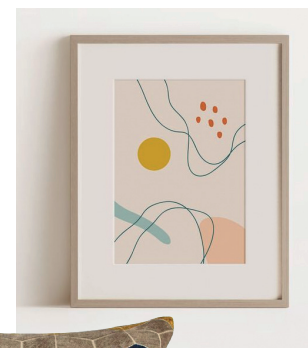
FINISHING TOUCHES

Accessories make the perfect finishing touch to an interior. Ring the changes by displaying a collection of abstract prints in autumn colours, dried flowers and grasses in pretty vases, and candlesticks. Scented candles or tea-lights in votives will help create snug vibes on darker evenings and add that all-important layer of fragrance to your home.



Blankets from tartanblanketco.com

Graphic Art Poster from £12.50,
Woven Hanging Basket £15
from NØRDEN,
North Berwick



Blue & Mustard Geometric Cushion £35, Ochre Palm Print Cushion £55 Bowl with Bobble Decoration £59 from Time & Tide, North Berwick

Bud vase £10,
Candlesticks from £10
from talkingtables.co.uk



Shop the Look



Kate Millbank Black Bird £22, Dayle Green Face Plate £40.00 from thefoundgallery.co.uk
Vase £39 from Time & Tide, North Berwick



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STYLE ABOUT TOWN

Last issue, we met Rebecca Webster, who celebrated a decade of short-let management success. Rebecca who began hosting her shabby-chic New Town garden flat in 2012 has built an authentic brand that both clients and guests are keen to be a part of. This time, we share examples of Hotel Around Town's styling projects.

Hotel Around Town (HAT) offers a full-service short-let management service, a turn-key solution for owners that takes care of everything from maintenance to cleaning and all the guest communication. They pride themselves on being experts in the field and offering an ultimate all-round quality service.

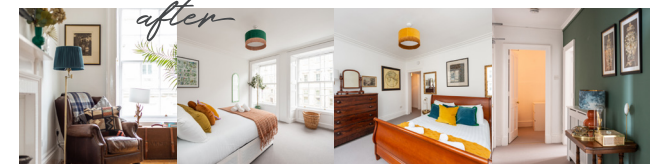
But it's Rebecca's creative spirit which sets the HAT team apart. After graduating in textile design, Rebecca worked in London's luxury retail world and later as a fashion stylist. She now calls on this skill set to set her owner's properties apart, increasing clients' revenue and the overall guest experience by bringing spaces to life. Rebecca and her styling team work closely with their discerning clientele to produce well-executed property styling, and they deliver incredible results – even when working within tight time frames and budgets. Rebecca says: *"It is very important that the property is marketed and presented to the guest with a visually attractive yet practical self-catering proposition. Property styling doesn't only help your property stand out from the crowd; styling will attract guests willing to pay more for the luxury of staying somewhere unique."*

Acquired mainly through client referral, HAT has a growing portfolio of 60 properties, including a multi-unit guest house on Edinburgh's Queen Street. With a creative business mind and a focus on the big picture, Rebecca oversees her business vision and property styling while allowing HAT's team to flourish.

ROYAL MILE TRADITIONAL



Our clients were keen that this Georgian three-bedroom property was "a good-quality Scottish look on a budget" – where possible, furniture was to be antique and re-used.

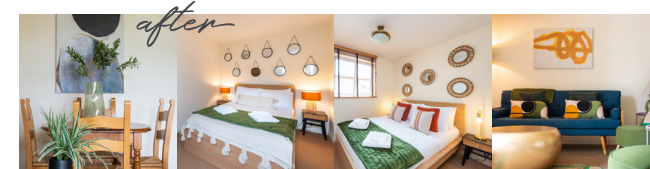


TIME IT TOOK	COST	RETURN
Four weeks – new flooring throughout, fully painted and furnished.	We came in under our £10k budget, sourcing furniture from antique sales, Oliver Bonas and John Lewis.	Exceptionally well over summer, varying from £450–£600 per night.

ROYAL MILE MODERN



This dated and unloved property needed to stand out from the crowd. Very beige and lacking in personality, a nod of 70s nostalgia was required! Due to time, we worked around existing furniture.



TIME IT TOOK	COST	RETURN
Four days – from mood board creation to live listing.	We came in just inside our £4k budget.	Commanded £7,500 in August and set to turnover £45,000 PA.

Does your holiday let property need a new lease of life? Please contact: clienthappiness@hotelaroundtown.com rebecca@hotelaroundtown.com



POPPING POWDER ROOMS

Bathroom tiles form a considerable part of your bathroom renovation budget. However, to maximise your investment and minimise the hassle of replacing them, you'll want to choose tiles that you'll love for a long time. The team at **Forever Spaces** share their favourite 2022 bathroom tile trends, which will make any powder room pop!

GREEN THEME

Green works wonderfully in a bathroom, offering a calm and therapeutic atmosphere. Pair green tiles with crisp white and natural wood details to create a room that's as relaxing as it is elegant. Look at statement glossy options for a more dramatic take on the green bathroom tile trends.



NATURAL STONE

More than ever, the bathroom has become an important place of sanctuary and relaxation, which is reflected in a shift towards more tactile and smoother textures. Stone or stone effect bathroom tiles offer stunning texture, which, when paired with sleek fixtures and fittings, provide an incredible visual juxtaposition.



SHAPELY HEXAGONS

With their edgy shape and versatile format, hexagonal tiles have risen quickly in the style stakes. Style the tile on its own or combine it with a classic metro tile. Their unique shape makes them remarkable, giving you the freedom to create an eye-catching and unforgettable display.



THINK PINK

Although pink tiles are typically associated with girly or feminine aesthetics, they are great at modernising your home and creating stylish and unforgettable spaces whilst adding a touch of warmth and character. Pink bathroom tiles also coordinate well with many other colours – perfect if you want to include greenery or bold accessories.

If you're considering transforming your bathroom, 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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LOVE YOUR HOME AND OUR PLANET

Having a clean home improves our environment and makes us feel good. However, choosing cleaning products can leave us confused or even guilty. Some products promise amazing results, but the label tells us they contain allergens or are harmful to aquatic life. It's a dilemma.

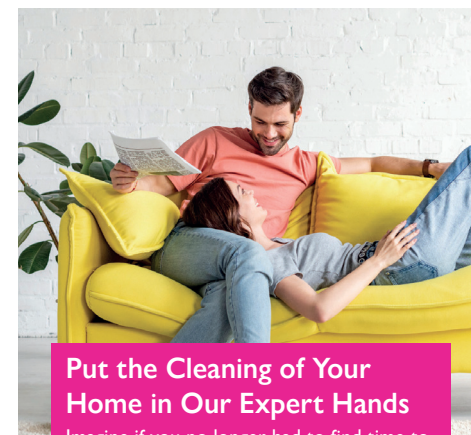
Morag Readman from Bright & Beautiful understands the problem. *"We create a clean, fresh home without damaging our world"*. The Bright & Beautiful domestic cleaning teams use a range of eco-friendly products proven to get outstanding results. These are bought as concentrates and diluted locally, minimising their carbon footprint. Refillable spray bottles, used since 2018, have dramatically reduced their single-use plastic waste.

NATURALLY SUPERIOR

Morag says that the Bright & Beautiful team tested dozens of eco products before finalising their range. *"There are super-hero ingredients which are powerfully effective but natural. Almost every window cleaning product is based on vinegar. Lemons have a smell that everyone associates with freshness. Pine has natural disinfectant properties."*

TOP TIPS

A 1kg bag of Soda Crystals costs under £1, enough to deep clean your washing machine and dishwasher. Simply add 500g of crystals to the empty machine and run a hot programme. To clean, or even unblock, a drain; pour in half a cup of bicarbonate of soda, then a cup of white vinegar. Let this stand for ten minutes before rinsing with hot water. A sliced lemon in a dish will freshen the fridge, or add some water and heat in the microwave to eliminate stale cooking smells.



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CELEBRATE AUTUMN'S SEASONAL STAR AT KILDUFF'S PUMPKIN FESTIVAL

Kilduff Farm, located in the heart of East Lothian near Edinburgh, will kick off its fifth Pumpkin Festival this October, celebrating the jewel in autumn's culinary crown.



For more information and to book tickets visit: kilduff.co.uk

Run by the husband-and-wife team Russ and Lucy Calder, the family affair will welcome people from across the country to select their pumpkins ahead of Halloween. Families can enjoy a host of fun and games on the patch and scrumptious seasonal food. The team at Drift will be returning with their delicious coffee and sweet treats and will be joined this year by East Lothian-based Wee Green Events, with their culinary delights served from their vintage Citroen H van, Margo. There will be an opportunity to shop Kilduff's very own range of produce, including bread flour, apple juice and their unique honey. With a passion for collaborating with other local businesses, the team at Kilduff have also been working with Haddington newcomer, Foraging Goat, to create a range of foodie delights made with produce grown on the farm. Think chutneys, preserves and granola, all with a nod to this delicious and nutritional seasonal gem.

Over 20,000 seeds were sown by the family earlier this year. In addition to a wide range of carving varieties, the team pride themselves on their home-grown culinary varieties, including Crown Prince, Kuri, Tractor and Festival. For several years, Russ and Lucy have been championing culinary pumpkins, encouraging people to grow and eat this delicious and versatile fruit, long overlooked in British kitchens.

Lucy commented on this year's festival: *"Each year, we look forward to creating an exciting event to welcome people onto our farm, helping reconnect them with nature and select their perfect pumpkin. We're passionate about the food we produce, and this is a celebration of what we do in our little corner of Scotland. We want to inspire people to grow and cook with seasonal and local produce to benefit ourselves and our wider environment. Even more vital in the current environmental and economic climate. This year's festival will provide fun for everyone, whether five or 85, and we hope people leave with a smile on their faces, muddy boots and fond family memories."*

As well as pumpkin picking, the team are hoping that visitors will be able to pick dahlias on The Patch this year. Always keen to try new things and up for a challenge, the team have planted over 400 hundred Dahlia tubers around the pumpkin patch. This cut flower favourite will add a splash of colour to the patch while attracting pollinators to help grow their precious pumpkins.

There will be no shortage of photographic opportunities with the return of the famous Pumpkin House and Russ's prize and joy, 'Blue', his 1950s vintage GMC pickup truck. The bale maze and mountain allows the young at heart to run off some steam, and the Big Red Barn will be popping up, providing a place to bag some tasty Kilduff goodies and much more.



Who doesn't love cake? This is a great alternative to carrot cake and makes for a beautiful centrepiece for a special occasion. Alternatively, just bake it to spoil yourself on a cold autumnal afternoon and enjoy it in peace with a warm cuppa. We won't tell a soul!

FOR THE CAKE

200g unsalted butter
plus extra for greasing
220g light brown sugar
2 eggs
250g grated pumpkin.
(we used Red Kuri)
Zest of 1 orange
2tsp ground ginger
200g self-raising flour

FOR THE ICING

150g unsalted butter
300g icing sugar
1tbsp of cream cheese
You will also need:
1 x 20cm cake tin
A mixture of brambles,
figs, calendula &
nasturtium flowers to
decorate (optional)

METHOD

1. Preheat the oven to 170°C and grease and line your cake tin.
2. Put the butter, sugar and eggs into an electric mixer and beat until light and fluffy.
3. Fold in the grated pumpkin, orange zest and ground ginger.
4. Next, gently fold in the self-raising flour until combined and then transfer the batter into the cake tin.
5. Cover the cake loosely with foil and bake for 60 minutes. Remove the foil and bake for a further 20 minutes. Test the mixture is cooked by inserting a skewer into the cake; if ready, it will come out clean. If any wet batter sticks to the skewer, bake for a further 10 minutes and test again.
6. Leave to cool completely before icing. Resist the temptation!
7. To make the icing beat the butter in a kitchen mixer or use an electric hand whisk until lovely and light. Add in the icing sugar and whisk both ingredients together. Add a tablespoon of full-fat cream cheese to the icing to take the edge off the sweetness.
8. Enjoy with a cup of tea in peace!

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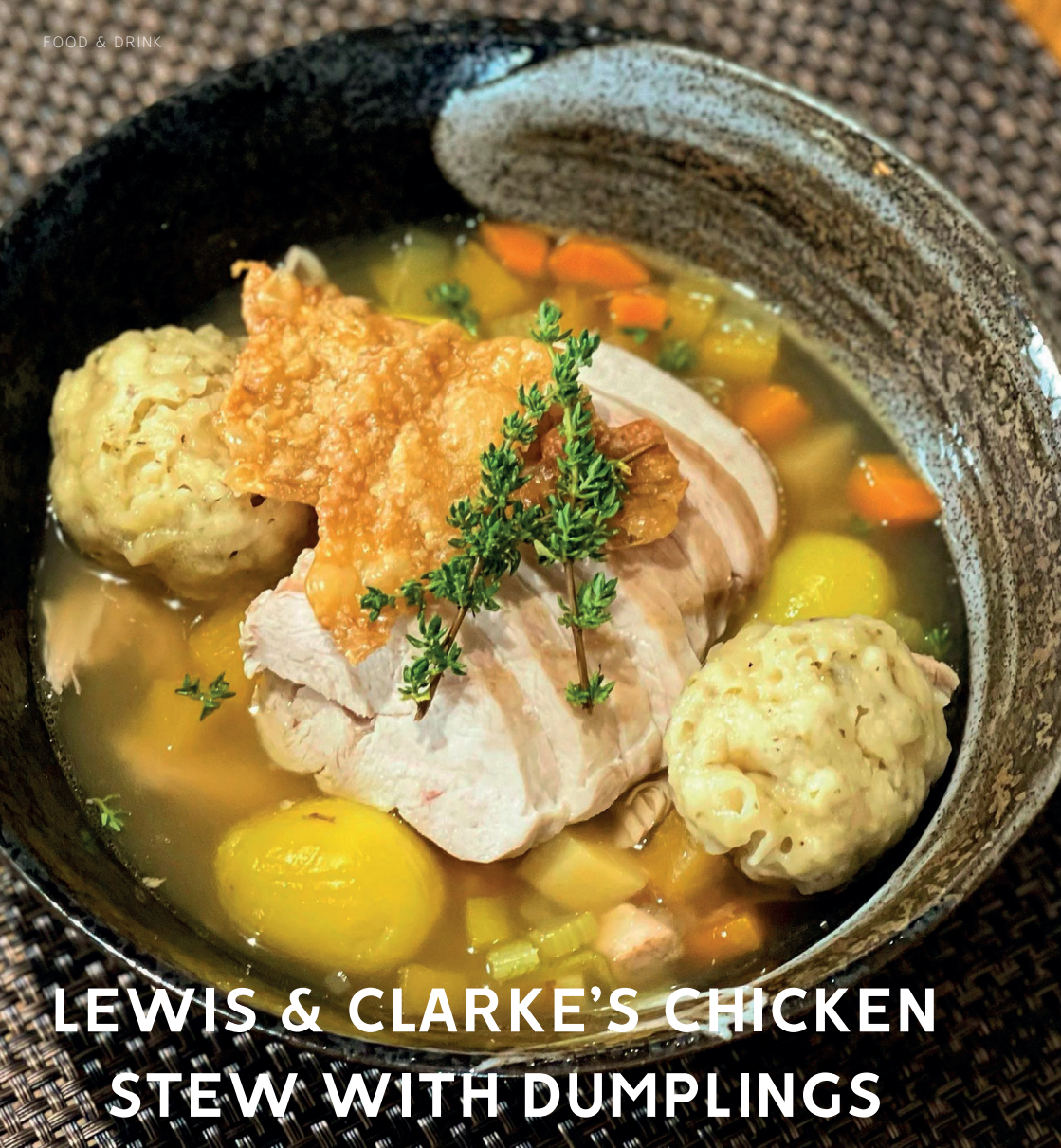
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great
taste
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LEWIS & CLARKE'S CHICKEN STEW WITH DUMPLINGS

As the nights start drawing in, we all start tucking into warming dishes of food. Homemade soups, roast dinners (although we have them all year round), and warm hearty stews begin to appear on everyone's home dinner menu. Chef Lewis's **Chicken Stew and Dumplings** is one of those dishes in Casa L&C. We use the amazing Pasture Poultry chickens at home and in our café in Gifford. Katie is the mastermind behind Pasture Poultry, based in the Scottish Borders, and her chickens, due to their free-range, slow-growing lifestyle and corn-fed diet, are much larger than the chickens most of us are used to. One chicken can easily provide a roast dinner for a family with leftovers. However, we like to break the chicken down to make several meals from the one chook! Check out our instructions on breaking down a chicken, and follow *Local Life* and us on Instagram for more recipe ideas

CHICKEN BROTH

2kg chicken carcass or wings
2 carrots
1 leek (green top)
2 onions
1 stick celery
2 garlic cloves (crushed)
4 peppercorns
Parsley stalks, sprig thyme and bay leaf
2 chicken legs (no skin)

STEW

1 onion
2 potatoes
2 carrots
2 sticks celery
1 leek (white)
1 parsnip
1 small swede
sprig thyme

DUMPLINGS

100g self-raising flour
50g suet
pinch of salt
cold water to bind

BROTH

Place everything except chicken legs into a large saucepan with a pinch of salt, then cover with 2 litres of water. Bring to the boil, then reduce to a simmer and cook for 2 hours, skimming when needed.

Put chicken legs into the broth for one hour. When meat is tender, falling off the bone, take it out. Put all the chicken meat into a bowl and place the bones back into the broth to cook for another hour.

You can miss the additional hour if you feel the stock is full of flavour. Pass through a sieve. The broth will keep in the fridge for a week and three months in the freezer.

TOP TIP

Whenever I have chicken bones, I freeze them till I have enough for a batch of stock. You can use straight from the freezer.

DUMPLINGS

Mix all dry ingredients into a bowl, and add enough cold water to make a firm, pliable soft dough. Divide the mixture into eight balls.

STEW

Peel and dice all vegetables (except potatoes). Add to your warm broth with thyme and cook until tender. Add diced potatoes and cook until nearly cooked through. Add your chicken meat and then your dumplings to boiling broth, cover and simmer for 15 minutes.



How to break down a chicken

STEP 1

Remove the innards (if needed) and any extra fat around the opening of the bird.

STEP 2 – REMOVE THIGHS & LEGS

Using a sharp knife, slice the skin between the drumstick and the body. Find the joint and pop it out of its socket with your hands. Finish the cut to remove the leg from the body. Cut through the joint between the thigh and the leg. You can also use your hands to first pop this joint out of its socket. Repeat on the other side.

STEP 3 – SEPARATE FILLETS

You can keep it as a crown to roast for a roast dinner or divide it into two breasts. Place the knife on the breastbone and apply pressure to cut the breast into two halves.

STEP 4 – REMOVE THE WING FROM FILLET (if not keeping as a crown)

If you wish to remove the 'drumette' part of the wing, you can do this step first, but we left it attached to the breast. This is optional. I've heard it referred to as an 'airline cut'. Finding the joints, remove the wing and wing tip from the breast. Use the tips in your stock. Cut each breast in half crosswise to create evenly-sized pieces. Repeat with other breast.

LEWIS & CLARKE

2a Main Street, Gifford EH41 4QH
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facebook: Lewis & Clarke



GULLANE GLÖGG TAKES BRONZE

Awarded one-star in the 2020 Great Taste Awards, local business Gullane Glögg has now won a Bronze Scottish Retail Food and Drink Award.



GULLANE GLÖGG
Mulled Wine Mix £12.99 | Winter Fizz Blend £8.99
buy online at: byjulia.uk

Four East Lothian businesses were finalists in the Scottish Retail Food and Drink Awards, held earlier this year. Created to help get more of Scotland's food and drink products onto the nation's retail shelves, the Scottish Retail Food and Drink Awards (SRFDAs) are now in their second year.

In total, 141 food and drink products made it onto the shortlist for the awards, representing a broad selection of food and drink categories. More than 50 expert judges from all disciplines scrutinised hundreds of products over a month. Judges had the products delivered to their doorsteps, allowing them to experience the products the same way as consumers.

Such awards are a vital part of the industry, especially for small producers; they are a chance to be recognised and for their products to be admired for being best in class. And for Julia Sutherland, creator of Gullane Glögg, to be awarded bronze in the 'drink – small producer' section made all the hard work worthwhile. She said: *"Having the seal of approval for your products from industry peers, fellow foodies, and customers can not only be a fantastic boost to sales, but it's really good for morale, essential for the small producer."*

Bruce Langlands, the former head of food and drink at both Harrods and Selfridges, was chair of the Platinum judging panel. He commented: *"I've been in this industry for over thirty years, and I've seen a good few products cross my desk in that time, but I can honestly say I've seen some of the most impressive products I've ever seen during the judging for this year's SRFDAs. The standards being set are phenomenal, and Scotland's food and drink sector is clearly in very good hands."*

For Julia, it all started in 2014 when she was on the fundraising committee for the local Christmas Fayre and decided to serve mulled wine to get everyone in the festive mood. For ease, Julia made her own mulled wine mix from fruit juice and spices. People loved the mix, especially how easy it was to use and asked for some to use themselves at home, and Gullane Glögg was born. Now sold online and at retailers across Scotland and England, the award-winning mix is an artisan blend of orange infused with spices that let you make mulled wine in minutes; just add to red wine and heat. It is also fabulous with fizz; simply add a splash to a glass of sparkling wine for a festive fizz cocktail. Perfect for parties or use to make a single glass of mulled wine, the mix allows you to make as much or as little as you need.



QUALITY LOCAL PRODUCE, CAFÉ & WEDDINGS & EVENTS

Farm Shop & Delicatessen

Gourmet deli and farm shop selling products from East Lothian and further afield; everything from artisan tinned fish from Portugal to Bottled Bakes for doggie treats

Largest range of the famous COOK premium frozen ready-meals in East Lothian

Full range of Thistly Cross Ciders and artisan beers from local brewer Winton Brewery

40 varieties of Scottish Island and Coastal gins

Unusual treats and gifts ideas

Café

Delicious menu using fresh, local ingredients

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To-do
LIST

out and about in
our area...



VISIT A FARMERS MARKET

Shop for an amazing array of produce and artisan wares at Haddington Farmers' Market. A monthly gem, produce from Haddington Farmers' Market comes from small and local producers who concentrate on quality, traditional methods and flavour. There are up to 25 stallholders, and shoppers can speak directly to the producer to find out how their food was made.

HADDINGTON FARMERS' MARKET
Saturday 29th October, 9am – 1pm | Saturday 26th November, 9am – 1pm



NORTHERN FLIGHTS
A VIEW FROM SHETLAND
HOWARD TOWLL AND PAUL BLOOMER

This joint exhibition presents the work of two artists who have made Shetland their home and whose work is deeply informed by their environment. They both draw much inspiration from the wilderness of the islands, the wildlife, and the constantly changing weather and light. Both share a talent for printmaking, woodcuts and etchings in particular, and these form the core of their exhibition.

Self-taught artist Howard Towll is originally from Edinburgh and has lived and worked on Shetland for thirty years. He studied ecology and also works as a ranger for Shetland Amenity Trust. His art practice is based on observational drawing, painting, and studio-based printmaking. Paul Bloomer was born and brought up in the heavily industrialised Black Country of the West Midlands, and his work was initially informed by this industrial landscape imbued with a strong autobiographical narrative; however, moving to Shetland twenty years ago changed his work dramatically.

NORTHERN FLIGHTS – A VIEW FROM SHETLAND HOWARD TOWLL AND PAUL BLOOMER
until 13 November 2022
Scottish Ornithologists' Club (SOC), Waterston House, Aberlady | the-soc.org.uk



Bernat Klein wool and mohair tweed suit
© National Museums Scotland



Bernat Klein selecting cloth and yarn samples
© Bernat Klein, Peter Waugh

EXPLORE THE LIFE AND CAREER OF
ONE OF THE 20TH-CENTURY'S LEADING
FORCES IN MODERNIST DESIGN

In the centenary year of his birth, Bernat Klein: Design in Colour celebrates the work of the Serbian-born textile designer Bernat Klein (1922 - 2014), who settled in the Scottish Borders after the Second World War.

The exhibition will examine his creative process and varied career, from supplying innovative couture fabrics to some of Europe's top fashion houses to his strong influence on architecture and interior design in the UK and Scandinavia.

Bernat Klein: Design in Colour
5 Nov 2022 – 23 Apr 2023
National Museum of Scotland Chambers Street,
Edinburgh EH1 1JF | free entry | nms.ac.uk



Weekend
TIDE TIMES

OCT		High Water		Low Water	
		AM	PM	AM	PM
1	Sat	0641	1904		1204
2	Sun	0736	1957	0019	1251
7	Fri	0103	1341	0739	1951
8	Sat	0157	1429	0825	2034
9	Sun	0243	1511	0905	2112
14	Fri	0553	1813	1126	2341
15	Sat	0635	1855	1150	
16	Sun	0815	2036	0052	1305
21	Fri	0009	1239	0653	1854
22	Sat	0105	1328	0728	1931
23	Sun	0148	1408	0759	2005
28	Fri	0455	1714	1036	2248
29	Sat	0541	1758	1111	2327
30	Sun	0532	1747	1054	2317
NOV		High Water		Low Water	
		AM	PM	AM	PM
4	Fri	1125	2343	0520	1732
5	Sat		1221	0616	1824
6	Sun	0036	1308	0701	1907
11	Fri	0351	1606	0935	2153
12	Sat	0428	1643	0956	2220
13	Sun	0509	1724	1023	2251
18	Fri	0942	2206	0338	1557
19	Sat	1045	2310	0438	1652
20	Sun	1141		0525	1738
25	Fri	0257	1514	0848	2107
26	Sat	0342	1557	0931	2153
27	Sun	0432	1644	1018	2247

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



Trained in architecture at Edinburgh College of Art and graduating with a first class degree in 1996, Fee Dickson Reid began exhibiting professionally as an artist in 2010. Now living and working in North Berwick, award-winning artist Fee creates expressive, atmospheric large-scale seascapes filled with a sense of calm and peace. Her work is about the solace of the sea, the light-filled skies above the beach, and reflections on sand and water.

You produce very expressive and atmospheric seascapes, primarily in oils. What drew you to this media?

What I've always wanted to do in painting is describe the immensity and sheer variety of the skies and seas. Oil painting allows me to express the light and drama I see in my daily walks by the coast, blending seamlessly through the lights and darks. Having worked for many years in acrylics and watercolour and unable to make them do what I wanted, it was a joy to discover oils and finally paint the way I wanted to.

How have your life experiences influenced your aesthetic style?

In my earlier life, I struggled a lot with bipolar disorder – it made it difficult to continue my first career as an architect or hold down any job. Art was something I retreated to when things went wrong. Through painting, I'd regain balance and find a measure of solace and peace. I think this search for calmness of spirit comes through in my work – not necessarily deliberately, but it's always something people comment on, the sense of calm in my paintings. Being able to paint full-time works on every level for me, as I don't think I'm fit to do any other job!

Have other artists or genres influenced your sense of aesthetics?

Other artists do not consciously influence me – the art I love tends to be very different from the art I enjoy making, and I quite like that distinction. For example, I'd never learn printmaking, as I enjoy it too much to look at, and if I understand the nuts and bolts, the mystique is taken away. That's not to say my work is unique – far from it – and there are dozens of British contemporary seascape artists whose work I love and respect, but I do try not to look too closely.

Where is your favourite or most inspirational place?

My favourite place, particularly for inspiration, is, unsurprisingly, the beach. As a wee girl, I'd gaze at the sea, wishing I could paint it. Now I'll be dashing out at 9 pm to catch a good sunset on the waves. It's a place of complete solitude and a place everyone relates to.

Image top left © Amanda Farnese-Heath

You have recently launched a print range – what is the inspiration behind the range?

My new print range is all about making my work accessible – not everyone has the space for a five-foot by four-foot painting, let alone the cash. So rather than change how I paint, it made more sense to make my big paintings available another way. Keeping it to a limited edition drop four times a year means they will stay exclusive but hopefully be available to a wider range of collectors. Each drop will be different – the first is all about classic seascapes in vibrant, dark and light palettes.

What did you have to develop, try or learn to create this type of art?

When I was beginning to make art a real career, my children were babies, so the main skill I developed was painting fast – a painting had to be done in the length of an average playgroup session as that was all the painting time I had. I don't have the same time pressure now, but painting remains a frenetic process of getting paint on canvas as fast as possible – if I try and slow it down, it never quite works.

You're planning an open house this Christmas; tell us a bit more.

Pre-COVID, I used to hold a Christmas open house along with fellow artist Georgina Bown. It was a lovely festive affair with mulled wine, Christmas trimmings and lots of art on the walls! This year it's time to bring it back, so I'm really looking forward to welcoming people back to Hyndford House in late November for a bit of an arty party.

If you had all the time in the world and unlimited financial means would you create the same art you create today? Or would you create something different?

If I had all the time and money in the world, I'd probably be doing the same, only a lot bigger! And with a studio that looked right onto the sea. My dream would be to paint the waves crashing right in front of me on a giant three-metre canvas.

Finally, do you have a favourite piece/ commission?

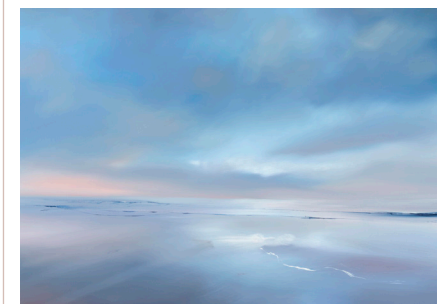
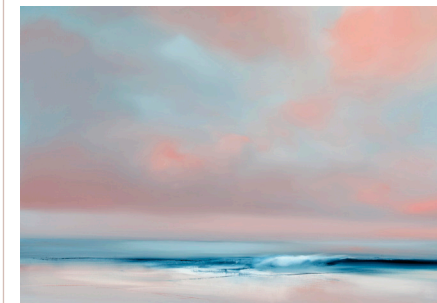
I don't have a specific favourite piece, or rather, I have too many to mention. But what I love is when I see a picture or walk into a house where a piece of mine is hanging that I haven't seen for years. It's like finding an old friend.

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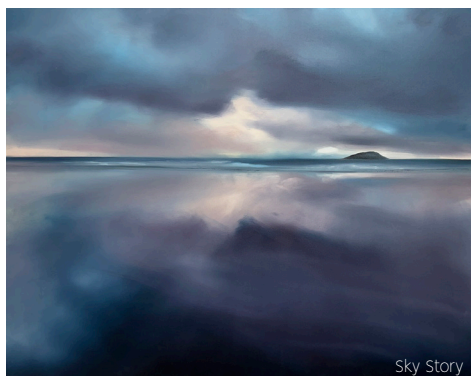
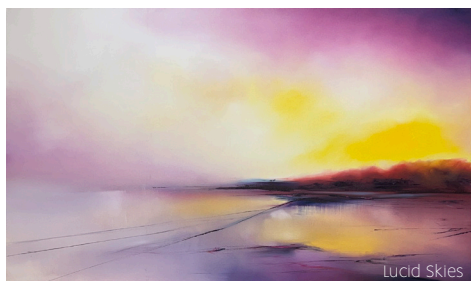


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Artist Profile FEE DICKSON REID





ST MICHAEL'S CHURCH, INVERESK

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



St Michael's Church in Inveresk has to be one of the most noticeable buildings in East Lothian, perched on top of a hill and with its steeple easily seen as you speed along the A1.

Legend has it that a church was built here by Irish missionaries not long after the Romans left. During the medieval period a stone church was constructed, but by the end of the 1700s it was in a poor condition and in 1805 work began on a replacement.

The main body of this new church was designed by Robert Nisbet, and it must have come as something of a shock for the congregation. This was a building drawing on all the classical fashions of the day, a large, airy and light structure in direct contrast to a typical medieval church. A local tradition has it that one parishioner, *"being somewhat alarmed at the barn-like shape"*, asked the Duke of Buccleuch to fund the building of a steeple.

However it came about, an impressive tiered steeple designed by William Sibbald was quickly added. It also forms the main entrance, with a design copied from the temples of ancient Rome or Greece. For some members of the congregation, walking into church through a doorway inspired by

pagan traditions must have been a rather strange experience.

This cutting-edge design was undoubtedly the idea of the minister, Dr Alexander Carlyle. He was firmly on the moderate wing of the Church of Scotland, with an interest in the theatre and science, and mixing with the great thinkers of the day at the Poker Club.

The graveyard surrounding the church has a monument to another famous character of the day, Major William Ramsay. He was a distinguished officer in the Royal Horse Artillery who died at the Battle of Waterloo in 1815. Ramsay was hastily buried on the battlefield but later reinterred at St Michael's with a rather fine monument. Like the church, this is inspired by examples from ancient Rome, but with a cannon, helmet and sword to commemorate the life of a gallant soldier.

There's nothing remotely shocking about St Michael's today; it seems perfectly fitting for the historic village of Inveresk. But it is still a prominent landmark, and the steeple was clearly money well spent.

AUTUMN ADVENTURES WITH THE SCOTTISH SEABIRD CENTRE

The changing seasons bring an influx of new wildlife to Scotland's coast. As we ease into autumn, increasing numbers of shorebirds and waders replace the summer breeding seabirds.

Join a wildlife tour to find out more about the species you can spot along the coast in autumn. These relaxed guided tours are an ideal opportunity to unwind, enjoy North Berwick's stunning coastline and learn about the seasonal wildlife to look out for. Thanks to the Centre's partnership with the brilliant North Berwick Beach Wheelchairs, these tours are now wheelchair accessible.

Keep the family entertained over the October break with a visit to the Discovery Experience. There's a host of family-friendly activities from, live science shows, films and trails to thrilling VR experiences. October marks the start of seal pup season. Use the interactive live cameras to zoom in on super cute seal pups on the local islands or head out along the beach for a self-led beach clean. All beach clean equipment can be borrowed from the Centre, and they'll even

record and dispose of the rubbish you collect (recycling as much as possible).

Positive Currents: forgotten stories & future voices opens on 17 September and is a must-see whether you're local or just visiting. Co-created with the Scottish Fisheries Museum, this exciting new exhibition celebrates the spectacular natural history and heritage of the Forth estuary.



Visit the website for more autumn events, including FREE citizen science workshops and social beach cleans.
seabird.org



Grey seal pup © Emily Burton



Wildlife Wonders

Seal season from October
www.seabird.org






Image © Emily Burton / Scottish Charity no SC025837

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NORTHERN FLIGHTS A View from Shetland Paul Bloomer & Howard Towll



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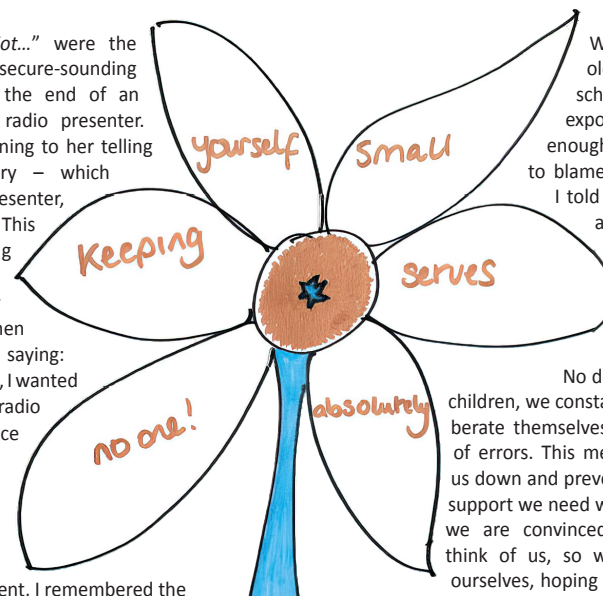
Bernadette Petrie tells us it's time to stop blaming ourselves, time to pay more attention to our verbal commentary and take a breath rather than attack.

"I am such an idiot..." were the words a lovely, secure-sounding woman said at the end of an interview with a radio presenter. I was driving, listening to her telling her amusing story – which according to the presenter, had made her day. This woman, by sharing her story, had contributed joy to many. So when she signed off by saying: "I am such an idiot", I wanted to reach into the radio and take her face in my hands and say: "Don't ever say that; no, you are not!"

At that exact moment, I remembered the countless times I had finished a story by criticising myself in the same way. It feels as if those words sum up the human conundrum. So I do not speak to myself like this anymore – it's a major no-no, and I know it makes a massive difference.

We think we are idiots – when we are not, we believe we are stupid – when we are not, we think we are rubbish – when that is far from the truth. Think about how often you say a seemingly, harmless derogatory comment to yourself or in the company of others. And whilst we shrug our shoulders and say it's only a saying, we don't necessarily believe this. We are actually reinforcing our subconscious mind to believe the things we say – with the dangerous auto-response of 'everything is our fault.' The woman on the radio was sharing a funny story about how her child's nursery teacher found a pair of her knickers in her son's school bag. When the presenter asked how they came to be there, she genuinely had no idea. Laughing with the presenter, she attributed it to some freak laundry accident! At the end of her tale, she called herself an idiot – illustrating how often we find fault with ourselves and take the blame for things that we cannot explain. Who knows? Her child may have put them there, or someone else in the house, perhaps the cat or even the dog! Yet she calls herself the idiot.

How does this manifest in an unhealthy way? As humans, we think when things go wrong, someone is at fault, someone is an idiot – and we usually blame ourselves and shame ourselves repeatedly. Our subconscious mind is tuned into this, so when something bigger does happen through no fault of our own, we still blame ourselves.



When I was 14-years-old, walking home from school one day, a man exposed himself to me. Sure enough, in my mind, I felt I was to blame. For days, years even, I told myself I was an idiot. I am sure that when this incident occurred, my subconscious was so full of: "I am such an idiot" that my reaction was to freeze.

No doubt, it was because, as children, we constantly witness grown-ups berate themselves for even the smallest of errors. This mental self-bullying shuts us down and prevents us from getting the support we need when we need it. Maybe we are convinced this is what people think of us, so we speak negatively to ourselves, hoping it will hurt less. But the truth is, no one can hurt us as we hurt ourselves. We bully ourselves; we undermine our beautiful hearts day in and day out with derogatory comments. But, as grown-ups, we must remember that children hear and are significantly influenced by what we say. It's time to pay more attention to our verbal commentary and take a breath rather than attack. Our subconscious mind needs us to feed new words to it so that in times of real difficulty, it will help us, not paralyse us. I have long since healed my 14-year-old self, and her beautiful, warm heart is free to be once more.

Think about the words you use to describe yourself, and instead of the usual suspects, next time you look in the mirror, try these: "I am amazing", "I am funny", "I am the queen/king in my parade", "I am the one and only me", "I am doing the best I can", "I am a miracle of matter", "I am blessed to be me", "I am dancing to my tune", "I am still here", "I am showing up", "I am stronger than you know".

And, if you are finishing a remarkable story, like the woman on the radio, before you end with a derogatory comment, please – stop, smile and breathe. And be happy that people are more than likely thinking: "You are a carrier of joy."

Article adapted from Bernadette's book *Permission to Shine* – Chapter 23 | hello@bernadettepetrie.com
Buy book from: [amazon.co.uk](https://www.amazon.co.uk)
Buy book and card deck from: **NØRDEN**
82 High St, North Berwick



WHAT IS THE ALTERNATIVE?

We all know there is pressure on our health system due to various factors, notwithstanding COVID-19. However, there is so much we can do for minor ailments and conditions, and a host of complementary healing practices can alleviate symptoms of mild diseases and conditions. **Bernie Rowen-Ross** suggests alternative healing methods.

HERBAL TEAS

Many of our herbs found in the kitchen or garden are not only tasty but valuable. Peppermint for nausea or indigestion. Ginger for treating the symptoms of a cold, general digestive issues and much more.

CLINICAL AROMATHERAPY

Massage with aromatherapy can assist in feeling better, just because it is relaxing. The International Federation of Aromatherapy tells us: *"By 1896, a scientific revolution was underway, as chemical science was becoming ever-more developed. The new thinking involved isolating an active chemical compound from within a plant and synthesising it for mass production, enabling large quantities to be cheaply produced of a uniform standard. Unfortunately, this decision meant the synthetic versions contained very few of the therapeutic properties of the original."*

As clinical aromatherapy is much more sophisticated and researched, emotional and physical ailments respond positively. For example, we are familiar with the eucalyptus inhalant to ease cold symptoms and lift mild depression. You can use a blend of bergamot, lavender and ylang ylang in a carrier oil for a massage with a well-balanced mix of essential oils. But be aware that bergamot oil is phototoxic, and if you're planning on being out in the sun, it should not be used on the skin. Each client has specific needs and individual treatment, and the aromatherapists' task is to blend the oils suited to the client and condition.

ACUPUNCTURE

This ancient healing system treats the energy meridians to balance the chi or life force, disharmony in the body for different reasons and in many other areas, such as the aura, the mental and the physical levels. Acupuncture addresses this by treating and balancing the chi.

AURA CLEANSING

Our energy field gets affected daily by people we are in touch with, both positively and negatively, as well as environmental factors such as electromagnetic fields, wi-fi, and even noise pollution. I had the good fortune to meet researchers in this field in the late 1990s and early 2000 in St Petersburg, Russia, where research was ongoing into Kirlian photography and the aura, at the science and spirituality conferences. The aura or energy field responds very well to energy healing, often called hands-on healing. Other systems, including Reiki, are included in this category. Reiki is well known to be both uplifting and relaxing, as well as assisting the body in finding its level of balance.

AYURVEDA

Ayurvedic massage therapy and Marma therapy work on chosen points in the body. According to your body



and mind type, the treatment is healing and relaxing; there is much more to Ayurveda.

HYPNOTHERAPY

Hypnotherapy assists clients in relieving insomnia, phobia and relaxation, and this modality has been used in psychotherapy for many years with great success. However, many feel they don't want to be 'under someone else's power'; this is not what clinical hypnotherapy is. Under a hypnotic state, the client is in complete control, can withdraw at any time and is in an enhanced state of awareness but relaxed. There have been remarkable results from hypnotherapy. Unfortunately, it is stage entertainment that gives the wrong impression of hypnosis.

YOGA THERAPY

Some yoga teachers can help clients with specific health problems; this has been a lifesaver for me. I started practising yoga when I was suffering from back pain, and thankfully, I have been able to avoid surgery.

All of the therapies mentioned are available in East Lothian. Look out for them, help yourself feel good, and take responsibility for your health. Please note this article does not seek to replace or be medical advice. If you have a health condition, please see your medical practitioner.

Bernie Rowen-Ross is a Psychotherapist and Complementary Therapist
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BRING THE OUTSIDE IN

Whether you need more space for play, hobbies, work or study – or you simply want a summer sitting room in a beautifully landscaped garden, an Outside In garden room is an ideal solution.

Garden rooms are the latest luxury addition to homes. They can provide extra living space, a tranquil space for relaxation or a distraction-free workspace, all without the hassle and costs of actually extending a house. Plus, they'll visually enhance your outdoor space too. In fact, a recent study by *Which?* confirms more and more homeowners are using a garden room for hobbies, home office, gym, playroom or as an additional multi-purpose space.

The team at Outside In Garden Rooms not only provide the additional space you need, but they'll also help

transform your garden. Run by sisters Wendy Isaac of Aberlady and Mel Russell from Glasgow, Outside In specialise in creating beautiful, custom-built garden rooms. From blissful yoga spaces to dedicated music rooms, from stylish home offices to teenage hangouts, a garden room can quickly add valuable extra space without the need for planning permission (provided guidelines are followed). Plus, Outside In's garden rooms are super-insulated, perfect for year-round use.

Early on, Wendy and Mel recognised that landscaping is fundamental to all they do. Mel explains: "A huge



part of what we look at when scoping a project is the bigger aspect of garden landscaping. Making the most of your outdoor space – whether that is creating a wildflower meadow to gaze at from the deck or creating an eye-catching folly – is the key to maximising the enjoyment of your gorgeous new garden room." However, this can be a daunting challenge that needs careful, strategic planning and teamwork across all aspects of the project. With this in mind, Outside In partnered with local landscape expert Lachlan Imrie of Imrie Garden Solutions to create the most incredible garden transformations. Talented Lachlan creates stunning garden spaces, such as those pictured here, which work seamlessly with any garden room.

Mel adds: "Regarding landscaping and added value services, we take a collaborative approach to our joint projects with our landscape partners. We attend initial design meetings to scope out a client's ideas, needs and wants. Investing in a garden room and the required landscaping can be a big project; therefore, we want to make sure everyone is on the same page and has the same expectations to make your vision a reality."

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AUTUMN COLOUR

Transitioning from summer to autumn can be challenging for any gardener looking to retain the picture-postcard garden of midsummer. However, a few well-chosen plants mean summer can be extended into the early autumn months as the weather turns cooler and days grow shorter.



COLOURFUL CONTAINERS

Containers planted in May with the classic mix of half-hardy plants will still look good if you have been regularly watering, feeding and deadheading. For autumn, add a touch of extra spice with flowering plants such as *Dahlia* 'Hot Chocolate' and 'Twynning's White Chocolate', which will flower until the first frosts.

Now is a good time to pot tubers and winter them in a frost-free space for next year. Cannas such as 'Durban' and 'Bengal Tiger' make excellent foliage plants. In early autumn, they produce massive spikes of showy flowers followed by large red seed pods containing hard black seed; these give rise to the plant's common name, the Indian shot. The seeds are so hard

they were used instead of lead shot. For a good display in winter, fill containers with evergreens or plants with attractive stems or berries. Try heucheras, ivies, euonymus fortunei, bergenias or skimmias. Winter-flowering heathers are also lovely but require an ericaceous compost.

Remember to position plants close together in the container, as they will not grow much during the winter. Place containers where they will receive the most sunshine and group them together for protection and maximum impact. Raise pots off the ground with bricks or pot feet for better drainage.



BRIGHT BORDERS

Shrubs add structure to the garden, providing a backdrop for other plants and some work hard to give an all-year-round display. *Callicarpa bodinieri* var. *giraldui* 'Profusion' is one such plant; it is deciduous and will grow to three metres tall. It has pretty bronze new growth and pink flowers in the summer. In autumn, it is festooned with violet, bead-like berries, which can last until Christmas. *Disanthus cercidifolius* is one of the best shrubs for autumn colour, as it turns a glorious burgundy red, followed by small starfish-like red flowers, with a mild odour of wintergreen.

Ponds are havens for wildlife in the garden, but often by autumn, there is a mass of foliage with few flowers. Removing dead foliage, cleaning off blanket weed from the sides of ponds and thinning any plants that have outgrown their space will help maintain water quality. To add colour, try *Thalia dealbata*, which has vast blue-green upward pointing leaves topped with heads of purple flowers. Many of the new cultivars of water lily are at their best now. Look for *Nymphaea* 'Texas Dawn', which adds a rich pink cast to its yellow flowers as the nights shorten.

Autumn is the perfect time to encourage hibernating hedgehogs and over-wintering insects into your garden. So if possible, leave a small area of your garden untouched – it will provide a valuable site for these creatures.



SHOWY SHRUBS

Deadheading and staking the herbaceous border will keep it looking tidy. Then, strategically place pots of *Crocsmia x crocosmiflora* 'Emily McKenzie' to add a splash of colour – also perfect as cut flowers for vases as they last at least fourteen days. No herbaceous border should be without *Sedum spectabile* because its icy grey foliage is a good foil for earlier flowering plants. Mixing 'Stardust', a white form, with 'Neon', a vivid pink, provides a pretty colour and appeals to butterflies.



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OPEN WATER SAFETY

It has been wonderful to see the upturn in interest in open water swimming over the past few years – and what better place to learn and develop new skills than on the wonderful beaches of East Lothian? Open Water Coach **Angela Paterson**, shares her top tips for safe open water swimming.



Angela Paterson is a STA Level 2 Open Water Coach at **Catalyst Coaching** catalystcoaching.uk

Swimming in the sea has fantastic benefits for people of all ages and abilities, including burning calories and positive mental health. In addition, it increases libido and boosts your immune system. It enhances circulation – I have Raynaud's, and sea swimming has helped reduce the symptoms. What's more, it's sociable; you get fresh air and an endorphin rush with like-minded friends!

Safety is essential whether you want to start swimming, improve your technique, or venture further. Understanding water safety manages the risks, reduces incidents and opens up many possibilities about where and how you swim. Many pool swimmers are confident in the confines of a leisure centre but fear cold, waves, tides and 'what lies beneath'. The correct information will help you overcome fear and confidently take your first step.

Consider where you want to swim. Choose a location where others swim, and there are people around. Check the tides – I prefer an hour before or after high tide, but some areas are OK anytime. Who knows where you are? Are you swimming alone or (ideally) going with friends? It's up to you whether you wear a wetsuit; however, a wetsuit will enable you to swim for longer in colder water. Even if you swim in your cossie, a swim cap, gloves, socks, or boots can help manage your body temperature. Visibility is important; ensure you can be seen. A bright cap makes a huge difference, and if possible, use a bright tow float if you are swimming far.

The biggest challenge facing swimmers in the North Sea is the temperature. Cold water shock is unpleasant but can be avoided. Ensure you warm up; raising your body temperature and heart rate reduces the chances of cold water shock. Enter the water slowly, splashing your arms, face and neck as you go, as this helps your body adjust. If you don't plan to swim much, just keep your arms and legs moving. If swimming is your plan, start with some faster than usual strokes. Build up slowly, aim for five to ten minutes and if that feels good, stay in longer the next time. Remember to relax, and post-swim, have cosy socks, a hat and gloves to put on. Have a hot drink; heating you from the inside will help you warm up faster. My go-to is Chai Tea, with some fresh ginger and a spoonful of honey, but hot chocolate will do. Then pause, take in the view and take a moment to reflect on what you have just achieved. Enjoy safe swimming.



BOOST FOR BLOOMING HADDINGTON

Local community group Blooming Haddington has received a generous donation from Stewart Milne Homes to add a touch of colour and vibrance to the East Lothian town. The housebuilder has sponsored several floral hanging baskets and contributed an extra donation to help the group continue to enhance the town centre.

Run by a group of volunteers, Blooming Haddington was formed in 2013 to make Haddington a bright and attractive place to live, work and visit. The group has planted tens of thousands of bulbs around the town and dozens of hanging baskets and planters and works tirelessly to ensure the town is well kept and welcoming. Graeme Yarwood, a Blooming Haddington volunteer, said: "As a group, we are very proud to work in the local community to help create a vibrant and attractive place for people to live, work and play. We welcome everyone to join Blooming Haddington, and with support from local businesses and organisations, we have the opportunity to continue our efforts and improve the environment for generations to come. The support from Stewart Milne Homes is very much appreciated, and we'd like to thank the team for their generous donation."

bloominghaddington.co.uk
stewartmilnehomes.com/new-homes/neighbourhoods/letham-views



LEADING UK DANCE SCHOOL EXPANDS WITH NEW EAST LOTHIAN BRANCH

Edinburgh Dance Academy (EDA), one of the UK's top-rated dance schools, is opening in Haddington. The school – whose former pupils include Ellie Fergusson, winner of the 2019 BBC programme *The Greatest Dancer* – currently provides a range of traditional and contemporary dance classes for more than 500 pupils across Edinburgh.

Highly experienced and respected dance teacher Millie Thomas, who joined EDA in 2018 after completing training at Northern Ballet Academy and then Rambert School of Ballet and Contemporary Dance in London, leads the programme of junior school classes held at Haddington's Bridge Centre.

EDA alumni have gone on to dance with some of the most prestigious companies, including the Royal Ballet, English National Ballet, Scottish Ballet and the Portuguese National Ballet. EDA's founder and the school's Principal and Artistic Director, Julie Mitchell, said: "As a local resident, I'm especially delighted to announce our expansion into East Lothian. Since setting up the school 26 years ago, we have worked with thousands of young people, helping them discover the joy of dancing and maximising their potential, not only in dance but also in confidence, self-expression, fitness, and supporting others."

edinburghdanceacademy.co.uk

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