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with sweets. In Colombia, people line streets and porches with colourful candles to celebrate the immaculate conception. Personally, the moment I take my first bite of mince pie and sip on a glass of mulled wine, I know the festive season has arrived!



Local Life has a tradition of its own: the annual Christmas Gift Guide. Each year, we compile an extensive selection of gifts and delightful stocking fillers, and this issue is a veritable feast of Stephen. So whether you're looking to refine your wishlist or find thoughtful gifts for your loved ones, our gift guide will help you find the perfect presents, all from our local high streets.

Editor's LETTER



Oh, the weather outside is (not) frightful...

In fact, as I write, we're experiencing a somewhat very mild autumn, so I'm actually looking forward to some (properly) cold weather. There's comfort in the predictable nature of nature, and there is nothing like the dark December days to encourage us to get cosy and look forward to the onset of the festive season.

We all have our own traditions for getting into the Christmas spirit. In Germany, children place a single boot on their doorstep for Father Christmas to fill


Speaking of traditions, Ronnie Clarke tells us it's important to value the Christmas traditions we grew up with and create new ones as we get older. And she shares some truly mouthwatering


recipes to make the most of Christmas leftovers. It wouldn't be Christmas without our Christmas cover. Thanks to the team at Time & Tide, we don't ever face a Yuletide cover conundrum: how do we get into the Christmas spirit when planning this issue in September? Plus, they tell us how to deck the halls in style.

Whatever gets you in the festive spirit, I hope the contents of this issue help. From all the team at Local Life, we wish you a magical Christmas and a safe and healthy new year.

Kim x

LOCAL LIFE
COMMUNITY & LIFESTYLE MAGAZINE

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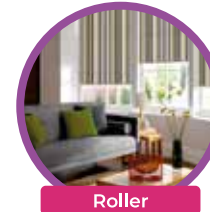


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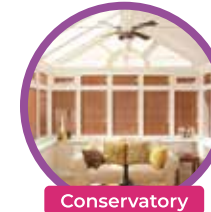


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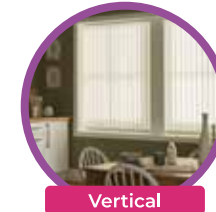
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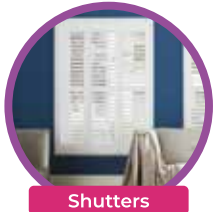
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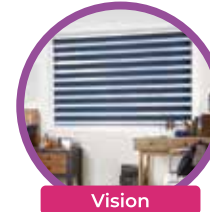
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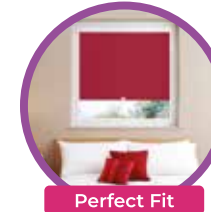
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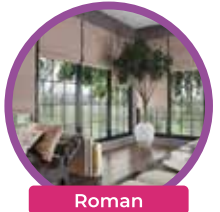
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Festive Living

Festive decor enthusiasts, rejoice! The most wonderful time of the year is here, and it is time to deck the halls in style.

Rebecca Scott from Time & Tide shows you how.



Dance of the Swans

Dance of the Swans embraces the playful spirit of the dopamine decorating trend, and there are no rules here. It's kitsch, perfect for maximalism aficionados, and joy is guaranteed.

The palette features yellow gold, soft blush pink and dreamy white, complemented by eye-catching decorations that invite a second glance. Trees are beautifully dressed with charming ballerinas, sparkling ornaments and champagne bottles. Oversized disco balls and pearl-adorned swans transport you to a whimsical Christmas ballet!

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Emma Cross: Creating Fun and Functional Homes Since 2010

Starting a fresh project or want to update your home for the season? Look no further than Emma Cross Interior Design, your go-to destination in East Lothian.

From relaxing seaside apartments to idyllic rural retreats, creating functional and fun spaces is what the team at Emma Cross Interior Design do best. With a flair for optimising space and a passion for injecting style and colour into projects, Emma has developed an outstanding reputation within both the commercial and residential sectors.

The Store, North Berwick

Emma opened The Store on North Berwick's Station Road twelve months ago, a super location to source stylish homewares and bespoke furniture. The Store was created to meet the demand of interior-savvy shoppers, providing an inspiring showroom bursting with unique pieces, sofas, armchairs and a drapery room dedicated to the art of bespoke window dressings. If your home is needing a little pre-Christmas 'glow up', then perhaps The Store's range of cushions, rugs, throws or vases will elevate your space. Conveniently located across from the train station and with unrestricted parking, The Store is your go-to spot for interior inspiration!



images © Amanda Farnese Heath

The Studio, Gullane:

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At Emma Cross Interior Design, they believe every space has a story to tell. Their bespoke interior design service brings the vision to life with custom designs that reflect your personality, lifestyle and tastes. From concept to completion, they handle every detail, blending luxury with functionality that feels uniquely you.



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Yet, don't just take their word for it; the team takes great pride in the positive feedback they consistently receive from clients, "Emma was a tremendous help to us when we moved house. We needed to make decisions on interior decoration, floor coverings, curtains, light fittings and new furniture. Emma took time to understand our preferences and then provided invaluable advice. She was very professional in all her dealings with us. She prepared orders on our behalf and arranged delivery and help from tradesmen when required. We are delighted with the end result and would highly recommend Emma to anyone."



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The Clean Before Christmas

Morag Readman, from Bright & Beautiful shares her tips for sprucing up your home before the festivities begin.

A recent survey* revealed how much time is spent cleaning during the festive period, with the average adult slaving away for 43 minutes a day. Many said they feel pressured to have their homes perfect before visitors arrive. These last-minute Christmas cleaning tips will ensure your home is spick and span leaving you time to enjoy the festivities.

PLANNING REDUCES STRESS

Decorating your home is a great way to get into the Christmas spirit, but make sure you thoroughly dust and vacuum corners and cornices of rooms before you get the decorations out; it's tricky to access these areas once the tree goes up. Pop storage boxes in living rooms to quickly tidy away toys and games.

Prepare guest bedrooms as early as possible. Then, they'll just need a last-minute dust and finishing touches such as fresh flowers or festive scents. If you have children, it's a good idea to make space in bedrooms or playrooms for the new toys that Santa is sure to deliver.

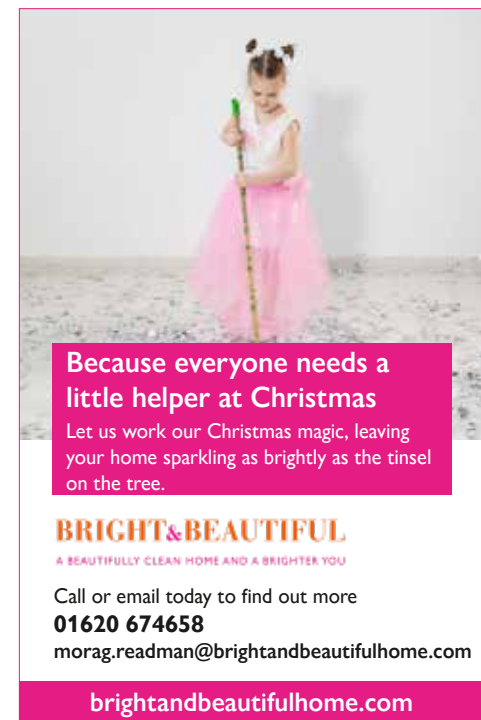
Clean out and organise your fridge/freezer before you go grocery shopping. And don't forget to wash your 'special occasion' crockery, glassware and table linen so it's ready when needed.

THE GIFT OF TIME

Spread the burden by taking a leaf from Santa's book, and get your little (or not so little) elves to help. If you're lucky enough to be a guest at Christmas, why not buy the host a voucher for a one-off clean from Bright and Beautiful?

Have a wonderful Christmas!

*Research conducted via OnePoll



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Deck the Halls

Christmas doesn't have to be all about the tree – adding a few festive plants around the house can look and smell wonderful.

The typical centrepiece of many Christmas celebrations is the tree. But that doesn't mean it has to be the only star of the show. Here are some alternative plants to the familiar poinsettia to help spread Yuletide cheer throughout your home.

CHRISTMAS CACTUS

As December draws near, the Christmas cactus unveils its captivating beauty, bursting into an array of splendid blooms. The cascading flowers, with their diverse palette of pinks, reds and pristine whites, starkly contrast with its dark green segmented stems.

AMARYLLIS

The red amaryllis becomes a favourite as Christmas nears, encapsulating the holiday's vibrant spirit. However, its beauty doesn't end there. This versatile plant offers a delightful spectrum, from pristine whites and soft pinks to fiery oranges.

NORFOLK ISLAND PINE

Housing a grand Christmas tree can seem daunting for those with limited space. Enter the Norfolk Island Pine. Compact in stature, it embodies

the quintessential charm of its larger counterparts, and its delicate branches prove ideal for draping with petite ornaments and weaving strands of twinkling lights.

ROSEMARY

When we think of festive decor, herbs might not immediately come to mind. But, pop a rosemary plant into a Christmas-themed planter, string some delicate fairy lights around it, and you have an adorable mini Christmas tree.

MISTLETOE AND HOLLY

Mistletoe and holly have etched their presence into the tradition of Christmas, evoking nostalgia and festive cheer. A cluster of these verdant leaves and vibrant berries tied with a gorgeous ribbon makes a simple but striking arrangement and possibly even a longed-for kiss!

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Ayurvedic Yoga for Winter Wellness

words: sally jean rankin | pictures: lindsay scott

Everyone experiences winter differently – some people relish winter whilst others dread it, and Ayurveda has the answers. By understanding your unique constitution and applying simple changes, winter doesn't have to be a drudge. Winter is known as Kapha season with strong Vata undertones, and you're more likely to feel heavy, sluggish, cold and dry. Now is the time to eat healthy, warm, cooked, oily (ghee) and spicy foods with plenty of seasonal vegetables; for most of us, 60% liquid foods like soups, curries and dals and 40% solid foods. Drink plenty of hot water/herbal teas and keep moving, getting plenty of fresh air, connecting to sunlight and cultivating a daily yoga practice. This way, you will nourish yourself from the inside out by keeping yourself supple, strong, and free from stagnant energy. If you have the time after yoga, apply some hot Mahanaryan oil to your body or any aching joints. Here are two yoga poses that will help you this winter.



MARJARYASANA BITILASANA
Cat Cow Pose

Also known as Balancing Table Pose you can practice this pose after Cat Cow. Stay in Table Top Pose, inhale, engage your core, lift your right arm and left leg, gazing down or forward, exhale and come back to Table Top Pose. Inhale, lift your left arm and right leg, exhale and come back to Table Top Pose. Continue for five rounds, remembering to breathe. As a variation, you can rotate your wrists and ankles in an anti-clockwise and then clockwise direction whilst holding the arms and legs up; this way, you are releasing any trapped energy in the joints at the same time. You can also bring your knee to your nose for a more dynamic flow. Keep your shoulders and hips in line, and if you need to, put a blanket underneath your knees for comfort. After five rounds come to Down Ward Facing Dog and practice six rounds of Sun Salutations. This pose stretches, strengthens and lengthens the body whilst increasing focus and concentration. It is great for our core strength and increases our digestive fire (Agni). It maintains our spinal health and thus has a positive effect on our nervous system and our mental health. It is also energising and relaxing.

Not everyone can do an hour of yoga every day, so simple exercises to warm the spine and joints and a few sets of Sun Salutations or Moon Salutations are sufficient. If you incorporate pranayama and relaxation at the end of your practice, you will be doing well. Start with some deep breathing exercises (pranayama) whilst lying on your back and ensuring you are warm and comfortable. Take a deep breath in through the nose, hold for three counts and exhale through the nose, continue for five rounds. After Supine Twist, come to Child's pose and then move into Table Top pose. Inhale, lift your head up, tilt your pelvis and look up for cat; exhale, round your spine, tucking your chin into your chest for cow. Continue connecting your breath with your movements for five rounds. This versatile flowing movement warms the spine, increasing the range of flexibility and motion; it stretches, strengthens and lengthens the body whilst increasing awareness and focus. It is stimulating and relaxing and helps open/expand the chest/lungs, keeping the heart active.



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about me

I am a Clinical Hypnotherapist and Psychotherapist based in East Lothian. My background as a lawyer in a global law firm has enabled me to bring a wealth of experience to my hypnotherapy practice. My hypnotherapy journey began by training with the prestigious Clifton Practice for a diploma in Solution-Focused Hypnotherapy, which provided me with a highly effective therapeutic framework utilising a Solution-Focused Approach.

Every time, I emerged from the session feeling amazingly calm and ready to 'take on the world'!

These sessions have completely changed my life. I am so much more positive and content which in turn has made my family life so much better. The sessions have not only taught me how I can get the best out of myself but they also gave me some much needed relaxation time.

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Time for You

Angela Cockerton, owner of The Spa @ Garleton Lodge, tells us why 'time for you' should be at the top of your Christmas list.



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At this time of the year, it's easy to get caught up in the stress of the festive season. We've all been there, from the constant cleaning and cooking to the frantic search for that elusive present for the person who has everything. By the time you get to the big day itself, you feel exhausted, and your batteries have run flat. That's why it's so important to schedule some time for yourself to allow your energy levels to be replenished. And there's no better way to do this than to book a regular massage or facial.

Why a facial? The festive period can take a toll on your skin. Whether it's the cold weather, stress, or indulging in festive treats, your complexion might need a little extra love. Besides the obvious benefits of smoother, hydrated skin, a facial leaves you with a feeling of relaxation and rejuvenation, and that all-important confidence boost. Plus, the upside of regular facials is that when it's time to pop on a party dress and head out for the evening, your make-up will look so much better on your beautifully prepared skin.

As for massage, what's not to like? As well as easing tense muscles (and festive-induced stress), massage releases feel-good chemicals in the brain, such as endorphins, serotonin and dopamine, and reduces the stress hormone cortisol.

What's more, visiting a spa can be the perfect opportunity to switch off from the outside world and deal with any stress in a calm, soothing environment. And that's precisely what you'll get at The Spa @ Garleton Lodge. The moment you turn into the

driveway of Garleton Lodge, there's a feeling of peace and tranquillity. Situated in a charming cottage on the Lodge's grounds, The Spa offers ultimate relaxation with its luxurious treatment rooms, comfortable lounge, and nail bar.

It's important for your self-care to take time to find a sanctuary amidst the frenzy. Even the simple act of locking the bathroom door, lighting a few scented candles and running a deep bubble bath or a relaxing shower if you don't have a bath (glass of bubbles optional) can help with de-stressing.



Or indulge in a quiet half hour with your favourite book and a cup of hot chocolate. I know I'm a much nicer person to be around after I've had a break from the challenges of family and work life!

And as for that elusive present, we've got it covered at The Spa @ Garleton Lodge – from beautifully gift-wrapped skincare sets or candles to gift vouchers for facial and massage treatments. And to help with a little you-indulgence we're offering all Local Life readers a 20% discount on all treatments. Happy Christmas!

The Spa @ Garleton Lodge

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Expanding Implant Treatment Options for Local Patients

The North Berwick Dental Centre is delighted to announce the addition of Dr Daniel Benson, an esteemed dental implant surgeon, to its dedicated team. This exciting development promises to enhance dental care for both existing and new patients by providing advanced implant treatments right in the heart of our community.

Dr Benson, or as he prefers it, Danny, brings a wealth of experience and expertise to the practice, focusing on delivering compassionate and top-quality dental implant solutions. Whether you're facing the challenge of missing teeth or searching for long-term dental care, Dr Benson can help. His extensive skill set includes immediate implants, single or multiple missing tooth replacements, and even full arch implant procedures for comprehensive full mouth reconstruction.

Welcoming Dr Benson aligns with the practice's commitment to ensuring that high-quality dental services are accessible to everyone in the area. With his arrival, patients will no longer need to travel far for top-notch implant treatment. Both new and current patients can now explore a range of options that cater to their unique dental needs, all while receiving personalised attention in a friendly and welcoming environment.

"Our goal has always been to provide our patients with the best possible care, and Dr Benson's expertise perfectly complements our mission," said Sarah, Practice Owner at North Berwick Dental Centre. "We believe this addition will greatly enhance the experiences of our patients, allowing them to achieve their dream smiles without the added stress of travel."

Patients interested in dental implants are encouraged to schedule a consultation with Dr Benson. He is dedicated to understanding individual concerns and goals, ensuring that everyone leaves the clinic with clarity and a customised treatment plan.



Sarah adds, "Join us in welcoming Dr Daniel Benson to the practice, and take the first step towards a healthier, more confident smile."

To learn more about the new services offered by Dr Benson at North Berwick Dental Centre, or to book an appointment, please call
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Family laughter, crackling of a log fire, the bubbles in your champagne toast, theatre trips, carol singing, the tearing open of carefully wrapped presents, repeats of your favourite TV shows...

Hearing loss happens in our ears, but it can affect many different aspects of our lives. It can restrict your ability to interact with others, prevent you from hearing vital information, cause misunderstandings, heighten stress, and trigger unnecessary fatigue.

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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.

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Circles of Light

As we age or encounter challenges, our friends become increasingly essential, serving as our circles of light, says **Bernadette Petrie.**

Hello, dear reader; it feels good to be writing this column again, after three years of extracts from my book, *Permission to Shine*. Thank you to the editor for selecting chapters for publication, allowing me to show up in the magazine with no effort on my part. I took a break from writing after being diagnosed with breast cancer in 2020, which led to early menopause. A year later, my whole world fell apart. The road to recovery was long, and just when I thought I was starting to see the light, I was diagnosed with cancer a second time. I have stage 4 lung and liver cancer, and this has brought a sharp focus to all that is important in my life – writing being one of them.

Cancer has been mentally, physically and spiritually challenging – yet it has also been full of love and blessings, which take my breath away. Throughout, I've realised how important my circles of light have become. I'm blessed to be surrounded by them – in terms of immediate family and close female friends.

As women age, our close female friend groups are one of the most important aspects of our happiness and longevity. This is not to negate male friendships, but as women, there is something very important about the kind of women we surround ourselves with. (If you are a man reading this, your male circles of light are equally important!) I've had to learn to ask for help in ways I couldn't have imagined as I navigate this chapter in my life, and it's been incredibly humbling, rewarding and frightening at the same time.

Female friendship is something many of us struggle with, possibly due to early childhood experiences. It didn't come naturally to me as the first four years of my life were dominated by close sibling relationships. I didn't have to go elsewhere for companionship, so the challenge of making friends became real when I started school. I've talked with many friends over the past few months about friendships and have been astounded by how many struggled with this in their early years.

The common thread is we don't believe we are enough to be someone's real friend. This is a toxic and untrue thought, and it is one we need to shake off as we move into the later stages of life, as it's never too late to surround yourself with meaningful friends. One of the many things I love about my friends is they have different personalities and can provide me with the different things I need from friendship. Some make me laugh out loud; some help me be more adventurous, while others bring out my compassionate side. All of these friendships are vital for our health and well-being.



So, what could your circles of light look like? Think about the women in your life. Some friends from childhood will still be with you, others have been left in the past. Perhaps there is a friendship to be rekindled and enhanced – Christmas is a perfect time to reconnect with them. Other circles of light could be a swimming group, sewing group, a book club, an art club or a volunteering group. Finding meaningful friendships by sharing a passion can only be positive. I meet with a small group of women every morning at 8 am to go for a sea swim, and this circle of light single-handedly keeps me grounded and present in a way that nothing else does. At the same time, I find myself meditating and imagining all my beautiful female friends and family members from around the world in a circle together. This is a very powerful visualisation, and I know that love amongst us is very strong.

Living with incurable cancer is not something I contemplated having to do, yet here I am, seven months in, and these circles of light have sustained, fed and nurtured me through it. I'll finish with a short poem I wrote; I hope it helps you find your circles of light. A close friend, Alisoun Mackenzie, has written a book called *Nourishing Friendships: How to Make Friends You Love in Midlife and Beyond*. It may also help – you can find it on Amazon.

The circle of light is you and me
It's a place its safe to be
the shame the shadows
they fall away
We question our thoughts
we change the way
When we change the way we see the world
we change the way we are.

hello@bernadettepetrie.com
Buy Bernadette's book from: [amazon.co.uk](https://www.amazon.co.uk)



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In the Stars

As one year ends and another begins, **Bernie Rowen-Ross** tells us there are always new things to look for in the stars.



Capricorn

22 December – 19 January

Give yourself a break; you are dependable, and people expect you to be there for them. Now, give yourself some time off from others' expectations. Being kind to yourself is not selfish; it is common sense, and when you feel rested and strong again, you can support others. But, if you are at the end of your tether, you need to regroup and take some 'me time'.



Aquarius

20 January – 18 February

Focus on your inner journey, your 'self-talk' and what you truly think and feel. The words are inner... this is a time for you to take care of your emotions and see how you cope internally. By all means, keep the mask of the persona intact, and behind the scenes, give yourself some breathing space and do some yoga and meditation – it can only do you good.



Pisces

19 February – 20 March

Don't believe what mainstream media tells you; research behind the scenes to find out what is best for you.

Nothing is worse than having to accept something that doesn't fit your values. You are so intuitive that you know when something 'sits' well with you. Don't compromise on your values; it creates stress, which is the one thing you really want to avoid.



Aries

21 March – 19 April

Happy New Year! I see that the planets favour you being really creative; your ruling planet is raring to go to get you to transform your way of thinking so that you can unleash some of that hidden creativity. It's a great time to start a recycling project or change something a bit stale.



Taurus

20 April – 20 May

Earthy Taureans may find the craziness of the world challenging to deal with right now. Take heart, find a good book – maybe about travel to other countries so you can do some armchair travelling, and experience the pleasure of getting away from it all while in your own home. Don't rise to the bait when challenged; keep your peaceful demeanour no matter what.



Sagittarius

22 November – 21 December

The usual outgoing, gregarious Sagittarians may feel like peace and tranquillity for a change. Christmas has been full-on, and Hogmanay is always busy, and the typical Sagittarian optimism is at full throttle during those times. Now, take a break, relax, and watch the stars when the clouds clear. Find some silence in the here and now, it will feed your soul.



Gemini

21 May – 20 June

It may feel that 'it's all about other people right now', but it isn't. It's all about how you think. You can

change your thoughts by catching a negative thought and turning it into a positive; if you need to practice gratitude for what you have right now, then that will make this time easier for you.



Cancer

21 June – 22 July

Your relationship with others is at the fore of your planetary picture right now: your close partner, your

work colleagues, and the people with whom you are in contact daily. They need your compassion and understanding right now. They might want some undivided attention, and you can give them this. Your loyalty is what they value right now.



Leo

23 July – 22 August

Maybe it is a new year's resolution for you; whatever it is, your health, exercise, and relaxation are key

activities to which you will be drawn. Health is our most precious asset, and you are in the driving seat, so take vitamins, exercise regularly, look at what you are eating and drinking, and keep to it.



Virgo

23 August – 22 September

The focus for you is on the home, and if this means changing things around or buying a new house,

the energy is positive, and healing energies abound. Your home is your castle, it is where your authenticity can be expressed without fear of being criticised or, heaven forbid, ignored! Ask the people closest to you what they want in a home, and you might find you all agree.



Libra

23 September – 22 October

Wake up, Libra. New opportunities are waiting around every corner, but we can miss them

so easily if we aren't looking. You have the knack of being in the right place at the right time; grab what is on the horizon. Start how you mean to continue, and if you have the idea of success truly focused, you can achieve what you have set out to.



Scorpio

23 October – 21 November

You have been busy, and it might well be time for you to rest and reflect on your next phase. Only give those ideas a few minutes, then spend some time living completely in this moment. Looking to the future all the time sometimes means that we forget the present moment, and let's face it, it is the one that is guaranteed.

Bernie Rowen-Ross is a Psychotherapist and Complementary Therapist
e: bernier@yahoo.com
t: 01620 842230

A surfer rides the waves at Lost Shore Surf Resort, Scotland's first inland surf destination

Powered by **WAVEGARDEN®**

Surf's Up!

The surfing community has been buzzing about the hotly anticipated surfing resort, Lost Shore. And this November, the resort welcomed the first surfers to one of the world's most advanced surfing wave pools.

Scotland's leisure and tourism industry is making waves as Lost Shore Surf Resort, the nation's first inland surf destination, officially opens its doors on the 11th of November. Located in Ratho, near Edinburgh, this £60m attraction boasts Europe's largest and most advanced wave pool. Set within extensive grounds, Lost Shore offers a range of amenities, including luxury accommodation, a waterfront bar, café, restaurant, surf school, surf shop, The Surf skate Academy, Spear Sauna, and wellness treatments.

At the heart of the resort is the state-of-the-art wave pool powered by Wavegarden technology. This enormous pool, three times the size of Wembley Stadium's pitch, can generate up to 1,000 customisable waves per hour. From complete beginners to seasoned pros, surfers of all abilities

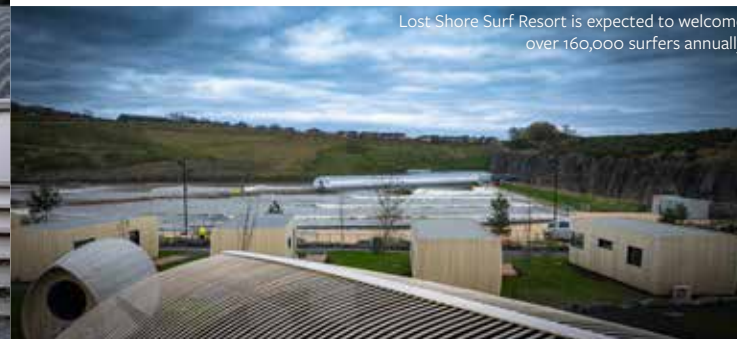


Scottish pro surfer, Ben Larg, talks to fellow surfers at Lost Shore Surf Resort

can ride world-class waves designed to their skill level. Ben Larg, Scottish big wave surfer and Red Bull athlete said, "When I first became involved with Lost Shore, I was a junior surfer, and now I'm surfing some of the biggest waves in the world, like those at Nazaré in Portugal. Having a facility like this is a massive boost for Scottish surfing. It will give young surfers the chance to train consistently on world-class waves, something I didn't have growing up. I'm excited to see how Lost Shore helps develop the next generation of Scottish surfers."

With a 250-metre beachfront and over 20 wave types, surfers can fine-tune their skills while receiving expert tuition. Each surf session or lesson includes the use of high-performance, plant-based wetsuits and surfboards, ensuring comfort and warmth in any weather. The resort also offers surf skating, an

Lost Shore Surf Resort is expected to welcome over 160,000 surfers annually



through the Narnia wardrobe and enjoy festive film classics in a beautiful indoor winter woodland cinema.

Andy Hadden, founder of Lost Shore Surf Resort, added, "This is a dream come true. Lost Shore Surf Resort is a hub of world-class adventure, hospitality, and wellness. After ten years of

Visitors can enjoy food and drinks in the waterfront bar, café and restaurant
© Murray Orr



© Murray Orr

exciting variation of skateboarding that simulates ocean surfing on dry land.

Lost Shore will host several charitable initiatives in keeping with its commitment to inclusivity. Inclusive Surfing Scotland will offer adaptive surfing opportunities for individuals of all abilities, while The Wave Project will provide surf therapy sessions for young people facing various challenges – leading to a positive effect on the mental health and wellbeing of young people in the area.

In addition to its world-class surfing facilities, you'll find Canteen, a rotating selection of top Scottish eateries in its waterfront bar, café, and restaurant. Visitors can enjoy diverse, seasonally driven dishes from beloved culinary



favourites such as Glasgow's Five March, Rafa's Diner, and the iconic Edinburgh pizzeria Civerinos. For those looking to extend their stay, the resort offers luxurious accommodation with stunning views of the surf pool. What's more visitors can indulge in wellness treatments by Michelle Denham, including facials and massages. The Spear Sauna, located by the water's edge, provides a refreshing experience with waterfall buckets for an invigorating cool-down after a relaxing sauna session.

Throughout December, Lost Shore will be home to Christmas events such as The Lost Feast, a beautiful immersive indoor winter woodland for an incredible long table lunch or dinner provided by the critically acclaimed Five March. There will also be the Lost Cinema, where you can step



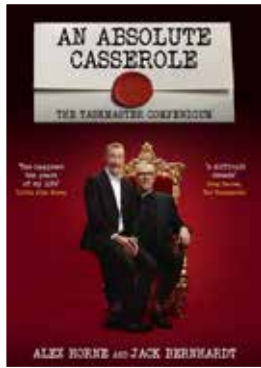
Bedroom in the luxury hilltop lodge

planning, it's thrilling to open our doors and welcome visitors to experience this incredible resort. We believe Lost Shore will make surfing accessible to everyone, whilst also showcasing Scotland as a top destination for adventure tourism. I can't wait to see more people realise the mental and physical benefits of surfing. Who knows – this could be the training ground for Scotland's next Olympic surfing champion."

Lost Shore Surf Resort
11 South Platt Hill,
Newbridge EH28 8AY
lostshore.com

MERRY MANUSCRIPTMAS

This issue, it's spells, silliness, Space Cuties and sublime illustrations...

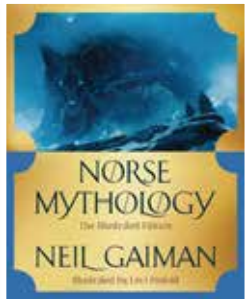


An Absolute Casserole: The Taskmaster Compendium

by Alex Horne and Jack Bernhardt

How many eggs were smashed for this show? What's the worst thing Alex ate? Are you more likely to win Taskmaster if you wear a hat? This hilarious compendium

celebrates ten years of Taskmaster's chaotic fun. Relive outrageous tasks, contestant meltdowns, and Greg Davies' iconic put-downs in a book that includes behind-the-scenes stories, statistical analysis and unforgettable moments. The perfect gift for any fan. So grab a cup of 'warm milk' (or something stronger) and relive ten years of comedic chaos! Published by Quercus Books on 7th November



Norse Mythology

Illustrated by Neil Gaiman and Levi Pinfold

This modern classic is reimagined with stunning full-colour illustrations by Levi Pinfold and brings ancient Norse myths to life, from the dawn of the world to the twilight of the gods. With Odin,

Thor and the mischievous Loki, this visually rich book is a thrilling journey through magic, betrayal and adventure. Featuring the full text and vivid artwork, it's a perfect gift for readers of all ages – as ancient as the mountains or as young as Loki's many offspring.

'The halls of Valhalla have been crying out for Gaiman to tell their stories to a new audience' – Natalie Haynes, Observer

Published by Penguin Books on 12th November

Christmas at Hogwarts

by JK Rowling and Ziyi Gao

Christmas at Hogwarts is a beautiful reworking of chapter 12 of *Harry Potter and the Philosopher's Stone*, the story of Harry Potter's magical first Christmas at Hogwarts School of Witchcraft and Wizardry. From the wonder of the Great Hall decked with sparkling, decorated fir trees to cosy evenings by the fire in the Gryffindor common room and the joy of opening presents on Christmas morning, it's a holiday filled with warmth, friendship, treats and magical surprises that Harry will never forget.



Brought to life by Ziyi Gao's enchanting illustrations, this favourite moment, showing Harry's very first Christmas amongst friends, is sure to delight Harry Potter fans of all ages. Published by Bloomsbury on 15th October

Dog Man: Big Jim Begins

by Dav Pilkey

Full of heart and humour, this latest addition to graphic novelist and award-winning illustrator Dav Pilkey's number-one bestselling kids' series promises action, adventure and the unforgettable charm that fans of the series love.



Discover the origins of beloved characters as they band together to stop the Space Cuties from wreaking havoc on the city. Will the past predict the future? Will goodness and bravery prevail? Can anything happen if you truly believe? Will Dog Man and his friends' courage be enough to save the day? Published by HarperCollins on 3rd December



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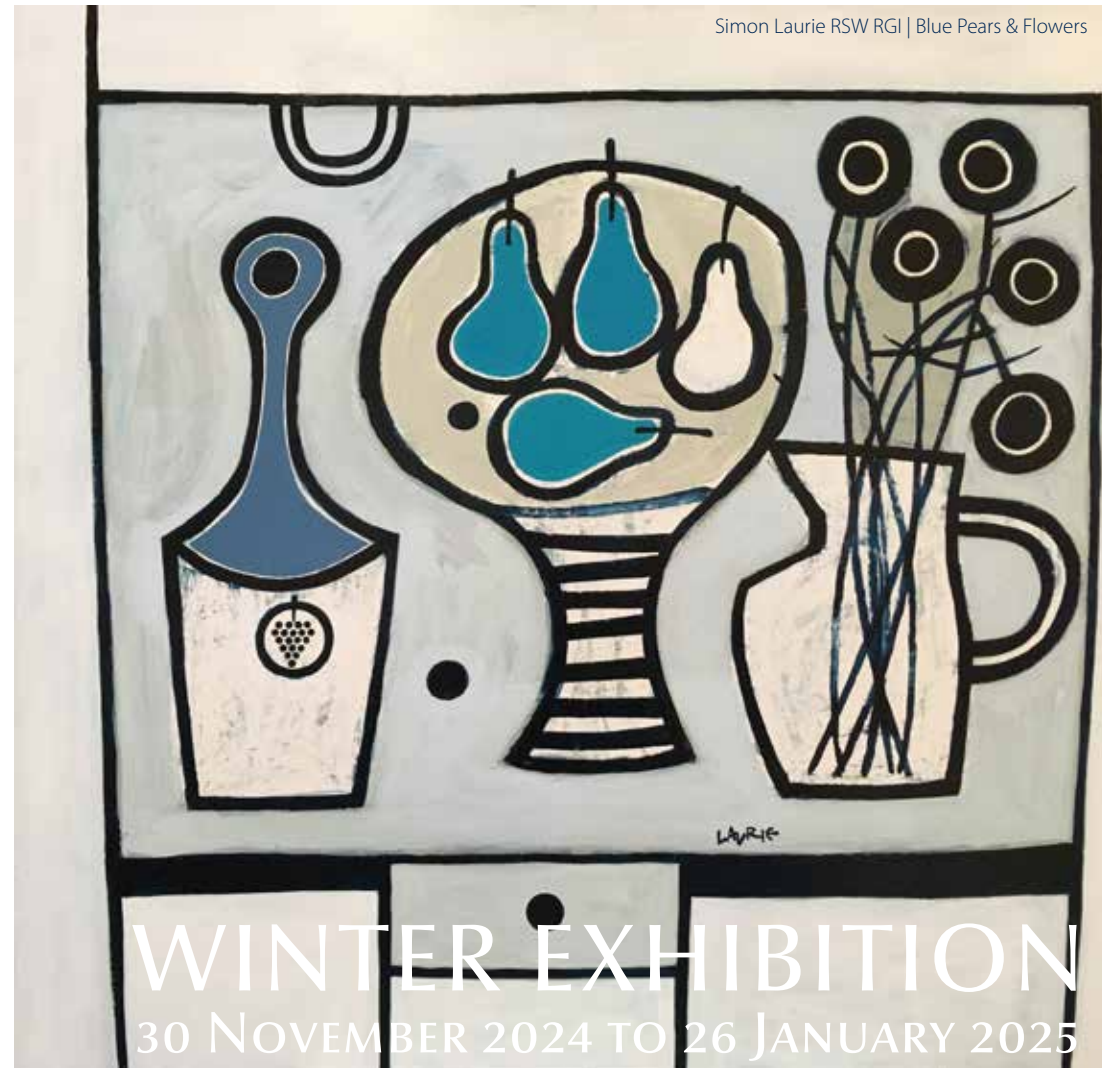
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To-do LIST

our pick of things to do this festive season...



CELEBRATE CHRISTMAS AT THE OFFICIAL RESIDENCE OF HIS MAJESTY THE KING

This festive period, visitors to the Palace of Holyroodhouse will see the State Apartments transformed with magnificent Christmas displays. A majestic Christmas tree in the wood-panelled Throne Room is the centrepiece for the display, while a glittering Nordmann Fir tree and two decorated mantelpieces will create a festive atmosphere in the storied Great Gallery. Festive garlands, vibrant berries and seasonal foliage will adorn the Great Stair leading to the historic State Apartments, and wreaths will be hung in the windows in the enfilade of the King's Rooms. Outside, festive wreaths will greet visitors at the Palace's main entrance and front gates. The central lamppost and sides of the Quadrangle will be decorated with long garlands.

The programme of events includes Christmas concerts by the Robin Chapel Choir, a wreath-making workshop, a Christmas Activity Day for families and private evening tours of the State Apartments.

28 November 2024 to 6 January 2025 | Palace of Holyroodhouse, The Royal Mile, Edinburgh EH8 8DX
rct.uk/visit/palace-of-holyroodhouse



CHRISTMAS CO-WORKING AT GILMERTON HOUSE

Gilmerton House will be opening its doors as a warm and welcoming co-working space in one of Scotland's most cherished country homes this upcoming festive period. Blending historic charm with modern amenities, Gilmerton House will offer a communal work table for focused work, as well as open seating areas to accommodate various working styles. What's more, you'll enjoy bottomless Hometown Coffee and a seasonal soup at lunchtime prepared daily by The Edinburgh Catering Company.

Spaces initially available Monday to Friday, 25 November – 20 December
gilmertonhouse.com/blog

CHRISTMAS LIGHT SWITCH ON



Embrace the festive cheer at North Berwick's Christmas Lights Event. The excitement starts at 5 pm with a lively parade featuring local performance groups. Afterwards, the winner of the 'best-dressed window' competition will be announced before counting down to the magical moment when the lights come on. Once the lights are aglow, get ready to sing and dance along with the infamous local band, Side Hustle.

Saturday 30 November 5 – 6 pm
 North Berwick High Street



CELEBRATE JÓLABÓKAFLÓD

Head to Scottish Ornithologists' Club HQ Waterston House this December for a special late-night opening and embrace the fabulous Icelandic Christmas tradition of Jólabókaflód. (Christmas Book Flood), the giving and receiving of books at Christmas. In keeping with tradition, they'll serve hot chocolate and offer a range of the latest nature-themed literature to browse.

Friday 13 December 5 – 8 pm
 Scottish Ornithologists' Club (SOC)
 Waterston House, Aberlady | the-soc.org.uk



ALL THAT JAZZ

The North Berwick Jazz Club is a new venture which local jazz enthusiasts have started to bring together local musicians, singers and people who want to chat about their jazz interests. As membership grows, they plan to stage jazz sessions and other events to encourage participation at all levels. For now, these sessions take place on the third Thursday of every month, so do go along to play, listen or chat.

Thursday 19 December 7.30 pm
 North Berwick Rugby Clubhouse | Free entry
nbjazzclub@gmail.com



FESTIVE DELIGHTS



Myth, mystery and mayhem dominate at the cinema and on your home screens, this Christmas.

The Return

Starring Ralph Fiennes as Odysseus, Juliette Binoche as Penelope and Charlie Plummer as Telemachus, this epic tale of homecoming is directed by Uberto Pasolini. After 20 years away, Odysseus makes the momentous decision to return home, yet finds himself navigating a world that has moved on without him. *In cinemas 6 December*

Wallace & Gromit: Vengeance Most Fowl

In the new Aardman Animations release, Gromit becomes alarmed when Wallace's latest invention, a 'smart gnome', starts acting independently. As chaos unfolds, Gromit faces sinister forces to rescue Wallace and protect his inventing career.

The film also pays tribute to the late Peter Sallis, the original voice of Wallace, whose portrayal contributed to the extraordinary success of the franchise. *In cinemas 25 December*

Squid Game Season 2

Following the immense success of its debut, the second season of the highly anticipated series promises an even more gripping experience. It will delve deeper into the deadly competition, introducing new twists, escalating the intensity of the games and featuring the return of popular characters like Seong Gi-hun. *Netflix 26 December*

Tiddler

A new magical animation adapted from Julia Donaldson and Axel Scheffler's cherished picture book brings her imaginative stories to life. It's an enchanting tale of a small fish with a grand imagination, and will premiere on BBC iPlayer and BBC One this Christmas, promising to delight audiences once again. *BBC – date to be advised*



Winter Wildlife



Winter is a great time to get outside, brave the cooler temperatures, and spot some wildlife! Although Scotland's summer seabirds have departed, plenty of winter shorebird species can be seen along the coastline, including turnstones, redshanks, sanderlings, and purple sandpipers.

The Scottish Seabird Centre's guided wildlife tours are a great way to discover these species and a great excuse to head outdoors.

Don't worry if you'd rather connect with nature from indoors because their Winter Wonders activities have returned. Enjoy family-friendly events, a series of art and craft workshops, and an exhibition of original illustrations from local artist Eilidh Muldoon, celebrating the beauty of East Lothian's winter coastline.

The Seabird Centre's Discovery Experience has now officially reopened, and they're delighted to welcome visitors back. Dive in and explore the freshly refitted space, immerse yourself in interactive games and exhibits, and look out for wildlife on their live cameras.

Don't forget that entry to the Discovery Experience is free to Seabird Centre members. Memberships support the Charity's vital conservation and education work and offer a host of exclusive member benefits.



Wildlife Tour © Jamie McDermaid



Discovery Experience © Helen Pugh

The Scottish Seabird Centre is open daily throughout the winter (closed Christmas Day). Check out their website for more information on membership and upcoming events.

Visit seabird.org to find out more
Scottish Seabird Centre
North Berwick EH39 4SS

Top image: Purple Sandpipers © Jamie McDermaid

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www.seabird.org/memberships

Scottish
Seabird
Centre



DEC	High Water		Low Water		JAN	High Water		Low Water	
	AM	PM	AM	PM		AM	PM	AM	PM
1 Sun	0220	1431	0804	2024	3 Fri	0441	1646	1031	2303
6 Fri	0539	1744	1112	2351	4 Sat	0525	1729	1112	2347
7 Sat	0629	1835		1208	5 Sun	0611	1826	1154	
8 Sun	0727	1935	0050	1314	10 Fri	1117	2334	0454	1719
13 Fri		1236	0619	1834	11 Sat		1220	0604	1828
14 Sat	0053	1325	0713	1931	12 Sun	0049	1317	0706	1933
15 Sun	0146	1412	0803	2026	17 Fri	0442	1655	1020	2300
20 Fri	0550	1804	1107	2359	18 Sat	0520	1733	1044	2324
21 Sat	0637	1853	1142		19 Sun	0558	1810	1110	2350
22 Sun	0725	1945	0037	1230	24 Fri	1005	2245	0329	1620
27 Fri	1159		0538	1801	25 Sat	1111	2356	0457	1734
28 Sat	0030	1248	0624	1847	26 Sun		1217	0600	1829
29 Sun	0118	1333	0706	1930	31 Fri	0344	1550	0939	2212

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



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Gather with loved ones for sumptuous Christmas dining or join us for a cracking Hogmanay shindig. Our carefully crafted afternoon tea and dinner menus, party options, residential packages and magical atmosphere will make this one a *festive season to remember*.



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Traditions and Leftovers

With the festive season on the horizon, Ronnie Clarke encourages us to let go of the last-minute frenzy and instead revel in the joy of the season's traditions, blending the old with the new.

As November draws to a close and December makes its entrance, we say goodbye to the vibrant autumn leaves and embrace the longer nights and shorter days of winter. While the thought of dwindling daylight can be daunting, Scotland is full of charm in the colder months. Winter invites us to don our warm coats, snuggle into woolly hats and jumpers, enjoy invigorating walks in the frosty air, and unwind in charming pubs afterwards with a refreshing pint, all while hoping for a sprinkle of lovely, crisp snow.

It also means the festive season is fast approaching. My wife and I love Christmas! When we say we love Christmas, we don't mean the panic in the build-up or the chaos of the shops. We love the coming together of loved ones, family and friends, dining together, and the generally positive vibes and goodwill from everyone. We value the Christmas traditions we grew up with, as well as the new ones we've created together.

Every year, we visit Beanston Farm to pick the perfect Christmas tree. Once it's home, we decorate it to the

sounds of a Christmas vinyl, all while savouring mulled wine made, of course, with 'By Julia' Gullane Glögg. I also make sure to visit Helle at Beech and Birch in Gifford to pick up some pressies and a gift (to myself) of the Danish woolly socks she sells – it's an annual gift.

I always visit The Cheese Lady in Haddington to ensure I have the most amazing cheese board for Christmas and place an order with Belhaven Smokehouse for salmon for a festive breakfast and Boxing Day buffet. This year I am going to attempt a Danish-style Christmas dinner of Roast Duck on Christmas Eve for visiting family – who knows perhaps that is a new tradition in the making.

Our favourite tradition, of course, is a traditional Christmas Day lunch complete with all the trimmings. Not to mention the traditional leftovers – they're the best! Sometimes, there is so much; the last thing you want the day after is a second Christmas lunch. But don't worry; here are a couple of recipes to show you just how incredible leftovers can be. Rest assured, no Turkey fricassee in sight!

BUBBLE AND SQUEAK

Bubble and squeak is a great way to use leftovers after a Sunday roast, not just Christmas, and it is fantastic for breakfast. Serve with avocado, crispy bacon and a fried, poached or scrambled egg. Feeling adventurous, then serve with Belhaven Smokehouse smoked haddock or hot smoked salmon and a poached egg with a creamy hollandaise sauce.

INGREDIENTS

1 tbsp goose, duck, beef fat (if used for the Christmas roasties) or butter
Christmas left over vegetables; roast potatoes and 2-3 pigs in blankets finely chopped and mashed
If you have eaten all the veg then; 10 cooked Brussels sprouts and/or cabbage cooked and sliced
1-2 carrots cooked and finely chopped
400g mashed potatoes

METHOD

1. Melt 1 tbsp of fat or butter in a non-stick pan, allow it to get nice and hot, then add your chopped pigs in blankets or chopped streaky bacon rashers and brown.

2. While that is cooking, mix your leftover vegetables and potato in a bowl and mash together.

3. Place your vegetable and potato mix in the pan and push it down so that the mixture covers the base of the pan.

4. Allow the mixture to catch slightly on the base of the pan before turning it over. It's the bits of potato that catch in the pan that make a true 'bubble and squeak'; let it colour and crisp! Then, turn over and repeat on the other side.

5. Cut into wedges and serve immediately. If you have leftover bubble and squeak, it can be kept in the fridge for up to two days and rewarmed in the oven.

Hollandaise Sauce

4 egg yolks
2 tbsp white wine vinegar
250g butter
½ lemon juiced
Salt & pepper to taste

1. Place the butter in a saucepan and gently heat until completely melted. Skim off as many of the white solids that rise to the surface of the butter as you can, then keep the butter warm (but do not allow it to foam or colour).

2. Whisk the egg yolks, vinegar, lemon juice and a pinch of salt together in a heatproof bowl that will fit snugly over a small saucepan. Add a little water to the saucepan and bring it to a bare simmer, then place the bowl on top and whisk the melted butter into the egg mixture bit by bit until it turns pale and thick (about 3-5 minutes). Sometimes white solids will sink to the bottom; do not add this when whisking just the clarified butter. Once smooth and creamy, taste for seasoning and keep warm. Do not overheat, as it will scramble. Hollandaise is served warm, not hot. If not using straight away, cover with cling film to avoid a skin forming and keep warm in a bowl of warm water.

CHRISTMAS LEFTOVER TOASTIE

INGREDIENTS (serves 2)

4 slices of sourdough (2 per person)
3 tbsp mayonnaise
2 - 4 slices of cooked turkey
Left over gravy
2 - 4 slices of stuffing
4 tbsp cranberry sauce
2 - 4 slices Emmental cheese
(you can use Brie if you prefer from the Christmas cheese board)
2 portions bubble and squeak
2 sliced pigs in blankets (optional)

METHOD

1. Prepare the bubble and squeak. If already made, warm in the oven. Warm turkey slices in a pan with leftover gravy.

2. While the turkey/bubble and squeak is warming, place four slices of sourdough on a chopping board and spread cranberry sauce on one side of each slice. This is the inside of your toastie.

3. Let's build the filling. Place the stuffing on top of the cranberry sauce on the two slices of sourdough. Add the warmed turkey with some gravy, followed by the bubble and squeak.

4. If you love pigs in blankets as much as me, place slices on top of the bubble and squeak. Top with Emmental cheese.

5. Top with the remaining sourdough with the cranberry sauce on the inside, then spread mayo on both sides of the outside of the toastie! Trust me, mayo crisps up better than butter on a toastie, but if you doubt me, you can use butter.

6. Wipe a frying pan clean with kitchen paper and heat 1 tsp of oil, a knob of butter or beef fat, then wipe with kitchen paper. Fry the sandwiches, weighing them down with a clean pan or a fish slice and fry until golden and crispy (approx 2-3 minutes), then flip over to repeat on the other side. If your pan can only hold one at a time, you can do it in stages, keeping the first one warm in the oven while you make the second.

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Winter Gems



Lynn Hill, award-winning garden designer, shares her expertise

in choosing the best plants for winter interest in your East Lothian garden.

Winter flowering plants hold a unique charm that brightens the coldest days. The cheerful blooms of the Christmas Rose (*Helleborus*) are a delightful sight, bringing warmth and joy to the frosty winter landscape. Position them in a shady spot along pathways so that their grace can be enjoyed while making our way to the welcoming warmth of our homes.

Consider including flowering shrubs, such as the scented *Viburnum x bodnantense* or the evergreen *Viburnum tinus*, which also makes a superb hedge or windbreak.

Adding height and layers in an area is an important element in garden design. This can be achieved in the winter garden by including trees such as *Betula utilis* subsp. *jacquemontii* with its enchanting snowy white bark. Keep seedheads and ornamental grasses intact to catch the frost and shine like jewels in the winter sunshine. Leaving perennial plants in situ also provides



Helleborus © Lynn Hill Garden Design



Snowdrops



Betula utilis
© Lynn Hill Garden Design

a much-needed habitat for wildlife to shelter under during winter.

As we head through the season, bulbs make their appearance with snowdrops, fritillaries, and crocus



Fritillary
© Lynn Hill Garden Design



Crocus and Bee
© Lynn Hill Garden Design

pointing us towards the promise of spring.

Thoughtful planning can transform your garden into a source of joy all year round. By appreciating the winter gems that nature offers, we can fully enjoy the beauty of the winter garden in all of its glory.

As we say farewell to 2024, I extend my warmest seasonal wishes to

you, your family and your loved ones. May 2025 be filled with joy, laughter and blossoming gardens!

Lynn Hill Garden Design

For more information about Lynn's garden design services please contact:
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There's no denying it – 'tis nearly the season! It will come as no surprise that we love Christmas at Local Life; we also love shopping, so we've had fun compiling this year's Christmas gift guide for you. From the fabulous to the fun, the stylish to the surprising – here is our choice of perfect presents to suit all budgets. All available locally... happy shopping!

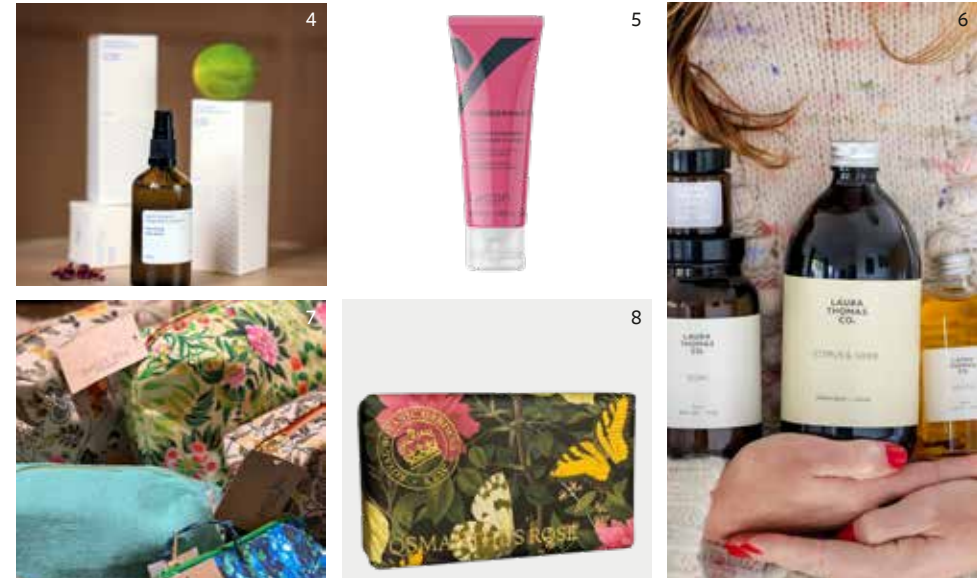
CHRISTMAS

Gift
GUIDE



GIFTS FOR THE *Skincare Junkie*

the perfect treat for the beauty lover who already has virtually all things beauty



- 1 Dermalogica Smooth + Hydrate Kit £125 3 Dermalogica Smooth + Brighten Kit £65 5 Pomegranate Hand and Body Lotion £6.99 from **The Spa at Garleton Lodge** 3 West Garleton Holdings, Haddington
2 Katie Loxton Kiss and Make Up Bag £20 from **So & Co** 75 High Street, North Berwick
4 Flourishing Face Wash £16 6 Bath Bundle: Bubble Bath, Bath Salts, Bath Oil and Mini Candle £35 from **Laura Thomas Co** 67 High Street, North Berwick
7 Designer's Guild Wash Bags from £18 from **Emma Cross The Store** 7 Station Road, North Berwick
8 English Soap Company Soap £7 from **Madame Butterfly** 95 High Street, North Berwick



1



2



3

GIFTS FOR *Her*

she's there for you through thick and thin, so treat the woman in your life to this selection of gorgeous gifts



4



5



6



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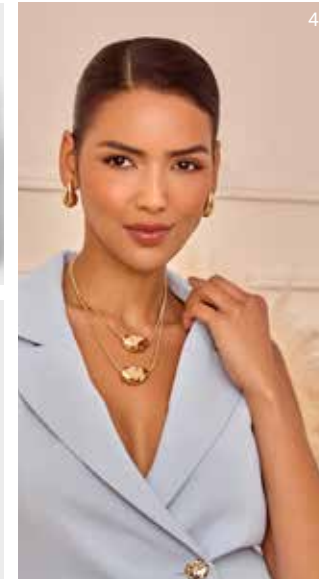
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7

1 Sparkly Socks £5.99 2 Headband £17.99 3 Lace Dress £69.99 4 Bracelet £20, Earrings £15
5 Cape £110, Bag £65 6 Evening Bag £79.99
from **Secret Boutique** Main Street, Gullane

1 Jumper £49.99 4 Necklace £26, Earrings £20 7 Cap £26 from **Secret Boutique** Main Street, Gullane
2 Pink Spinel Earstuds £800 from **Clare Blatherwick Jewellery** 27 Station Hill, North Berwick
3 Katie Loxton Boxed Hat and Scarf Set £50 6 Katie Loxton Mika Small Backpack £50
from **So & Co** 75 High Street, North Berwick
5 One Hundred Stars Hair Band £16 from **Madame Butterfly** 95 High Street, North Berwick



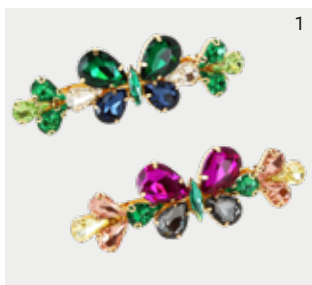
GIFTS FOR THE *Home Lover*

gorgeous and stylish finds for the interior
enthusiast this Christmas

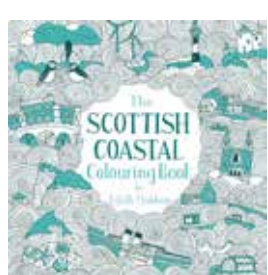


- 1** Pomegranate Noir Candle £19 from **Time & Tide** 11 & 48 High Street, North Berwick
2 The Meadow Diffuser £22.95 **3** Tweedmill Textiles Dune Beet Throw £75 **5** Tweedmill Textiles Block Check Throw £75 from **Raspberry Leaf Interiors** Fenton Barns Retail Village, North Berwick
4 Addison Ross Trays from £75.00 from **Emma Cross The Store** 7 Station Road, North Berwick
6 Kantha Quilts £55 from **Madame Butterfly** 95 High Street, North Berwick

- 1 & 2** Laura Thomas Co Christmas Range: Candle £28, Spritz Mist £16, Scent Diffuser £36 from **Laura Thomas Co** 67 High Street, North Berwick
3 Hand Painted Tropical Design Vase £89 **4** Time & Tide Breathe Diffuser £24 **6** Set of Six Scented Tealights £30 from **Time & Tide** 11 & 48 High Street, North Berwick
5 Salt and Pepper Mills £54 **7** Designer's Guild Fringed Cushions from £85.00 from **Emma Cross The Store** 7 Station Road, North Berwick



1



2



3

GIFTS FOR THE *Mini-Me*

shop our pick of presents – simply perfect for the little (or not so little) one



4



5



6

GIFTS FOR *Him*

treat the man in your life to some masculine, stylish and luxurious goodies



2



3



1



4



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7



8

1 Oversized Sweat £40 from **Saltrock** 41 High Street, North Berwick

2 Black Bulldog Lamp £65 from **Raspberry Leaf Interiors** Fenton Barns Retail Village, North Berwick

3 Original paintings from £75 from **Bonzo-Art** 60 High Street, North Berwick

4 Munros A3 Print £75 6 Bronze Base Tumbler £9.95 each from **Time & Tide** 11 & 48 High Street, North Berwick

5 Tissue box £76 7 Fish Shaped Corkscrew £14.95 from **Emma Cross The Store** 7 Station Road, North Berwick

8 Weekend Spoon Carving Course £350, Weekend Woodturning Course £450

from **Chippendale International School of Furniture** chippendaleschool.com

1 Butterfly Hair Clips £10 from **Madame Butterfly** 95 High Street, North Berwick

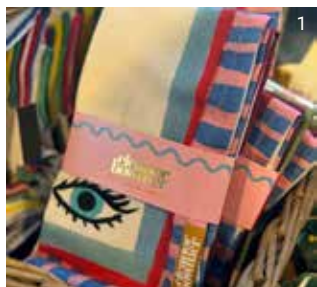
2 Scottish Coastal Colouring Book £8.99 from **Scottish Seabird Centre** North Berwick

3 Hooded Flannel Shirt £30 6 Two in One Backpack £50

from **Saltrock** 41 High Street, North Berwick

4 Greetings Cards £3.50 from **Bonzo-Art** 60 High Street, North Berwick

5 Set of 2 Chocolat Chaud Tins £9.95 from **Emma Cross The Store** 7 Station Road, North Berwick



GIFTS FOR THE PERSON WHO *Has Everything*

these finds will actually impress people
who are impossible to shop for



1 Set of 4 Eleanor Bowmer Napkins £30 3 Beadwork Coral Frame £21.60
from **Emma Cross The Store** 7 Station Road, North Berwick

2 Katie Loxton Best-Tea Mug £15 4 Katie Loxton Heart Keyring and Card Set £25

7 Katie Loxton Red Make-up Bag (three sizes) from £20 from **So & Co** 75 High Street, North Berwick

5 Enamel Mug £15 from **Bonzo-Art** 60 High Street, North Berwick

6 Wine Not Book £9.99 from **Time & Tide** 11 & 48 High Street, North Berwick

Experience the Magic of WinterFest at Dalkeith Country Park



Dalkeith Country Park is thrilled to unveil WinterFest 2024, featuring a breathtaking eco-friendly ice rink that promises to enchant visitors.

Celebrate Christmas at Dalkeith Country Park's WinterFest 2024, featuring a new, eco-friendly Ice Rink as the centrepiece of its magical festivities. The rink, which employs cutting-edge technology, offers a unique skating experience that requires no water, energy, or carbon emissions – making it a sustainable way to enjoy festive fun. Nestled beside the iconic Orangerie and surrounded by twinkling lights, the ice rink promises unforgettable winter memories for skaters of all ages. “We’re excited to offer a festive experience that’s not only fun but also environmentally conscious,” said Sophie Barr, Head of Attractions and Events at Dalkeith Country Park. “Our new Glice Eco-Rink is a great way for families to enjoy the magic of Christmas while knowing that they’re treading lightly on the planet.”

Alongside the Ice Rink, WinterFest will host a variety of festive events and activities perfect for the whole family, including A Tale with Santa, a magical group storytelling session where Santa himself brings the joy of Christmas to life, Elf Storytelling and children’s Christmas workshops. Adults can get



festive with wreath-making workshops, while families enjoy Breakfast with Santa in The Kitchen at Restoration Yard.

After a day of skating and festive activities, visitors can explore the beautifully decorated Restoration Yard. Offering a wide selection of unique Christmas gifts, festive treats, and a seasonal dining experience, it’s the perfect place to wrap up your visit to WinterFest.

WinterFest at Dalkeith Country Park
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dalkeithcountrypark.co.uk

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WINTER 2024

NORTH BERWICK LIFE

IN PARTNERSHIP WITH NORTH BERWICK COMMUNITY COUNCIL

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Welcome to the North Berwick Community Council (NBCC) section of this issue of *Local Life*.

As always, a lot is going on across town. We hope this gives you a snapshot of some of the topics the NBCC are considering. Please remember everyone is welcome to attend our public meetings, held on the first Tuesday of every month, in the Community Centre at 7:30 pm. You can also participate via Zoom by contacting our secretary, Kathryn Smith (email below), and the minutes will be published on our website. We currently have a vacancy for a community councillor; please contact Kathryn for more information.

We were dismayed to hear that the last remaining bank in town, Bank of Scotland, will close. We are in talks with Cash Access UK, the intended operators of the New Community Banking Hub which is expected to open soon. We understand the Bank of Scotland will only close once the Hub opens, and we are committed to ensuring this remains the case.

Some members of NBCC are part of the group that is arranging the Local Place Plan. Whilst NBCC has not supported any individual project on the Place Plan, we are pleased to report that due process has been followed and that the



Plan has been created from the responses to the public consultation. By the time this issue has been published, the final Plan will have been submitted to ELC.

North Berwick Community Development Company (NBCDC) submitted a bid to turn the Abbey Residential Home building into a self-financing community facility. We're unsure of the next steps should NBCDC succeed; however, NBCC supports what the group aims to achieve.

NBCC continue to oppose the plans to introduce controlled parking zones in the town centre and the introduction of camper van parking in specific areas due to potential negative effects on the local economy, tourism, employment, social gatherings and inconvenience to residents. We have requested a meeting with Peter Forsyth from East Lothian Council and await a reply. Whilst ELC is currently trying to answer objections to the proposals, if objectors remain unsatisfied, then the proposals should go to a public hearing. At this stage, we don't have a timeframe for this,

but please keep an eye out for updates in our communications.

In addition to keeping on top of key goings on across town, NBCC looks after and funds the 24-hour access defibrillators. The one outside the rugby club recently came to the end of its life, and we would like to say a huge thank you to North Berwick Rugby Club, North Berwick FC and Bass Rock Cricket Club, who clubbed together to support us in paying for a new defibrillator. The Russell Bequest Trust which administers the trust funds of the late Mr James Young Russell to benefit sporting facilities across town, has agreed to fund defibrillator maintenance for the next five years. It's been an incredible display of community spirit to ensure this lifesaving equipment remains accessible to those in need.

We hope you enjoy the festive period and wish you a merry Christmas and send our best wishes for 2025.

North Berwick Community Council

You can contact NBCC via email:

secretary@northberwickcommunitycouncil.org.uk

or visit our website:

northberwickcommunitycouncil.org.uk

Get Crafty With Yarn Café

Established in August 2023, Yarn Café is a North Berwick-based community group set up following the success of the Fringe By The Sea Community Mega Knitted Bunting project. Headed up by Sandra Nicol, who owns Chandlers on North Berwick High Street, the project involved over 200 people and created over 4,560 individual pieces of sustainable bunting for Fringe by the Sea, which can be re-used each year, and used by other groups, schools and organisations.

Out of this came Yarn Café – a community group working on creative projects. Initially, with only seven members, the group grew steadily and now has over 40 members, and there are twice weekly drop-in sessions in two local venues. The group is open to all, with a range of ages and skill levels, and drop-ins are free. These sessions offer an opportunity to blather, catch up with other group members, and work on various projects, which often includes support with learning something new.

Over the past year, Yarn Café has raised funds and awareness for various local causes. Initially planned as an April's fool joke to get publicity for the Harbour Appeal, the 'alternative harbour wall' – a 14-metre length knitted wall was displayed at the harbour for several weeks over the Easter holidays, raising funds from donations as well as amassing newspaper and social media coverage. The knitted wall panels have since been made into blankets and donated to local charities, including Beach Wheelchairs and the NB Day Centre.

In celebration of the 200th-anniversary of the RNLI, Yarn Café collaborated with North Berwick in Bloom to decorate several of the town's boat planters with knitted Naval flag bunting spelling out North Berwick RNLI. An RNLI 200 banner was made from knitted and crocheted flowers in RNLI colours and displayed opposite the Lifeboat Station throughout summer, and two mannequins decorated with knitted and crocheted flowers, again in RNLI colours, were on duty at the Abbey Church.

For this year's Fringe By The Sea Shared Spaces Community Project, a patchwork panel was created, illustrating all the various Yarn Café projects, using embroidery, knitting, stencilling, crochet, appliqué, patchwork and collage. The group also 'yarn bombed' a vintage bike, nicknamed Daisy, which appeared at Scottish author Jenny Colgan's book launch at Fringe



By The Sea. Daisy was so popular that she appeared in the media and at The Edinburgh International Book Festival, and is now on display at the Myreton Motor Museum.



Most recently, Yarn Café created an autumn goddess-inspired knitted window display in support of the East Lothian Foodbank. Featured in the *Evening News*, *East Lothian Courier* and the BBC website, the window was inspired by traditional harvest goddess illustrations. Hundreds of leaves were knitted and crocheted to create a knitted forest scene, complete with pumpkins, acorns, toadstools, blueberries, and a needle-felted hare donated by local Haddington artist Alison Rumbles. Plans for a follow-up winter goddess project for the Foodbank in December are afoot.

For more information:

Instagram @yarncafescotland

or visit Chandlers, 65 High Street, North Berwick

stay in touch

Service Before Self

Over two million like-minded people meet regularly in thousands of locations worldwide. The main topic of conversation is the same at all locations. How can we support our local communities and improve the life chances of those most in need? The focus of these groups can be as significant as 'End Polio Now' or as minor as making small loans (Lend with Care) to communities in underdeveloped countries allowing small businesses to flourish.

One such group is the Rotary Club of North Berwick, where energetic, imaginative and experienced members wrestle with the challenges of supporting the local community and contributing to national initiatives or international projects. Many members have held leadership positions in healthcare, finance, commerce, business management, technology or small company ownership. Therefore, the experience that can be applied to these challenges is vast. In the past year, some £40,000 has been raised from a wide variety of fund-raising activities: the well-supported annual charity shop and the well-received Classic Car Tour, both held in the spring, participation in Fringe By The Sea, as well as numerous other Rotary-organised events including, The Cadenza Coral Choir, Bridge Afternoon, Quiz Night, supporting several Muirfield Riding Therapy activities and many others. This club has recently been awarded Silver Status for its regular support of Shelter Boxes (survival equipment), which are sent to areas of disaster where immediate temporary accommodation is required. Next summer, we plan to support our annual charity golf event and the North Berwick Highland Games.

The local community, including food banks, North Berwick Youth Trust, primary schools, healthcare and several local environmental projects, benefit greatly from the funds raised, as do national bodies such as CHAS (Children's Hospices Across Scotland and Poppy Scotland. Internationally, over the years, around £25,000 has been paid out from our Loan with Care initiative, as well as supporting a South African Rotary Club involved with providing meals for 16 local schools and, recently, a seven-year-long



project providing freshwater wells to ten communities in Burkina Faso in North Africa was completed. This project was only possible with the support of 19 other Rotary Clubs. The water supplied is sufficient to provide over 10,000 people and their livestock with drinking water, plus a surplus for irrigation schemes. Children can, therefore, attend school rather than spend several hours a day fetching water from wells several kilometres away.

In early October, a sponsored umbrella walk was organised to support many local clubs, raising essential funding for their activities. The five-mile walk took place from North Berwick to Yellowcraig car park and return. Local clubs and organisations were invited to participate. Sixty-seven walkers took part and were rewarded with a share of funds donated by North Berwick Trust and the resulting Charitable Gift Aid.

Rotary Club of North Berwick

For more information about membership please contact our Membership Committee Chairman Bruce Wilson: bruceandvalerie@icloud.com



Parent Space

Becoming a parent is a huge lifestyle change – as well as a wonderful experience, parenting little ones can sometimes be challenging and isolating. At St Andrew Blackadder Church, we offer parents of preschool children a chance to have some downtime, a lovely breakfast (drink coffee while it's still hot!), and the opportunity to meet and chat with other parents while the little ones have fun with our dedicated crèche volunteers. The children really enjoy the crèche where they can play games, sing and have a snack. One child told her mum it was her favourite thing to do in the week. While the children are entertained, parents can have tea or coffee and a croissant (often with delicious homemade jam) in our lovely parents' room (also known as the youth room on other days of the week). If your child isn't keen to stay in crèche that's OK too, we are used to having little visitors in the parents' room!

All parents of preschool children are very welcome, and the group meets every other Friday during term time from 9 am until 11 am. Come anytime; those with school drop-offs can come straight down the hill, while others like to come later – the door is open, and the kettle is on throughout!

Upcoming dates: 13 December, 10 & 24 January

Breastfeeding Support

Two local volunteers, Rachel and Julia, who are qualified and badged through the Breastfeeding Network, offer practical breastfeeding support and so much more at a new Breastfeeding Support Group, which runs every second Friday in the Vallis Room at North Berwick Library from 10 am to 11 am.

Volunteers support specific breastfeeding difficulties or provide a listening ear around the highs and lows of breastfeeding. Antenatal visits are welcome, as are discussions about sleep, normal infant behaviour, introducing solids, returning to work, deciding to stop breastfeeding, support with mixed feeding and formula feeding and everything in between. Online resources are shared through a private Facebook group, and some resources can be scanned and accessed at the group.

Many parents find having a young baby isolating. So coming along for a chat and a cuppa is encouraged, and there is a lovely space for babies and older children to enjoy, with hot drinks and biscuits too. The benefits of making connections in our local communities are huge, as is getting along to the local library to see what else is on in the area. While you're at the group, maybe you could book ahead for Book Bugs for the following week.

For breast feeding support, further information and dates:

<https://linktr.ee/eastlothianbreastfeeding>

Community Connections

North Berwick Coastal Community Connections (NBCCC) is a charity dedicated to combating loneliness and isolation by helping people to connect with the local community. Based in North Berwick and covering the whole coastal area, the charity was set up in 2020 and has gone from strength to strength. It was recently awarded a second three-year grant from the National Lottery Community Fund. It is run by a small but dedicated staff team of four, some wonderful volunteers, and a board of trustees, all committed to the local community's well-being. Nicky Parker, Operations Manager for NBCCC explains, "Our strength as an organisation comes from the passion of all involved to make loneliness in the coastal community something that is talked about and recognised as an issue affecting people from all backgrounds and at any stage of life."

Community Activities to Build Connections

One popular event is the weekly Scone Café, held every Wednesday at the Abbey Church in North Berwick from 2 to 3.30 pm. Whether a regular or a first-time visitor, you are guaranteed a warm welcome and friendly conversation. For those who enjoy light exercise, the Scone Walk offers a chance to stretch your legs with others, leaving the café at 2.15 pm. Each month they hold workshops, and there is a wreath-making workshop on the 11th of December



and a Christmas party on the 18th of December; both events are free to attend and open to everyone. Due to Christmas and New Year's Day falling on Wednesdays, the café will, unfortunately, be closed, but NBCCC is considering alternative arrangements, so stay updated via their social media channels.

Personalised Support Through the Referrals Service

For those seeking more tailored assistance, NBCCC offers a one-to-one referral service. Open to anyone over 18, this service is designed to help individuals build confidence in re-engaging with the community, especially those who may have struggled to get out and about after the COVID-19 pandemic or facing transitions such as retirement. Referrals can be made directly through the charity's website or local GPs. Lynn, the charity's befriending coordinator, is available to discuss individual needs and suggest ways NBCCC can provide support.

Fostering a Compassionate Community

Another vital focus for NBCCC is fostering conversations around death, dying, and grief. Recognising that loss often leads to feelings of isolation, the charity actively promotes open dialogue during national events like 'Absent Friends' and 'Demystifying Death' weeks. They also offer the 'End of Life Skills Aid for Everyone' (EASE) training, which equips participants with the knowledge and confidence to discuss end-of-life issues. Feedback from participants has been overwhelmingly positive, with many finding the course beneficial.

Whether you're seeking support or interested in volunteer opportunities, find out more at: nbc-communityconnections.org

Nurturing North Berwick's Future

In the heart of North Berwick stands a beacon of educational excellence and community spirit: Law Primary School. As the town's sole primary school, it plays a pivotal role in shaping the future of our young residents and contributing to the vibrant, friendly atmosphere that makes North Berwick so unique. Law Primary's impact extends far beyond the classroom, fostering a sense of belonging and pride among students, parents, and residents alike. The school's commitment to holistic education and community engagement is evident in its recent initiatives, which have brought together people of all ages and backgrounds.



Empowering Young Leaders

Law Primary is committed to empowering all stakeholders to deliver the best possible outcomes for children. The school's newly launched Pupil Action Groups are a shining example of this commitment. These groups encourage pupils to mix across classes and are supported by staff and parents, covering a wide range of interests, including literacy, ICT, health and wellbeing, eco and sustainability, social justice and gardening. These action groups provide a platform for students to consider how to promote and develop understanding and actions across the school, benefiting the whole learning community. It's a fantastic opportunity for pupils to develop core life skills while promoting agency and encouraging them to become confident individuals, effective contributors, successful learners, and responsible citizens.



Promoting Healthy Living

Another notable initiative is the Bikeability programme, where dedicated community volunteers work with Primary 5 and 6 students to teach them safe cycling practices on the road. This UK-wide initiative promotes healthy, environmentally friendly transportation, benefiting all our residents, and instils a sense of independence and responsibility in our young learners. Advanced levels of the course are offered where volunteer numbers permit, further exemplifying the school's focus on practical life skills and community involvement.

Celebrating History and Community

Law Primary's recent 50-year celebration was a testament to the school's central role in North Berwick. The event welcomed community members back to the school, showcasing student artwork

and historical memorabilia. Current pupils led tours, bridging the past and present of this beloved institution. This celebration highlighted the deep connections between the school and the wider community, highlighting its importance in our town's history and future.

A Call to Action

As residents, we have the opportunity to support this vital institution. Whether through fundraising efforts, volunteering our time and skills, or simply encouraging and praising the students' achievements, every contribution makes a difference. By investing in Law Primary, we're investing in the future of our town and the next generation of North Berwick's citizens. Let's come together to ensure it continues to thrive for the next 50 years and beyond, nurturing the minds and spirits of our town's future leaders.

If you would like to find out how to get involved, please contact the Parent Council at: lawprimaryparentcouncil@gmail.com

The Gift of Giving

Jackie Ley suggests an antidote to Yuletide commercialism

Christmas seems to start earlier and earlier every year. Chain stores began selling festive goodies in September, presumably because the bigger the sales window, the larger their profits. It's easy to be influenced by this premature spending frenzy. We pop in for our usual weekly shop and emerge with a Christmas cake, a Christmas pudding and a couple of boxes of mince pies. The latter probably won't last beyond October, but never mind, we've already stockpiled several more boxes in the freezer.

Parents stress about how to afford their children's ambitious Christmas lists. The seasonal pressure on financially hard-pressed families is immense, turning a potentially joyous season into an annual ordeal. I'm old enough to remember when Santa left a few modest gifts, along with a tangerine, in a pillowcase, hung at the foot of my bed. A Rupert Bear annual and a selection box would keep me happy till our traditional Christmas feast of roast turkey and all the festive trimmings.

I'm loath to convey a 'Ba Humbug' attitude, but we might do well to heed the Biblical adage, 'It is more blessed to give than to receive.' A wide range of deserving charities could benefit from our generosity this Christmas. For several months, Abbey Church of Scotland has supported a Charity called Ripple Effect (formerly known as Send a Cow). The Charity works with farming families in six African



countries, enabling them to learn more, grow more and sell more in a bid to combat the disastrous effects of global warming. Each farmer who works with Ripple Effect promises to share what they know and have with their families and communities. Hence the 'ripple effect' – allowing thousands to experience the benefits and thrive.

In terms of Christmas shopping, Ripple Effect has it covered. What could be more festive than a gift card that enables an African farmer to buy a donkey? You'll be helping families develop solutions, allowing them to grow a better future through tools, livestock and training. In addition to gift cards, Ripple Effect offer an attractive range of Christmas cards. Browse their website, and enjoy a blissfully stress-free shopping spree.

Abbey Church's Christmas schedule promises a range of services to suit all ages. A 'pop up' Nativity on December 22nd



at 10.30 am is a chance for adults and children alike to dress up as shepherds, wise men, angels, Mary and Joseph – take your pick. No rehearsal required, which adds to the spontaneity of an hilarious impromptu performance. On Christmas Eve, there will be a family service at 4.30 pm at Abbey Church and an 11.30 pm Watch Night service at the Abbey's sister church, Dirlerton Kirk. The 10.30 am Christmas Day service at the Abbey will include traditional Scripture readings and everyone's favourite carols. All are welcome to celebrate God's priceless Christmas gift to mankind.

To find out more and buy gifts: rippleeffect.org



Putting Something Back

Being involved with the Bass Rock Community Group is a wonderful way to meet others committed to making a difference in our community, along with enjoying some great social events. The diverse group has people of all ages, singles, couples, and families, allowing members to engage in activities based on their availability.

The surprise sunshine and warmth in September allowed us to complete the refurbishment of the Ware Road Bridge bench, thanks to the help of North Berwick Men's Shed. Also, with their help, we restored four benches in the courtyard of the Day Centre and fixed the dog poo signs, following storm damage on West Beach. The storm also ripped the geotextile in the sand on East Beach, which we removed under the supervision of ELC's Countryside Rangers. During our monthly litter pick, we ventured from the beach to different areas of the town, focusing on the sports field opposite Aldi. Additionally, we received a request to spruce up the phone box display area on the high street. We also found

pebbles for Law Primary's pebble painting competition, supported the North Berwick Harbour Trust tidying up the harbour area as well as working with North Berwick In Bloom tidying up the town for Britain in Bloom judging and got our hands dirty at the Lime Grove Community Garden. The better weather allowed us to progress the refurbishment of the RNLI donation box on Coos Green. Some members help at North Berwick Community Connections and support the North Berwick Volunteer Car Scheme, others volunteered at Fringe By The Sea. One of the most enjoyable activities was the family sandcastle competition as part of the Fringe By The Sea. A record 45 families took part. Our judges, The Goblins, provided by Fringe By The Sea, not only entertained everyone but found it extremely hard to decide the top three. Alanda's Gelateria in North Berwick donated the top prizes, and Tesco provided windmills for the children. Great fun, and it will be back next year!

Bass Rock Community Group
To learn more about the group, visit our Facebook page.



North Berwick Veterans

WHO ARE VETERANS?

People who've served in the Navy, Army or RAF for any time are veterans as soon as they leave. In North Berwick, the Royal British Legion does not have a branch; nevertheless, some local veterans have been building a team. We have no constitution or committee, but we still support each other as former comrades in arms. We want to add something positive and lasting to the community, especially to help less-mobile veterans.

VETERANS VIEW

Some of the veterans wondered if the decrepit viewpoint shelter at Glasclune Crescent could be refurbished. With its commanding position, we felt it would be an excellent place for veterans to rest and enjoy one of the best accessible sea views. We approached North Berwick Trust, and they kindly supported our plan. In parallel, the North Berwick Rotary Club are restoring the other decrepit shelter on the seafront. East Lothian Council is managing this joint-venture project, with major support from North Berwick Rotary Club.

You can add your name to our WhatsApp group by contacting Martin on 07485 103261 or Gerry on 07770 210194



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