

COMMUNITY & LIFESTYLE MAGAZINE

LOCAL LIFE

APR | MAY 2025

DREAMY DENIM

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it's better than ever

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Your Garden's
Colourful Awakening

FREE

Hop into Spring

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I realised I wasn't doing it in the dark anymore. As the days get longer, I'm really enjoying my morning walk with the dog and seeing the blossom on the trees and the first spring flowers bloom.

The pessimist (or perhaps the realist) in me says, but of course, we live in a climate that can and often does deliver snow in April, blanketing budding tulips and daffs, and confusing trees in bloom.

Editor's LETTER

This may only be a tentative suggestion, but I have a feeling that spring has arrived. While driving home from the office this week,

But with the glass half full, it feels like the right time to dip our toes into spring and get prepared for what will hopefully be a wonderful season. Let's cherish those days in April when we feel the warm kiss of the sun

and excitedly anticipate what's just around the corner: throwing open the windows, smelling the fresh, clean air, ditching jackets (even if it's only 10 degrees outside) and getting out those open-toed shoes.

With fresh starts in mind, we speak to Jonnie Schofield, founder of Field and Thorn Woodcraft Co., a former Canoe Sprint Olympian who brings the same energy and enthusiasm he had for sport to handcrafting their beautiful wooden furniture. And garden columnist Lynn Hill applauds the symphony of spring and the colours that speak of fresh new life in our gardens.

Of course, no spring issue would be complete without a little inspiration to refresh and rejuvenate your home. So, we've got tips to get your home Easter-ready and help you hop into the season in style.

We've all our regular features, too, from spring fashion trends to tips for achieving healthy, radiant skin, from spring recipes to what's happening in our local area. With our glasses half full, let's toast spring optimism and look forward with a sense of sanguinity to the better days ahead.

Enjoy the issue, enjoy your local life.

Kim x

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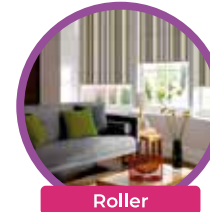
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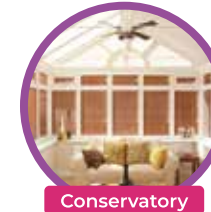


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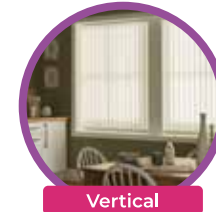
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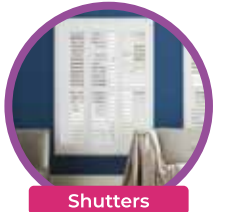
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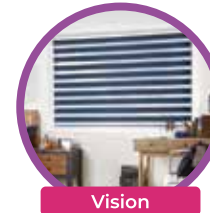
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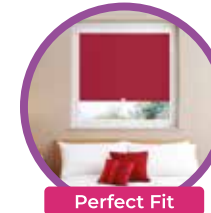
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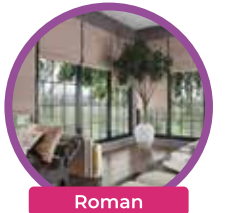
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DREAMY DENIM

Denim is back, and it's better than ever. From wide-leg jeans to boot-cut styles, this is one of those looks you can wear from morning to night. And the creativity doesn't stop at the silhouette; it extends to the very details of the fabric. Intricate stitch patterns, unconventional cuts and unique embellishments are transforming denim into a canvas for artistic expression.

Endlessly versatile, dress your denim up or down with striped shirts, pretty knits, smart blazers, or, for Chanel girl vibes, an iconic tweed-style jacket.



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On/Off Beauty

If you're searching for ideas for early-summer sheen while still protecting and moisturising your face, here's our on/off guide.



It's the ultimate on/off relationship! On a daily basis, we embrace all manner of formulations so our faces represent the devastating, dynamic and determined people we are on the inside. And yet, by the close of the day, we whisk away make-up, mascara and more; its purpose served. Our faces must live up to this repetitive routine, yet we can make the process easier.

WHAT YOU PUT ON

The eyes have it

From a winged liner to a neon eye, bold, Eighties-inspired decadence is ready for its beauty comeback. Think popping purple, lime green, tangerine or electric blue. Anything goes – choose whichever colour speaks to how you feel or how you want to feel.

Brow lamination

It seems the fashion industry will make centre-stage the very looks it was mocking a decade ago, and this rings true for brows – as bold, natural, and fluffy brows continue to dominate. Think laminated brows that look effortlessly styled or fuller, defined arches using high-quality brow pencils and gels.

Red lips

Red lips have taken a back seat to neutral glosses and lipsticks in recent years but have made a major comeback in 2025. It's a classic lip that will get you noticed, and nowadays, longer-lasting products are both food and moisture-resistant.

Flushed Fresh Face

If colour isn't your thing, you'll be delighted that the perfectly flushed face will be a hot trend again this summer. For a glowy, gorgeous finish, use a sheer to medium foundation or tinted moisturiser and apply a stained 'wash of colour' on the eyes, lips, and cheeks.

WHEN YOU TAKE IT OFF

As the weather warms up – this will test our skin in all the usual ways. When healthy, with the moisture barrier intact, our skin glows, is plump and easy to care for; however, once that barrier is damaged, it can feel like nothing will repair it.

The secret to repair is through gentle nourishment and lipid replacement.

Firstly, get back to basics. Simplify your routine with a gentle cleanser such as Laura Thomas Co's Flourishing Face Wash, and avoid alcohol-based products and scrubs.

Find a moisturiser that boosts ceramide production or anything with omega oils. Rosehip oil is great for slowly rebuilding your protection layer and is best applied when the face is slightly damp to trap moisture. Try the Boost Face Oil from Laura Thomas Co.

When cleansing, use tepid water and try drinking green tea... and lots of water.

In addition, eating lots of berries and oily fish will boost antioxidants whilst reducing inflammation within the body.

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Hop into Spring

Spring is in the air, and that means it's time to get your home Easter-ready. We're here to help you hop into the season in style.

With the Easter weekend on the horizon, there's no better opportunity, this side of Christmas, to eat scrumptious treats, get creative with decorations, and celebrate with friends and family. Easter is delightfully easygoing in terms of home décor. We're more than happy to gather a few branches, some flowers, and a whimsical bunny or two for a casual gathering. So, whether you're looking to create a charming Easter table, add whimsical bunny décor, or simply breathe new life into your space with fresh spring decorations, we have some great ideas to inspire you.



STRIKING CENTREPIECES

Create a unique centerpiece for your table with a flower cloud decorated with painted or chocolate Easter eggs. Your flowers can be foraged, and plenty of branches are available on Etsy. Hanging garlands also make a statement. Most are made with pliable branches like pussy willow and decorated with foliage, spring blooms, and pastel-coloured eggs. Plenty of pre-made Easter garlands for those who don't fancy any last-minute DIY.

SAY IT WITH FLOWERS

One of the easiest and most obvious ways to decorate for Easter is with seasonal blooms.

Daffodils do wonderfully well in containers and can be used ubiquitously on the Easter table. As Easter comes around during the blooming season, make the most of them over the long weekend.

Bud vases look every bit as pretty sitting empty as they do filled with fresh flowers. Select blooms from around the garden or forage for wildflowers to mix up the look.

SUBTLE TOUCHES

For those who cringe at the sight of pastels and sugary bunting, your Easter decoration can be as simple as adding a handful of spring branches to a vase. Use a simple centerpiece of green



branches, hanging paper eggs, and a linen runner for a sophisticated Easter table.

MAKE EASTER ALFRESCO

Take a hopeful punt on good weather and set up your Easter lunch outdoors. Use simple crockery with flourishes of spring bouquets to create a pretty tablescape. Add festoon lights, an Easter wreath, and an abundance of colourful eggs to set the scene. Including blankets and pillows will ensure a cosy vibe, especially if the weather isn't cooperating.

DRESS YOUR FRONT DOOR

Some Christmas traditions have a fresher and more optimistic vibe come Easter, with wreaths being a perfect example. A spring wreath crafted from catkins showcases a natural, rustic appeal and can be used as is or as a base for extra greenery. Brighten it up with daffodils for a delightful spring look.

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Reviving Tradition

In an age where mass production dominates the furniture industry, handcrafted furniture is a testament to tradition, skill and artistry. For Jonnie Schofield, founder of **Field and Thorn Woodcraft Co.**, every piece they make carries a story of dedication, precision, and a deep connection to the materials and tools used.

Furniture making has a storied history dating back centuries, rooted in the traditions of skilled artisans. And former Canoe Sprint Olympian Jonnie has woodworking in his blood. Following in the footsteps of his Great Grandfather and Great Uncle, he is now using some of their tools to craft wood objects that will also stand the test of time. Along with wife Rachel, a double Olympian, who splits her time between her garden design business and Field and Thorn, they make beautiful, tactile objects in their East Lothian workshop. They bring the same energy and enthusiasm they had for sport, and their love for wood is evident in both their commissions and made-to-order pieces.

With a passion for making things from wood instilled at a young age, Jonnie is mainly self-taught, admitting he turned to podcasts and instructional videos on YouTube before making some of his early pieces. But over time, he has been honing his skills through increasingly ambitious projects and the satisfaction of creating something new and



Jonnie (left) and Rachel (above).
Jonnie's surname, Schofield and Rachel's maiden name, Cawthorn are behind the name Field and Thorn



Pippy Bench

beautiful from an unpromising-looking stack of rough timber. *"I love everything about wood: its smell, feel, strength and fragility. I love that each piece of wood is unique, lending itself beautifully to crafting objects for indoor and outdoor spaces."*

Working with wood is a dialogue that can not be rushed, particularly when sourcing wood. Field and Thorn only work with Scottish-grown trees – either sustainably grown or those felled due to disease or decay. Sourcing often



Commissioned coffee table



Ember Chair

means long journeys and days in sawmills. *"Sometimes I have an idea in mind and search for the perfect piece of wood, and sometimes the wood is the inspiration."*

From bespoke commissions, where the team work closely with clients to understand their vision, needs, and the unique character they want in a space, to the beautiful made-to-order benches, tables and chairs, every piece is crafted with care. I asked Jonnie if he has a favourite piece, *"the next one,"* he quipped. *"It's the sports thing – you're only as good as your next race! But I am proud of the Ember Chair – it brings elegance and comfort to the outdoors while recycling up to 40 plastic bottles using rPET cord."*

A Field and Thorn piece is more than just furniture – it's owning an object of natural beauty and craftsmanship, it's a vote for making the lives of trees count for future generations, and it's a truly long-term investment that you can be proud to pass down to your children and grandchildren.

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Here's a Tip

The culture of tipping – a financial obligation or a psychological ploy?

Significant changes in UK law rolled out towards the end of last year are subtly reshaping our dining experiences, with employers required to

pass on all gratuities directly to their staff. This marks a pivotal shift in the culture of tipping. Previously, while employees rightly pocketed cash tips, businesses could retain tips made via card transactions. With this new regulation, an estimated £200 million will be distributed among three million workers across England, Scotland and Wales, providing a welcome boost for those who rely on these extra earnings to make ends meet.

The psychology behind tipping is approached from a stressful social perspective. It's that awkward moment at the end of a meal when we're faced with the bill that a wave of anxiety washes over us.

We fumble for our wallets, suddenly burdened by the weight of obligation, even if, in the UK, tipping remains optional.

Research suggests that in countries with high extraversion traits, the amount offered tends to be more generous, reflecting social expectations and interpersonal connections. Conversely, in Japan, for example, tipping can be perceived as rude, highlighting how cultural context shapes behaviour.

What is clear, though, is that as a practice – in the UK at least – tipping is here to stay.

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On June 5th, 35-year-old Nico Ogilvie-Hayes from Edinburgh will embark on an eight-day cycling adventure, equipped with his tent and gear, traversing the outer Hebridean Islands to raise money for Parkinson's UK. The journey spans 186 miles, taking him across ten islands from Vatersay to the Butt of Lewis lighthouse. He will encounter six causeways and two ferries throughout this remarkable trip.

Tree surgeon and owner of Ogilvie Hayes Tree and Garden Services, Nico, is no stranger to the great outdoors and tells us he is very much looking forward to the challenge. After a family member was diagnosed with Parkinson's, Nico was inspired by the wonderful community of support from Parkinson's UK, both locally and nationwide, so

he decided to fundraise for the charity. Incredibly, Parkinson's is the fastest growing neurological condition in the world, with almost 13,000 people living with the condition in Scotland and around 153,000 in the UK.

Bruce Port, who is Community Fundraiser for Parkinson's UK, said: "We are massively grateful to Nico for taking on such an incredible challenge to raise funds for Parkinson's UK."

We're here to make every day better for everybody living with Parkinson's. We campaign for better health and care, fund research into groundbreaking new treatments, and run life-changing support services. We couldn't do this without inspiring fundraisers like Nico, who support our mission of being there for every Parkinson's journey."



Step Change

Can you go beyond the popular phenomenon of 10,000 steps a day?

The daily aim of reaching 10,000 steps is something we all know, and it undeniably enhances our health and well-being. Yet, to truly grasp the significance of our daily steps, let's explore this benchmark further.

Origins

The relied upon – and almost worshipped – 10,000 steps target started life as a marketing campaign for

the 1964 Tokyo Olympics. Research suggests the optimal range for health benefits falls between 7,000 and 13,000 steps, while the rate of improvement tends to level off beyond 15,000. The ideal number varies based on age, fitness level and health conditions.

Importance

Not all steps are created equal, and those taken briskly or during vigorous activities offer bigger health benefits than slow, casual steps. Short bursts of high-intensity steps, such as climbing stairs, can also be more beneficial than merely focusing on the total count.

Complementing steps

Incorporating other forms of exercise can enhance overall health. Strength training exercises – recommended at least two days a week – build muscle and bone strength, while activities like yoga or tai chi improve flexibility and balance, especially important as we age. At a very basic level, carrying a weighted backpack while walking will add strength.

Leveraging technology

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Create Space with Vedic Living

words: sally jean rankin | pictures: lindsay scott

Starting our day the right way sets the tone; our habits have a huge positive or negative impact on our lives. Yet most of us are unaware that when we wake up and start thinking, we have the power to positively or negatively change how our day and life play out. So, when you wake up, think of something you are grateful for and thank it. Light a candle, fling the doors and windows open, and let light and energy pour into your space before drinking a mug of hot water. Being outside and practising yoga outside is the ultimate goal. Your shat kriyas, pranayama, meditation and self-massage will keep you focused and help create space for optimum energy. Concentrate on eating more vegetarian ayurvedic meals with plenty of fresh green vegetables and pulses to help cleanse the body.

Here are two yoga poses to help support the mind, body and soul throughout spring.

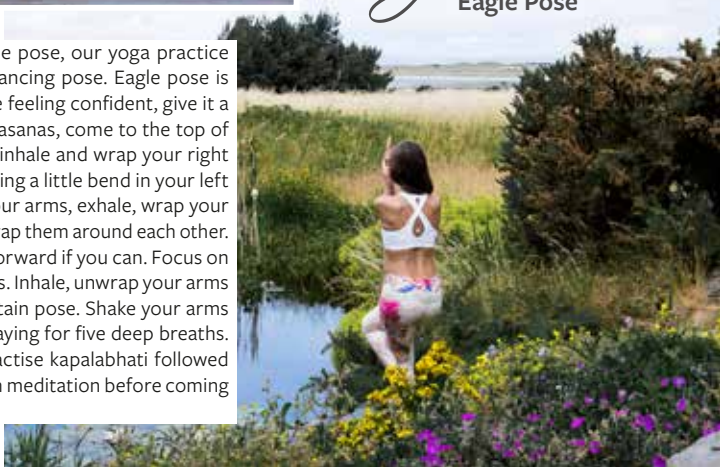
KAPOTASANA Pigeon Pose

After practising 6 to 12 rounds of Sun Salutations, come to lying down on your back, close your eyes and take some deep breaths in and out through your nose. Then find your way into downward facing dog. Inhale, lift your right leg, exhale and swing your right leg through to your hands whilst bending your right knee. Extend your left leg out, keeping your hips level, use a yoga block or cushion to prop your hips to keep them level. Inhale, as you exhale, fold over your right knee, extending your arms forward or by your sides. Hold for five deep breaths. Slowly come out of the pose into downward facing dog and repeat on the opposite side. Then, return to downward facing dog before moving into child's pose. This pose opens the hips, releasing any trapped energy/emotions; it stretches and strengthens, increasing flexibility, bringing awareness and focus whilst opening the chest and lungs.



GARUDASANA Eagle Pose

Whether you practise tree pose or eagle pose, our yoga practice should include at least one standing balancing pose. Eagle pose is a more advanced pose; however, if you're feeling confident, give it a go! After practising seated and standing asanas, come to the top of your mat in mountain pose. Take a deep inhale and wrap your right leg around the front of your left leg, keeping a little bend in your left knee, and exhale. Then inhale, lift both your arms, exhale, wrap your left arm underneath your right arm, and wrap them around each other. Then, as you balance your left foot, fold forward if you can. Focus on your hands balancing for five deep breaths. Inhale, unwrap your arms and legs, exhale and come back to mountain pose. Shake your arms and legs and repeat on the other side, staying for five deep breaths. After eagle pose sit in easy pose and practise kapalabhati followed by nadi shodana pranayama and then sit in meditation before coming to relaxation.



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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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moirajohnstonthypnotherapy.com



Hygiene for Healthy Smiles

Do your gums bleed when you brush? Is your breath smelling less than fresh? Are your teeth stained? These symptoms often go hand in hand and may be a sign of gum disease. But don't worry – help is available.

Dental hygiene maintenance and treatment are the cornerstone of long-term dental health and tooth longevity. This is why hygiene therapists play a vital role in oral health at North Berwick Dental Centre and Gullane Dental Practice.

Why do you need a hygiene appointment?

Your gums' health is directly linked to general health; poor and inflamed gum health can increase your risk of heart issues, stroke and other diseases like diabetes. Smoking, stress and diet are also associated with poor gum health. A hygiene therapist will work with you to monitor your dental gum health and take time to provide you with the skills, tools and techniques for your mouth to stay healthy without bleeding gums, bad breath and tartar. Dental implants also need cleaning, and you must seek advice about this to ensure their longevity.

Do you know your gum scores?

We can be unaware of the slow progress of gum disease, and it's important not to ignore bleeding and sore gums as these are prime indicators of gum disease progression. At your hygiene visit, gentle probing is carried out around your teeth to record scores relating to your gum health and toothbrushing efficacy. This allows the team to monitor gum health and compare how effective your toothbrushing and interdental cleaning is on a daily basis, over time, and if you are keeping your mouth free from disease.

What treatment is carried out?

Hygienists provide treatments to help prevent tooth decay and gum disease, including treatment of sensitivity and full mouth cleaning. They use simple hand scaling and electronic and ultrasonic cleaning to ensure the surface of your teeth, both above and



Above: Bright or dark red, swollen, tender gums can indicate gum disease

Left: An electric toothbrush is essential for a diligent at-home hygiene routine

below the gum, are tartar free. How long this takes will depend on the amount of tartar and plaque biofilm present. After a full scaling treatment, your gums can heal and attach firmly back to the tooth, allowing them to heal fully.

Gum disease is an ongoing problem requiring regular attention; untreated, it can lead to pockets (gaps) between the teeth and gums where plaque causes inflammation, loose teeth with bone loss and finally, tooth loss. So, regular hygiene visits to North Berwick Dental Centre or Gullane Dental Practice are key to good dental health. Together with a diligent at-home hygiene routine, these visits will keep your smile healthy and your breath fresh.



North Berwick Dental Centre: 01620 892267
Gullane Dental Practice 01620 842978

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!



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

Gullane Auchterarder
Edinburgh 01620 493000
01764 219000
0131 629 1819

201 St Johns Road, Corstorphine, Edinburgh EH12 7JU
4 Stanley Road, Gullane, East Lothian EH31 2AD or
63 High Street Auchterarder PH3 1BN



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In the Stars

Bernie Rowen-Ross tells you
what's in your astrology charts for
April and May.



Aries

21 March – 19 April

Hi Aries, you have so much energy you need to expend; channelling your creative self is the way to do this. Renew your motivation to boost your finances during this time and try very hard not to be swept up in the world's chaos. The whole cosmic dance in the heavens affects us all, but calm and steady is the balance you can find.



Taurus

20 April – 20 May

Hello Taurus, this is your month. During this time, use your energy to focus on self-care and building your confidence. Don't forget to set your intentions for the coming year and take yourself into account; after all, you can only give from a full cup. The turmoil in the heavens affecting the world stage will continue, and what you can do to keep calm and serene is important.



Gemini

21 May – 20 June

It's time to go inwards to reflect on what it is you are called to do; if you can go on retreat soon, that is a good idea – or at least spend more time in meditation and self-reflection. You might be more sensitive to subtle energies right now, which is good, but don't allow yourself to be carried away; be watchful and don't be led up the garden path.



Virgo

23 August –
22 September

Your focus could be on travel or higher learning; you may even be verging on being philosophical about life. But if you cannot travel right now, perhaps you'll meet foreign people with whom you spend an enjoyable time. When you can explore other countries or nationalities, allow this to expand your horizons; it's very satisfying. If that doesn't work for you, then learn another language.



Sagittarius

22 November –
21 December

Stay vigilant in the area of routine, the everyday things, and take your vitamins. Sometimes, it will feel so boring for an adventurous Sagittarian to do the same thing repeatedly, but taking your vitamins, watching your health and being aware of what is good for you is important. Look after yourself – there is a lot going on.



Pisces

19 February – 20 March

Curiosity is pushing you forward to learn, read more and even communicate well, so get onto that computer and write, or at least tell your children some original stories, or start journalling. Whatever form it takes, the idea is that you should write: start by writing in a journal, allow free-flowing ideas to mature and then, write that story, diary or even just a letter.



Cancer

21 June – 22 July

Hi Cancer, embrace opportunities to connect with like-minded individuals and be open to new and lasting friendships when meeting people. Do some community work or get involved with groups. Networking will get you far this time of year, and there will be rewarding activities; all you need to do is to grab the opportunities that present themselves.



Libra

23 September –
22 October

Transformation in just about every area of your life can take place now. Take the plunge, but make sure that the taxman is paid. Whatever changes occur in your life, there is always the mundane to take care of, and the taxman in that area is inevitable. You might find a deeper level of intimacy in your relationships now; trust the process. Stand firm in your sense of security; be the peace you want.



Capricorn

22 December –
19 January

Dear steady, reliable Capricorn, you need to give yourself a creative break! Or be romantic and create a dinner for two with all the trimmings, candlelight, flowers, sparkles and chocolate. A change from routine is good for you! Be creative, let your imagination take you to places where it's never been, and relax and enjoy that.



Leo

23 July –

22 August

During the next few weeks, focus on your professional impact and what you want from your 'public persona'. It is about being visible and making your talents accessible to all. There is an opportunity to boost your career and social standing. Timing is important now, as there are exciting changes waiting in the wings.



Scorpio

23 October –
21 November

For you, this time of year is about other people's resources, talents and beliefs. It is important that you relate from a position of honesty and trust. If you have unresolved issues with loved ones or business associates, now is the time to sort this out. Seeing the 'other side', or someone else's opinion, is a refreshing change available to you.



Aquarius

20 January –
18 February

Currently, home is where the heart is. You are most comfortable on your own turf, and the wonderful thing is that you can spend time making your surroundings just the way you want it. Nurture your home environment and those who share it with you. If there has been any tension, now is the time to repair any sticking points; this will stand you in good stead later this year.

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



It's Vital to Enjoy the Resting Place

Regular readers of *Local Life* will know that Mind Body Soul Columnist Bernadette Petrie lost her battle with cancer at the end of last year. Her husband, Dave, has graciously allowed us to keep sharing excerpts from Bernadette's book for this column.

This time, Bernadette tells us that throughout life we're constantly climbing – striving for something new, but it's vital to stop, rest and enjoy the view.

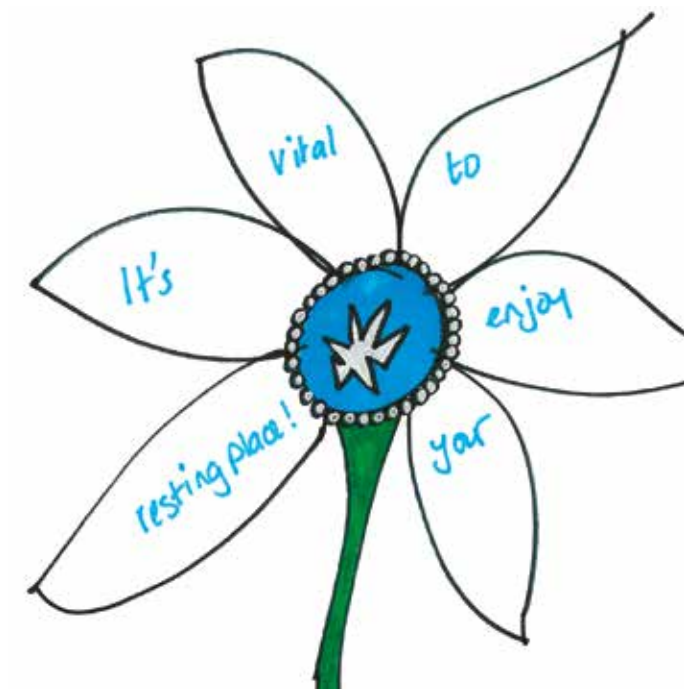
I am a fairly regular climber of North Berwick Law. A few years ago, I found myself chuckling as I started my climb. A new sign had popped up at the start of the trail. It said 'Summit Path' with an arrow pointing in the correct direction, clearly there, to guide newbies in the right direction.

I chuckled because, as most readers will know, the Law is less than 200 metres to the top, and it takes 15 to 20 minutes to reach the summit. This is not to be underestimated, mind, I puff and pant every time I climb it, and by the end of this particular climb I thought of 'the summit' somewhat differently.

When I think of other much bigger hills and Munros I have scaled, I admit to being a grumpy climber; "Are we there yet? This is hard! Why, why?" At that point in my life, I didn't realise I had chosen this life; those hills were my powerful teachers. I often think back to that young woman, and coming across this sign made me giggle even more. Wow, I use to make things really hard for myself.

After climbing for about ten minutes, I became lost in thought, it happens every time. When I looked up, I was off track, and it took me a few seconds to find a path again and see the summit once more. I'd rested for a few seconds here and there, but with a new focus, I made a final non-stop push to the top – to 'the summit'. Once there, I realised the message. When you get to the actual top of a climb, without question, that is the resting place. From there, you see an expanded view of your world, and there is no more climbing to do. You are there – you cannot physically climb any higher.

This is exactly like our spiritual journey. If we ignore the resting



place and are constantly climbing, climbing, climbing, we are never actually at peace with who we are, where we are, and that place of striving – we are missing the point.

Each time I climbed the Law, I let more baggage go. When I get to the top I see something new, and so each time I have a new level of understanding about my life. I'm a different version of myself with every climb. There is no need for the Law to get bigger – the expansion happens on the inside. When I get to the top, there is no more climbing to be done on the hill of doubt. I focus on the resting place and reconnect with my current life – see it through this new lens.

I encourage you to climb your hill of doubt and only climb it when you want to. I encourage you to take breaks along the way, but when you get to the place that feels like a for-now resting place – rest! Take a moment to pause, relish the beauty

of life unfolding beneath you, and embrace everything it reveals. In that space of acceptance and gratitude, you'll find that you've grown in just the right way. You may find yourself repeatedly scaling this hill of doubt, but it's your choice. Keeping that in mind will truly change your perspective.

As I write in 2019, I realise that it's not about the destination; it's about the daily experiences we encounter that we need to embrace and treasure and, in the process resist the temptation to strive endlessly for a dizzy spiritual height that would detach us from our humanity. From who we are on this earth, right here, right now.

Article adapted from Bernadette's book *Permission to Shine* – Chapter 3
Buy book from:
[amazon.co.uk](https://www.amazon.co.uk)

SPRING STORIES

As warmer days begin to ebb our way, why not elevate the senses further with something from this great selection of books out in April and May.



Zeal

by Morgan Jenkins

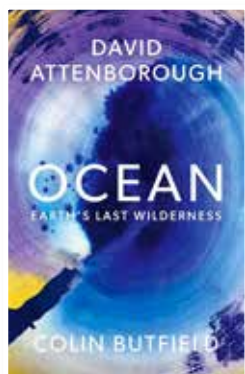
The New York Times bestselling author of *This Will Be My Undoing* and *Caul Baby* returns with an epic, multi-generational novel that illuminates the legacy of slavery and the power of romantic love.

Zeal spans over one hundred and fifty years

– an extraordinary novel that intertwines the stories of star-crossed lovers and their descendants.

Sweeping, textured, and meticulously researched, *Zeal* is both a story of how one generation's choices reverberate through the years and an indelible portrait of an enduring love.

Published by HarperCollins on 22nd April



Ocean: Earth's Last Wilderness

by Sir David Attenborough and Colin Butfield

From the icy oceans of our poles to remote coral islands, Sir David Attenborough has filmed in every ocean habitat on planet Earth.

Now, with long-term collaborator Colin Butfield, he shares the

story of our last great, critical wilderness, and the one which shapes the land we live on, regulates our climate and creates the air we breathe.

It is a book almost a century in the making, but one that has never been so urgently needed.

Published by John Murray Press on 8th May

Great Big Beautiful Life

by Emily Henry

This new offering from the queen of romcoms will delight fans old and new. Introducing eternal optimist Alice Scott, who's still dreaming of her big writing break, and Hayden Anderson, a Pulitzer Prize-winning human thundercloud.



They're together on Little Crescent Island, vying for the chance to write the biography of the elusive octogenarian and former tabloid darling Margaret Ives. Much like the book they're auditioning to write, grumpy Hayden and sunny Alice's story could go any number of ways.

Published by Berkley Books on 22nd April

The World's Worst Superheroes

by David Walliams

When is the Queen, not just the Queen? When she is Wonderqueen! And is that an especially large bird? Is it a weirdly small plane? No, it's Thunderdog! Also, when the ancient gods team up to destroy the world, who can possibly stop them? Why, Clive, the God of Scrabble!

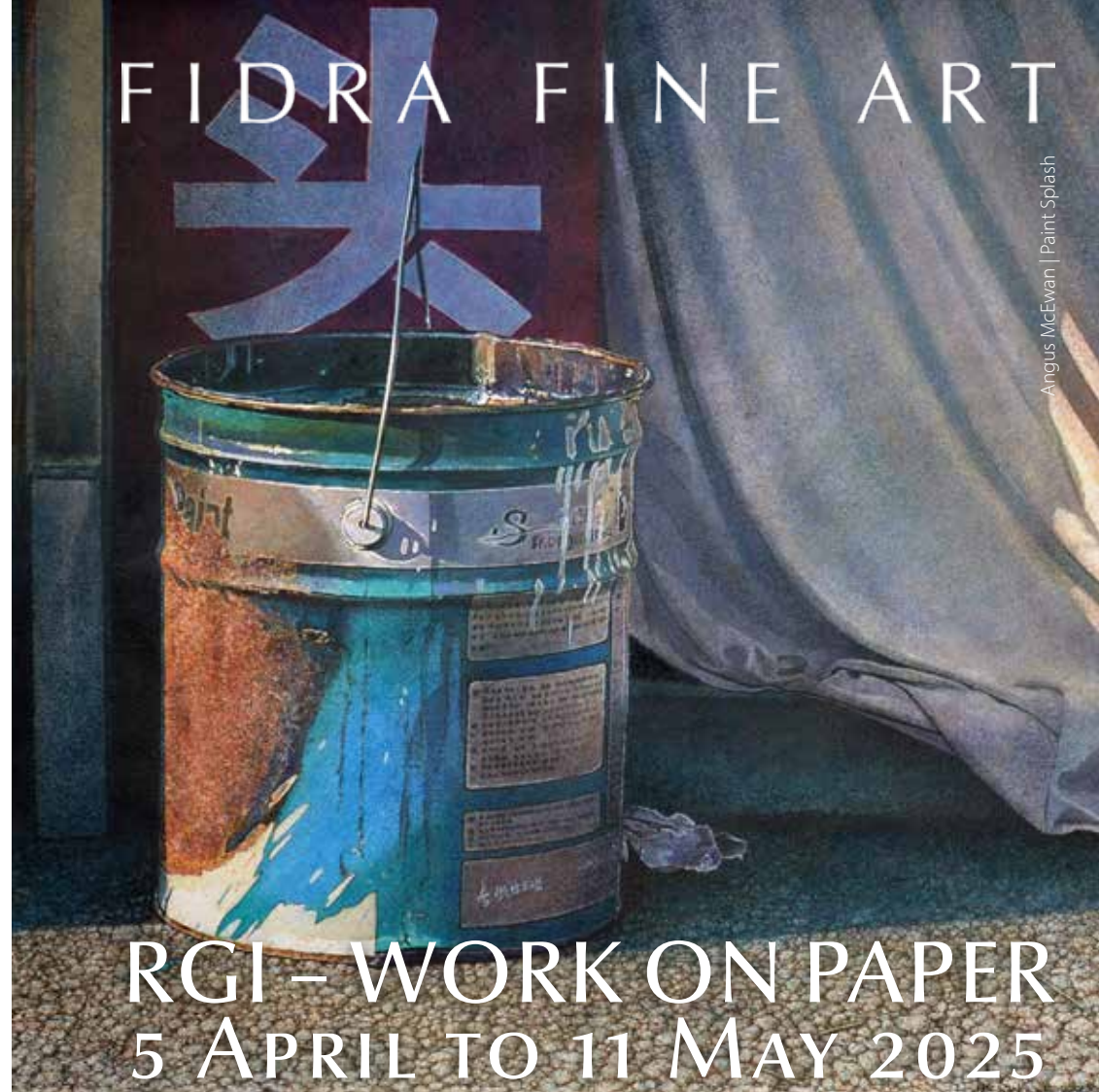
David Walliams' mega-selling the World's Worst series continues with a volume of 10 thrilling adventures, as the silliest and strongest superheroes on the planet find themselves in riotously unexpected situations.

It all adds up to fun and frolics for young readers.

Published by HarperCollins on 22nd May



FIDRA FINE ART



Angus McEwan | Paint Splash

RGI – WORK ON PAPER 5 APRIL TO 11 MAY 2025

An exhibition of work on paper by elected members of the
Royal Glasgow Institute of the Fine Arts

Ade Adesina, June Carey, James Cosgrove, Ronald Forbes, John Inglis, Jennifer Irvine, Shona Kinloch, Elspeth Lamb, Simon Laurie, Rosalind Lawless, Neil Macdonald, Will Maclean, Charles MacQueen, Angus McEwan, Alice McMurrough, Robert Murray, Hazel Nagl, Heather Nevay, Jacqueline Orr, Glen Scouller, Ronald F Smith, James Tweedie, Helen Wilson & Christine Woodside.

Opening Saturday 5 April at 11 am with refreshments
and meet some of the artists from 2 – 5 pm

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

To-do LIST

out and about in
our area...



KT TUNSTALL TO HEADLINE FRINGE BY THE TEE AT THE GENESIS SCOTTISH OPEN

The Grammy-nominated, Brit Award-winning artist KT Tunstall will bring her electrifying live show to The Genesis Scottish Open on Saturday, 12th July. Known for her soulful voice, dynamic stage presence, and pioneering loop pedal performances, Tunstall has captivated audiences worldwide with hits like *Black Horse* and the *Cherry Tree* and *Suddenly I See*. Her headline set marks a major milestone for the tournament, as a performer of her stature takes centre stage at the event for the first time, adding an exciting new dimension to Scotland's national open.

Following the success of 2024, the collaboration between The Genesis Scottish Open and Fringe by the Sea returns for its second year, with the Fringe by the Tee pop-up stage at the Renaissance Club in East Lothian once again enhancing the fan experience at the global sporting event, which blends world-class golf and entertainment. Set to be the highlight of the Fan Zone at Scotland's national open from 9-13 July, Fringe by the Tee creates a family-friendly atmosphere, complementing the tournament with live music and cultural programming.

12 July 2025 | Fringe by the Tee pop-up stage | The Renaissance Club, North Berwick
fringebythesea.com/fringebythetee



LEUCHIE'S THOROUGHbred FUNDRAISER

Leuchie's annual Ascot-themed fundraising returns to Edinburgh's prestigious Prestonfield House, where race-goers don fabulous frocks and fascinators, boaters and blazers, to enjoy a delicious three-course meal and a live auction while watching the races live streamed from Royal Ascot. As headline sponsor, Prestonfield House is generously donating the entire venue hire and catering costs, so every pound raised goes directly to help Leuchie support hundreds of families living from the devastating effects of Multiple Sclerosis, Parkinson's, Motor Neurone Disease, stroke and other neurological conditions through tailored respite breaks and other services.

The Big Ascot Bash | 19 June 2025
To book a table e: fundraising@leuchie.org.uk
leuchiehouse.org.uk



AT THE
CINEMA



A Big Bold Beautiful Journey

A road trip with a difference, this is an imaginative tale of two strangers and the unbelievable journey that connects them. It sees David (Colin Farrell) heading to a wedding in his old car with a unique GPS. He meets Sarah (Margot Robbie) and, together, they embark on a journey suggested by the GPS. Along the way, they confront their pasts and explore painted landscapes, leading to a deeper connection, and in contemplating their future, face a crucial decision about their relationship. In cinemas 9th of May



DIVE INTO NOSTALGIA AT BONZO-ART

Re-imagined from an old vintage Polo Mint dispenser, there's a new attraction in town! Bonzo-Art's Studio and Shop on North Berwick's bustling high street is the place to find it! Bringing seaside nostalgia and original art together, the new Art Vending Machine dispenses a potluck of art with a mechanical 'kerplunk!' Each piece is presented in its own little box, and is already delighting art lovers of all ages. Rachel Marshall, the artist behind Bonzo-Art, says, "The idea isn't new; some towns in Europe have art vending machines in the streets, and ultimately, I'd love that for North Berwick; there are so many creatives here." Gift vouchers for the vending machine are also available – online and in the shop.

Bonzo-Art Studio and Shop
60 High St, North Berwick EH39 4HQ
Bonzo-Art.com



FILM FRIDAYS

FILMS FOR THE FAMILY

Family Tickets £5*
Films start at 1.30pm

MATINEE MOVIES

Matinee Tickets
£8.50 & £7.50*
Films start at 4.15pm

BIG SCREEN FAVES

Fave Tickets
£8.50 & £7.50*
Films start at 7pm

* Plus £2 per transaction fee

THE BRUNTON
at Corn Exchange
Haddington

SCAN FOR MORE INFO

[info at thebrunton.co.uk](https://info.atthebrunton.co.uk)

Brunton Theatre Trust is a registered Scottish Charity SC022422

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VIP: £70 / £50, £30 STANDARD

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Unique reworkings of traditional Scottish folk music alongside composers such as Mozart and Beethoven.
WED 23 APR 6.30PM £20 (£18) UNDER 18 FREE

thebrunton.co.uk
0131 653 5245
Corn Exchange
Court Street, Haddington EH41 3DS

TheBruntonMusselburgh

Brunton Theatre Trust is a registered Scottish Charity, No. SC022422

Celebrate Nature this Spring

Spring is here at last, and the local islands are buzzing with the hustle and bustle of the returning seabirds. At this time of year, puffins repopulate their grassy burrows, guillemots gather on cliffs, kittiwakes career above the waves, and gannets dive around the Bass Rock.

The Scottish Seabird Centre's guided wildlife boat trips are the perfect way to immerse yourself in the sights, sounds, and smells of these spectacular seabird cities. Departing from North Berwick, there are trips for everyone from families to experienced nature enthusiasts. The Bass Rock landing trips have returned this year, too, offering an unrivalled, immersive experience of the colony.

For some interactive family fun over the Easter break, join the seabird team for puppet shows, storytelling sessions, and live science shows. Open daily, the Discovery Experience is another great way to help you discover Scotland's incredible marine animals and plants. Don't forget to relax in the friendly Seabird Café afterwards!

The Charity marks its 25th birthday on the 21st of May, with the celebrations including a community open day



Boat Trip Round the Bass Rock © Helen Pugh

on the 24th and the return of their annual MarineFest from the 23rd to 27th of May. And if you're skilled with a camera, then you're in luck, as the seabird photography competition launches in June!

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

Top image: Common Guillemot © Jamie McDermaid

23RD - 27TH MAY

MARINE FEST 2025

JOIN US FOR A PACKED PROGRAMME OF MARINE-THEMED ACTIVITIES AND CELEBRATE 25 YEARS OF THE SCOTTISH SEABIRD CENTRE.

WWW.SEABIRD.ORG/EVENTS

Scottish Seabird Centre 25 YEARS NORTH BERWICK TRUST

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NEW 2025 EXHIBITION

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 11.00am – 4.00pm Wednesday – Saturday
 9 April to 25 October
 School Road, North Berwick EH39 4JU



IN PARTNERSHIP WITH East Lothian Council
 SCOTTISH CHARITABLE INCORPORATED ORGANISATION REGISTERED NUMBER: SC023848

Lady Kitty's Doocot



Stories in Stone

The Legacy of Frank Tindall

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



14 Church St, Haddington

Appointing Frank Tindall as East Lothian's first county planning officer in 1950 must have been an easy decision, as he was the only applicant. It was also truly momentous in terms of how the county looks today. Frank was a maverick, prepared to take an unorthodox approach, to cajole but also to firmly stand his ground, even if it put his job at risk. He championed re-using old buildings and respecting ancient street plans at a time when most local authorities were bulldozing historic towns in the name of progress.

In Haddington, he led by example, buying an old house that had been condemned and restoring it as his family home. Tindall convinced the council to buy a dilapidated Georgian property in Church Street for £1, re-developing it as housing for re-settled families from Glasgow. In Mitchell's Close, he led a project to convert a collection of 17th-century buildings into craft workshops, a weaver's loft and flats. The High Street was given a comprehensive facelift, with shops painted to a new uniform scheme, and some persuaded to display a golden hanging sign representing their trade. You can still see the pestle and mortar outside Boots and the horse at Mains the saddlers.



One of Tindall's plaques marking historic buildings

Tindall also stepped in to help save two highly significant buildings in North Berwick. The distinctive old warehouses at the harbour had lain empty for many years, and were falling into serious disrepair. Proposals were drawn up for a development based on a seafood restaurant on the first floor. The restaurant failed to materialise, but the renovation was lauded as an exemplar of conservation. The Lodge was another building under threat, but persuading the National Trust for Scotland to provide a grant allowed it to be developed as private housing.

Tindall's influence can be seen in new developments, too, many of which were award-winning in their day. Muirfield Park in Gullane is a good example, with a broad lime tree avenue and a deliberate mixture of housing association and private builders, creating a sense of an overall plan but with an interesting variety of house styles.

Frank pioneered different ways of telling the stories of East Lothian's historic buildings. Look closely in Haddington and you can still see panels produced by him, explaining the historic features of nearby buildings. Another scheme saw the fixing of small bronze plaques to all the listed buildings in the county. In 1975, he established an exhibition telling the story of Haddington in Lady Kitty's Doocot, giving the building a use which helped to ensure its survival.

Frank Tindall's legacy is evident anywhere you look in East Lothian. His sheer enthusiasm and determination played a key part in making the county the attractive place to live it is today.



Independent Scottish Art School by the Sea

Nestled in Cockenzie House and Gardens, a vibrant and dynamic art school offers a diverse selection of exciting art courses, with its picturesque coastal environment serving as a source of creative inspiration for students.

Friends and founders Jemma Derbyshire and Lynsey Connachan set up Paintbox over a decade ago after running a workshop together in the Highlands. Realising they had complementary skills and a shared vision of offering courses with excellent art tuition with a personal and supportive approach, they began running courses all over Scotland. Both Jemma and Lynsey feel that encouraging students to develop their own artistic voice in a positive environment is important, making Paintbox an extra special place to be.

The school's unique location in the beautiful 17th-century historic building of Cockenzie House, with its interesting and rich history, offers an abundance of artistic inspiration for students. The surrounding



walled gardens with allotments and close proximity to the coast, are an ideal setting for students to work outdoors, as well as indoors in their bright, relaxing studio spaces promoting health and wellbeing.

Paintbox offers a wide range of tantalising art courses to adults of all ability levels. They have grown a strong following over the years and now have a wonderful, passionate team of eight tutors who are all fantastic artists in their own right. In addition, they invite several guest artists from throughout the UK to teach summer schools and weekend workshops.

Paintbox has an exciting programme of courses for 2025/26, which includes a year-long Professional Development Course, The Drawing Year, The Painting Year and an enticing range of Short Courses and Weekend Workshops.

With a wide range of courses on offer and a friendly, supportive atmosphere, **Paintbox** welcomes new students to visit or get in touch: enquiries@paintboxartclasses.com paintboxartclasses.com

greens and blues
Fine Art Gallery & Framers

59 High Street
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THE LAWN

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THE LAWN £20

Monday to Thursday
for all of March and April.

18 Cromwell Rd, North Berwick EH39 4LZ | marineandlawn.com



Flavourful Festivities

Time to celebrate and time to eat! Here are two delicious recipes to help celebrate two very different festivals in April and May.

JAMIE OLIVER'S HOT CROSS BUNS

Eating hot cross buns is an Easter tradition that's filled with symbolism. The history of hot cross buns is a little unclear, but they're thought to date back to the Middle Ages. Rooted in symbolism and superstition legends, abound about these humble buns from solidifying friendships to driving evil spirits away. History aside, have a pukka Easter with Jamie Oliver's brilliant buns.

METHOD

1. Add the milk and 50ml water to a small pan and place over a low heat for a few minutes. Add the butter to a separate pan and place over a low heat until melted, then set aside. Transfer the warmed milk mixture to a medium bowl and stir in the yeast.

2. Sift the flour into a large bowl, then add one teaspoon of sea salt, the spices, a few good scrapings of nutmeg and the sugar. Finely chop the stem ginger and stir it into the mix. Make a well in the centre and pour in the melted butter, followed by the yeast mixture. In a separate bowl, beat the egg and add it to the bowl.

3. Using a fork, mix well until you have a rough dough, transfer to a clean flour-dusted work surface and knead for around 10 minutes or until soft and springy. Return the dough to a flour-dusted bowl, cover with a damp tea towel and leave to prove in a warm place for at least an hour or until doubled in size.

4. Transfer the dough to a clean flour-dusted work surface. Knock the air out by bashing it with your fist, then sprinkle over the dried fruit and mixed peel, and knead into the dough.

5. Preheat the oven to 190°C, then grease and line a large baking

INGREDIENTS makes 12

200ml semi-skimmed milk
55g unsalted butter
14g dried yeast
455g strong bread flour, plus extra for dusting
1 teaspoon mixed spice
1 teaspoon cinnamon
1 whole nutmeg, for grating
55g caster sugar
2 balls of stem ginger
1 large free-range egg
2 tablespoons plain flour
55g sultanas or raisins
30g dried cranberries
2 tablespoons mixed peel
Runny honey

tray. Divide the dough into 12 equal pieces and roll each into a ball, evenly spacing them out on the tray as you go. Cover with the tea towel and leave in a warm place for a further 30 minutes or until doubled in size.

6. Place the plain flour and two tablespoons of water into a small bowl and mix to a thick paste. Pat down the risen buns, then use the batter to trace a cross over the top with a piping bag or spoon.

7. Place buns into the preheated oven for 15-20mins or until golden brown. Transfer to a wire cooling rack, brush over a little honey to glaze, then leave to cool.

JANE'S PATISSERIE MARGARITA CUPCAKES

Cinco de Mayo (5th of May) is widely seen as a celebration of Mexican cultural heritage for America's large Mexican-American population. People all over the country celebrate with parades, parties, mariachi music, and traditional Mexican foods. Celebrate spring and Cinco De Mayo in style with these margarita-inspired cupcakes by Jane Dunn.

INGREDIENTS makes 12

125g unsalted butter or baking spread at room temperature
200g caster sugar
200g self-raising flour
½ tsp salt
3 eggs
1 tsp vanilla extract
125ml full-fat milk
Zest of 3 medium limes
180ml tequila
Buttercream
200g unsalted butter at room temperature
400g icing sugar
50ml tequila
Zest of 1 medium lime
Decoration
Lime slices and zest

METHOD

1. Preheat the oven to 180°C/160°C fan/gas mark 4 and get 12 cupcake cases ready.

2. In a large bowl, cream the butter and sugar together until light and fluffy. Add the flour, salt, eggs and vanilla extract and beat to combine. Finally, add the milk and lime zest and beat again.

3. Divide the mixture equally between the 12 cupcake cases. Transfer to the oven and bake for 20 to 22 minutes. While still warm, pour one tablespoon of tequila over each cupcake. Leave to cool fully on a wire rack.

4. To prepare the buttercream, beat the butter for a few minutes to loosen in a large bowl. Gradually beat in the icing sugar until well combined. Pour in the tequila slowly while continuously mixing; add the lime zest and beat the buttercream for a few minutes until light and fluffy.

5. Add buttercream to a piping bag with a piping nozzle of your choice. Pipe the buttercream over the cupcakes however you like. Top each cupcake with a slice of lime, a sprinkling of lime zest and, if desired, a mini umbrella.





Hello Spring!

Award-winning garden designer Lynn Hill applauds the symphony of spring – the sounds and colours of nature's vibrant rebirth.



A timeless proverb says, 'April comes in like a lion and goes out like a lamb'. I love this piece of traditional weather folklore. It carries an enduring charm and captures the essence of the season as the power of the sun begins to be felt, rising higher in the sky. The depths of winter become a memory as the days lengthen and the landscape bursts into life.

It is a magical time of year, bursting with colour and brimming with the promise of the summer ahead. Spring bulbs are a welcome sight and a joyful reminder that the season of renewal has arrived. Swathes of radiant yellow daffodils stand proud as tulips radiate vibrantly in the sunshine.

East Lothian is awash with the brilliant yellow of the gorse (*Ulex europaeus*) and its distinctive coconut scent. Our garden shrubs join the party, too, with *Forsythia* bursting into bright yellow flowers. Meanwhile, the flowering currant (*Ribes sanguineum*) fills the air with its sweet fragrance. Its dazzling pink blooms are irresistible to bees as they flit from



flower to flower, enjoying the welcome food source after the long, cold winter.

Cherry and apple blossom drape the trees in a delicate veil of petals. It is no wonder that blossom holds so much significance in many cultures. Their beauty is exquisite but short-lived – a reminder of life's fleeting nature and an invitation to cherish every precious moment.

There is a lot to be excited about as new life emerges. For me, this sums up the wonder of spring.

The new shoots that pop through the ground. The buds that ready themselves to burst into life. Everywhere is the freshest of greens that only spring can bring. A colour that speaks of fresh new life, flourishing and full of promise, as it sparkles in the sun.

I invite you to take a moment for yourself. To breathe in the beauty of nature that surrounds us. To notice the buds and the shoots that welcome us to this new season and to marvel at this wonderful world we call home.

Until next time,

Lynn

Lynn Hill Garden Design

For more information about

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Planet Heroes

When it comes to caring for the environment, children are instinctively enthusiastic and love getting involved in activities that are beneficial for the planet, and, most crucially, a lot of fun.

Scavenger hunt

Make a trip to the park or beach even more entertaining by setting your children off on a scavenger hunt. Task them with finding various rocks, feathers, flowers and leaves – anything that increases their interest in the natural world without damaging it.

Paint by nature

Make natural paints using beetroot juice, turmeric or blackberries and create a masterpiece using sticks, feathers and flowers as tools. Making a mess has never been so green!

Journaling

When outdoors, give your little ones a notebook to document their adventures. Doodling trees, sticking in leaves or simply writing a few lines about their surroundings is a fabulous way to foster a relationship between children and wildlife.

Bee kind

Make a hotel to offer rest to a tired bee. Simply cut the ends off of a plastic bottle or tin and fill it with bamboo canes cut to size. Hang at head height in a sunny, south-facing spot to attract a weary traveller.

Wonder at worms

Creating a worm farm is a marvellous way to compost kitchen scraps, create nutrient-rich soil, and reduce waste. Take two or three plastic bins (stackable, around 45-50 cm deep) and drill holes into the bottom of one (spaced 5-7 cm apart) for drainage. If you are



stacking bins, drill holes in the side for airflow. Place this bin into another bin, which will catch the liquid.

Fill your bin with around 10 cm of bedding (shredded newspaper or cardboard), making it damp in order to create the perfect conditions for your wriggly residents. Add your worms (red worms are the best composters) and food scraps (fruit/veg peelings, eggshells, coffee grounds, etc.). Cover with more bedding and top with the bin lid.

Keep your farm in a cool, shaded location and add more scraps/moisture/bedding as needed. After two to three months, you should have some highly nutritious compost for your garden.

Food scrap garden

If you don't have access to a garden, you can still plant food scraps in pots for your windowsill. From carrot tops in water to bell pepper seeds in soil, youngsters will marvel at how food, generally destined for the bin, can be transformed.

From Soil to Splendour



Want to cultivate a gorgeous garden overflowing with beautiful flowers, delicious fruit and vegetables? It all starts with nurturing the soil. Let **Garden Solutions'** compost delivery service be your first step.

Time spent gardening can be incredibly rewarding, transforming your space into a haven that enhances both mental and physical well-being. Based at Ballencrieff Farm in East Lothian, Garden Solutions is a family-run business that values the restorative qualities of gardening. They provide a professional compost delivery service catering to gardening enthusiasts and professional landscapers alike, with composts renowned for their quality.

Repurposing local by-products

The compost journey begins with the collection of spent mushroom compost from a local mushroom grower, using their fleet of Playfair Contracting tractors and trailers. Well known for its soil-improving qualities, mushroom compost is popular with local farmers, so they deliver directly to them and bring some compost back to the farm for Garden Solutions products. They also collect and reuse spent grains from a nearby malting plant, a perfect addition to the ericaceous mixes.

Custom blends for your needs

The team at Garden Solutions understand that different plants and gardens have unique nutritional requirements, just like the crops grown on their farm. So, their product range has expanded over the years to include soil improvers, composts, mulches and fertilisers, with each blend tailored to enhance soil health and promote robust plant growth. Whether



you're nurturing a vegetable garden, flower beds or a lush lawn, they have the perfect product for you.

Convenient delivery to your doorstep

Once your compost is mixed and bagged to order, small bag orders will be delivered to your home, and orders over £40 are delivered free within Edinburgh, East Lothian and Midlothian. A crane lorry can also deliver 1m³ bulk bags to the kerbside. The whole team is committed to providing excellent customer service, and there is a no-quibble guarantee.

Closing the plastic loop

With the environment in mind, all the small bags are made from recycled plastic. What's more, customers can book a collection service for empty Garden Solutions bags, which are then taken to a recycling provider.

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Pocket Rockets

Five plain-looking motors that pack a punch.

In the motoring world, there's a unique charm in driving a car that doesn't scream fast but can leave others in its dust. Here are five 'pocket rockets' with surprising performance.

Subaru Impreza WRX

Known primarily for its rallying heritage, the WRX version of this otherwise humble saloon has always been a force to be reckoned with. Equipped with a turbocharged engine and all-wheel drive, it offers incredible grip and acceleration, making for an absolute beast on both twisty back roads and motorways.

Volkswagen Golf R

This unassuming hatchback is equipped with a 2.0-litre turbocharged engine and all-wheel drive, capable of producing over 300bhp. It can sprint from 0 to 60mph in just over four seconds, yet it retains the Golf's classic design – a proper wolf in sheep's clothing.

Ford Focus RS

It's a car we see everywhere, yet the Focus RS version is anything but ordinary. With a turbocharged 2.3-litre engine producing around 345bhp, it's designed for performance enthusiasts.

Audi S3

While this version may not have the flashy looks of some of its sportier siblings, it more than makes up for it in performance. Its 2.0-litre turbocharged engine, producing around 310bhp, combines effortlessly with a Quattro system that ensures power is efficiently put down on the road.

Skoda Octavia vRS

Finally, a car that's often overlooked but deserves its place on this list. It might look like a standard family estate, but the vRS version is anything but tame. With up to 245bhp and a smooth ride, it provides a thrilling driving experience, all while offering the space and practicality you'd expect from a Skoda.



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V is for Victory

This May marks the 80th anniversary of VE Day, when arms were laid down; we reflect on this poignant milestone of peace.

In the coming weeks, commemorations will begin as we say thanks to those who were prepared to sacrifice themselves for their country on the 80th anniversary of Victory in Europe Day (VE Day). On May 8th 1945, jubilant crowds across the UK celebrated the end of World War II in Europe, marking the defeat of the Nazis and the restoration of peace to a continent ravaged by six years of conflict, which began on September 1st, 1939, when West Germany invaded Poland.

For many, VE Day is a reminder of the sacrifices made during the war. It serves as a time to reflect on the resilience, courage and unity of those who endured unimaginable hardship to secure freedom for future generations.

Commemorations blend solemn remembrance with joyous celebration. Wreath-laying ceremonies at cenotaphs and war memorials will take place, while in churches, town halls, schools, museums, and across televised broadcasts, we will honour those who gave so much.

It's important to remember, not least in these troubled societal times, that the day signifies more than just the cessation of hostilities. It represents the triumph of democracy and the shared determination to rebuild a shattered world. Something we should all look to take forward, embrace and cherish in 2025.



APRIL		High Water		Low Water	
		AM	PM	AM	PM
4	Fri	0738	2015	0051	1321
5	Sat	0844	2133	0143	1447
6	Sun	1005	2258	0336	1656
11	Fri	0248	1458	0832	2106
12	Sat	0318	1530	0902	2133
13	Sun	0346	1601	0933	2159
18	Fri	0622	1852	1133	2349
19	Sat	0702	1939		1209
20	Sun	0750	2036	0028	1311
25	Fri	0115	1324	0712	1947
26	Sat	0202	1410	0756	2033
27	Sun	0245	1454	0842	2119
MAY		High Water		Low Water	
		AM	PM	AM	PM
2	Fri	0629	1905	0006	1234
3	Sat	0725	2007	0047	1330
4	Sun	0832	2117	0142	1452
9	Fri	0134	1346	0714	1953
10	Sat	0211	1425	0751	2024
11	Sun	0244	1501	0828	2053
16	Fri	0524	1756	1109	2319
17	Sat	0601	1837	1143	2354
18	Sun	0642	1924		1227
23	Fri	1152		0539	1815
24	Sat	0037	1249	0632	1908
25	Sun	0129	1342	0723	2001
30	Fri	0526	1800	1145	2358
31	Sat	0618	1854		1234

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