



ABOUT ME  
WORK HISTORY  
PORTFOLIO

# PORTFOLIO

[www.lucydesigns.co.uk](http://www.lucydesigns.co.uk) | GRAPHIC DESIGNER

[lucy@lucydesigns.co.uk](mailto:lucy@lucydesigns.co.uk) **LUCY ARBUTHNOTT**

Find me on



Lucy Arbuthnott



designinglucy



# ABOUT ME

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## Lucy Arbuthnott

I have worked as a Graphic Designer for almost twenty years. In this time I have had the opportunity to work in all areas of design for print as well as digital. I have worked with a very varied spectrum of clients in both public and private sectors. Having worked in small agencies, large corporate, small specialised companies, a printers and latterly as a freelance designer I feel I have a good all round experience.

I have experience working in teams which, as a people person, I take to well. Mostly I have had sole responsibility for all of my work and work well on my own initiative and I am used to working to tight deadlines.

From initial client meetings, through concepts to final designs and then artworking for print I have a strong knowledge of all the stages of work. I have also Project Managed, arranged the printing, quoted work and invoiced clients for the majority of design I have worked on.

## Contact

Email [lucy@lucydesigns.co.uk](mailto:lucy@lucydesigns.co.uk)  
Website: [www.lucydesigns.co.uk](http://www.lucydesigns.co.uk)  
Phone 07842 083 617  
Address Dunfermline

“*Lucy is quite simply one of the best 'people' people I know. In her role as Graphic Designer, she was often responsible for personally overseeing and delivering large projects on behalf of clients as well as interpreting the requirements of editors and project managers into eye-catching designs. Her flexibility, professionalism and dedication ensured consistent delivery at the highest standards throughout, often while working to tight deadlines.*

Stewart Charman, Senior Editor/Director, Engage Group

“*I would highly recommend, Lucy. She is a talented, local Graphic Designer who is always friendly and does fantastic designs at a reasonable price. Lucy has the highest standards of customer service and is very easy to work with. She recently did an EP cover/sleeve design for our debut EP for us and it looked awesome and at a very high standard! Thank you, Lucy.*

Callum Bell, Band member, The Decrees, Client

“*Lucy designed the logo for my new Podiatry clinic and helped organise everything from business cards and signage, to practice literature and window graphics. She designed my website in such a way that it's easy for me to maintain and update, and even helped with a Facebook page.*

*As a person, she's friendly, approachable, professional and reliable and I can't recommend her highly enough. There's nobody I would rather have to help me promote my business and I look forward to continuing to work with her in the future.*

Sally Baird, Owner, Bruce Street Foot Clinic, Client

“*Lucy is a great designer and a joy to work with. She is creative, pragmatic and always eager to help. Her patience and dedication have helped me grow my design knowledge and create some fantastic work for clients.*

Laura Thorburn, Project Manager, Engage Group

“*Lucy is an amazing lady. She really listens to what you want and learns about the best way forward for you and your your business. Lucy designs takes on board your ideas and vision to create perfect results every time.*

*Highly recommend Lucy if you want a brilliant, personalised branding that sets you apart. This lady really knows her stuff, always delivers and is a joy to know and work with. I wouldn't go anywhere else.*

Maggie Brown, Owner,  
Maggie Brown Beauty, Client

# WORK HISTORY

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## LUCY DESIGNS

### Freelance Graphic Designer

Feb 2015 - Current

I decided to start up on my own as a Freelance Graphic Designer. I have a variety of clients from sole traders to large corporate companies.

I am used by larger companies as an extension of their marketing team. I enjoy getting to know their brand well and creating new ideas for them.

I also get a lot of enjoyment out of working with people just starting out in business. I work closely with them to get to know their taste and work on a brand that can be rolled out across all their marketing/ signage etc.

Over the years I have built good relationships with my clients who come back to me for all of their design work. I also have design agencies who know they can rely on me if they need extra help.

I have a wide and varied experience in all areas of Graphic Design - print and digital.

Clients I have produced work for include;

NHS  
Koku Shi restaurant chain  
Morton Fraser Lawyers  
Kingsgate Shopping Centre  
Adoption UK  
Scotland's Adoption Register  
Kinship Care  
AXIS Consulting  
8d Press Publishing House  
TwirlSport Scotland  
Gillespie MacAndrew  
Aviagen  
...plus many more

## PRINTING SERVICES

### Graphic Designer

Feb 2017 - Mar 2020

I worked part time at the printers while also continuing to do my freelance work. I still do freelance work for the printers on a regular basis.

My time at the printers gave me a stronger knowledge of the print side of things.

I was the first point of contact for all customers who wanted work designed. I also helped to run the office when needed.

The business owner, who is retiring in the near future, asked if I would like to become a part owner of the business and take over his role of running the company. He thought I would be perfect for the role because of my knowledge of all areas of the business and my people skills with customers. After giving it a great deal of thought I made the decision to decline the offer. My passion lies most of all with design and I did not feel I wanted to move fully to the print management side of things.

## EXACTIVE

### Design Consultant

Aug 2012 - Feb 2015

In a part time role I was working with the Marketing Manager to refresh the brand of the corporate identity. This was partly in an advisory role to give direction in design and printing but also included designing a percentage of the work too.

Designing documents for members of staff.

Redesigning all of the sales and marketing materials and creating a fresh new Exactive information pack and inserts to give to potential and new clients.

Liaising with the website design company to help create the new website in the refreshed brand.

Re-branding Exactive training guides in clients corporate branding.

Advising on design and print management.

## EXACTIVE

### Marketing and Design Manager

Sept 2009 - Aug 2012

My role at Exactive was to work with the sales team to market towards new business and to get the Exactive name better known in the IT industry.

Designing a new brand and corporate identity for the IT company.

Designing all materials for marketing including; documentation, banners, information packs, advertising, case studies

PR - getting the Exactive name better known in the industry with press releases, case studies and social media

Event planning - organising and running events for Potential clients to win new business. This also included design of invites, emails, event collateral and PowerPoint presentations.



*I continue to work with Lucy on numerous different projects and she always delivers a timely and professional job. She has designed business cards, information sheets and brochures and I have always been happy with the work she has provided. I would highly recommend her design services!*

Kimberley Chatt, Sales and Marketing Executive,  
Visa Bureau, Client

# WORK HISTORY

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## ENGAGE GROUP

(formerly Carter Rae Communications)

### Graphic Designer Jan 2007 - Sept 2009

In my role I worked on a range of internal staff and membership magazines (including three CIB award winning publications), design for print, re-branding, e-comms and advertising.

Clients I produced work for include:

Acergy (now Subsea 7)  
Crown Office  
National Australia Group  
Edinburgh Council  
First ScotRail  
Historic Scotland  
NHS Fife  
Scottish Enterprise  
Scottish Power  
Seafish Industry  
TOTAL  
Visit Scotland

At Engage Group I project managed several of the publications I worked on. For every job I worked on I took it from initial concept to final art working for print. I was the first point of contact for clients and had sole responsibility for my work and keeping deadlines. Working here extended my knowledge of editorial, project managing, print production and e-comms. I also quoted for work and invoiced clients as well as worked on tenders for new business.

“*Lucy is the best Graphic Designer I know. I've used her for two years on various projects and I'd never use anyone else now. She always gives two hundred percent in everything she does. A super lady and superb small business.*

Joanne Chumas, 8d Press Publishing House, Client

## XEROX, SCOTTISH WIDOWS

### Graphic Designer (contract) Nov 2006 - Jan 2007

At Scottish Widows I worked on the re-branding of Scottish Widows. I designed a lot of design for print including, annual reports, forms, leaflets, posters and brochures. I also designed the business cards and letterheads.

This gave me good experience working with a strict company brand, inhouse in a large corporate company.

## CREATIVE LINK

### Graphic Designer June 2004 - Nov 2006

In my time at Creative Link I created a wide range of materials from initial concept to completion including; corporate identity, exhibition design, book design, web design, advertising, design for print – leaflets, booklets, reports, brochures, posters, magazines, corporate stationary, calendars, folders

Clients I have produced work for include;

Scottish Seabird Centre  
Scottish Garden Magazine  
Whitekirk Golf Club  
Black and White Publishing  
Chambers  
NHS  
Air Cargo Magazine  
Horizon Housing Association  
East Lothian Council  
Scottish Women's Aid  
MS Society  
Chest, Heart and Stroke Scotland  
Brunton Theatre

I was in charge of artworking all work that I created. I also met with clients to discuss ideas. I was involved in every aspect of the design process at Creative Link and I feel it gave me a lot of experience all round in Graphic Design.

“*Lucy designed a great logo for my new business. Nothing was too much trouble and each request was dealt with promptly and professionally. She was very patient answering all my questions and explained everything clearly. Great customer service. I would highly recommend her services. Thank you again.*

Emma Sinclair, Business Owner, Doggies 'n' Moggies, client



# KOKU SHI

## ALL DESIGN

I do all of Koku Shi's design for all of their restaurants (there are now four restaurants in Scotland).

**KOKU SHI**  
Try it • Love it • Share it

*Award Winning Brand*

**KOKU SHI**  
**CHRISTMAS**  
**NEW FESTIVE DISHES**

Available until 5th Dec

SUNDAY 22 MARCH | OPEN 13.00 - 20.00  
**MOTHER'S DAY**

What better way to treat mothers (and not just on Mother's Day)

BOOK YOUR TABLE NOW!!

**KOKU SHI**



Signage for Perth restaurant

**KOKU SHI** Gift Voucher

To: \_\_\_\_\_  
From: \_\_\_\_\_  
Value: \_\_\_\_\_  
Valid until: \_\_\_\_\_  
Signature/Authorisation: \_\_\_\_\_

317 Kilmarnock Road, Glasgow | 07376 584126 | Find Us On @ f

Order from us online: [www.koku-shi.com](http://www.koku-shi.com)

**SUSHI MASTER CLASS**  
*The perfect Christmas night out*

BOOK NOW!  
Go to [www.koku-shi.com](http://www.koku-shi.com) and click on **ORDER ONLINE**

**KOKU SHI**

**KOKU SHI**  
AWARD WINNING JAPANESE RESTAURANTS

OPEN AN AWARD WINNING RESTAURANT & TAKE AWAY

Thinking of starting your own restaurant business? We have all you need: Knowledge, experience and a recognizable award winning brand.

Find us on @ f

[www.koku-shi.com](http://www.koku-shi.com)

**Hosomaki**  
Thin rolls (rap. "hoso" means "thin") 6 pcs

- SALMON £5.95
- BAKED SALMON teriyaki £5.95
- TUNA £5.95
- SWORDFISH £5.95
- EBI (shrimp) £5.25
- KAPPA (cucumber) £5.25
- AVOCADO £5.25
- Any hosomaki roll in tempura +£1.15

**Sashimi**  
5 fresh thick slices of raw:

- SALMON £12.95
- TUNA £13.95

**Tartare**  
Raw diced fish, seasoned and mixed with pickled vegetables, served on rice

- SALMON £14.95

**New Noodles**  
Noodles, pan-fried with seasonal vegetables in a homemade aromatic sauce

- £16.95
- £16.95

**DRINKS MENU**

**ALCOHOLIC BOTTLES**

- Dry Japanese Lager 330ML £4.75
- Azuma Lager 330ML £4.50
- Asahi Lager 330ML £4.25
- American Style Lager 330ML £4.50
- Free Lager 275ML £3.95
- Berry & Lime Alcohol Free Cider 500ML £4.00

**BEERS**

- St Andrew Gin 25ml £4.50
- St Andrew Gin 50ml £4.25
- St Andrew Gin 75ml £4.50
- St Andrew Gin 100ml £4.25
- St Andrew Gin 150ml £3.95
- St Andrew Gin 200ml £3.95
- St Andrew Gin 250ml £3.75

**BUBBLE TEA**

available here  
sit in or take away

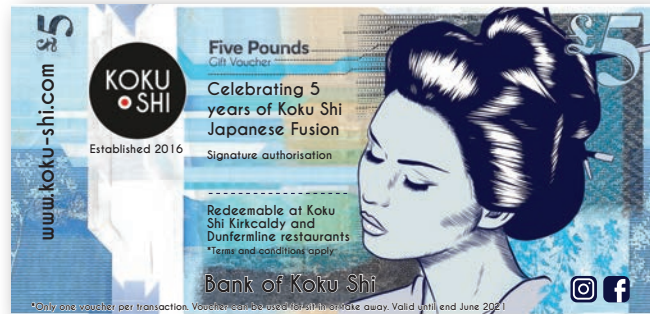
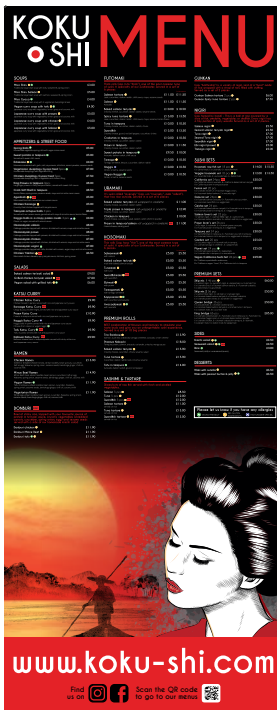
**BUBBLE TEA**

available here  
sit in or take away



# GEISHA 1

I designed the wall mural above for the Dunfermline restaurant. They loved it so much that they wanted it on everything at that time. See examples like the van graphics, menu board and £5 voucher.





## GEISHA 2

I designed the wall mural on the left for the restaurant walls. The food on it is all illustrated but looks real at a distance. The Geisha was then used across many different designs, including £10 gift vouchers, posters, menus etc... She has become an iconic 'mascot' for Koku Shi.





# MORTON FRASER LAWYERS

## VARIETY OF DESIGN

I am Morton Fraser Lawyers 'go-to' Graphic Designer. They have a large Marketing Team and they use me as an extension of their team. I work with them on a large variety of projects. Although they already had a brand in place when I started working with them, we have worked together to develop and change many elements of their brand.

**MORTON FRASER LAWYERS**

We are sending you this postcard from sunny Scotland in advance of St. Andrew's Day tomorrow and also to mark the launch of our "Your Scots Counsel" website content which can be accessed [here](#).

This content is specifically tailored for our friends and contacts at law firms who may need to partner with a Scottish law firm as Scots counsel on cross-border or international transaction and disputes work. We look forward to working with you!

All the best  
Your Scots Counsel at Morton Fraser

*\*The images in this postcard were taken by Morton Fraser personnel on their various jaunts across our beautiful country!*

- [Banking of Finance](#)
- [Corporate](#)
- [Insolvency of Restructuring](#)
- [Litigation of Disputes](#)
- [Private Client](#)
- [Real Estate](#)

**SERVICES FOR THE BIG DAYS**

- Mergers and acquisitions
- Raising growth capital
- Property sales, purchases and leases
- Commercial disputes
- Employment Tribunals
- Restructuring

And all the other days, taken together, are just as important. The nuts and bolts of running an effective business: finance, people and infrastructure, all working together efficiently.

Morton Fraser can help you with the day-to-day issues too. Employment law and immigration advice, debt recovery, commercial contracts, IP protection and much more.

**SERVICES FOR THE DAY-TO-DAY**

- Employment law
- Employee incentive and share option schemes
- Business immigration
- Debt recovery
- Commercial contracts
- Data protection
- Intellectual property

For a full list of services please visit our website  
[www.morton-fraser.com/services/business](http://www.morton-fraser.com/services/business)

**CLARITY IN EVERYTHING**

WE PROMISE TO BE SURPRISE. We are deeply committed to surprise. We will never let you be surprised before we have had a chance to surprise you.

WE COMMUNICATE CLEARLY. We communicate clearly and effectively. We are open and honest. We listen and we respond.

**PRACTICAL AND EFFECTIVE**

WE START BY WORKING WITH YOU. We start by working with you to understand your commercial problems. We date with our progress. We date with our progress. Our integrated approach means we work with you from the start to the end of the project.

The law underpins any business. Morton Fraser gives you the tools to achieve your goals.

HIGHLY RATED IN LEGAL 500 AND CHAMBERS AND PARTNERS

**MORTON FRASER LAWYERS**

WELCOME TO CLARITY

WELCOME TO THE BIG DAYS AND THE DAY-TO-DAY HOW WE HELP BUSINESSES

WE COMMUNICATE CLEARLY. We communicate clearly and effectively. We are open and honest. We listen and we respond.

WE START BY WORKING WITH YOU. We start by working with you to understand your commercial problems. We date with our progress. We date with our progress. Our integrated approach means we work with you from the start to the end of the project.

The law underpins any business. Morton Fraser gives you the tools to achieve your goals.

Business  
Commercial Real Estate  
Individuals and Families  
Public Sector

**MORTON FRASER LAWYERS**

26% OF SCOTTISH BUSINESSES HAVE REVEALED SECURING INVESTMENT IS ESSENTIAL FOR TRADING THROUGH BREXIT

**MORTON FRASER LAWYERS**

56% of large companies  
62% BIOTECHNOLOGY  
66% ARTIFICIAL INTELLIGENCE  
73% DATA ANALYTICS

POTENTIAL GROWTH OPPORTUNITIES

**MORTON FRASER LAWYERS**

WELCOME TO CLARITY

LITIGATION IN SCOTLAND UPDATE

[www.morton-fraser.com](http://www.morton-fraser.com)

**MORTON FRASER LAWYERS**

5 COMMERCIAL CASES

Richard McMeeken looks at his pick of 5 commercial cases in Scotland over the past 12 months.

Richard McMeeken is a Partner and Solicitor Advocate specialising in commercial litigation.

“The influence of the Scottish Supreme Court justices on the development of the law in England & Wales has been invaluable”

[www.morton-fraser.com](http://www.morton-fraser.com)

**MORTON FRASER LAWYERS**

Introduction

THANK YOU FOR YOUR VISIT TO OUR OFFICE. I gave you a sense of our skills, our culture, and how we give our clients the best possible service. I hope you found our team and our opportunities there may be for you.

**MEETING WITH STAGECOACH**  
8 APRIL 2019  
INTRODUCING MORTON FRASER

**MORTON FRASER LAWYERS**

WELCOME TO CLARITY

COMMERCIAL REAL ESTATE  
INDIVIDUALS AND FAMILIES  
PUBLIC SECTOR

**Association for Fostering, Kinship and Adoption Scotland**

I get a lot of enjoyment working with AFKA (Association for Fostering, Kinship and Adoption Scotland). AFKA works to support practitioners and organisations working in fostering, kinship and adoption to promote the safe and loving care to which every child has a right. AFKA contacted me about a new project called Staying Connected which involved building training course materials. I was delighted to be on board. It turned into a fab project with lovely people. Since then I have also designed the Brothers and Sisters Insights briefing information.



**Brothers and Sisters Insights Full Briefing**

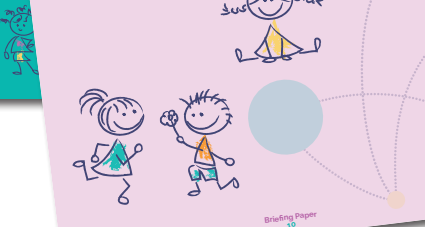


**Staying Connected Toolkit**

**Supporting Children and Young People in Transitions to Permanence in Fostering, Kinship and Adoption**

**Staying Connected Briefing Paper 1 Key Principles in Permanence Transitions**

include not only FCs, but other members of fostering families – those who lived with CYP and those who were regular visitors (perhaps providing a grandparent or aunt / uncle role). Moreover, the Children Scotland Act 2020 s23 takes an expansive definition of siblings, including ‘any person with whom the child has lived and with whom the child has an ongoing relationship with the character of a relationship between siblings’. As such, we need a comprehensive approach to considering with whom CYP want to stay connected. An evidence suggests this is important people are, an evidence suggests this is important people are, an evidence suggests this is important people are, an evidence suggests this is important people are, an evidence suggests this is important people are...



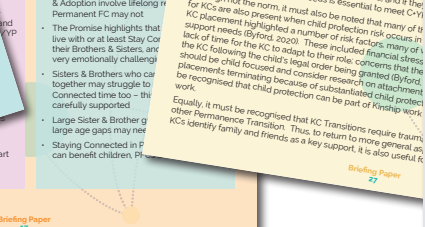
**Staying Connected Briefing Paper 2 Transitions to Adoption**

brothers are reluctant to do so as ‘it’s not the right time’. They’ve never heard, and ‘it isn’t their time’. In reality, there is no perfect time to separating children from their birth families. However, there is an expectation that with realistic, clear and honest information, members themselves, particularly those who are older and have more experience of the world, may be more likely to make a choice to separate from their birth families. However, there is an expectation that with realistic, clear and honest information, members themselves, particularly those who are older and have more experience of the world, may be more likely to make a choice to separate from their birth families...



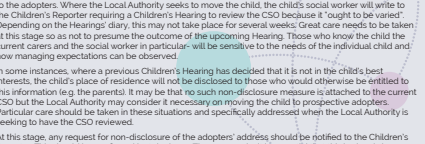
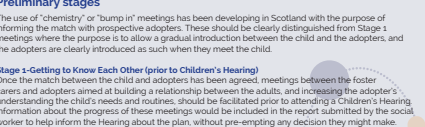
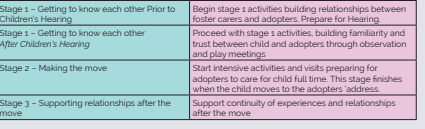
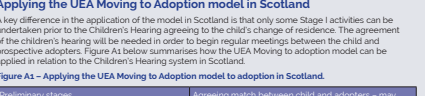
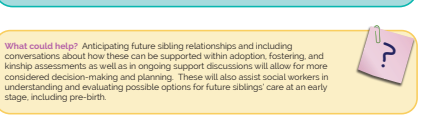
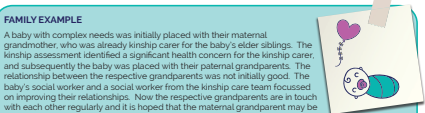
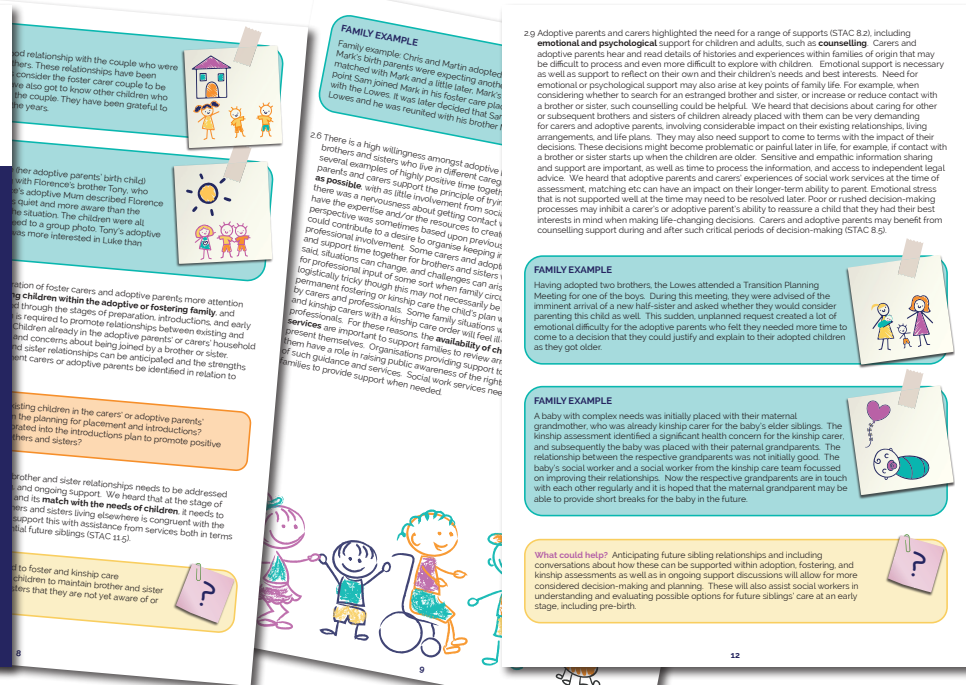
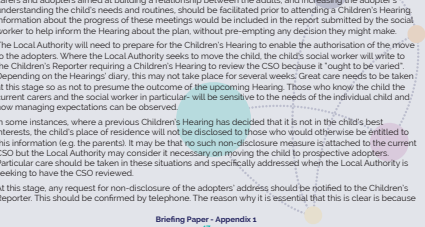
**Staying Connected Briefing Paper 3 Transitions to Permanent Fostering**

including to Permanent Fostering, Kinship or Adoption. Kinship care is becoming more common in Scotland. Kinship care is becoming more common in Scotland. Kinship care is becoming more common in Scotland. Kinship care is becoming more common in Scotland. Kinship care is becoming more common in Scotland. Kinship care is becoming more common in Scotland...



**Staying Connected Briefing Paper 4 Transitions to Adoption**


experience their own part in the consent process. The need for meaningful information is further emphasised in the UK Adoption Act 2002. It is essential that workers must recognise that having information is not the same as having choice. It is essential that workers must recognise that having information is not the same as having choice. It is essential that workers must recognise that having information is not the same as having choice...



# BLUSH BEAUTY

## VARIETY OF DESIGN

I have been with Karen, the proprietor of Blush Beauty since she started her business. I helped her with her brand and look of her whole business. Everything is printed on Ice Gold card which is a luxurious finish which works wonderfully with the brand.



66 High Street,  
Kinross, KY13 8AJ  
Phone: 00000 000 000  
f Blush Beauty and Brows  
no66highstreet

Time \_\_\_\_\_  
Date \_\_\_\_\_  
Time \_\_\_\_\_

Please give 24 hours notice of cancellation. Otherwise a fee may be charged

**EXCITING THINGS COMING SOON TO KINROSS HIGH STREET!**  
*Blush Beauty and Brows*

A NEW CONCEPT OF BEAUTY SALON BROUGHT EXCLUSIVELY TO KINROSS

Offering a range of specialised beauty treatments with the industries most sought after brands

Introductory Offer with this flyer  
**20% OFF ALL TREATMENTS\***  
\*valid in October 2018 only

**BAD GAL NAIL CLUB**  
Also bringing you Bad Gal Nail Club within Blush

Booking online available via Facebook & Instagram – See contact details below




66 High Street, Kinross, KY13 8AJ  
Phone: 01577 209 356  
f Blush Beauty and Brows  
blushkinross

*Blush Beauty and Brows*

<i>Brows</i>		<i>Lashes</i>	
HD Brows*	£25	Classic Full set	£60
Express HD	£18	Infills from £18	
Brow lightening*	£30	1/2 set	£30
Blush Brows*	£25	<i>Volumes</i>	
Basic Brows	£10	Full set	£80
Henna Brows*	£30	Infills from £25	
<i>Upgrades</i>		Blush Lash Lift	£40
Tint*	£5	Lash tint*	£14
Extra wax	£5	*48hr patch test required	
Tint & Extra wax *	£10	<i>Nails</i>	
Brow Masterclass (resemble on products)	£25	Bio Sculpture Gel	£25
Semi Permanent Brows	£250	Bio Sculpture Evo	
*48hr patch test required		Gel Polish	£20
		<i>Upgrade</i>	
		Nail Art	£5
		Gel Polish toes	£20
		Vegan friendly treatments available	

*Intimate Wax*  
Lycan Hot Wax

Basic bikini	£12
Extended	£15
Brazilian	£30
Hollywood	£30

Full range of waxing available – please see our brochure or talk to a member of staff

66 High Street, Kinross, KY13 8AJ  
Phone: 01577 209 356  
f Blush Beauty and Brows  
blushkinross

**Facemasks**  
Please bring your own. If you forget I can provide you with one for £1


**Hand Sanitiser**  
Please use the hand sanitiser provided on your way in and out

**PPE**  
I will be wearing PPE at all times

**Time**  
Please be on time. If you are early, please message me. Please do not come into the salon until I text you it is safe to do so.

**No Plus Ones**  
Please only bring yourself to your appointment in order to keep number social distancing in place (this sadly includes children).

**Symptoms**  
If you or any of the people you live with display symptoms, please advice me as soon as possible so we can rearrange your appointment



66 High Street, Kinross, KY13 8AJ • Phone: 01577 209 356

f Blush Beauty and Brows | blushkinross

*Loyalty Card*

♥ Thank you for visiting Blush Beauty and Brows ♥  
For every £10 spent, collect a stamp.  
Receive £10 off when you collect 8.

8 circular stamp slots arranged in two rows of four.

# SCOTLAND'S ADOPTION REGISTER

## VARIETY OF DESIGN

I designed a range of thirteen leaflets for Scotland's Adoption Register. Since they approached me to do them, I have become the designer for all their work since.



# SCOTIA CABINS

## VARIETY OF DESIGN

I have designed a range of leaflets for Scotia cabins, banners, posters etc... We are currently working on a recipe book.

**SCOTIA CABINS**  
Scotland's Premier Cabin Supplier

**BARBECUE CABINS**

**SCOTIA CABINS**  
Scotland's Premier Cabin Supplier

We also specialise in:  
Garden Rooms & Offices  
Catering Cabins

**SCOTIA CABINS**  
Scotland's Premier Cabin Supplier

**CAMPING CABINS**

**SCOTIA CABINS**  
Scotland's Premier Cabin Supplier

**BARBECUE CABINS**

**17m CAMPING CABIN**

Our straightforward, 17m camping cabin with extension is a fantastic way to take your business to the next level. With an extension of 2m or 4 metres, you can have a very unique and natural building that can sleep 4-5 people. There are lots of ways to personalise the cabin too giving you more and your future customers, that celebrity service.

**7m<sup>2</sup>** **10m<sup>2</sup>**

The baby of the bunch, the 7m<sup>2</sup> barbecue cabin is a great choice if room is tight. Fits snugly into any corner to add that cosy uniqueness to any outdoor space. Seats 8-10 and sleeps 2-3. Full accessory kit included.

Our 10m<sup>2</sup> cabin is the most popular in our range, while very cosy in the winter it's the perfect space for all occasions. Full accessory kit included to give you a great British outdoor experience.

**10m CAMPING CABIN**

The 10m cabin is a eye-catching modern cabin, giving space for 2-4 people to sleep in a bit more warmth and comfort than a tent, but still with that rustic, natural, peaceful feeling that only wood can bring. Both sides of cabins can be fully insulated in the floor and ceiling.

**14m<sup>2</sup>** **17m<sup>2</sup>**

The 14m<sup>2</sup> cabin is a barbecue cabin, and if you have the space, this is a great choice. Being 8-sided, this gives you more eating, seating and sleeping area, and more space to move in. Seats 10, sleeping 4 and can take our full accessory kit, you've got a great addition to your home.

With this size of cabin, you can really have a great time, all cabin at hand! Use the option to modify this, and all our other buildings, to suit your needs. We can do this cabin straight ahead, which allows you to build on additional items, so opening up options for other uses.

**CEDRAL GLAMPING ARCHES**

We all know the UK has weather, and Scotland has even more of it. So if a concern of yours is the durability of the building you are investing in, consider having an arch made in Cedar. This extremely durable and resistant material is an excellent choice for coastal areas, or anywhere where salt could be a concern. With a life expectancy of over 50+ years, this is a sound investment.

01738 850203 • 07768 706498 (Craig) • 07921 866967 (Caroline)  
Wester Greenside Farm, Newburgh Rd, Abernethy, Perth, PH2 9LJ  
info@scotiocabins.co.uk • www.scotiocabins.co.uk

**SCOTIA CABINS**  
Scotland's Premier Cabin Supplier

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**7m<sup>2</sup>**

The baby of the bunch, the 7m<sup>2</sup> cabin is a great choice if room is tight. Fits snugly into any corner to add that cosy uniqueness to any outdoor space. Seats 8-10 and sleeps 2-3.

**14m<sup>2</sup>**

The 14m<sup>2</sup> cabin is a fantastic choice, and if you have the space, this is a great choice. Being 8-sided, this gives you more eating, seating and sleeping area, and more space to move in. Seating 10, sleeping 4 you've got a great addition to your home!

**10m<sup>2</sup>**

is the most popular. Seating 10, sleeping 4 and being cool in the summer and very cosy in the winter. Your perfect cabin. Your extended space. Why not, or use it for anything else?

**17m<sup>2</sup>**

Your 17m<sup>2</sup> cabin is incredibly versatile, as you can extend this cabin to create the ultimate party cabin. This cabin can sleep 4, and seat 24 comfortably. What would you use your extra space for?

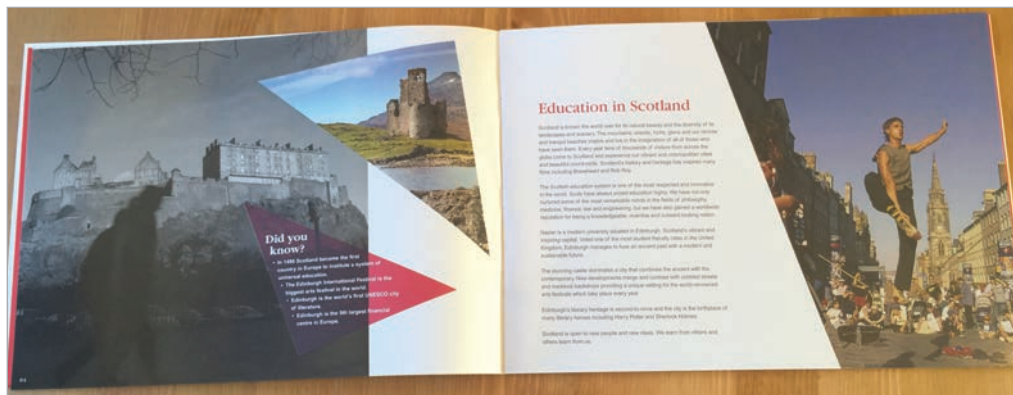
Best time to contact?  
Special Incentive code:

- Call to discuss your cabin projects
- Barbecue cabins and outdoor studios available
- Purchase incentives
- Flexible finance schemes available
- Surveys and project plans available
- Special incentives available
- Why not call our hotline to discuss requirements?

# BROCHURE DESIGN

## Napier University, Edinburgh

The brief for this design was that they wanted a classy looking design on high quality materials to give to potential students from overseas. The design was to be based on their new logo. I used the triangle in the logo to inspire the shapes on each page.



# KINSHIP CARE

I am the go to Graphic Designer for Kinship Care. As well as helping them with graphics and direction for their website I have created information leaflets, banners and documents.

## Kinship Care

Advice service for Scotland

The Kinship Care Advice Service provides specialist support to all Kinship families throughout Scotland.

If you care for the child of a relative or friend you may be a Kinship Carer

**GET IN TOUCH**

0808 800 0006 (freephone)  
Lines open 10am-2.30pm, Mon to Fri

[www.kinship.scot](http://www.kinship.scot)  
[kinship@adoptionuk.org.uk](mailto:kinship@adoptionuk.org.uk)

[kinshipcarecas](#)  
[@kinshipscotland](#)

### Kinship Care

Advice service for Scotland

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**Get in Touch**

CALL US ON: 0808 800 0006 helpline is open 10.00am – 2.30pm Mon to Fri to discuss anything in relation to Kinship Care, OR EMAIL: [kinship@adoptionuk.org.uk](mailto:kinship@adoptionuk.org.uk)

Visit our website at [www.kinship.scot](http://www.kinship.scot)  
[kinshipcarecas](#)  
[@kinshipscotland](#)

## Kinship Care

Advice service for Scotland

### WHAT NOW?

Who support service in Scotland, we are an independent which is currently funded by the Scottish Government. The training, workshops and resources to Kinship families and a safe living environment a child can start to recover from times and we will endeavour to support your Kinship family journey.

and how you can link in with the service.

What do we do?

Work with local authorities to help improve practice in supporting Kinship families via the practitioners forum

Access to the KCASS legal consultant.

It is important that you discuss in detail with the assessing worker any the immediate needs for financial support ongoing required.

### Kinship Care and Attachment

You may be aware that the circumstances, which resulted in the child you care for coming to live with you, may have had a negative effect on them.

Examples of children who are at risk of developing attachment difficulties:

- Children who have been separated from their parents
- Children who have been placed with their parents
- Children who have been placed with their parents

Attachment difficulties can affect a child's ability to form healthy relationships with others. This can affect their ability to learn, play and interact with others. It can also affect their ability to regulate their emotions and manage their behaviour.

# KINGSGATE SHOPPING CENTRE

The Christmas campaign for the Kingsgate Shopping Centre. With Dunfermline town formally being made a city in 2022, I wanted to show the city in the advert. I chose a mixture of illustration and photography techniques to show a magical story of a boy looking out across Dunfermline on Christmas Eve and seeing the magic of Santa. Of course the presents beside him were bought in the Kingsgate Shopping Centre ;)

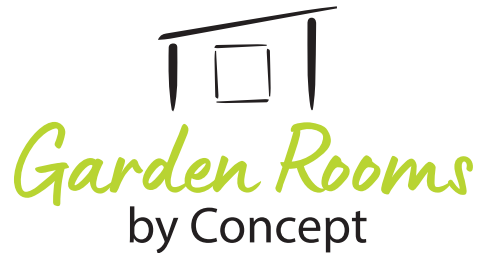


This is the development from Christmas campaign to New year. Keeping a similar theme and showing off our newly named City.





# LOGO DESIGN



# GILLESPIE MACANDREW LAWYERS

I work with the marketing department at Gillespie MacAndrew on many projects including adverts and icons for their new website. I continue working with them on a regular basis.



**GILLESPIE MACANDREW**

## Carbon capture

### Legal considerations and opportunities

Much has been written about the opportunities presented by the country's net zero ambitions, not least for businesses in maximising the "green" potential of their activities. However, it is important to understand the legal background around carbon sequestration - we can help. If you would like to discuss how we can support your business in making the most of these opportunities, please get in touch.

**Robert Scott-Dempster**  
Partner and Head of Land & Rural Business  
T: 0131 260 7544  
E: robert.scott-dempster@gillespiemacandrew.co.uk

Find out how we can help you  
[GILLESPIEMACANDREW.CO.UK](http://GILLESPIEMACANDREW.CO.UK)  
Edinburgh | Glasgow | Perth



**GILLESPIE MACANDREW**

## We can provide expert legal advice for your rural business.

- Diversification
- Environment and conservation
- Land registration
- Purchase and sales
- Succession planning
- Tax

Find out how we can help you  
[GILLESPIEMACANDREW.CO.UK](http://GILLESPIEMACANDREW.CO.UK)  
Edinburgh | Glasgow | Perth

**FIRST TIME BUYERS' EVENT**

THURSDAY 30 SEPTEMBER AT 6.00PM




**GILLESPIE MACANDREW**

## Looking for a local property expert?

We can help.

With over 100 years of combined property expertise and first class local knowledge, we can guide you through the process.

For more information on how we can help, call 0131 447 4747 or visit [residential.gillespiemacandrew.co.uk](http://residential.gillespiemacandrew.co.uk)



**GILLESPIE MACANDREW**

## Specialist advisors to the energy sector

We are proud to sponsor the 2023 SHECA conference and have particular expertise supporting a number of significant fuel/gas projects including:

- Advising developers and supply chain clients re: contract for fuel, gas and electricity supply agreements.
- Advising of relation to create new agreements and power purchase agreements.
- Advising wind and solar operators and investors in relation to contracted wind energy property and power lease arrangements relating to hydrogen production and off-take.
- Advising an electricity manufacturer on construction matters.

**Energy Sector expertise**  
Our energy team has coordinated legal services on over 250 energy projects and transactions in the past 12 months with a total development value of over £500. These include onshore and offshore renewables and conventional energy developments, including decommissioning, repowering and

refinancing, structuring of development vehicles, complex mixed strategic land and energy development projects, through to storage, utility infrastructure and network connections.

**Our expertise includes:**

- Onshore renewables - wind, hydro, solar, storage.
- Offshore renewables - wind and storage.
- Utility infrastructure projects and refinements.
- Repowering & decommissioning.
- SMA conditions and DG projects.
- Multi source energy projects.
- PPA's and related contracts.
- Islands & Communities.
- Renewables and Oil & Gas liability clean & decommissioning.
- Gaming & Finance.
- Strategic land involving energy sites.

**Lead contacts**

 <b>David McArthur</b> Partner & Head of Energy Sector Team T: 0131 447 4747 E: david.mcarthur@gillespiemacandrew.co.uk	 <b>Helen McArthur</b> Partner, Energy Sector Team T: 0131 447 4747 E: helen.mcarthur@gillespiemacandrew.co.uk	 <b>Robert Wilson</b> Partner, Energy Sector Team T: 0131 447 4747 E: robert.wilson@gillespiemacandrew.co.uk	 <b>John Murray</b> Partner & Head of Planning T: 0131 447 4747 E: john.murray@gillespiemacandrew.co.uk
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To find out how we can help you, contact one of our team or visit  
[GILLESPIEMACANDREW.CO.UK](http://GILLESPIEMACANDREW.CO.UK)  
Edinburgh | Glasgow | Perth



**GILLESPIE MACANDREW**

## Looking to make a move this Spring?

We can help.

Let us put a spring in your step with our Spring offer of **20% OFF** your conveyancing fees. List your property with us between 1 April - 31 May and quote the following code: 'GMSPRING'



**GILLESPIE MACANDREW**

## Our guide to selling your home

### How we can help

Moving home can be an emotional and often stressful process but our team can provide advice and reassurance throughout.

It is important to get in touch with someone who understands your motivations and can guide and support you in the right way. With well over 200 years of combined experience in the property market, we are proud to offer the following:

- No upfront fees.
- A wealth of local knowledge and experience.
- Strong negotiation skills.
- Regular and consistent communication from the outset.
- Excellent relationships with key third parties such as ESPIC, Hightower and On The Market.

Once again, we were very happy with the service provided by the team at Gillespie MacAndrew property. They are very professional, easy to contact, and provided a necessary and timely process.

Like you, our estate agency team has a vested interest in ensuring that all aspects of your sale are dealt with speedily and efficiently which is why the strong conveyancing team at Gillespie MacAndrew forms an integral part of our service.

### Getting your home ready to sell

We all know the importance of first impressions so we've put together some tips to help present your property in the best possible way.

- Garden**  
Tidy the outside space, cut grass, pull any weeds and trim hedges. Remember the property before deciding to undertake a viewing as it's in your interests to make sure they want to see more.
- Kitchens and bathrooms**  
It's a key that these areas look their best - they are arguably the most important areas of the house and are expensive to renovate or replace - primary reasons, therefore, buyers and bathroom sellers are spending.
- Pets**  
Animals often make a house a home but it might be worth speaking to a friend or family member to care for your pets during viewings to avoid unnecessary distractions or, worse still, put off buyers that are perhaps not animal lovers.
- Light**  
Ensure entrance halls are well lit and any naturally dark areas are brightened up with lamps or ceiling lights to provide a warmer and more homely atmosphere.
- Smell**  
Remove any strong smells and odours (including pets) and ensure they meet the minimum standards which you should be aware of. These regulations should be "checked" and should trigger each other in the event of a fire or carbon monoxide leak.

If you have any questions about what is best for you or you are looking for some general advice in relation to your property and the market, please get in touch with one of our team.

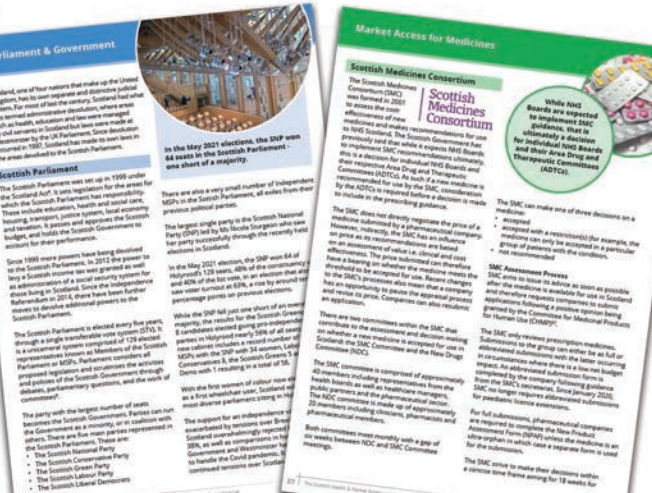
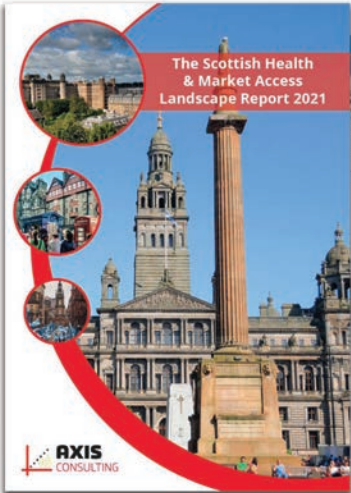
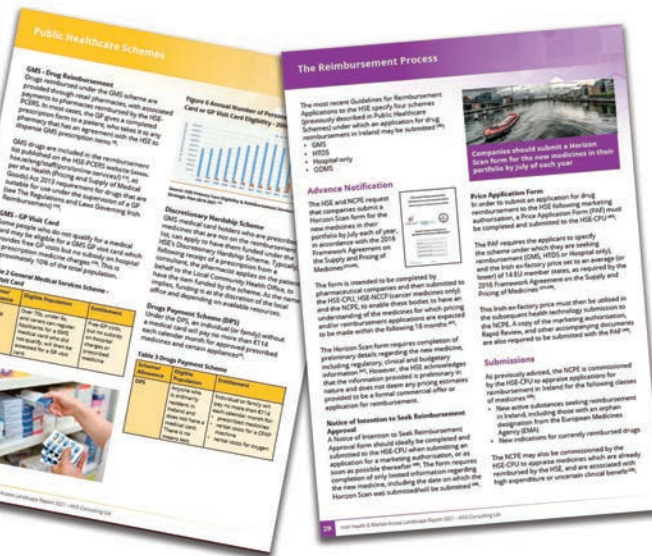
Get in touch with one of our team and find out how we can help.

**Carrie Wright**  
Partner and Head of Residential Property  
[carrie.wright@gillespiemacandrew.co.uk](mailto:carrie.wright@gillespiemacandrew.co.uk)  
0131 260 7558

**Robbie Ivers**  
Property Manager, Residential  
[robby.ivers@gillespiemacandrew.co.uk](mailto:robby.ivers@gillespiemacandrew.co.uk)  
0131 446 2347

# AXIS CONSULTING

Axis Consulting Ltd contacted me because they wanted a Scottish designer to work on their Scottish landscape report. They were so happy with the design and our working relationship that they then asked me to redesign their Irish report (which had previously been designed by a design agency). I am now their go to Graphic Designer and work on everything from email



# TWIRLSPORT SCOTLAND

I was initially asked to design a logo for TwirlSport Scotland. I now design all their event logos, banners, medals and programmes.

SOLO ONE BATON		
JUDGE 1	JUDGE 2	JUDGE 3
LEVEL B	LEVEL B	LEVEL B
LEVEL C	LEVEL C	LEVEL C
CHAMPIONS SOLO ONE BATON		
LEVEL B	LEVEL B	LEVEL B
LEVEL C	LEVEL C	LEVEL C
ARTISTIC TWIRL		
LEVEL B	LEVEL B	LEVEL B
LEVEL C	LEVEL C	LEVEL C



SHORT PROGRAM								
JUDGE 1	JUDGE 2	JUDGE 3	JUDGE 4	JUDGE 5	JUDGE 6	JUDGE 7	JUDGE 8	JUDGE 9
LEVEL B	LEVEL B	LEVEL B	LEVEL B	LEVEL B	LEVEL B	LEVEL B	LEVEL B	LEVEL B
LEVEL C	LEVEL C	LEVEL C	LEVEL C	LEVEL C	LEVEL C	LEVEL C	LEVEL C	LEVEL C



SATURDAY		
JUDGE 1	JUDGE 2	JUDGE 3
LEVEL B	LEVEL B	LEVEL B
LEVEL C	LEVEL C	LEVEL C
SHORT PROGRAM		
LEVEL B	LEVEL B	LEVEL B
LEVEL C	LEVEL C	LEVEL C



## NINEWELLS NICU

I am currently working with Ninewells new Neonatal clinic, Tayside NHS on their family pack. I also designed their cot card and social distancing posters. We continue to work together on the new look. I had the joy of working with the wonderful illustrations by Freya Cumming.

**Ninewells Hospital, Dundee**

Name: \_\_\_\_\_

Born on: / / CHI number: \_\_\_\_\_

Time: \_\_\_\_\_ Gestation: \_\_\_\_\_


Weight: kgs / lbs oz OFC: \_\_\_\_\_

Parent's names: \_\_\_\_\_

Blood spot admission

Day 5  Day 28

Breast milk sticker can go here



### Neonatal unit philosophy of care

The Neonatal unit will care for all babies to the highest possible standard. Care which conforms to the professional national standards will be provided by a dedicated multidisciplinary team in a safe and calm environment. We will support parents to be involved in their baby's care, and to participate in decisions about their baby's care. We will encourage parents to continue to be involved in their baby's care and we will work with you to ensure we continue to provide to us our philosophy of care.

#### What to expect when your baby is first admitted to TC

- When your baby is admitted to TC we will need to go to the neonatal unit to collect your baby to allow us to perform a thorough physical examination and check your baby's vital signs. We will also take any necessary blood and urine samples.
- We will ensure your baby is comfortable and safe.
- We will ensure your baby is safe in the cot.
- We will ensure your baby is safe in the cot.
- We will ensure your baby is safe in the cot.

#### While these are not things that you are asked to help your baby, we will ensure your baby is safe in the cot.

- We will ensure your baby is safe in the cot.
- We will ensure your baby is safe in the cot.
- We will ensure your baby is safe in the cot.

### Welcome to Family Integrated Care (FiCare) at Ninewells Hospital

FiCare is all about helping you to be involved in your baby's care. It's about working together to ensure your baby has the best possible start in life.

FiCare has been shown to result in:

- Decrease in readmission rates
- Reduced hospital stay
- Reduction in medical costs



## Welcome to Transitional Care


Ninewells Hospital




## Maximum people in this room




Thank you



## Ninewells Hospital Neonatal Unit

### Family Information Pack for the family of



## Welcome

### Parent skills checklist

	Tick when Confident	I would rather the nurse does this
Washing my hands thoroughly		
Asking the nurse around the Unit		
Understanding why breast milk is so important for my baby		
Understanding how to use a breast pump		
Understanding how to express milk		
Understanding how to store my breast milk		
Understanding how to transport my breast milk to hospital		

### Developmental Care

Understand the importance of noise and smell for my baby's development

- I know how to use bonding squares
- I know how to minimise noise
- I know how perfume and strong deodorant can impact my baby
- I know and understand my baby's cues
- I can comfort hold my baby for procedures or when they are unsettled
- I feel comfortable taking my baby in and out of the incubator with assistance
- I can position my baby comfortably and make his/her bed
- I can comfort hold my baby

### CARE

- I can change my baby's nappy, check their skin and clean their eyes/mouth
- I can dress my baby
- I can weigh my baby
- I can bath my baby
- I can skin to skin
- I can stand transfer

## Helping to reduce stressful experiences for your baby

Using yourself with your baby's behavioural cues (how they are responding) will enable you to reduce stressful experiences for your baby. Your baby's behaviour is their language (how they 'tell you' how they are feeling). Observing their cues tells you when they are calm, settled and coping well with an intervention they need support.

### Signs your baby is coping well

Signs your baby is coping well	Signs your baby is coping well	Signs your baby is coping well
Smooth Movements	Sucking	
Healthy Colour	Feet together	
Relaxed sleep	Hands together	
Rooting	Smiling	
Relaxed face		

### Signs of sensitivity

Signs of sensitivity	Signs of sensitivity	Signs of sensitivity
Coughing	Finger splay	
Grimacing/frowning	Sneezing	
Colour changes - for example pale skin		

### Signs of stress

Signs of stress	Signs of stress	Signs of stress
Glaazed Look	Floppy or limp posture	
Stiff posture	Crying	

# EVENT BANNERS AND COLLATERAL

## VISA BUREAU

Visa Bureau contacted me to help them put together banners and collateral for an event they were attending. Having been let down by a previous company who were doing this for them they contacted me to ask if I could design and arrange the print for them in a very short timescale. Visa Bureau had no previous branding or look for their materials and so I created them fresh, eye-catching designs with the use of simple, clean colours and eye-catching images. I also contacted one of my print suppliers who did a fantastic job helping me get these printed and delivered in plenty of time for the event.



Roller banners



Folder and inserts



2M x 2M banner

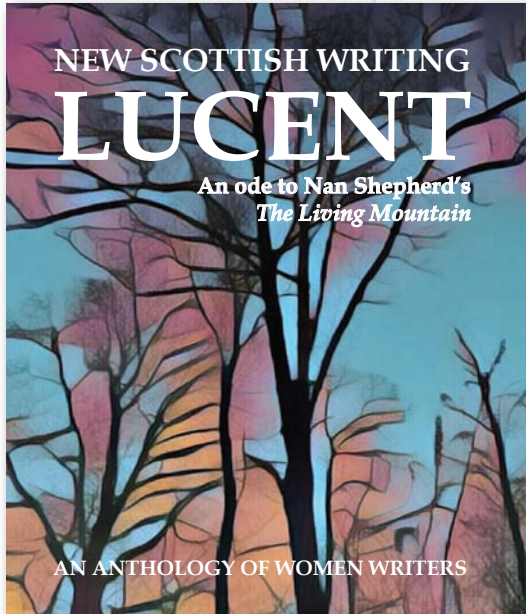


A4 leaflet

# BOOK DESIGN

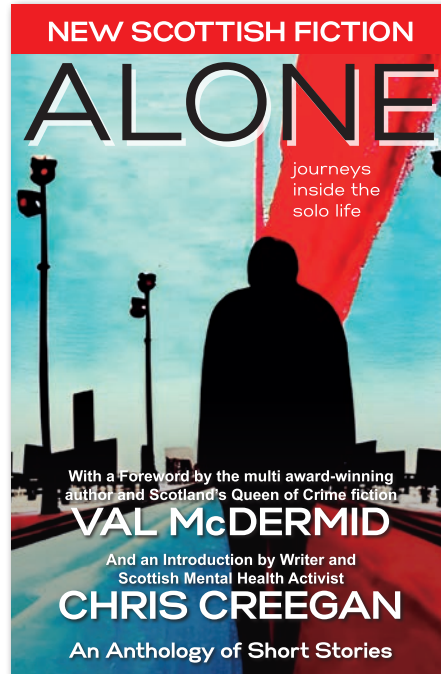
## 8D PRESS

I work with 8d Press which is a publishing house based in Dunfermline. They were keen to work with a local designer so that we could work closely on their publications. We have formed such a super bond that I now feel part of their wonderful team.



### The Foreboding Valley of Glencoe

**L**auding. Atmospheric. Melancholy. This is the Valley of Glencoe. As a child, I would travel north with my parents every town of Oban, for our summer Instead of taking the route over the Bridge, we would take the road snaking through the majestic hills found in the mountains and the Valley of Glencoe. The dramatic landscape made such an impression upon me that there was no doubt to where my husband and I went for our honeymoon. That meant an amazing autumnal week in the hills. We stayed at the Hotel we



Foreword by  
**Val McDermid**  
Scotland's Queen of Crime

One of the UK's most accomplished and respected novelists, Val McDermid has sold over 18.5 million books to date across the globe and is translated into more than 40 languages. Her multi-award winning series and standalone novels have been adapted for TV and radio, most notably the Wire in the Blood series featuring clinical psychologist Dr Tony Hill and DCI Carol Jordan. The first series of the ITV adaptation of the Karen Pirie series, featuring a Scottish cold case detective, aired in 2022. Val's most recent series, featuring young journalist Allie Burns, began with 1979, the first in a quintet, and will follow Allie's life and experiences at ten year intervals. The second in the series, 1989 is published in paperback in February 2023. Val returns to Karen with her 2023 hardback, Past Lying, which will be published in October 2023. Val was chair of the Wellcome Book Prize in 2017 and has served as a judge for both the Women's Prize for Fiction and the 2018 Man Booker Prize. She is the recipient of six honorary doctorates and is an honorary Fellow of St Hilda's College, Oxford.

With a Foreword by the multi award-winning author and Scotland's Queen of Crime fiction  
**VAL McDERMID**  
And an Introduction by Writer and Scottish Mental Health Activist  
**CHRIS CREEGAN**  
An Anthology of Short Stories

**J**ack Mailer climbed the stairs in Birklaw Tower and stopped for a moment on the third floor. His work uniform, although relatively plain and unrestrictive, always made him feel uncomfortable. This was particularly so when he was sent on home visits. It wasn't so much a physical discomfort, but there was something about being out in public and wearing a uniform that deeply irked him: he loathed the idea of being looked at as any sort of authority figure.

The patient whom Jack had been sent out to visit wasn't even one of his, so to speak, but this was just one of the many jobs that no one else wanted. Jack was the youngest in his team, which meant that these kinds of tasks often fell to him. That wasn't to say that Jack didn't also hate his job, it was simply that the people in his office had hated theirs for longer.

The stairwell was darkened but for a few weak ceiling lights. Jack approached a door, knocked, and waited. The door was opened soon after, and rather cautiously, by a man who looked to be of a similar age to Jack – that is, roughly thirty. He didn't open the door fully but just enough that he could see Jack from head to toe without revealing himself to the same extent.

'Hi there. Lee?' Jack said.  
'Aye, how's it going,' Lee said. Appeased by something in Jack's tone, he opened the door fully.

### LIBERTY

**Salty air, quiet cove**

**M**y skin trembles with the kiss of the salty air, the hazy sky before me, grey silhouettes in the distance. I can almost touch the isles, yet the wind keeps forcing us to tack in zigzag, we are almost there, yet, we keep on sailing in place. His short grey hair flies in the wind, his arms around me solid as the roots of a 100-year-old tree, his scent mingles with the ocean air. I inhale him, I inhale life. I am warm. I can sail like this forever. His dark piercing eyes smile at me. I shiver as his hand like fine sandpaper touches my cheek, his lips though, are soft and silky. Time must have frozen, when I look up, the entrance of Acarsaid Mhor is in front of us. The craggy mountains on both sides remind me of him, of sailing

**KIYOKO**  
I think I need to get you to a hospital.

**JACK LANE**  
No, no - then they'll look me up.

**KIYOKO**  
What are you on about?

**JACK LANE**  
The medics, I don't want them to know about me. Not anymore. There's no point. I'm fine. They don't give a shit anyway.

**KIYOKO** (unsure of herself, of him)  
O-okay, if you're really sure.

**JACK LANE** (hesitant, starting to stammer)  
Err - sorry - am sorry. Err - thank you. Come up if you want, if you need to sit down for a while. It's so cold. Thank you. I-er-er-like-em, so-sorry, like-em, so-sorry.

**KIYOKO** (Nervously)  
O-o-k-a-y - I'll take you upstairs, just to make sure you're really okay.

...

**INT:** Night. Jack's flat. Jack and Kiyoko go up to the flat. Jack opens the door but does not turn on the light. Streetlights illuminate the inner hallway. The flat is a large three-bedroom

- Eric Davidson
- Ryan Pollock
- Fiona M Campbell
- Pen Reid
- Jacinta West
- Barbara Henderson
- Jericho Reid
- Andrew Campbell

# MENUS/PRICELISTS

I have created menus for many different business including hairdressers, cafes and restaurants. here are a few examples.

## Sweet Sensations

Sweets Treats & something to Eat

16A Abbey Street, High Valleyfield, KY12 8RP

Call us or go online to order  
**07751 411910**  
Find us on <http://bit.ly/SweetSensationsFile>

Scan to see menu & order

### Waffles

**KIDS WAFFLE** £3.00  
**SWEET SENSATIONS LOADED WAFFLE** £5.00  
2 x waffles with choice of topping and sauce served with a scoop of vanilla ice cream and whipped cream.

**Hot Donuts & Churros**  
All come with dessert sauce  
4 x hot donuts £3.95  
8 x hot churros £3.95

**Sauces**  
Milk chocolate, White chocolate, Nutella, Bueno, toffee, caramel, salted caramel, lotus, mint, raspberry, bubblegum, strawberry.

**Traditional Milkshakes** £4.50  
Vanilla, chocolate or strawberry ice cream topped with whipped cream and sauce  
All milkshakes are made with customers choice of ice cream and finished off with whipped cream

**Luxury Milkshakes** £4.95  
Kinder, Lotus, Oreo, Nutella, Peanutella, Magic star, mint Aero, Milky bar, chocolate orange, Crunchie, Maltesers, Jammy dodger, Galaxy caramel, bubblegum, Scottish tablet, Milky bar & raspberry, Unicorn, fudge  
All weekly specials.  
Milkshakes are made with 4 scoops of our delicious ice cream, chocolate/sweet of your choice and finished off with whipped cream

**Donuts**  
Cane's Oreo's £1.20  
Fruit shoot 50p  
Tea £1.20  
Coffee £1.20

**Fries**  
Fries £6.50  
Fries topped with cheese and sauce £7.50  
Fries topped with cheese and sauce £7.50  
Fries topped with cheese and sauce £7.50

## Maggie Browns

BE YOUR BEST BEAUTIFUL

07743 520 694  
info@maggiebrowns.co.uk  
@maggiebrownsclinic

Scan the QR codes to go directly to Facebook & Instagram

To book online go to: <https://appointmentsbymaggiebrowns.as.me>

45 Chalmers Street, Dunfermline KY12 8AT

### LOVE YOUR LASHES

LVL Lashes/Tint £45.00

**Semi-permanent Lashes:**  
Classic £45.00  
Hybrid £60.00  
Volume £70.00  
False Lash removal £15.00

**MEDICAL TATTOOING**  
Scar/Camouflage from £100.00  
Brows (Also see Earning my Wings)  
Areola Restoration (coming soon)

### FACIAL

Express Mini Facial (30min) £35.00  
Products suited to your skin type.  
Cleanse, Exfoliate, Massage, Mask & Moisturise

Luxury Mini Facial (45min) £47.00  
(As above) with added hand or Scalp massage, with a Deeper mask or Infrared lamp  
\*Products are tailored to you skin type.

WAXING	MOSTLY MALE
Upper Lip £8.00	Neck £13.00
Chin £8.00	Back £36.00
Jawline (chin to ear) £12.00	Chest £24.00
Underarm £17.00	Full Torso £36.00
Half Leg £24.00	Nasal £8.00
Full Leg £36.00	Ear £8.00

(See Beautiful brows for brow waxing prices)  
\*We use both hot & warm wax \*10% discount on all mix & match wax treatments when booked in the session appointment. \*All treatments done on this menu are unisex.

## CATHY'S KITCHEN

Freshly made hot & cold rolls, lunches & snacks

**Loaded Fries £4**  
various toppings - please ask for todays choices

**Salt & Chilli Chicken & Chips small £4 large £5**

**Salt & Chilli Chicken or Plain Chicken Wrap £4**

**Chips & Curry or Cheese £2.50**

**Baguettes £4 (Steak £4.50)**  
please ask for todays fillings choices

**Cheeseburger & Chips £4.50**

**Chicken Burger & Chips £4**

**Cold Filled Roll £2**  
please ask for todays fillings choices

**Hot Filled Roll £2 double £3** add onion or cheese 50p  
please ask for todays fillings choices

**Full Big Breakfast with buttered roll £5**  
Toasties or Panini £2.50 add side salad 50p  
please ask for todays fillings choices

**Baked Potato with side salad £4**  
please ask for todays fillings choices

**Salad Boxes £3**  
please ask for todays fillings choices

**Kids Meals £3**  
chicken nuggets & chips / hot dog & chips / battered sausage & chips

**Tea £1 Coffee £1 Cappuccino £1 Latte £1**  
**Juice £1 Bottles & Red Bull £1.50 Water 50p**

Elgin Industrial Estate, Dunfermline • Unit 1  
Catherine 07927523694 or 07742438259

**DAILY SPECIALS £5** please ask

## Mac Candy Menu

Hot in - Takeaway - Delivery

Call us or go online to order **01383 882822**  
4 Chapel Street, High Valleyfield, KY12 8AJ  
Find us on

Scan to download our app and order

### Cold Desserts

**Ice Cream**  
Mr Whippy Ice Cream  
Small £1.50  
Medium £2.00  
Large £3.00  
X Large £3.50  
Big Cone £1.00  
Chocolate Waffle Cone £3.50

Triple Nougat from £1.75  
Double Nougat from £2.50  
Triple Bar from £2.25

Ice Cream  
Ice Cream Sandwich £4.00  
Ice Cream Sundae £4.00  
Sundae £3.00

**Bakes**  
Dough from £4.00  
from £3.95  
from £3.00  
from £2.00  
from £1.00

### Hot Desserts

Cheesecake from £3.50

Pancakes (x2) from £4.50

Belgian Waffle from £4.50

Bubble Waffle from £4.50

Mac Bites x 10 from £4.50  
x 15 from £6.50  
x 20 from £8.50  
x 25 from £10.00

Mac Shakes from £3.00  
Waffle Sticle from £3.00  
Triple Nougat from £2.50  
Chocolate Bites from £3.50  
Mini Pancakes from £4.50  
Hot Coddle Dough with ice cream from £4.00  
Flavours Milk Chocolate Chip, White Chocolate Chip, Triple Chocolate

Donuts sugar or cinnamon sugar x 3 £3.00  
x 6 £4.50  
x 9 £6.50  
Topped Donuts (choice of toppings) x 3 £4.50  
x 6 £8.00  
x 9 £12.00

Sugar Donut Waffle £5.00  
Churros - standard x 6 £4.00  
- dulce filled x 6 £5.00  
- chocolate filled x 6 £5.00

All churros come with small white chocolate and milk chocolate dips



# LEAFLETS

## Sleepy Teepee Parties Fife

**Stunning themed sleepover set ups for any special event that create unforgettable, magical memories**

Single teepees/tents: £25.00 each per night  
Bubble tent: £125.00 for 24 hrs / £200.00 for 48 hrs

The price includes: teepee/tent, mattress, duvet and pillow, bed linen, tray and few themed accessories including cushions and props.

Themes: please see the back of this leaflet for examples of themes.

Wedding and party prices: available on request.  
Slush puppy machine and syrup: £10.00  
Spa/pamper table: £10.00 pp  
Sweetie bags: from £3.00 each  
Party bags: from £6.00 each

Some set ups may incur a small fuel charge depending on area of the set up.

If you require any further information please get in touch  
[sleepyteepeepartiesfife](https://www.sleepyteepeepartiesfife.com) 07753 420132

## ONESTOP IT ...be more

Utilise technology to drive growth, improve performance and get ready for GDPR

### IT STRATEGY

We will help your organisation find the best IT solutions to meet your business strategy. Being your trusted partner every step of the way is crucial to ensure that your technology continues to meet your professional needs as your organisation and team grows.

### IT SECURITY

We always go the extra mile to safeguard your business and your data. Our Framework ensures your data is:

- Compliant
- Accessible
- Recoverable
- Secure

### IT SUPPORT

We can help you reduce downtime and enable your business to focus on growth. Having your organisation's systems and networks in check means that your staff can make the most of technology and use it to maximise their impact on your business.

## Lollipop Lane event hire

ONLY IT MANAGEMENT COMPANY  
...POINT GUARANTEE!

...need, guaranteed.

...action, or your money back and we will pay service fee of a competitor of your choice.

...we will never hold you against your will.

...% clarity guaranteed.

If not, then we will pay for coffee so that quality time with those you care about.

...to Recovery guaranteed.

...Security guaranteed.

[lonplanevents@hotmail.com](mailto:lonplanevents@hotmail.com)  
 Lollipop Lane Event Hire  
 Lollipop Lane Event Hire

## PET SERVICES

Scenter Barcs provides a high quality dog walking service. We offer other services such as boarding your dogs whilst on holiday and pet sitting for cats and smaller animals.

Our van is fully kitted out with cages, lighting and ventilation.

Our passion and love of animals will ensure your beloved pets have the best possible experiences with us whether it is for a holiday or adventures on walks in many different locations.

Fully insured in canine first aid  
 Fully licensed with Petplan  
 Fully insured with Disclosure Scotland  
 Registered with Edinburgh Council  
 Professional dog walkers

**CONTACT US**  
 07890327564  
[scenter\\_barcs@yahoo.co.uk](mailto:scenter_barcs@yahoo.co.uk)  
[www.scenterbarcs.co.uk](http://www.scenterbarcs.co.uk)

Find us on  
 f i t

## Calling all Super fans!

**HAVE YOU GOT WHAT IT TAKES TO BECOME A LIFE-SAVER?**

St Andrew's First Aid, Scotland's only dedicated first aid charity is seeking new volunteers to join its premier league team.

We'll train you up, provide you with your 'strip' and give you the opportunity to be part of a life-saving squad.

To find out more about how you can support your team through life-saving skills, get in touch at [volunteering@firstaid.org.uk](mailto:volunteering@firstaid.org.uk)

Follow us on  
 f i t

## MORTON FRASER LAWYERS

### WORK EXPERIENCE

At Morton Fraser, we run two work experience programmes to offer you the chance to break free from the classroom and join us to experience work in a legal office first hand. This way you get to know us and the work we do, and we get to find out more about you.

Find out more and apply on our website:  
[www.morton-fraser.com/vacancies/work-experience](http://www.morton-fraser.com/vacancies/work-experience)

### OPEN WORK EXPERIENCE

PRIME to design a programme which aims to inspire a career in law is achievable, no matter your background. We offer 15 places each year, 10 in our Edinburgh office and 5 in our Glasgow office. You'll gain experience in at least three different areas of legal practice, by shadowing our trainee solicitors.

There are two closing dates for applications each year:

- 28th February for placements between 1st October and 28th February
- 30th August for placements between 1st October and 28th February

Please visit our website for more details and to download an application form.

Find out more and apply on our website:  
[www.morton-fraser.com/vacancies/work-experience](http://www.morton-fraser.com/vacancies/work-experience)

# INVITES


YOUR COMPANY IS REQUESTED  
**BY ORDER OF THE  
 PEAKY  
 BLINDERS**  
 TO THE WEDDING OF  
**NICOLA & DAVID  
 ORR & COLLINS**  
**24TH AUGUST 2019 @ 2PM** **BALMULE HOUSE  
 DUNFERMLINE  
 KY12 ORZ**

When we celebrate our special day,  
 We could not wish for more,  
 Thank those we know and love so dear,  
 To enjoy it with us all.

We know that the traditional way,  
 For many brides and grooms,  
 Is to present their guests with a list of gifts,  
 That they'd like to fill their rooms.

But we've been together for a while,  
 And we have most things we need,  
 All we really want on our special day,  
 Is the company that you'll bring.

But for those who'd like to give a gift,  
 We'd appreciate a donation,  
 But above all else, what we'd really like,  
 Is for you, to accept our invitation!



Dress: Flat cap & suit for the Gents  
 and 1920's era dress for the ladies

3.7.21  
**A&K**

MR AND MRS IAIN J SHAW  
 Request the pleasure of your company

To celebrate the marriage of their daughter  
*Kathryn Aileen*  
 to  
*Mr Allan George Marshall*

At Kilcomoghar Parish Church  
 On Saturday 3rd July 2021  
 At 1:30pm

Followed by a reception at East Pitkerrie Farm

RSVP by 4th June 2021  
 Kathrynashaw.95@gmail.com  
 07833454460

Coast View, East Pitkerrie Farm, Anstruther, KY10 3JY

**Ross & Lindsey's  
 Wedding**

PLEASE JOIN US FOR OUR WEDDING CELEBRATIONS

CENTRE FOR STEWARDSHIP,  
 FALKLAND ESTATE,  
 FALKLAND, KY15 7AF

TUESDAY 12TH OCTOBER 2021


At 1PM  
 MEET IN THE COURTYARD FROM 12.10 ONWARDS)

BYOB  
 (WE WILL BE PROVIDING LOTS TOO!)

DINNER AND DANCING TO FOLLOW

PLEASE RSVP BY 14.9.2021  
 LINDSEY: 07825368240

BRING YOUR WAY TO HOBITON




... onto East port when you see Falkland Palace, which  
 ...  
 ... covenanter hotel on your left. Keep going past the fountain  
 ...  
 ... on the right. Keep going along the street, it gets a bit  
 ... junction. Take the right hand street, called West port and  
 ... and Estate. There is a car park on your right.  
 ... ship just next to it.  
 ... 12.30pm onwards!

ROUND THE AREA ARE AS FOLLOWS

The Lomond Hills Hotel  
 Freuchie, Cupar KY15 7EY  
[www.lomondhills.com/](http://www.lomondhills.com/)

Premier Inn Glenrothes hotel  
 Glenrothes KY7 4UJ  
[www.premierinn.com/gb/en/hotels/scotland/fife/glenrothes/glenrothes.html](http://www.premierinn.com/gb/en/hotels/scotland/fife/glenrothes/glenrothes.html)

The Bruce Inn  
 Falkland, Cupar KY15 7BZ  
[www.thebrucefalkland.co.uk/](http://www.thebrucefalkland.co.uk/)



The wedding of  
*Louise MacDonald*  
 &  
*Andrew Reid*  
 22 October 2022

YOU ARE INVITED TO

**KOKU SHI**

*Opening*  
 VIP PARTY

Free glass of fizz on entry  
 SPECIAL GUEST HOST  
 Vanessa Motion, Radio Presenter & DJ  
 LIVE PERFORMANCE  
 Billy Reekie  
 PARTY GAMES  
 Hosted by Vanessa Motion  
 LIVE PERFORMANCE  
 Kelly and the Ka Hulas  
 DJ PERFORMANCE  
 Vanessa Motion

7 DECEMBER at 8PM until LATE

208 HIGH STREET, KIRKCALDY, KY1 1JT

f @

**FLASH**

BACK TO THE  
 80's, 90's & 00's

Come party with us

**CARRIE'S**

Turning 40

Saturday 28th Jan  
 7:30pm

Hugo's Bar & Pavillion  
 Dalgety Bay  
 RSVPs by 7th Jan  
 07800 531733

**P7**  
 Leavers Disco

Celebration Time!

26 June 2019  
 7pm - 9pm

FREE!  
 DJ'd Disco, Buffet and Drinks

# PACKAGING & LABELS

