

Kaleidoscope 164

St Andrew Blackadder Parish Church Magazine

Spring 2025 March, April, May



A Message from Neil

If you've ever had to design a logo, you'll know it's not easy. All too often a new logo provokes an outcry. Some people think it betrays the organisation. Others find it offensive.

The logo of the Christian faith is the cross. Which is outrageous. The apostle Paul explains, "*We preach Christ crucified; a stumbling block to the Jews, and foolishness to Gentiles.*" (1 Corinthians 1:23). In the ancient world, the cross of Jesus was a huge turn-off. Jewish people found it offensive, Gentiles (that is non-Jewish people) found it ridiculous. Any PR advisor would have told the early church, "Hide the cross away. The cross is never going to help you make friends and influence people. Why not choose Jesus in the manger for your logo? That's bound to be more appealing."

Yet, the opposite happened. Round about 200 AD, Christians increasingly made the cross their logo. They drew it and painted it. They engraved it and sculpted it. More than that, they began to make the sign of the cross. It seems crazy.

The cross speaks of pain, suffering and loss – all things which we shirk from. We try not to think about suffering. We convince ourselves that pretending it doesn't exist will keep it away from us.

For a time it works. Then suffering bursts into our lives. A loved one becomes ill. A vital relationship fractures. A role we cherish is snatched away. Someone who is critical to us dies.

The cross is shorthand for Jesus' death. It tells us that Jesus faced the worst that humanity can face. Jesus knows what we go through because he's been there, done it and got the T-shirt. More than this, on the cross Jesus died for everything that is wrong in our lives and is broken in the world. The cross does more than display God's love and concern. The cross is God coming into this world to heal and restore.

The Easter story does not end with the cross. The empty tomb is the other side of the coin. On Good Friday Jesus died. On Easter Sunday he rose from the dead.

The cross demonstrates the length God will go to restore a broken world. The empty tomb is God's confirmation. Death has been defeated. One day suffering will end. Evil does not have the last word.

In the run-up to Easter this year, why not invite Jesus to help you experience his healing and restoration that the cross expresses?

For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.
(1 Corinthians 1:18)

Lord, teach us to understand
that your Son died to save us
not from suffering but from ourselves,
not from injustice, far less from justice, but from being unjust.
He died that we might live – but live as he lives
by dying, as he died who died to himself.

AMEN

(George Macdonald)

Neil

Save Your Stamps For Gaza

Thank you to all of you who faithfully save your used stamps for the Guild Stamp Appeal.

The stamps are sent to the Guild "Stamp Man," Keith Scott, who sorts them ready for preparation and dispatch to FaithAction International. The stamps are then sold to collectors, and this generates money for our chosen charity.

In the last year the charity, Firmly Planted, has benefited from the money raised. Firmly Planted is a community-based agroforestry initiative which aims to make a sustainable impact across Malawi. So far the first tree nursery has been opened in Blantyre, and over 2,000 native trees have been grown from seed and then distributed to local farmers and organisations.

In the year ahead the focus of fundraising has moved to providing hospital accommodation in Gaza, so the need to continue saving our stamps is clear.

So how can you help?

- Save the stamps from your mail. (Only stick-on stamps, not the ones printed on the envelope.)
- It is essential that the stamps' perforations are intact.
- Remove excess paper if you have cut the corner of the envelope. This helps keep the weight down as our stamps have to be posted to Keith, who lives in Garelochhead!

Many of the stamps I've received are very distinctive and really beautiful but **all** of the stamps raise cash, so please keep on saving them and put them in the box in the rear vestibule of the church. Thank you!

Ann Cubitt.



The Church of Scotland

STAMP APPEAL 2025-2026

Collect your stamps to support the work of the Al Ahli Hospital in Northern Gaza.



The hospital is the only Christian hospital in the Gaza Strip and Gaza's only cancer hospital. It serves in time of calm during the occupation and despite all, and through all the bombing since Oct 2023, the hospital has continued to serve the population in whatever way they can and with staff working hours under difficult conditions.

The hospital is run by our partner church, the Episcopal Church in Jerusalem and the Middle East.

HOW TO CONTRIBUTE:

Post your stamps to Stamp Appeal 2025, Keith Scott, Dene Hard, Garelohead, Helensburgh, G84 0EL.
For other options and more information visit: www.churchofscotland.org.uk/stamps

Scottish Charity Number: SC011353

www.churchofscotland.org.uk

 www.facebook.com/churchofscotland
 [@churchscotland](https://twitter.com/churchscotland)

Hall Energy Retrofit

By the time you read this article, the project to upgrade the Hall with energy-efficient heating should be complete. Although the installation of the new floor-covering in early February rendered the Hall functional, the fitting of the remaining 12 solar panels on the atrium roof and the installation of the secondary glazing has taken the rest of February. While it will take some time to get the statistics to check on performance, initial indications are that the new air source heat pump is doing its job effectively. By the time longer and hopefully sunnier days are here, we should achieve certification to sell surplus power generated by the solar panels back to the national grid, thereby helping to reduce our heating costs.

The Hall hosts an average of 1,200 persons each week, the majority of whom are not members of the congregation but represent a wide range of external user groups. It is recognised as an important community hub and therefore plays a significant role in the congregation's missional engagement. At the same time, the income generated by Hall use contributes significantly to the congregational finances.

A real blessing has been that the vast majority of users were able and willing to be temporarily accommodated elsewhere in the church premises during the project, and this was possible through the organisational efforts of Julie Scanlon and Hilde ten Hacken as well as the large number of folks who shifted the purple chairs back and forth in the worship area on Sundays and during the week.

I would also like to thank Sandy Ford, whose professional expertise and patience secured Planning and Listed Building Consents, and Robert Galbraith, who has managed the project on an almost daily basis, dealing with suppliers, contractors, sub-contractors and navigating the mysterious workings of government agencies to secure a £58,000 grant.

Finally, I wish to acknowledge the encouragement and support (both practical and financial) of so many congregational members over the last five months.

David Robertson

Chair, Operations Committee

Beware of these contagious diseases in Church

Frontophobia: A morbid fear of the front seats in church. The sufferer is struck by an attack just inside the church door, and so collapses in the nearest back seat.

Ear Frequency Destruction: Caused by sitting near the loudspeaker when the minister is singing full volume, off-key, etc., into the microphone.

Sermonic Throat: A dreaded choking caused by the start of the sermon. The sufferer unwraps a sweet very slowly and noisily, which seems to effect a complete cure.

Double Auricular Clearance: A condition due to the simultaneous opening of both ear ducts, which allows sound to enter one ear and leave the other without any absorption thereof. Condition is acute during Bible reading and sermon.

Accelerated Vocal Response: A condition which causes the sufferer to try to sing faster than the organ.

Retarded Vocal Response: A condition which causes the sufferer to try to sing slower than the organ.

The Exits: A condition where the sufferer rushes for the exit before the minister gets there.

Church Meeting Paralysis: This can strike suddenly, when a post in the church needs filling. A good dose of enthusiasm works wonders with this sad affliction.

The Editor

(Credit: Parish Pump)

A Lent Reflection

Somebody asked a Christian friend why he was eating doughnuts, when he had given them up for Lent! He answered, *“At the bakers I told God, that if He wanted me to buy doughnuts, He should provide a parking space in front. On the eighth time around, there it was!”* Rather than seeing Lent simply as a time to give things up, let’s use it intentionally for self-examination, reading Scripture, penitence, fasting and prayer.

At Jesus’ baptism, God’s voice says, *“You are My Son, whom I love; with You I am well pleased.”* (Luke 3:22). The Holy Spirit then leads Jesus into the wilderness, where we find Him coming to terms with who He is. Satan’s temptations challenge Jesus in three key areas of His identity: His divine sonship, political power and Messianic role (Luke 4: 1-13). It is as though Jesus was looking into the mirror at Himself to discern what kind of Saviour He should be.

For us, Lent is an opportunity to hold up a mirror to ourselves and ask the question, *“who am I?”* It’s a season of honest encounter with who we are, what we’ve done, and how we should live. What will we see when we hold up the mirror to ourselves? Keeping Lent, the 40 days running up to Easter, could mean taking time to read Scripture, studying a Christian book or spending five minutes each day in silence! We might fast by missing one or two meals, refraining from TV, alcohol, social media, or scrolling on our phones. All of these can help us to give more attention to God in our lives.

Whatever we do, Lent is a season for self-reflection, as we put ourselves in a position to receive afresh the forgiveness and healing that God offers.

The Editor

(Credit: Parish Pump)

Bearing fruit takes time

The nine fruits of the Spirit are Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control. We don't strive for the fruits of the Spirit, rather we plant ourselves in good soil, allow ourselves to be fed by the Holy Spirit, keep taking in nourishment, turn to face the light of Christ, and these fruits will develop and grow in our lives.

Can you tell whether a tree is an apple tree or a pear tree? Not easily when they are in blossom, but very easily when they bear fruit. Bearing fruit takes time and a lot of planting, preparation, nurture and growth.

March is the time of year when gardeners begin to plant seeds ready for summer, but patience is needed – the seeds will take a while to germinate, and the gardener needs to write the names of seeds on labels and not forget which are fruit, flowers and vegetables. The seeds need to be in the dark, or the light, or the warmth or the cool, depending at what stage of life they are at.

So too, is God with us. God writes our names on His heart; God knows what fruit we can bring forth. God nurtures us and gives us light to grow. But first, we need to be planted and that can be scary.

Maybe you are feeling in a cold dark place this March, maybe it feels as if you've been buried, maybe you've got a weight above you and you can't see the way out. Just think that maybe you've been buried because you've been planted.

With patience there will be warmth and light, be like a seed, trust God, and begin to grow out of the darkness towards God's marvellous light. We won't see fruit immediately; we have to be nourished and mature and ripen. Patience will be given to us, fruit of the seed of the Holy Spirit.

The Editor (Credit: Parish Pump)

The Stages of Bereavement

I visited St. Albans Cathedral and was very moved by the six Ramryge Angels exhibition and the narrative explanation. They were crafted by Rev. Claudia Brown to illuminate the six stages. The words below are used by her.

The six Angels are:

Denial, Anger, Bargaining, Depression, Acceptance and Peace.

Denial is generally the first stage of the bereavement process. We can find ourselves in a state of shock, numbness or panic, and generally refuse to accept or acknowledge reality. Denial has been called the “shock absorber” for the soul, an instinctive and natural reaction to pain, loss and change, that if fully felt, might be too much for us to bear.

Anger is seen as the second stage of the bereavement process. When we have stopped denying our loss, feelings of anger, frustration or rage can emerge. We may be angry at God, ourselves, our situation, and the people around us. This anger can be reasonable and justified, but sometimes be irrational and misdirected, as we seek to blame someone or something for our loss.

Bargaining is seen as the third stage of the bereavement process. After the anger has begun to subside, we may attempt to strike a bargain with ourselves, or another person, but most probably with God. We feel that if we do this or someone else does that, then by some miracle we can prevent our loss. This is often futile and comes from a desperate place.

Depression is seen as the fourth stage of the bereavement process. When we see that the bargaining has not worked and we have become exhausted from our struggle to ward off reality, we finally acknowledge what has happened and we feel the pain. It is often at this stage that deep sadness and depression set in, and it is what we have been trying to avoid. This is the essence of grief – mourning at its fullest – and it begins when we humbly surrender.

Acceptance is seen as the fifth stage of the bereavement process. Having finally felt the pain of our loss, the end of our struggle is at hand. Acceptance is not necessarily a happy stage, but the pain has almost subsided and there is a sense of freedom and release. We have adjusted to and become more comfortable with what our life has become, and we are ready to move forwards.

Peace. Having finally achieved the stage of acceptance of the reality of our present circumstances, we can begin to find peace. Peace within our heart, peace in the joy of life, and peace with God.

We do not forget the past but can now take positive steps into our future, having been through the bereavement process to emerge, changed.

I add that it can take a long time to reach peace. It is normal that stages often oscillate.

Rex Homer

St Andrew Blackadder Church of Scotland North Berwick

Scottish Charity SC0006421

The Guild

The Guild enjoyed a delicious Christmas lunch at the Glen Golf Club in December, a fitting end to the first half of our programme.

We started off the second half with home-grown talent, hearing the choices of Ann Cubitt and Ian McAulay on their Desert Island Discs, learning about the Grassmarket Project from Gillian Couper, and Getting to Know Gary Wong, Ewan Bell and Pav Watson from our congregation. (See Photos on the following 3 pages!)

As a result of the excellent talk about the Grassmarket Project, we hope to arrange a visit there to see it for ourselves. We will report back later in the year!

The rest of our programme for this session is set out below. Do come and join us.

Tuesday 4th March at 2pm (joint with Abbey TAG here in StAB)
Guild project Bibles for Bairns with Adrian Armstrong

Friday 7th March at 3pm
World Day of Prayer at St Baldred's Church

Tuesday 11th March (please note the change of date) at 2pm
St Anne's Church, Corstorphine, Edinburgh – Lothians Guilds Together Group AGM and address by the Moderator of Lothian Presbytery, Lorna Souter

Tuesday 18th March at 2pm
The Cyrenians with CEO Ewan Aitken

Tuesday 1st April at 2pm
Guild AGM with entertainment from East Lothian Fiddlers

Ann Braid



St Andrew Blackadder
Parish Church

7th January 2025

Desert Island Discs



Ann Braid interviewed Guild Members, Ann Cubitt and Ian McAulay to ask about: A Childhood Memory, A Favourite Bible Passage, Hymn which means a lot to you, A Hobby to take with you, a Book to take, a Song or Piece of Music, A Final Meal before setting out, An Item of luxury to take, and What would you miss most about being cast away.



Pictures and Montage by Derek Braid



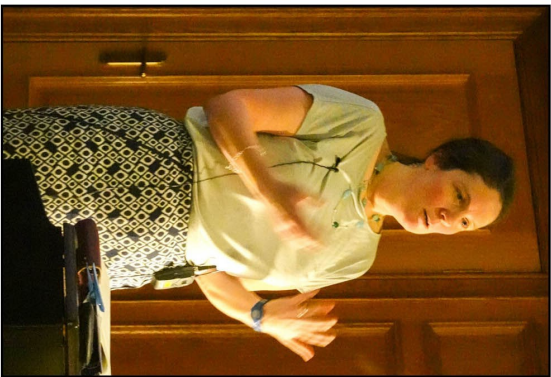
St Andrew Blackadder
Parish Church

21st January 2025

Gillian Couper - The Grassmarket Project



Led by Janet Cornish, the Guild welcomed Gillian Couper, who is working in St Andrew Blackadder until Easter, and who spoke about her involvement in the Grassmarket Community Project which takes an innovative approach to creating community, providing sanctuary and support to people dealing with multiple complex issues



Pictures and Montage by Derek Braid



St Andrew Blackadder
Parish Church

4th February 2025



Getting To Know You

Helen Dennison led The Guild meeting and was pleased to introduce and interview two new elders Ewan Bell and Gary Wong, and a recent new member Pav Watson



Pictures and Montage by Derek Braid

Christianity, Coincidences, Ramryge Angels, Grief

In September 2007, I was visiting St. Albans Cathedral and admired the exhibition of “The Ramryge Angels” illuminating the 6 stages of the bereavement process. The set of six sculptured and etched perspex Angel figures depicted the emotional stages in the bereavement process.

The brief text for each stage is shown on the previous page. I subsequently discovered the coincidence that Rev. Kit Widdows was conducting the funeral service of his mother-in-law at precisely the same local time in Barbados. Gillian (Kit’s wife) stayed at home as their grand-daughter was about to be born. Gill was at the recent Malawi Coffee Morning fund raiser.

The story of the Angels made an impression on me. I have passed the text on to some friends undergoing bereavement. Most, but not all, appreciated the gesture. I have reached the stage in life when bereavement intimations are more frequent than those of marriage!

It was a coincidence when I was on Church welcome duty that I met Tetiana Hurn, a Ukrainian refugee who created the “We are all connected” mural that was first exhibited in the High Street and then in the Church vestibule. Tetiana is also the artist who created the much admired wall mural at Lighthouse Corner in the High Street.

Earlier this year another nice surprising coincidence was discovering a poem named “The Strength of a Seed” that subsequently was in the Autumn 2024 Church magazine.

My first coincidence was during WW2 when I was pushed in my pram alongside Tony Gibbs in his pram. Most of his life he has lived in north London.

In January this year I was able to go again to St Albans Cathedral along with Tony Gibbs, Tetiana and her ex-husband to include an emotional visit to the Ramryge Angels .

I was with Gill the week before the Cathedral visit, but first met her many years ago before she married Kit, who was en route to be the Rev. Kit Widdows. It was a huge tragedy when Kit died suddenly in 2013.

On his desk were the words: **“Coincidences are miracles by God when he chooses to remain anonymous.”** to which can be added **“The more you pray, the more you are aware of coincidences.”**

Rex Homer

Top of the World Watch List for 2025

Where in the world is it most dangerous to be a Christian?

The answer is found in the recently published *World Watch List*. It is Open Doors' annual ranking of the top 50 countries where Christians face the most extreme persecution.

This year it is North Korea. Again.

For North Korea has been Number One on the *World Watch List* almost every year since 2002. In North Korea, if they discover you are a Christian, you could be simply killed on the spot. At the very least, you will be sent to a horrendous labour camp and treated as a political criminal. Very few survive.

The main threat is the dictatorial paranoia of Kim Jong-un. The Kims demand total worship of themselves, and recognising any deity outside of the Kim family is seen as a threat. The country's Communist and post-Communist stance backs their position, making it impossible to gather for worship or prayer. Even secret worship is an enormous risk.

Yet even at this level of persecution, there are still as many as 400,000 believers left in North Korea. They make up about 1.5 per cent of the population.

And, through secret networks outside the country, Open Doors' secret workers are able to help around 100,000 North Korean believers by providing vital food and aid, shelter and discipleship training for North Korean refugees at safe houses in China, and training through radio broadcasting from outside the country.

The Editor

(Data from Open Doors' World Watch List for 2025)

A tribute to Alexander Fleming

Seventy years ago, on 11th March 1955, the Scottish bacteriologist Sir Alexander Fleming died. He was joint winner with Ernst Boris Chain and Sir Howard Walter Florey of the 1945 Nobel Prize in Physiology/Medicine for discovering penicillin.

Fleming was not the tidiest researcher, and his discovery of penicillin came about more or less by accident, as he said himself. He regarded his earlier discovery of lysozyme, a mildly antiseptic enzyme which is present in body fluids, as his best scientific work.

The discovery of penicillin was much more significant in practical terms, but for some years he was unable to persuade fellow-experts of its importance – another example of the scientific consensus being wrong. In the end Chain and Florey were vital to its success, having discovered a method of turning penicillin into a practical, useful treatment.

Fleming came from a Presbyterian background but was described as “not particularly religious”. He served through the First World War in the Royal Army Medical Corps, working in battlefield hospitals in France, where he observed that closed wound treatment often had adverse effects.

He was a member of the rifle club at his medical school, St Mary’s, which led to his joining the research department there.

The discovery of penicillin and its subsequent development as a prescription drug marked the start of modern antibiotics. Fleming was knighted in 1944.

In 1999 he was named in *Time* magazine's list of the 100 most important people in the 20th century, and three years later as one of the 100 Greatest Britons in a BBC poll. He was also voted third greatest Scot in 2009.

When he heard that penicillin production had been patented in the US in 1944, he was furious that his discovery, given free, should become a profit-making monopoly in another country.

The Editor (Credit Tim Lenton, Parish Pump)

St Andrew Blackadder Church of Scotland North Berwick

Scottish Charity SC0006421

Sundays at St Andrew Blackadder

Morning Worship 9.30am – 10.10am

This is a traditional and reflective service. It was created to meet the needs of those who find the bustle and background noise of the all-age worship a trial rather than a delight. Tea and coffee are available afterwards.

Worship for all ages 10.30am – 11.40am

This is our main service including Christian teaching for both adults and children. All meet at the beginning, then the children go off to Junior Church. There is a crèche available from 10.30 for babies and toddlers. There is a multimedia presentation and CH4 songs.

Sunday Activities

WHEN	WHAT	WHERE	CONTACT
Every Sunday	An opportunity to pray about anything with members of the Prayer Team	Church at Pulpit	Badged Team Members
Every Sunday	Junior Church Ages 3 to 12 Faith with fun	Chapel	Stacy Cathcart
Every Sunday	YF Ages 13 to 18	Room 2	Andrew Duncan and Mary Leckie

Regular Activities

WHEN	WHAT	WHERE	CONTACT
Mondays 7.30 to 10.00pm	Table Tennis Club	Hall	northberwicktt@gmail.com
Tuesdays 1.30 to 2.30pm	Seniors' Table Tennis Club	Hall	Patricia Hay
Tuesdays 9.30 to 11.30am	Little Angels Kids gather for fun while their carers enjoy a cup of tea or coffee & a chat	Chapel	Geraldine Woolley
Thursdays 11.00am to 1.00pm (soup from 11.30am)	THE BEACON Come and enjoy a bowl of soup, home baking, a chat and good company	Hall	Elaine Martin
Thursdays 1.00 to 1.30pm	THE BEACON SERVICE This short service is relaxed and intimate	Chapel	Ann Cubitt
Tuesdays 4 & 18 March, 1 April 2.00pm	The Guild We have a speaker and enjoy worship, fellowship and coffee.	Chapel and Front Vestibule	Ann Braid
Mondays (term time) 3.30 to 6.00pm	Board Games Club	Chapel	Andrew Duncan
2nd Sunday of the month from 13 April, 11 May	Hunger Lunch	Hall	Jane Murdoch
Every second Friday (term time) 9.00 to 11.00am	Parent Space A place to connect for parents, crèche provided	Room 2 & Chapel	Helen Nelson & Sally Anderson
Every second Friday (term time) 7.00 to 9.00pm	Youth Night	Hall	Andrew Duncan

Special Events Mar, Apr, May

WHEN	WHAT	WHERE
Sat 29th Mar, Sat 26th Apr, Sat 31st May	Sustainability North Berwick Climate Cafe 10pm - 12pm	Chapel
Sun 2nd Mar, Sun 6th Apr, Sun 4th May	Messy Church 4pm - 6pm	Hall, Sanctuary
Fri 7th March	World Day of Prayer Service 3pm	St Baldreds Church
Sat 22nd March 3pm Sun 23rd March 7pm	Voices Choir & Sister Sister Choir Concerts	Sanctuary
Sat 12th April	Prayer Day 9am - 5pm	Room 1
Sat 26th April	Meg Maitland Sale	Hall
All at 7.30pm Monday 14th April Tuesday 15th April Wednesday 16th April Thursday 17th April Friday 18th April	Joint Holy Week Services St Adrians Gullane Parish Our Lady Star of the Sea Joint Communion at Abbey Joint Service at St Andrew Blackadder	
Thurs 8th - Sat 10th May	Young Carers Art Show 10am - 5pm	Chapel & Front Vestibule
Sunday 11th May Saturday 17th May	Christian Aid United Service Christian Aid Coffee Morning	Dirleton Kirk 6pm Hall 10am - 12pm
Saturday 17th May	Opera East Time tbc	Sanctuary
Sunday 25th May	Spring Concert Series	Sanctuary 7pm
May 29th & 30th 10am-4pm May 31st 10am-12pm	Rotary Sale	Hall

St Andrew Blackadder Parish Church

St Andrew Street, North Berwick, EH39 4NU

Minister

Rev. Dr. Neil Dougall

Email: ndougall@churchofscotland.org.uk

Church Office Administrator, and Roll Keeper

Julie Scanlon

Tel. 01620 895233

Email: admin@standrewblackadder.org.uk

Office open Monday to Friday from 9am to 12 noon.

Web Site: www.standrewblackadder.org.uk

Messy Church

Alison Singleton

Email: messychurch@standrewblackadder.org.uk

Communion Services

St Andrew Blackadder Parish Church usually celebrates Communion as follows:

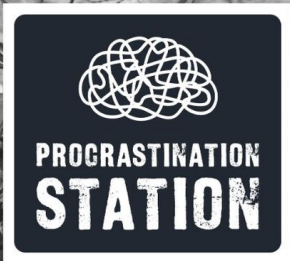
The last Sunday of February, May, August, and November, at 9.30am and 10.30am.

Beacon Communion Service is on a Thursday near to the Sunday.

****Monday 12th MAY is the Summer Edition Deadline****

Please send articles for consideration by
email to: kaleidoscope@standrewblackadder.org.uk

Or write to the Editor at the church office address or
phone Kirstin Entwistle tel. 01620 894933



ADHD

DISCOVER YOUR ADHD STRENGTHS AND POTENTIAL! 6-WEEK IN-PERSON ADULT ADHD COURSE

THURSDAYS 20 FEB-27 MARCH 2025 1.30-3PM, NORTH BERWICK RUGBY CLUB,
RECREATION PARK, DUNBAR RD, NORTH BERWICK EH39 4DG

Led by late-life ADHD discoverer and ADHD Coach Carol Stobie.

This course is a supportive space to:

- **Boost Self-Awareness:** gain a deeper understanding of your ADHD brain.
- **Master Effective Strategies:** gain tools to manage executive function and emotional regulation.
- **Break Free from Negative Habits:** develop healthier routines and behaviours.
- **Navigate Hormonal Changes:** learn how ADHD interacts with hormonal shifts.
- **Prioritise Purpose, Connection and Self-Care:** Discover essential well-being practices.
- **Connect with Like-Minded Peers:** share experiences and find support in a safe community.

NO DIAGNOSIS NEEDED. We also offer social meet-ups and ongoing peer support.

Don't let ADHD hold you back. Join us today! Book with QR code or at <https://bookwhen.com/procrastination-station/e/ev-s447-20250121183000>



Cost: £90 for 6-week course or £55 for low income households.

Contact caroleprocrastination-station.co.uk for Discount Code or for further information.