

Network treble by Midlothian and East Lothian Chamber

Three networking events have been organised by Midlothian and East Lothian Chamber of Chamber of Commerce (MELCC) before Christmas.

Emergency first aid training is on Tuesday, November 26 at Stuart House on Eskmills Business Park in Musselburgh.

A crucial set of skills and actions which can save lives in critical situations before professional medical help arrives will be shown and training will also be given in how to notice signs of someone in need.

Karen Ritchie, chief executive officer of MELCC, said: "The main aim of emergency first aid is to preserve life and, with that in mind, the course contents include common injuries/health issues, lifesaving techniques and equipment, knowing your role and even workplace processes, including accident and incident reporting and first aid needs assessment."

The chamber also hosts a business breakfast on Wednesday, November 27 from 8.30am to 10.30am at The Original Rosslyn Inn at 4 Main Street, Roslin EH25 9LE and the monthly breakfast brings together business people from across East Lothian and Midlothian.

You can make new connections through our informal networking, get an introduction if there's someone you'd like to meet and find new local customers and suppliers.

Ritchie added: "The Chamber team are always on hand to make introductions." The guest speaker will be Dawn Dickson from Anderson Strathern, solicitors, who has specialists in every area of the law.

This year, the chamber's Christmas Showcase lunch is on Tuesday, December 5 at four-star, Dalhousie Castle Hotel and Spa near Bonnyrigg EH19 3JB.

Prior to and after the lunch, you will have the opportunity to browse a selection of unique stalls from local artists offering Christmas treats and presents. Richie said: "The Christmas lunch is always an extremely popular event, so please book early to avoid disappointment."

FURTHER DETAILS: Mia Gilchrist 0131 603 5040