

Five things you need to know today



In the news today

Underage Tobacco Sales Uncovered

Trams update

Small Steps Big Difference

Santa Run Warm up

Nigel Kennedy coming to Edinburgh

Two shops have been fined by the City of Edinburgh Council for selling tobacco to underage children. As part of a trading standards exercise, two trained volunteers, aged 16 years old, attempted to purchase a packet of cigarettes at various premises across the city. During these test purchases last month, two convenience stores, in South West of the city, sold the product illegally to the under-age teenagers.

The businesses now face a £200 fixed penalty. If they are caught out again they will see an increased fine of £400 and could be stopped from selling cigarettes.

Councillor Robert Aldridge, Environment Leader, said: "Trading Standards officers have been busy visiting shops across the city to remind retailers of their responsibilities when it comes to selling tobacco.

"Retailers generally react well to visits from enforcement officers, and have found their advice useful, but the results of the most recent test purchase exercise are disappointing

and highlight the importance of continued action.

“I hope these fines will serve as a stark warning that retailers must abide by the legislation. It is important that young people are aware that they will be challenged by responsible shopkeepers if buying cigarettes. I would urge the public to contact us with any information about underage tobacco sales in their neighbourhoods.”

The Council carries out test purchases on businesses to ensure they are complying with age restrictions on the purchase of products. Prior to the tests, Council trading standards officers visit shops and let them know that they will be carrying out checks in the near future and provide information packs on how to comply.

The City of Edinburgh Council have outlined details of what it calls its ‘overall client target programme’, which identifies the last remaining major milestones for the city’s tram project. The Council also reaffirmed its commitment to working with the public and affected businesses in advance of tram delivery to minimise the impact of construction activity.

The remaining works will take place between now and the expected completion date of summer 2014.

Councillor Gordon Mackenzie, Transport Convenor, said: “The project has been progressing well since work restarted earlier this year and we are now in a position to look to the future with greater clarity and positivity. We want to share this information with affected businesses, the public and other interested parties so they can have an understanding of just what work is left to be done and when we will be going in and completing it.

“We will be working with businesses and residents who live in the affected areas in advance of and throughout the works to make sure we can deliver this new service for the city on target for summer 2014.”

Director of City Development at the City of Edinburgh Council, Dave Anderson, added: “Good progress has been made since work recommenced in September and we are now able to provide the overall client target programme which will help inform businesses and affected parties to plan ahead.

“We fully recognise the important contribution all the affected businesses make to the capital’s economy which is why we want to renew our pledge that when information about work on specific sites is available we will share this as widely as possible. We want to ensure people are informed and updated regularly throughout the remainder of the works.

“The Council has committed nearly £1 million of support in our Open for Business budget for this year and next. The aim of this money is to support affected businesses and minimise disruption while this key transport project is being delivered.”

Small Steps Big Difference, a joint campaign between NHS Lothian and City of Edinburgh Council, launched in May 2011 and aims to raise awareness of the importance of physical activity and of eating a healthier diet.

Arlene Stuart, a mum of two and co-presenter of the Forth 1 breakfast show, Boogie in the morning, said: “A little can mean a lot in terms of your overall health. It doesn’t mean

joining the gym or taking up some fad diet. The message is pretty simple, do a little bit and you will see a significant change.

“I’m sure that most people know what is and isn’t healthy for them, but I doubt everyone’s aware of how significant a small change can be. The notion that walking a little bit everyday or cutting down on salt seems very achievable and can be really beneficial.”

Dionne Froude, 27, from the Inch, takes part in weekly walks as part of the South East Healthy Living Initiative.

Dionne admits to noticing a big change since joining the group with her seven month old boy, Lewis. “It’s great to get out and about with Lewis and you really do get a good work-out walking with the pram,” Dionne continued. “It’s nothing too strenuous but you can certainly feel the benefits. Walking really is a great way to keep healthy and I try to get out with him on most days now.”

Dionne admits that not only has she started walking more but is also more conscious of what she eats. “I try to make all of the food I give to Lewis, like sauces and other things,” she said. “A lot of the baby foods you buy are packed with sugar and salt and that’s why I prefer to make my own.

“Not only has it made me think about what I’m giving to Lewis but I’m now starting to make small changes to the things I eat too. Knowing you don’t have to go the gym to be active or go on a diet to be healthy is a positive message for lots of women like me and one which I know to be true.”

Dr Alison McCallum, Director of Public Health and Health Policy, NHS Lothian, said: “A brisk 30 minute walk each day would see you getting your recommended amount of daily activity – for a lot of people that would be walking to and from work or dropping the children off at school.

“The Small Steps Big Difference campaign highlights the very important message that small but very meaningful changes can be achieved quite effortlessly by building these ideas in to everyday life.”

Councillor Paul Edie, Health and Social Care Convener for the City of Edinburgh Council, said: “Small Steps Big Difference really does sum up what this campaign is all about – just making small changes to daily routines can make the world of difference.

“It doesn’t have to be difficult or expensive – lots of little things such as walking to work or varying your eating habits all go towards having a healthier lifestyle.”

Over 30 wannabe Santas took part in a special Zumba warm up session on Princes Street yesterday to get in tip-top shape ahead of the Great Edinburgh Santa Run, which takes place on Sunday 11 December at 11am.

UK Zumba® Fitness Presenter and Education Specialist, Donna Giffen, put the Santas through their paces, giving them a taste of the Christmas Zumba warm up which happens before the run.

This year’s Great Edinburgh Santa Run will see hundreds of fundraising Santas run, walk and stroll along the route, which incorporates West Princes Street Gardens and Princes Street, turning the city centre into a sea of red and white. One of the most popular events in the Christmas programme, the run is a great way to enjoy time with friends and family while raising money for a deserving cause. On the day, registration is open from 9am with the Zumba warm up at 10.30am before the run begins at 11am in West Princes Street Gardens by the Ross Bandstand.

Money raised from the event goes to the charity When You Wish

Upon a Star which raises money to grant Wishes to children with life-threatening illnesses throughout Scotland.

For more information or to register, please visit www.thesantarun.org.uk or call 01357 529 950 / 01332 521 212. We are registered!! The Zumba photo is by Tony Marsh Photography.

Classical music fans can see award-winning violinist Nigel Kennedy play Vivaldi in Edinburgh next year.

The virtuoso musician and former child prodigy is set to perform at the [Usher Hall](#) on Thursday 12 January 2012 when he will present his unique interpretation of the Italian composer's much-loved Four Seasons.

Kennedy's 1989 recording of Vivaldi's violin concerto suite is one of the bestselling classical albums of all time.

The performer will also treat the audience to a selection of music from his latest album Four Elements, backed by his band and the Orchestra of Life.