

# Five things you need to know today



## **Holyrood appearance for Trump – Award for the council – Personal Training – Webinar – The Scotsman**

Trump has appeared at Holyrood this morning to tell The Scottish Government that wind farms will badly affect Scottish tourism. (Update – You can now follow the minute by minute account of what he said [on the BBC.](#))

An alliance of pro-wind and anti-Trump activists called 'Wind Is Good Scotland' (or WIGS for short) are planning to take action around his visit to the Scottish Parliament this morning. The theme of their action will be 'wind power not windbags'.

The non-violent activists will aim to get their message across to Donald Trump in an amusing, noisy and media-friendly fashion when he emerges from his evidence session to address the Trump-funded demonstrators from Communities Against Turbines Scotland (CATS) outside the Scottish Parliament.

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Link Group Ltd and The City of Edinburgh Council have been shortlisted for the 'Partnership of the Year Award' at the UK Housing Awards 2012 for their work on the Edinburgh Private Sector Leasing (PSL) scheme.

The Edinburgh PSL scheme offers long term contracts to private landlords whose properties are then let by the Council to people who are homeless and in housing need. In the 17 months Link and the Council have been working together, the partnership has provided access to private rented

accommodation for 800 homeless people.

June Brown, Link Private Sector Leasing Manager, said: "I am delighted with the successful partnership working between Link and City of Edinburgh Council – together we have made a difference to people's lives by providing safe, warm and secure homes."

Graham Kitching, Assessment, Homelessness and Support Manager for the council confirmed "this working partnership has prioritised access to housing and delivers a high standard of service designed to meet the specific needs of our customers".

Launched in 1997, the UK Housing Awards reward excellence and innovation in the delivery of housing services to organisation across England, Wales, Scotland and Northern Ireland. The awards ceremony takes place on Wednesday 27 June 2012 at the Hilton Hotel, Park Lane, London.

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Also at Holyrood there will be personal training starting next week...yes you know you should!

Andrew McIntyre told us what he is planning for you:-"We are slightly different from the usual 'Bootcamp', we are probably better described as small group personal training. We keep the ratio of clients to coaches fairly low so everyone gets the personal attention they deserve and need.

[We are a local company](#) with local coaches who studied in Edinburgh." Contact Andrew here to book your place...

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As thousands of high school, college and university students gear up for their exams, traditionally their stress levels are bound to go through the roof. This year, leading Edinburgh psychologist Professor Ewan Gillon is offering help with a unique free webinar broadcast on 25 April between 19.30 and 20.15.

“It’s at this time of the year, when everyone is revising and trying to prepare as well as they can that most students really feel the pressure,” explains Professor Gillon who is the Clinical Director of First Psychology Scotland.

“While exam results are important, it’s just as crucial for parents and students to find ways to prepare without getting overly stressed as this will only make it harder to concentrate and achieve the best they can. “

Ewan Gillon and his colleagues developed the webinar following an invitation by Berwickshire High School to talk to parents, final year students and teaching staff about how to approach revision and exams sensibly.

“Talking face to face is ideal, but realistically, more people will have time to watch a webinar – especially when they are trying to juggle revision sessions for several subjects with family life and other commitments,” continues Ewan Gillon.

The webinar will be broadcast on Wednesday, 25 April from 19.30 and 20.15.

It will cover subjects including:

- How to recognise symptoms of exam stress
- Typical behaviours of stressed students and good vs. bad responses to them
- How to manage stress, especially during an exam period
- Time management to allow for effective preparation and relaxation

To register, visit [http://www.edinburghtherapy.co.uk/exam\\_stress\\_event.htm](http://www.edinburghtherapy.co.uk/exam_stress_event.htm) and click ‘register now’.

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Johnston Press the publishers of The Scotsman has reported a 6.9% decline in profit, but new CEO Ashley Highfield has plans

for growth according to [The Scotsman](#) which will focus on their digital offering. The Editor-in-Chief, John McLellan has been placed on leave as part of these plans.