

Five things you need to know today




Care Home Open Day – Calling young journalists -Nile Rodgers at Summerhall – Royal Highland Show – Help the libraries with their Mystery Photos

The Care Inspectorate will today lend its support to National Care Home Open Day, as the Chair and Chief Executive visit a care home for older people in East Lothian.

Almost 2500 care homes across the UK are expected to open their doors to their local community this Friday, in an initiative which has won the backing of Baroness Joan Bakewell.

The Care Inspectorate – the official care watchdog in Scotland – says visiting care homes is an important part in choosing a service, and is urging people to do lots of research before choosing a home that is right for their loved ones.

 Paul Edie, Chair, and Annette Bruton, Chief Executive, will visit Astley House Nursing Home in North Berwick to meet with residents and staff. Speaking ahead of the visit, Paul Edie, said:- “Many families face difficult decisions when older relatives need to move into a care home. People need to do a lot of homework when choosing a care home – like making sure friends and relatives are close, and making sure specialist support is in place.

Visiting a care home is a really important way of helping people choose and we are happy to support National Care Home Open Day.

“We also urge people to check the latest inspection reports for any care home they are considering using. The Care Inspectorate visits every care home in Scotland regularly, and all our inspection reports are published freely on our website, www.careinspectorate.com.

“When we inspect, we talk to staff and residents, observe practices that are going on, and examine at the fabric of the home itself. We then grade the quality of care, staffing, environment and leadership for each home. Our website also provides as summary of complaints that we have upheld and any enforcement action that may have been necessary.

“Care homes play such an important role in the later lives of so many people. While the majority of care homes in Scotland perform well, the Care Inspectorate does not hesitate to take action where necessary.”





The Media Trust has teamed up with The Scottish Sun to give young people aged 16-25 the chance to have their say about something that matters to them and have it read by millions of people across the country.

Young people enter by telling The Media Trust a bit about themselves and what they would like to write about. Four finalists will be selected in Scotland who will be mentored by top journalists from across the paper, who help them to develop their skills and support them as they write their columns. Those shortlisted will present their columns to a high-profile judging panel. The winner will receive the prize of having their column printed in The Scottish Sun in Autumn 2013.

How can young people apply? Read the [Terms and Conditions](#), confirm your eligibility and apply online at thescottishsun.co.uk/columnidol The closing date for all

entries is 12th July 2013 at midday.

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 We are off to the Royal Highland Show today and hope to bring you some photos later and will be tweeting about what we see... could be interesting!

If you are thinking of travelling to Ingliston to see what country types get up to then [here is where you will find advice on travel.](#)

The City of Edinburgh Libraries need your help to identify some old photos of places around the city and a little further afield.

They have put all the unidentified photos up on [Flickr](#) and would appreciate your help in identifying places and people in the photographs.

