

Five things you need to know today



Beware the jellyfish – Edinburgh People’s Festival – Jitterball at Mansfield Traquair – Dazzle at Dovecot – Today at North Edinburgh Arts Centre

According to latest media reports, the UK may experience a jellyfish invasion this summer apparently due to climate change and pollution. After a slow start this year, jellyfish numbers started increasing in June and July as our coastal waters warmed up. Our water is set to be flooded with marine life and we have been warned to expect ‘jellyfish soup’ off our beaches.

NHS 24 Medical Director, Professor George Crooks, OBE is urging anyone brave enough to venture into the sea off Scotland’s beautiful coastline to be prepared and seek advice on dealing with marine life stings from the Health Library at www.nhsinform.co.uk

Dr Crooks said “Jellyfish tentacles are covered with small poisonous sacs called nematocysts which, if touched, produce a nasty sting. If you are unfortunate enough to be stung, the most important thing to remember is not to rinse the wound in fresh water and not to rub it or apply ice – even if the area feels hot. You should try to soak the affected area in vinegar for 15-30 minutes and if vinegar is not available, use alcohol or sea water.”

Remove any tentacles with tweezers, or a clean stick (wear gloves if they are available).

Apply shaving cream to the affected area and use a razor blade, or a credit card, to remove any nematocysts (small poisonous sacs) that are stuck to the skin.

If the eyes are affected, they should be rinsed with a saline (salt) solution, such as artificial tears, and dabbed with a towel that has been soaked in vinegar. Do not apply vinegar directly to the eyes.

Stings to the mouth should be treated with a watery vinegar solution. Mix a quarter of a cup of vinegar with three quarters of a cup of water, and gargle with the solution before spitting it out. Do not swallow the solution.

Pain and swelling can be treated with painkillers, such as paracetamol and ibuprofen. Children under 16 years of age should not take aspirin.

Professor Crooks added "If you are walking along the beach, be careful not to touch jellyfish that have been washed onto the shore. They can still be poisonous so try to keep curious kids and dogs away from them."

For further information on stings from marine creatures go to the Health Library at www.nhsinform.co.uk

The Edinburgh People's Festival's annual Hamish Henderson Memorial Lecture will this year celebrate the Scottish poet, songwriter and intellectual's lifelong friendship with Nelson Mandela.

Delivered jointly by EIS General Secretary Larry Flanagan and Eberhardt Bort, of 'The Carrying Stream', the lecture takes

place on Wednesday 7 August 2013 at 7pm in Word Power Bookshop, West Nicholson Street. Stuart McHardy will provide a musical accompaniment.

People's Festival spokesman Colin Fox believes it important all Scots are aware of Henderson's anti-apartheid activism and his lifelong friendship with the now ailing African National Congress leader:- 'At a time when Mandela has again been at the forefront of the worlds attention' Mr Fox said 'the Edinburgh People's Festival thought it important to highlight the inspiration and sustenance Hamish Henderson provided the young ANC leader when he was imprisoned by the South African Government.

'Hamish dedicated the song 'Men of Rivonia' to Mandela in 1963 and sent it to him in prison. Mandela was so moved by the song that the ANC adopted it as one of their anthems. When Nelson Mandela was released and eventually came to Glasgow in 1993 to receive the Freedom of the City it was Hamish he insisted on leading the civic reception. The two men enjoyed a 40 year friendship that lasted until Hamish's death in 2002.'

The Hamish Henderson Memorial lecture starts at 7pm on Wed 7th August in Word Power bookshop, West Nicholson St. Tickets are available from the bookshop or from the Edinburgh People's Festival website.

Jelly & Gin tell us about their event on 17 & 18 August 2013. This is what they said:- "A toe-tapping, tea-sipping, cocktail quaffing, afternoon vintage tea party like no other. Once one's reserves have been topped up by an afternoon tea of sandwiches, scones, savoury tarts, dessert and cake, welcome in cocktail hour with the tremendous tunes of the grandmaster of the gramophone DJ Henry Swank. Watch the Blond Ambition swing dancers cut a rug on the dancing floor, and do feel free to partake if the mood takes one.

Should one find oneself looking a tad dishevelled, allow Miss Dixiebelle's Vintage Hair and Beauty Parlour to touch up those lips and smooth out those flicks.* Purveyor of fine chap-hop, Mr B. The Gentleman Rhymer will be perusing the dance hall and awarding a magnum of champagne to the most dapper chap, so extra firm moustache wax will be the order of the day gents. Never one to forget the ladies, he'll have a magnum of champagne for the most swellegant gal. Capture your memories of this most delightful of days in our vintage photobooth.

Ticket price includes afternoon tea and a welcome cocktail. Should one find oneself in need of additional lubrication there will be cash bar serving craft beer and classic cocktails.

Dressing up is not a requirement, but it is a jolly fun thing to do.

*Not included in ticket price- £5."





Dazzle returns for a second consecutive year to Dovecot featuring work from over 60 contemporary jewellery designers' and silversmiths from tomorrow till 26 August 2013. For the first time in Edinburgh **Dazzle@Dovecot** will also be presenting work by Japanese printmaker Emiko Aida

This year, especially for Dovecot, Dazzle has worked with its selected designers to create an exclusive Dovecot 'Follow the

Thread' range of work, which champions the use of textiles, yarns and fabric in contemporary jewellery practice.

To find out more information about Dazzle and the exhibitors who will be exhibiting at this year's show please click here www.dazzle-exhibitions.co.uk Dovecot 10 Infirmary Street EH1 1LT is open Monday to Saturday, from 10.30am.



North Edinburgh Arts Centre has a whole programme of events for youngsters which only has another week to run. This is what they say:-

Our summer programme is off to a good start with Upcycled Arts: Animation which began this week and will run every Tuesday and Thursday 3pm to 4.30pm and these are free to attend.

There are lots of other exciting and colourful creative activities happening over the next six weeks for 5-12 year olds with our popular Dance and Art sessions running each morning from Tuesday 9th July – Friday 2nd August. There will also be 4 Create Lite sessions (children 0-5 years and their parents/carers) every Thursday 10-12noon starting the 11th July. Our popular Film Club also starts on the Tuesday 9th, 1-30-3pm with a range of FREE children's films. Please check our film programme for more information.

We have an action packed summer programme with plenty for children 0 – 12 years to take part in. Full details can be found by clicking on the link below. Places are limited so booking is essential. Please contact Box Office on 0131 315 2151

