

# Five things you need to know today



## **Stars at the Radio Forth Awards – Carers Event at Drumbrae – Nominate a baton bearer! – Dean Owens – Zomato**

Many big stars were in Edinburgh yesterday for the Radio Forth Awards at the Usher Hall. Take a look at the photos [here](#).

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The Western Edinburgh Neighbourhood Partnership, along with Health and Social Care, is hosting an event for carers and their families on Tuesday 12<sup>th</sup> November at the Drumbrae Library Hub, Drum Brae Drive, Edinburgh from 2-4pm.

Taking advantage of the cafe facilities in the Drumbrae Hub, the event aims to provide carers and their families access to advice and information from key service providers in a relaxed and informal setting. Organisations attending include VOCAL (Voice of Carers across Lothian), Alzheimer Scotland, Care for Carers and Positive Realities.

To support this a range of additional activities, including a reminiscence session, are being offered to those attending. The event aims to target as wide a range of carers as possible and will include organisations supporting carers of all ages, including young people.

The Care Inspectorate will also be available to offer advice and guidance to carers in its role as the independent regulator of social care and social work services across Scotland.

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The Queen's Baton Relay started at the beginning of last month and will travel through the 70 member nations and territories of the Commonwealth before coming back to Scotland. You can help make that journey memorable. The organisers need 4,000 baton bearers to carry it through Scotland on the final part of the trip to Glasgow. So you can apply or nominate someone else.

#### HOW TO NOMINATE FOR A COMMUNITY BATONBEARER POSITION

Nominees must be UK citizens or have permission to reside in the UK and be 12 years of age or older on the date of nomination.

You must have consent from the person you want to nominate along with their current email address.

You will be asked to describe in 100 words or less, why this person meets one or more of the six selection criteria to be eligible as a community batonbearer.

Successful community batonbearers will be allocated a segment of the route within the Local Authority area in which they have made their contribution to the community.

All nomination forms will be judged in the Local Authority area indicated by the nominator and confirmed by the nominee. You may nominate someone you know to be a community batonbearer or yourself by [completing the online nomination](#)

[form here](#).

All completed applications must be received by 17:00 on 22 November 2013.

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Dean Owens playing at The House

Looking for some entertainment this weekend? Look no further. Get on the invitation list for the House @ 42 and you will be moved by Dean Owens' wonderful singing.

Douglas and Jane-Anne have written on their site:-“He's back! And it's always a pleasure to host our old pal [Dean Owens](#). Rounding off his latest tour at the house it's sure to be a great homecoming when Dean settles in with old friends and new. You can expect a selection drawn from one of the most extensive back catalogues in town, some Johnny Cash numbers, and a few new songs too. If you are not familiar with Dean, he's one of Scotland's most acclaimed solo artists, he writes beautiful and poignant songs, and his voice is amazing. In the 90s he was lead singer with Americana band The Felsons and currently fronts indy pop combo Deer Lake. Hope you can come along on Saturday, it's going to be a great night (7.30 for 8pm start).”

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There is a new app to help you plan your eating out this weekend. Download the [Zomato](#) app and get involved in reviewing Edinburgh restaurants. Very user friendly and quite addictive.....

Read our article about it [here](#).

# The Bed Shop

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