

Five things you need to know today



Beads of Courage for Sick Kids – Edinburgh Vintage Fair – Previously Scotland’s History Festival – Cycling on St Andrew’s Day – Bookshop Manager job at Fruitmarket Gallery

A programme designed to boost the bravery of sick children has welcomed donations totalling nearly £10,000.

The Royal Hospital for Sick Children was the first Scottish hospital to adopt the Beads of Courage programme.

The programme sees young patients in the oncology and haematology service at the RHSC receive a strand with beads spelling out their name. Beads will then be added for each procedure the children go through, such as blood tests, lumbar punctures, chemotherapy and overnight stays.

Last month, the programme, which has been funded by Be Child Cancer Aware, received donations from charitable organisation Spifox Too, sixth year pupils at Erskine Stewart’s Melville Schools as well as the family of current patient Melissa Crouch.

The three donations totalling £9,750, ensure that this innovative and positive support tool for children with cancer can continue.

During a visit to the hospital, Steph Dorward, Suzanne Graham and Hannah Ross from Spifox Too, met eight-year-old Tabitha Lawson, a pupil at Erskine Stewart’s Melville Schools, along with ward staff.

Jenny Tomes, clinical psychologist, NHS Lothian, said: “Using the Beads of Courage is a wonderful way of helping children to cope with procedures by rewarding their courage, encouraging coping strategies, and providing a focus for discussion of their experiences.

“It’s great to see how well the scheme has been received by the children and we’d like to reiterate our thanks once again for these generous donations which will enable the scheme to continue.”

John Drummond, Chairman of Be Child Cancer Aware, said: “Coming to terms with cancer or haematology disease is a very difficult and confusing time, especially for children. Beads of Courage gives children a tangible way to show what they go through and how brave they’ve been.

“The programme gives the children the power to take control and should never be underestimated.”

Steph Dorward, from Spifox Too, added: “It was a great opportunity for three of us from the Spifox Too Committee to be able to see the Beads of Courage programme in action, thanks to all that facilitated the day and the visit certainly underlined the fantastic work that all at RHSC do.”



A vintage fair is coming to The Hub today. Traders, a tea party and hair styling.

More details [here](#).

More fun and games from the History Festival today. At 11:00 you can go on a cycle tour with a difference.

Meet under the North Bridge, behind Waverley Station, 39 Jeffrey Street Edinburgh eh16 6nf

The Historical bike tour takes a total of three hours and visits the Innocent Tunnel, Craigmillar Castle, Duddingston Village, Dr Neil's Garden, The Sheep Heid Inn (for a 30 minute refreshment break), The Palace of Holyroodhouse and The Scottish Parliament. The route follows mainly off-road cycle paths

£20 / £8 Please using booking form on website letour-edinburgh.com/book-a-tour/ or phone or text 0741 564 0296. £8.00 concessionary rate if you b.y.o bike. Pay on arrival.

Another cycling related activity but later in the month to celebrate St Andrews Day...

Celebrate St Andrew's Weekend In Style At The Tartan Ride Cyclists across the country will be, for one night only, shedding their

Lycra in favour of all things tartan to celebrate St Andrew's Weekend.

The bike charity, Weathered Cyclist, is staging 3 Tartan Rides across

Scotland, to bring cyclists together for a purely social ride, to

ceilidh like there's no tomorrow and to raise thousands of pounds for

charity in the process. Tickets are on sale for the three Tartan Rides in Inverness, Edinburgh

and Glasgow. The first ever Tartan Ride in the world took place on St Andrew's Night

2012 in Glasgow. Tartan Ride organiser and Founder of Weathered Cyclist, Ali Campbell said, "We originally organised the Tartan Ride for Glasgow Bike Station, but after what was a legendary night, we felt that we wanted to organise events across the country under the auspices of a new charity... Weathered Cyclist. We are extremely pleased that this year we are helping to launch three new initiatives that fit completely with the Weathered Cyclist ethos". Riders bedecked in our national cloth will ride through each city, with a few refreshment stops along the way. The rides are social, never intended to be challenging. It is about encouraging people to keep riding through winter. It is about the pure enjoyment of riding a bike. Each ride will benefit a local charity.

FRIDAY 29TH NOVEMBER – INVERNESS

Velocity Bike Café and Workshop are the hosts and by joining in, riders are helping to fund Velocity's 'Bike Fix Fund', giving people on low-incomes access to Velocity's bike maintenance courses, learning how to fix and maintain their bicycles, therefore providing a cheap and sustainable mode of transport. Tickets are £15, which includes a place on the Inverness Tartan Ride, as well as food and a ceilidh at The North Kessock Hall.

SATURDAY 30TH NOVEMBER – EDINBURGH

This cruise through the capital will help to fund Edinburgh Bike Station's 'Balance Bike Scheme', the aim of which is to donate 2 balance bikes to every nursery across Edinburgh, to encourage a whole generation of children to learn cycling skills, to enjoy a more active lifestyle and help create a cycling city. Tickets are £25 which includes a place on the Edinburgh Tartan Ride, as well as dinner and a ceilidh at The Grassmarket Community Project.

SUNDAY 1ST DECEMBER – GLASGOW

The second Glasgow Tartan Ride will help to fund Glasgow Bike Station's 'Earn-A-Bike' scheme, allowing marginalised people from within the community to learn the basic skills to overhaul and refurbish a donated bike. Tickets are £25 which includes a place on the Glasgow Tartan Ride, as well as dinner and a ceilidh at West Brewery.

There is a maternity cover job on offer at The Fruitmarket Gallery who are looking for a bookshop manager. More details [here](#).

