

Five things you need to know today Edinburgh!



Hidden Door programme disclosed – Edinburgh Garden Partners – Today at The Filmhouse – Kitchen training at Edinburgh Community Cafes – NHS Lothian advice to pregnant women

Hidden Door is intriguing. It is a nine day spectacle of art, music, theatre, cinema, bars and spoken word. The venue is Market Street vaults, disused until now. [So head over to the website](#) to find out more about this pop up arts event which is taking place at the end of March 2014 where you can now buy tickets.

[Edinburgh Garden Partners](#) is a charity set up in 2011 to run a garden share project which had already been running for about two years previously. The idea is that they pair up someone with a garden which they cannot manage to maintain with someone who wishes to do some gardening, but doesn't have a garden.

Simple idea which has been running in Liberton and Gilmerton as well as in the North and East of Edinburgh now.

If you would like to become a partner then you can [register your interest as a volunteer gardeners or garden owner here.](#)

The charity also runs some one-off sessions and you can join these SOS sessions to get a garden plot ready for someone. This is a team exercise which gets round those problems in gardens which can put off even the most experienced!

We very much want to see this film!

August Osage County is produced by George Clooney, stars our very own Ewan McGregor along with Meryl Streep, Julia Roberts and Benedict Cumberbatch (is there anything he is not in?) so you know already it could be a pretty good watch...

Here is a 'Live' Q & A with the producer and cast:-

It is showing today at the Filmhouse at 13.10 18.00 and 20.40.

The official trailer is below. If you fancy writing us a quick review of this or any other film then we would love to hear from you! Email us at theedinburghreporter@gmail.com. Send us a 140 character review by Twitter or write a little more for us on Facebook. [Booking details for The Filmhouse here.](#)

We found this on the [Edinburgh Community Cafés' Facebook page.](#)

We have received a grant from the Community Food Fund to deliver free REHIS Food and Health training to café staff as well as give café staff the opportunity to take part in a cooking session with a chef.

*Following the free training events we will be celebrating by **holding a festival** where cafes taking part will put on an **event in their café during the first 2 weeks of April (1-14th)**.*

There will be training with a chef during the week beginning 17 February : the 3 sessions will be held **at Craigmoynton Community High School 10-12pm (17th, 18th and 19th)**. Volunteers and staff are invited to attend 1 session during the week each.

NHS Lothian is encouraging women to make an appointment with a midwife as soon as they find out they're pregnant.

The message is part of a national drive to encourage the best start for pregnant women and their babies.

Pregnant women across Lothian are urged to book into their local maternity service before they reach twelve weeks of pregnancy in order to benefit from the full range of screening options and ensure their individual health needs are met.

New posters currently on display in GP surgeries, pharmacies and sexual health clinics in Lothian, encourage women to call a dedicated booking line on 0131 536 2009 to arrange an appointment with a midwife. Supporting leaflets also provide information on what to do next after finding out you're pregnant.

Frances McGuire, Clinical Midwifery Manager, NHS Lothian, said:

"We want to encourage women across Lothian to make an appointment with a midwife as soon as they find out they are pregnant in order to promote the health and wellbeing of mum and baby at the earliest possible stage.

"The foetus is most vulnerable during the first two trimesters of pregnancy, therefore an early meeting with one of our expert midwives ensures advice and support can be provided on lifestyle choices such as eating well, exercise, dental care, smoking and drinking."

More information and advice is also available on the NHS Lothian website

– www.nhslothian.scot.nhs.uk/HealthInformation/Pregnancy