Five things you need to know today Edinburgh!

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National No Smoking Day — Liberton & Gilmerton Neighbourhood Partnership — Apprenticeship with Mike Crockart MP — Fashion Show — Water of Leith walk

If you are trying to stop smoking for the day today or completely then you may be interested to know that you are not alone as calls to Scotland's national smoking cessation service have increased by almost a third since the end of January.

The Smokeline service, which is run by Scotland's national telehealth and telecare service NHS 24, is now receiving over 100 calls per week, and around 50 webchats per month. The number of people using the text service has also doubled to over 40 per month and over 6,000 people are accessing the service online every week.

A national marketing campaign highlighting the services available at Smokeline began at the end of January and will run until No Smoking Day on March 12th.

NHS 24 Head of Health Information Services Lynne Huckerby said: "As we approach No Smoking Day on March 12th, many people across Scotland will be thinking that it is the right time to quit.

"We have seen the number of calls to the Smokeline service increase by almost 30% since the launch of the marketing campaign at the end of January. The multi-channel approach

means people can access the service how they want to and in a manner which suits them. We would remind people that the service is available all year round and anyone thinking of quitting can go online or contact one of our smokeline advisors for some advice and tips on taking the next step."

Smokeline has received over 7,000 calls since NHS 24 took over its delivery in November 2012. The service is delivered by NHS 24 Health Information Advisors and people can access the service on the telephone, SMS/ text service, online, webchat and via email. For more information, visit the website or telephone 0800 84 84 84 seven days a week from 8am to 10pm.

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Edinburgh's Liberal Democrat MP, Mike Crockart, is leading the way in supporting Apprenticeships by advertising for an Apprentice in Business Administration to join his team in Edinburgh.

The apprenticeship is a 1 year Modern Apprenticeship and it will involve providing secretarial and administrative support to help ensure the smooth running of the constituency office.

Commenting, Mike said: "I have long supported apprenticeships and training for young people, I encouraged local businesses in Edinburgh to recruit apprentices by running a '100 jobs in 100 days' campaign in 2012 and I have worked in Parliament and locally, to bring an end to unfair, unpaid internships and promote apprenticeships.

"The need for skilled workers is now greater than ever and

apprenticeships are playing an important part in helping young people build their skills and start their careers. The UK Government's £1 billion Youth Contract has been instrumental in changing attitudes towards apprenticeships and in creating more places but it's only employers that can implement it. But I don't think I can urge other employers to help and not show some leadership. If I can do this in my small office then any business of any size can do their part.

"Apprentices can be a valuable asset to any business, no matter what size, and I would urge anyone considering hiring an apprentice to find out more about the funding and support available."

For more information on the role, the job description or how to apply please contact Liz Dawson: liz.dawson@parliament or 07854382450

Frontiers Boutique is hosting their Spring Fashion Show on Thursday 27th March. Three shows are being held throughout the day at Gallery Ten starting at 1pm, 5.30pm & 8pm.

Come along to see the latest trends for Spring 2014 from Frontiers Boutique, as well as being treated to bubbly, canapés and a special 15% off new season stock to ticket holders

Tickets cost £5 each.

With bubbly supplied by Queensferry Street Oddbins and the canapés provided by Edinburgh Larder it is set to be a West End spectacular!

Venue: Gallery Ten 10 Stafford Street, Edinburgh

Time: 1pm, 5.30pm & 8pm

Tickets: £5, include entry to the fashion show, canapés,

bubbly and a 15% off new season stock voucher

Frontiers Boutique 16 Stafford Street, Edinburgh www.frontiersboutique.com 0131 476 3449

The Water of Leith Conservation Trust is staging a geological walk on Sunday 23 March 2014.

SUNDAY 23rd MARCH - 2.00pm

Geological Walk - Slateford and the Dells with Beverly Bergman, Edinburgh Geological Society

Due to demand we will be repeating this walk from last spring. The geology of the Water of Leith forms the foundation for its character, shaping it into an important source of both water power and building stone. This walk in the Dells will provide an opportunity to see many of its geological features including Carboniferous sediments, glacial features and fossils. Meet at the Water of Leith Visitor Centre at 2.00pm. Walk of up to 2 miles, mainly on paths. Wear warm clothes and walking boots or sturdy shoes. Booking Essential, £2 member / £4 non members.

Details of this and other events here.