

Five things you need to know today



Carers Champion – Baton Bearer – Community Quiz in Broomhouse – St Giles Cathedral – Scottish Opera

☒ Councillor Norman Work launched the City of Edinburgh Council's [Joint Carers Strategy 2014-17](#) during an event to celebrate national Carers Week. He has just completed one year in his role which was created by the Capital Coalition as one of their pledges.

The Strategy, developed in partnership with NHS Lothian, the voluntary sector and carers, sets out priorities and outcomes for how their valuable work will be supported over the next three years.

It focuses on six priorities:

- identifying carers;
- information and advice;
- health and wellbeing for carers;
- short breaks and respite;
- young adult carers;
- personalised support for carers.

With around 37,859 carers looking after loved ones in Edinburgh, the estimated cost of providing replacement care in the capital is valued at around £771m a year.

Speaking at a celebration event for unpaid carers at the City Chambers yesterday, Cllr Work said: "These people do an extraordinary job of looking after a loved one and I cannot over-emphasise how much we value what they do.

"Many do not think of themselves as carers, and often fail to

access the services and advice which is available to them through the Council, charities and relevant organisations.

“It is vital that carers, who can be of any age, are looked after, as there is a risk that their health and wellbeing can also suffer because of the stress and pressure caused by their role. The Joint Carer’s Strategy sets out how we plan to do this by building on our existing work.”

A sporty Edinburgh schoolgirl who has been chosen to be a Baton Bearer for Glasgow 2014 says ‘it’s a dream come true to be part of the Commonwealth Games.’

Panashe Muzambe plays football and basketball and is hoping to go on to study Sport Science at university. She was chosen to be a Baton Bearer after taking part in the BP Young Leaders Programme through Action for Children Scotland.

✘ The 18-year-old from Murrayburn said:- “I’m a little bit nervous – I don’t think I have ever done anything this big before. I love sport, so being part of the Commonwealth Games is a once-in-a-life-time opportunity for me, I will never forget it.”

Panashe was one of five young people chosen from across Scotland after completing the BP Young Leaders programme, an 18-month personal development course which offers young people volunteering opportunities and qualifications to help them move into education, training or employment.

“Taking part in the BP Young Leaders Programme has really improved my confidence and the volunteering I have done has made me think I would like to work for a charity that uses sport to help people after university,” Panashe added.

The young volunteer applied for the programme through Action for Children Scotland’s Edinburgh Employability service.

Julia Wallace, children's services practitioner at Action for Children Scotland, said: "It's a great honour for Panashe to be carrying the baton here in Edinburgh. Panashe is passionate about sports and is already involved in many after school coaching activities. Carrying the baton is something that she can be proud of and look back on for years to come."

The BP Young Leaders Programme is funded by BP and supported by the Dame Kelly Homes Legacy Trust and Inspiring Scotland. The programme is run in partnership with Action for Children Scotland, Aberdeen Foyer, Shetland Islands Council with Moving On Employability Project, Voluntary Action Shetland and the Bridges Project.

Broomhouse and Sighthill Time Bank are having a 'Community quiz with tea and snacks' in The Broomhouse Centre on Wednesday 25 June 2014, 2-3.30pm. Come along to this free fun event and find out more about your local area, definitely some tea and biscuits, fun and some prizes! They already know that somebody is going to donate a lovely handmade necklace. You don't have to be a Time Bank member to attend and it is open to all adults.

Would you like to go onto the roof of St Giles to take a look at the city from up there? Well in late July you should be able to do just that. Have a look at their [Facebook](#) page for photos of the new installation on the roof to allow you to walk around up there.

We know this is really far too early but there are some great savings if you book this Scottish Opera show now for Primary 1 or pre-school groups. Join Farmer MacNeep, his poor lost sheep and a whole host of exciting farmyard friends this winter in a

brrrr-illiant new show for 3 to 5 year olds.

Created by Scottish Opera Composer in Residence **Gareth Williams** and writer **Ross Stenhouse** (Artistic Director, Hopscotch Theatre Company), *Mister MacNeep has lost his Sheep!* is a fun-filled interactive adventure brought to life by puppets and live music, and featuring the cleverest sheep in Scotland.

Poor Farmer MacNeep. It's the snowiest, sleetiest, windiest winter ever and two of his favourite sheep are missing. Where on earth can they be? Maybe they're trapped in the snow – oh no! But these aren't any ordinary, silly old sheep. This clever pair have built themselves a lovely, cosy cave in the snow and are quite happy to wait out the wild winter weather with plenty of grass to munch, snug in their warm, woolly jumpers.

Farmer MacNeep is on the case – he's going to find them come what may. But we need you to come too! Can you help him as he sets off in search of his long-lost pals?

Reserve your group's place now and get 1 free ticket for every 10 booked. Group bookings can be made by contacting Audrey Blake on 0141 332 9559 or audrey.blake@scottishopera.org.uk