

Five things you need to know today



Wester Hailes Fun Run – Tea and Cake Cruise – Today at the Festival of Cycling – Edinburgh MP looking for superheroes – Assistance Dog Day at the Botanics

Wester Hailes are putting on a fun run today starting from Wester Hailes Education Centre at 10am and the Lord Provost has declared that he will be entering! [Read more here.](#)

Relax and enjoy a selection of cakes, tea and coffee as you cruise along the canal aboard the Lochrin Belle on the Re-Union Canal Boats' Tea and Cake Cruise. A 2 hour return journey from Edinburgh Quay to Slateford Aqueduct departing at 2pm on 19 July 2014. £15 per person and tickets must be purchased in advance so to book, [click here](#)

Today at the Festival of Cycling you can combine cycling with theatre in Cammo Estate.

Get on your bike (well, our bike) for a theatre experience with a difference which will celebrate the great outdoors in your local park. Performing in green spaces across Scotland as part of the Glasgow 2014 Cultural Programme, this hilariously heart-warming tale will take you on a whirlwind tour of discovery. Warning, some scenes made up purely for your entertainment!

For a family audience over 8yrs.

Bikes and helmets provided -the nature of the performance will require participants to cycle (on mostly flat terrain) outside, in stints of 5 mins over the course of an hour. We will require age and height details of all audience members at the point of booking.

Please speak to us if you have any access requirements or specific mobility needs as we have a range of customised bikes available.

Advance booking recommended. All tickets £8.

[Box Office @ Summerhall](#), 1 Summerhall, Edinburgh, 0131 560 1581

More at www.visiblefictions.co.uk

Edinburgh's Liberal Democrat MP, Mike Crockart, and Anthony Nolan are on the hunt for selfless superheroes to save lives.

The charity Anthony Nolan is searching for more local heroes in Edinburgh West to join their bone marrow register in the fight against blood cancer. Championed by local MP Mike Crockart, this search is underway as the Anthony Nolan bone marrow register has been mapped across the UK by local area for the first time.

The charity has revealed today that, in Edinburgh West there are 612 selfless people willing to donate their stem cells, or bone marrow, to save the life of a stranger. More than 525,000 people are currently on the Anthony Nolan register and the average per constituency is 796.

Commenting, Mr Crockart said:

"I have 612 heroes on the register in Edinburgh West but the challenge continues. I'm hunting for more crusaders to sign up today, so we can fight blood cancer together. It is something truly heroic to give a stranger a second chance at life. This

is why I'm proud to champion this cause to my constituents.

"On average, two thirds of UK patients do not find a matching donor from within their families and turn to Anthony Nolan to find them an unrelated donor. However, on average the charity only finds matches for half of those who come to them. We desperately need more people to come forward and register to help save lives.

"It is extremely simple to register and you must be 16-30 and in good health. The charity needs heroes of all ages to champion the register at a local level. You can find out how you can be a hero by visiting – www.anthonynolan.org/superhero"

Mike has joined the fight against blood cancer by sharing their superhero selfie for Anthony Nolan to show their support and champion the register in their community.

Ann O'Leary, Head of Register Development at Anthony Nolan, said:-"We are delighted that Mike has been inspired to encourage others to sign up as donors. Donating is an incredibly selfless thing to do and will give someone with blood cancer their best chance at survival. What many people don't realise is that it is also surprisingly simple."

Today at the Botanics (and every day) assistance dogs are welcome. But today particularly they are being invited along to a special event.

"Be amazed and entertained by the skills of some of the cleverest dogs around. Take a blindfold walk with a guide dog, meet the cutest puppies in training, discover the skills of hearing dogs and others that help people with disabilities. This special day of fun and discovery is for all the family. Assistance dogs and their owners especially welcome.

- From 10am: Demonstrations from assistance dogs throughout the day
- 11am & 12.30pm: Meet Casper the celebrity Medical Alert Dog. Plus many more talks and demos.
- 12 noon: Garden Guided Tours for those with specific needs including the visually impaired, hard of hearing and those with mobility needs
- 2pm: Talk by conservation officer Dr Heather McHaffie about plant hunting and its impact on the senses"

[More information here.](#)