

Five things you need to know today



World Cup Final

Barnardo's Big Toddle

Fundraising for MS

Edinburgh's Hidden Gems

Brunch in Edinburgh



The final of the World Cup will be played later today between Argentina and Germany. No matter who wins it will be something of a spectacle, even if you're not a real year-round football fan. The interesting statistics provided by National Grid in the infographic above show us which team has caused the biggest surges in electricity usage across the UK, which is appropriately the host nation, Brazil.

These surges are called TV pickups as they happen when everyone rises from the couch while watching something of universal appeal on TV and then puts the kettle on. Today's final is not expected to create a record surge in pickups but it is expected that the demand will be between 700MW and 900MW which is about 360,000 kettles both at half-time and full-time. With penalties possible the engineers in National Grid's control room will be observing closely.

Summer's here and it's time to toddle for Barnardo's Scotland!

Parents across Scotland are being urged to sign up for the UK's number one fundraising event for the under fives – The Barnardo's Big Toddle 2014. Hundreds of children are expected to take part in the sponsored walk which has raised thousands for vulnerable children in Scotland over the past 18 years. The toddle can be as long – or as short – as organisers want, and with this year's outer space theme, budding Buzz Lightyears and Princess Leias will be putting their best feet forward to raise cash.

Clare McTaggart, the Regional Community Fundraising Manager for Scotland, said: "For the past 18 years, children across Scotland have amazed us with their enthusiasm and commitment to joining in and helping others. This year, we thought we'd give little ones a chance to 'go to infinity and beyond' and dress up as their favourite character associated with space. "Every penny raised goes directly to our work with under-fives – so everyone can enjoy themselves and help raise vital funds for less fortunate children."

Those who register receive a Big Toddle pack containing information and fundraising ideas. Please go to www.bigtoddle.co.uk or call 0800 008 7005 to register.

The MS Therapy Centre Lothian is urging supporters to help secure the funding it needs for a new creative writing service which will benefit its 200 visitors.

The Centre needs just another £1,000 to fund *MS: My Story*, a series of eight weekly creative writing workshops, specifically designed for people with multiple sclerosis to experiment with writing about their lives. The groups will be led by a creative writing facilitator who focuses on the therapeutic benefit of writing – not spelling, grammar or literary quality. This means that the content of the writing, no matter how personal, will be treated as important and

valuable. At the end of the eight week series, participants will be given the option to publish a piece of their writing in a small booklet.

The booklet will then be used to raise awareness of MS, and to raise further funds for the centre.

Nancy Campbell, Operations Manager at the Centre, said:-
“Writing is not a substitute for counselling or therapy, but it is a cost-effective, community-based and often enjoyable way to address emotional issues. Putting words down on the page can help people to order their thoughts, perhaps even leading to positive adjustments to their lives. Penning a poem can also create a wonderful sense of achievement.”

In order for the initiative to be possible, the Centre is looking to raise a total of £2,500. For each person who makes a donation through the crowdfunding website – ranging from a minimum of £10 to over £500 – will be kept informed of the project’s process with some being able to take part in a creative writing workshop.

Nancy added:-“The yearly cost of providing our current services is around £200,000, which we are able to raise thanks to the kind support of regular donors and fundraisers. “However, these running costs mean that we simply cannot draw upon existing support to fund new projects – every penny is needed to maintain our current level of support. We are hoping that crowdfunding will help us to find new supporters, interested in pioneering this innovative and exciting way of supporting our clients.

“The money will cover the fees of the creative writing facilitator inclusive of materials and over an 8 week period, the cost of 200 copies of our publication and a launch event.”

To donate please visit <http://www.crowdfunder.co.uk/MS-My-Story/> The MS Therapy Centre Lothian is a charity providing help and practical

therapies such as physiotherapy, complementary therapies and oxygen therapy as well as emotional support and advice.www.mstc-lothian.org.uk



Most of our readers are locals. So you all know the best place to have brunch, lunch, a drink in a beer garden or the best fish and chips in town. Those are the kind of things we would love you to share with us on our Hidden Gems storyboard on [EdinburghReportage](#) which is another site under The Edinburgh Reporter banner. Go on tell us what you like best about Edinburgh no matter what it is! Head on over to the site by clicking this [link](#).

Talking of eating, we hope you have enjoyed our new reviewer's restaurant reviews here in our [Food and Drink](#) section. The latest review is of Earthy Foods in Causewayside where Carol had a lovely brunch. The Edinburgh Reporter enjoyed brunch yesterday at The Beach House Cafe in Portobello. The Prom was busy as ever but it seems that the waiting staff cope with weaving in and out of pedestrians and cyclists to serve their lovely food.

Other brunch recommendations [can be found here.](#)

Our photo today was taken from Camera Obscura & World of Illusions Edinburgh and a big thank you to them for allowing us to use their roof!