

# Five things you need to know today Edinburgh!



## Doors Open Days

## Edinburgh Leisure wins award

## Out of the Blue Flea Market

## Job at Oxfangs Neighbourhood Centre

## Architect for the St James Centre announced

The various venues where you can visit on Doors Open Days today and tomorrow are shown here on their [Facebook page](#). Do let us know what you have seen!

One example of something you might not see otherwise is that you can go to Corstorphine Hill to see inside the Tower there.

*The 20m high stone tower was built by a local landowner in 1871 to commemorate Sir Walter Scott. It is a Victorian folly which commands a wonderful view of the city, the Pentland Hills and the Firth of Forth. Directions from the Clerwood bus stop: go left (north) along Clermiston Road for 100 metres, cross and take a gated track, uphill past the old walled garden on the right to the Tower on top of the hill. The Tower can also be reached from the Cairnmuir Road/Kaimes Road car park.*

You can add your photos to our [EdinburghReportage storyboard here](#).

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A unique scheme to help people who have had a stroke enjoy a

better quality of life and reduce the possibility of another stroke has won a prestigious award.

The groundbreaking Stroke In-Reach Project, delivered by Edinburgh Leisure, has won the NHS Lothian Allied Health Professional (AHP) Innovation Award.

Stroke In Reach, which was developed in joint partnership between Edinburgh Leisure and NHS Lothian and funded by the Edinburgh and Lothians Health Foundation (ELHF), has proven an early success since launching in the capital this year.

In the first project of its kind in the UK, ward based stroke patients at the Edinburgh Royal Infirmary Acute Stroke Unit have benefited from tailored exercise to help restore and rebuild muscle strength and fitness while they are still in hospital and once they return home.

Andrew Hebson, Edinburgh Leisure's own Stroke Specialist Instructor, works with patients from the early stages of their care.

He said: "It is fantastic that Stroke In Reach has been recognised by this award. The programme aims to help stroke patients get active as soon as possible and works specifically on improving the impairments that have occurred as a result of the stroke and helps accelerate their recovery in partnership with the ward-based therapists and nurses.

"By helping patients improve their cardiovascular health and use functional exercises, they are better prepared for everyday tasks like climbing stairs, walking to the shops, hanging out the washing, or getting them back to activities they previously enjoyed.

"This is an extremely exciting and rewarding project to work on and I've seen first hand the positive impact it has on participants' lives."

Mark Smith, NHS Lothian Consultant Physiotherapist in Stroke and the Stroke In Reach Project Lead, said: "This initiative has already doubled the annual number of stroke patients taking up referral into community exercise after stroke in Edinburgh, in just six months, and is projected to achieve a four-fold increase in those exercising beyond three months after discharge."

Hannah Macrae, Edinburgh Leisure's Project Manager for Stroke In Reach, said: "We are delighted to achieve this award which recognises the important work of Stroke In Reach."

"Edinburgh Leisure is proud to be part of such an innovative project that helps people become active and mobile following a stroke. It is already having a real impact on patient's lives in this short trial period, which we hope will be extended beyond January."

Edinburgh Leisure is a not-for-profit business which manages 30 venues across the city on behalf of City of Edinburgh Council.

Edinburgh Leisure is committed to developing coaching and community programmes to ensure a healthy, active lifestyle for all.

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It's the last Saturday of the month and that means there is a flea market on in Dalmeny Street at Out of the Blue from 10am – 3pm

*From vintage clothes, books and bric-a-brac to musical instruments, small furniture, and antiques.*

*Once you're done with your bargain hunting, stop in for lunch at the Drill Hall Arts Cafe which offers a delicious range of home-style cooking, cakes and more!*

*If you would like to book a stall at the next Flea Market*

- *Pitches are priced at £20 with table or £15 without.*
- *Payment must be made at least 7 days prior to the market date.*
- *All bookings must be made through the cafe phone number – 0131 555 7100 or in person at the cafe on the designated day.*

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<http://www.theedinburghreporter.co.uk/wp-content/uploads/2014/09/Cheche-worker-advert.pdf>

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TIAA Henderson Real Estate (TH Real Estate) has announced the appointment of architectural firm Purcell to join the team on the £850m Edinburgh St James mixed-use development in the city centre.

The firm has been instructed to carry out design work on the Mansion Capital building and St Andrews Hall which are both listed. Planning applications are expected to be submitted before the end of the year.

Purcell joins the scheme's existing architectural team, consisting of Edinburgh's Allan Murray Architects and BDP, which are responsible for creating the Edinburgh St James masterplan.

Purcell will lead the design for St Andrews Hall and the

Mansion Capital block and has been tasked with maintaining the historical character of both buildings, whilst ensuring they suitably align with the overarching look and feel of the new development.

The 1.7 million sq ft Edinburgh St James scheme is one of the largest regeneration projects currently underway in the UK. The redevelopment will see the 1970s shopping centre currently on site replaced with 1 million sq ft of prime retail space, a five-star hotel, up to 250 new homes, restaurants and a digital theatre.

Influenced by the city's classical geometry of crescents and circuses, Edinburgh St James has been designed to complement Edinburgh's sophisticated architecture, character and history. The scheme will revolve around an elegant open air galleria street intended to create a series of refined public spaces and squares, providing pedestrians with a smart, unrivalled environment in which to meet, socialise, shop and eat.

Purcell, which has 16 offices throughout the UK, in addition to an office in Hong Kong, boasts a team of over 200 people and is well known for its thoughtful and pragmatic approach. Other projects recently undertaken by the firm include providing the City of London with a conservation management plan for Tower Bridge, London, and carrying out the final phase of a 10 year long restoration programme to reopen Kew Palace to the public.

TH Real Estate has also confirmed it will hold a design competition for the five star hotel it will deliver as part of the development. Architectural firms with suitable experience will be invited to pitch their ideas for the hotel which will be the centre-piece of Edinburgh St James and will provide a luxury offer under a leading brand.

Construction work at Edinburgh St James is expected to start in 2015 with completion scheduled for 2019. It is estimated

that, between 2015 and 2040, the redevelopment will support up to 3000 permanent jobs and will add £25 million to the Scottish economy each year.

Martin Perry, Director of Development, TH Real Estate, commented:

“With Allan Murray Architects and BDP laying the architectural foundations for the wider Edinburgh St James scheme, we are pleased to instruct this highly respected firm to provide expertise and specialisms in specific areas. This will help ensure that we maintain the dignity and character of these two important listed buildings as part of the wider development.”