

# Five things you need to know today Edinburgh!



**Juniper Green Farmers Market**

**Christmas Market**

**Hopetoun House**

**Many in Lothians need Flu Vaccine – get yours now**

**Community Energy Scotland Conference in Edinburgh next week**

The Farmers Market at Juniper Green Village Hall is indoors, cosy and warm! It runs from 9.00am till 1.00pm loads of time to get your FairTrade goods, chocolates from Belter and Cole who are new to the market, or have your face painted by Carlene Ritchie.

Other stalls today include:

**Stortebaeker** breads, pretzels, sweet and savoury continental baking.

**Cedar Cottage meats**, pies, slices, sausages, poultry, bacon and eggs.

**Heavenly Homemade** preserves, marmalades and chutneys

**Scoff-it** for a tasty snack with your coffee

**MaRoberts** spicy and fruity Tanzanian cooking sauces

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Today you can go along to the Christmas Market at Edinburgh Printmakers 23 Union Street EH1 3LR and meet the Edinburgh Sketcher! He will be selling his wares and others will be selling their hand made gifts for you to give this Christmas.

Just in case you have not seen his work this is one of his

Christmas card designs:

[Post](#) by [EdinburghSketcher](#).

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Visit **Hopetoun Estate** and explore the annual **Christmas Shopping Fair** at a stately home from **Friday 28 November** until **Sunday 30 November**. Take shelter from the busy high street and choose a wonderful gift for your loved ones this Christmas from the extensive range of high quality choices available, all whilst soaking up the festive atmosphere.

[www.hopetoun.co.uk](http://www.hopetoun.co.uk)

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People in Lothians who are eligible for the flu vaccine are being urged to get protected before the end of the year.

New uptake figures for the region show the percentage of people yet to be vaccinated, and the call has been issued to ensure those with underlying health conditions and parents of children aged 2-5 contact their GP practice to arrange their vaccination to reduce the risk of catching flu.

The figures, revealed today, highlight those still to receive the vaccine include:

- 64 per cent of people under 65 with underlying health problems such as asthma
- 62 per cent of pregnant women
- 68 per cent of 2-5 year olds

People with conditions such as asthma, diabetes, cystic fibrosis, those with lowered immunities and women who are pregnant, can be hit harder by flu and suffer more serious complications, even if they are generally fit and healthy.

This year's vaccination programme has been extended to include

2-11 year olds, as they are two to three times more likely to be ill with flu than adults.

Approximately 550,000 children will be given the nasal flu vaccine this year. Parents of children aged 2-5 who are not yet in school should contact their GP practice to arrange their vaccination. Children aged 5-11 are being offered the vaccination in school.

Dr Nicola Steedman, Senior Medical Officer for the Scottish Government Flu campaign, said:

“Flu can strike suddenly and it’s important to be prepared. If you have a long-term medical condition, the best way to protect yourself against the serious effects of flu is to get vaccinated, even if you are feeling perfectly well. The flu vaccination is quick and easy – it only takes a few minutes to get, but will offer protection for around a year.

“It is vital we ensure that children are also protected from flu as youngsters are two to three times more likely to be ill with flu than adults. Children aged 2-5 who aren’t yet at school can be vaccinated by their doctor, whilst 5-11 year olds are being vaccinated at school to make it even easier to get the vaccine. Every year we see examples of how serious flu can be for children – they may have little immunity to the infection and the virus can develop into more serious health complications for them including pneumonia.”

Dr Lorna Willocks, Flu Immunisation Co-ordinator at NHS Lothian, added:

“It’s very important that children aged 2-5, pregnant women and people with underlying health conditions get vaccinated to reduce the risk of catching flu and suffering serious complications. I urge all those who are eligible for the flu vaccine to speak with their GP practice to arrange their free vaccination. Remember to contact your GP practice to arrange for 2-5 year olds not yet at school to be vaccinated at their

local GP surgery.”

“Catching flu can cause unnecessary worry for friends and family as well as posing a risk of spreading the virus to more vulnerable members of society. It is much worse than a bad cold and survives better when it is chilly outside. Flu viruses will circulate across Scotland as we move further into winter so make sure you get protected as soon as possible.”

If you would like to find out more information about the flu vaccine, contact NHS Inform on 0800 22 44 88 or log on to [www.immunisationscotland.org.uk](http://www.immunisationscotland.org.uk).

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Edinburgh is a big conference city and next week the Community Energy Scotland conference 2014 will be held in the city's Capital Hotel.

This is the programme they will be discussing:

<http://www.theedinburghreporter.co.uk/wp-content/uploads/2014/11/Scotlands-Community-Energy-Conference-2014-Published-Published-Programme-Version-w.pdf>