

Five things you need to know today



Ceilidh Tonight!

Espresso Sessions

Get your onesie on

Carbon Conversations

Fast Pizza

Tonight Edinburgh Ceilidh Club returns with the next of their Ceilidh club @ The Assembly Roxy with Teannaich.

Doors open at 7:30pm with dancing kicking off shortly after that.

Tickets are available online from www.edinburghceilidhclub.com/tickets or from the Tickets Scotland on Rose Street.

Tonight at Artisan Roast on Broughton Street they are holding the first of the 2015 Espresso Sessions

Come down to Broughton St on the 16th to hear some eerie, delicate guitar, that weaves its way through Alexandra Isobella's spine tingling vocals.

Post by [Artisan Roast](#).

Mecca Leith is hosting a onesie charity event this Monday 19 January to help customers banish the January Blues on the most depressing day of the year, 'Blue Monday'.

Originally identified in 2005, the third Monday in January has come to be known as 'Blue Monday' – as millions of Brits struggle with December credit card bills, failed post-festive diets and gloomy weather.

But this year, Mecca Leith employees and customers can brighten up the most depressing day of the year by donning a onesie to raise a smile and much needed funds for Carers Trust, Mecca's partnered charity which helps the millions of unpaid carers across the UK.

Steve Calder, general manager at Mecca Leith, said: "It's no big secret that January is a depressing month as the post-Christmas holiday blues set in.

"The onesie charity event will be a great opportunity to make people smile and for customers to enjoy a fun day out with friends and family, whilst helping to raise funds for a very worthy cause."

Senior Fundraising Manager at Carers Trust, Pushpinder Gill, added: "We all need help and support sometimes. When your family or friends grow old or ill, you may find yourself looking after someone you love on a part time, or even full time, basis. That's when you become a carer.

"The money raised by Mecca has helped us set up dedicated grant funds for carers across the UK, providing basic household equipment for those in financial need, skills training and holidays giving individuals time out from their caring role to relax."

For more information on the event, please contact Mecca Leith on 0131 554 5017 .

To make a donation to Carers Trust, visit <http://www.justgiving.com/RanksCaresOnesieDay>.

Something starting next week down in Leith that we think you may like.

The Himalayan Centre's Carbon Conversations is a programme of 6 free weekly sessions that aims to support people wanting to reduce their individual carbon footprint.

We'll provide you the materials and support needed and together we'll explore what it means to be environmentally aware and all complexities and practicalities this implies.

Please note participants are welcome to attend all or some sessions, and we will be giving a Carbon Literacy Certificate to those who take part in all six gatherings.

The sessions are free and open to all. For more information and to book, please email victoria@himalayancentre.org or phone 078 5180 2002

The course runs from Wednesday, January 21, 2015 – 6:00pm to Wednesday, February 25, 2015 – 8:00pm.

Pizza Mafia has become the latest food operator to have opened up in Princes Mall and has been proving popular since opening on 28th December.

The shop has taken up a 410 sq ft unit in the newly refurbished food court and is located next to The Coffee Shop on the lower floor of the mall.

Store manager Robert Bohacs developed the idea for a fast food venture after finding in other fast food providers, customers

still had to wait for their food. Robert wanted to eliminate queuing or waiting for the pizzas and that's when Pizza Mafia was born.

Robert says: "Our aim is to serve the pizza in less than 60 seconds. Since opening we have already been told that it is the best pizza customers have tasted and we are seeing returning customers which is fantastic. As this is our first venture in the UK we really love how successful we have been and we are already looking for separate premises in Edinburgh to open another branch."

Robert adds that they keep the cost low for customers whilst maintaining good local ingredients from suppliers round the city.

Centre manager Martin Botha said: "I think this particular concept of fast food is great and just because it's fast doesn't mean quality or taste suffers. We see a lot of tourists in the mall and not everyone wants to spend hours eating- they want to carry on shopping! As this is the first Pizza Mafia in the UK we are pleased that they have found a home at Princes Mall and we wish the team the best of luck."



If you are reading this article on paper and would like to visit the website then scan the QR code above with a smartphone or tablet and you will be taken straight there.