

Five things you need to know today



Corporate Policy & Strategy Meeting

Yoga for Winter Sports

Best cafes in Edinburgh?

Edinburgh Jobs

New home port for Storm ID

Today the Council's Corporate Policy and Strategy committee meet. One of the items they will decide upon is whether to spend £100,000 on doing groundwork at Meadowbank to establish what might be involved in any prospective building plan there. If that work is done then the hope is that the council's best estimate of a cash shortage of between £10m and £20m can become a much more accurate one. The council have a proposal to demolish and rebuild Meadowbank for £43m but no decision will be taken on that project until the next year's budget is agreed on 12 February.

Read our earlier article about the details of the proposal [here](#).

One of the other matters they will discuss is how the council will deal with poverty and inequality in the city. How do you know if you are in poverty? Well according to the figures in the report there is an answer:

Where total household income is below 60% of the median household income across the UK then people are in poverty. Using 2012/13 as a baseline, this means that, after housing costs a single person is in poverty if they are living on less

than £130 per week. A lone parent family with two children is living in poverty if they are living on less than £269 per week and a couple with two children are deemed to be what used to be called 'below the breadline' if they have less than £364 per week.

The council's Communities and Neighbourhoods Committee has devised practical steps which it would like to take to combat poverty and inequality and at their November meeting they listened to a deputation from Edinburgh Students Coalition Against Poverty (ESCAPE) who wrote an article for us [here](#).

You can watch the council meeting online [here](#).

☒ The new exercise kick is most definitely yoga. If you're not doing it then you could soon be enticed to try, and if you are planning a winter sports holiday then this might just be the way to start. Yoga Mix is run by John and Amanda at Canning Street Yoga. This weekend they have a couple of places left on their course aimed at the skiers and snowboarders among you.

They will be teaching a Yoga for Winter Sports Workshop at Canning Street Yoga, 24 January 2015 at 2:30pm.

John is not only a yoga teacher but was on the National Alpine Team for six years. After finishing professional skiing John worked at the British Ski Academy, based in Chamonix, France, where he was responsible for looking after the athlete's programming, conditioning and wellbeing as a coach, therapist and trainer.

Here they are – where else – but on the slopes!

[Post by Yoga Mix.](#)

To book this workshop or to find out more please [click here](#) or phone Canning Street Yoga on 0131 228 9285.

We would love to know where you get your best coffee fix in Edinburgh. We have our own favourites of course, but with a little help from you we hope to get a more eclectic list!

Make your cafe suggestions [here](#).



Meantime Cairngorm Coffee Co on Frederick Street have something for you if you are reading this before 10:00am.

For the early risers amongst us, Cairngorm Coffee are offering a cracking offer to help banish those bleary eyes in January. For only £2.65 you can take advantage of their 'Coffee & Croissant Deal', which includes one of a range of Au Gourmand croissants, alongside your choice of a variety of coffees using their signature espresso blend roasted by Mr Eion of Stockbridge. You can have it to sit in and escape the cold or takeaway to the office, as long as you get in between 8AM when they open and 10AM when the deal ends.



Port Edgar Watersports have some jobs on offer ahead of the summer season:

We are now looking for people to join our team for the 2015 Season. If you are a watersports instructor, friendly and professional then we would love to hear from you.

If you are interested in applying please read the job descriptions below and send your CV

to bookings@portedgarwatersports.com with a covering letter telling us which job you are applying for and why. The deadline for applications is Friday 23rd January.

[More information here.](#)

Storm ID has a new home as it has acquired over 10,000 square feet of new office at Leith Assembly Rooms on Constitution Street. This will give them open plan offices which they have secured on a ten year lease.

BNP Paribas Real Estate was appointed to acquire new offices for the rapidly growing digital technology consultancy in 2014 and completed the search and acquisition within four months. Marcus Weurman, Associate Director at BNP Paribas Real Estate said: "The Edinburgh office market is competitive due to a lack of open plan office accommodation available however we were able to source suitable premises and the Leith Assembly Rooms offer the growing firm future expansion capability for staff and an excellent modern open plan environment for their teams."

"The Leith Assembly Rooms provide us with some fantastic office space in Edinburgh and was a brilliant opportunity for us to acquire a standalone headquarters building. We are delighted to secure modern offices within Leith, close to the local amenity at the Shore and the new offices will help towards our ongoing expansion in the digital technology market."



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