

Five things you need to know today



Turn the Melville Monument blue tonight!

Golf this Friday for schoolchildren

Easter holiday advice from NHSScotland

Abbeyhill clean up

HAPPY BIRTHDAY!

You can show your support for World Autism Awareness Day later today by making the lights on the Melville Monument in St Andrew Square change to blue which is the condition's symbolic colour.

You have to tweet #blue to the City of Edinburgh Council's Twitter account [@Edinburgh_CC](https://twitter.com/Edinburgh_CC) to mark the awareness day tonight.

Autism affects around 5,000 people in Edinburgh and is a lifelong developmental disorder which can affect people with or without a learning disability – sometimes known as Aspergers Syndrome. It affects both children and adults, and can have a profound effect on the way a person understands and interacts with the world around them.

The Council runs a number of services and offers support to those with the condition and their families through its Autism Edinburgh campaign and its autism plan. Support includes trained autism champions; Aspire, which helps young people move on from school and college into further education or work; family support through Positive Pathways, and a specialised online training programme.

The Curious Incident of the Dog in the Night Time by Mark Haddon will be discussed at the Giant Book Group in the Central Library from 6.30pm tonight, in advance of the stage adaptation at the Festival Theatre later this month.

A panel consisting of Health, Social Care and Housing Convener, Councillor Ricky Henderson, Cerin Richardson from Edinburgh Theatres, Matthew Day from Autism Initiatives and parent Amanda Wilson will launch the event, at which members of the public will form groups to talk about the book.

Clubbers will celebrate the day at Dance Back to the Future at Electric Circus from 10pm tonight, while a live music event featuring Pet, the Just Joans and The Fast Girls is being held tonight at Upward Mobility in St Margaret's House on London Road from 7pm.

Cllr Henderson said: "World Autism Awareness Day is a fantastic opportunity to consider how some of us struggle every day through no fault of our own, and reminds us to show compassion and understanding.

"The Council is committed to supporting those in need to reach their full potential and to lead happy and independent lives."

You can find out more information about [World Autism Awareness Day](#) on the Autism Speaks website.

Family golf will be available this Friday afternoon at the Wee Braids courtesy of Edinburgh Leisure.



You are reminded about this year's Be Health-Wise This Easter campaign.

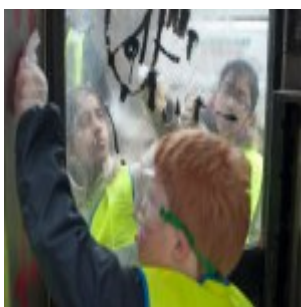
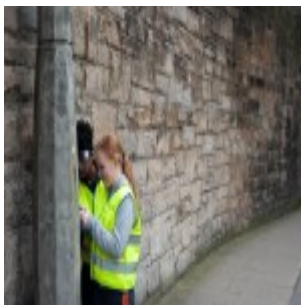
With coughs and colds still common during Easter, Dr Owl – the

wise and memorable character from the NHSScotland campaign – is urging people to take a few simple steps to look after their health.

If you know when your GP surgery is open, you restock the medicine cabinet and ordering and collecting repeat prescriptions in plenty of time for Easter, you can ensure you make the most of the holiday weekend.

This year many GP surgeries will close for four days from Good Friday 3 April 2015 to Easter Monday.

General advice and information on how to stay healthy this Easter can be found at www.nhsinform.co.uk or contact NHS inform on 0800 22 44 88.





School pupils, teachers and other members of the community all joined forces to spruce up Abbeyhill as part of a day of action last Friday

Alderful Abbeyhill saw 34 primary 6 and 7 pupils from Abbeyhill Primary School pitch in to tackle graffiti, street litter and fly posting in the area.

The day marked the culmination of a week-long initiative to improve the environment in Abbeyhill, which included community reassurance visits from Community Safety Officers, Police Officers, Fire Officers and Environmental Wardens.



Happy Birthday to Cairngorm Cafe on Frederick Street. They are celebrating their first birthday today with coffee and of course grilled cheese sandwiches.....



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