

# Five things you need to know today



**West End BID**

**Meet the Westenders**

**Singing for Fun**

**Leith Market**

**Art Exhibition**

The latest Business Improvement District (BID) has just won enough support from member businesses to allow it to come into being.

[Read more here.](#)

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Edinburgh World Heritage has produced a lovely new booklet to take you on a tour which will tell you the stories of those people who lived in Edinburgh's West End some years back.

David Hicks, Communications Manager for Edinburgh World Heritage said: "The trail is intended to cast the West End in a new light, and reveal some of the hidden stories about this fascinating part of Edinburgh's World Heritage Site. William Street, complete with its Georgian shopfronts, setts and recently restored streetlamps has such tremendous period atmosphere, it is not surprising it has been used as a film location. The three gothic spires of St. Mary's Episcopal Cathedral can be seen from around the city, but how many people know about the treasures it has inside? By focusing on the human stories of the West Enders of the past, we hope to

encourage more people to explore this historic area.”




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*Come and join our new Singing for Fun daytime choir. We guarantee a relaxed and friendly environment where you can come along, sing, chat, make friends, improve your voice and generally just have a very enjoyable morning. This choir will not perform or learn complex harmonies, it is purely singing for fun. It's not just fun, singing also delivers a host of physical and emotional benefits, including increased aerobic exercise, improved breathing, posture, mindset, confidence and self-esteem.*

*The choir meets on Mondays from 10am to 12pm at Pilrig Church, Pilrig Street.*

*A class costs £5 or £3 for carers.*

*To find out more or book a place contact:*

*[hello.singinthechity@choiredinburgh.co.uk](mailto:hello.singinthechity@choiredinburgh.co.uk) or call 0131 552 3149.*

*Mon 15 June 2015 – Mon 27 July 2015 – 10:00 am – 12:00 pm*

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A new market is just about to start in Edinburgh next month! The people behind the Stockbridge and Grassmarket shopping experiences are starting up in Leith next door to Custom House.

[Read more here.](#)

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Postgraduate Art Psychotherapy students from Queen Margaret University (QMU) will be showing off their creative flair as part of an annual graduate exhibition at Edinburgh's Gayfield Creative Spaces from 3rd to 8th July.

The MSc Art Psychotherapy Graduate Exhibition will celebrate the work of more than 15 talented QMU graduates and will showcase an array of expressive, interactive and insightful artwork.

The title of this year's exhibition is 'Not all glitter and Freud', which QMU graduates hope will challenge misconceptions surrounding art psychotherapy, as well as raising awareness and encouraging a broader understanding of its benefits.

Lindsey Edghill, MSc Art Psychotherapy graduate at QMU and exhibition committee member, said: "Our exhibition gives space for the students and tutors to celebrate themselves as artists. It also provides an opportunity to challenge preconceptions of what art therapy is and is not.

"Art therapy provides a creative alternative for people to communicate thoughts and feelings, which may have otherwise been difficult to express verbally. It creates a safe space enabling play and supports self exploration through creative communication. As the title suggests – art therapy is not all about glitter and Freud."

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