

# Five things you need to know today



**HMS Queen Elizabeth Cycle team**

**Sunday workshops at Bridgend Farmhouse**

**Inside Out**

**Wildflower Pharmacy**

**Secrets and Lattes**

The Lord Provost of the City of Edinburgh will meet the HMS Queen Elizabeth Cycle Team later this morning.

The cyclists will embark on their 5-day cycle ride from Edinburgh to London tomorrow, but today five of the 20-strong HMS Queen Elizabeth Cycle Team will be joined by the Lord Provost of Edinburgh as he wishes them good luck on their journey. The five riders will include Capt Simon Petitt, Lt Cdr Ian Hassall, CPO Ben Dixon, PO Mike Cooper and Leading Logs Andy Coop-Mann.

The start and finish lines of the cycle ride are marked by the Ship's two Affiliated Cities, namely the City of Edinburgh and the City of London.

The group will set off from Edinburgh Castle tomorrow 25 July and arrive into Guildhall, City of London, on Wednesday 29 July, covering over 500 miles and raising funds for The Royal Navy and Royal Marines Charity (RNRMC), the Ship's charity.

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*On July 24th Pixar returns with Inside Out, a film which*

*critics are hailing as one of their best. When a young girl...*

Posted by [Dominion Cinema](#) on [Saturday, 18 July 2015](#)

Read our Douglas Greenwood's review [here](#).

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Take time to put a reminder in your diary now for Monday at 11.30 when you can listen to the next episode in Series 2 of Secrets and Lattes on BBC Radio 4.

Set in a fictitious Bruntsfield cafe you can decide for yourself which one it might really be! Read our exclusive interview with Producer Gordon Kennedy [here](#).

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