

# Five things you need to know today Edinburgh



Council's campaign to 'Stay on your Feet'

Festival Wheel

Edinburgh Festival Fringe 2015

EdinburghReportage

Queen Margaret University films

A new campaign to encourage older people to keep fit and healthy by avoiding falls has been launched by the City of Edinburgh Council and NHS Lothian.

'Take Small Steps to Stay on your Feet' gives older people [five easy tips](#) to try and prevent falls and also information about what to do if they do suffer one.

Falls are a major problem for older people with more than 30% of over 65s falling every year, with many more than once.

[Read more here.](#)

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The biggest ever Festival Wheel is here and it will be open until Sunday 6<sup>th</sup> September from 10am to 10pm daily.

Douglas Taylor, head of operations for Edinburgh Festival Wheel, said: "We are delighted to be operating the Edinburgh Festival Wheel this year. This year's wheel is one of the largest self-supporting wheels around and is ultra-lightweight considering its size.

"There is always a fantastic atmosphere during the festival and we are sure that the Edinburgh Festival Wheel will add another dimension of fun."

Edinburgh's Festivals and Events Champion, Cllr Richard Lewis, said: "The Edinburgh Festival Wheel will offer spectacular views of the city this summer. I'm sure it will prove very popular with both visitors and residents and it is great news that a 20 per cent discount is available to all Edinburgh citizens.

"I am also delighted that monies raised from the Edinburgh Festival Wheel will support future improvements to Princes Street Gardens, allowing everyone to continue to enjoy this unique greenspace in the heart of the city centre."

Visitors looking to experience the Edinburgh Festival Wheel

can book tickets online at [www.edinburghfestivalwheel.com](http://www.edinburghfestivalwheel.com) or at the ticket booth situated at the ride itself. Tickets are priced at £8 per person/ £6 for concessions with family tickets available.

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Are you bringing a show to the Fringe this year? Then help us out by taking advantage of a free listing. Use our Submit your Story tab [here](#) to put up your news. Then our readers will have much more information at their fingertips when they decide what to go and see at this year's Fringe!

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Help us to create a storyboard full of statues and public art from Edinburgh. What is your favourite (we love the Paolozzis outside St Mary's Cathedral...)

Click [here](#) to add your photos or videos or simply your thoughts on what is best.

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The Edinburgh Reporter was lucky enough to be invited to the Queen Margaret University Film & Media Degree Show last week. The films were all individually lovely, some with a poignant story and others with a degree of humour in them. We also had the privilege of watching Walid Salhab's film Rise on the big screen, showing panoramic aerial views of the University and the surrounding countryside.

[Click here to see the winners!](#)

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