

Five things you need to know today



JoLoMo at Holyrood

The Bike Station

Win afternoon tea at One Square

Glow Fun Run 2015

Pick your own Pumpkins

The Scottish artist John Lowrie Morrison donated four of his paintings to The Scottish Parliament earlier this week.

The artworks were unveiled by The Scottish Parliament's Presiding Officer in the Parliament's Members' Room which receives thousands of visitors every year.



The Ardionra Hayfield A Summer Morning on Iona

The Scottish Parliament's Presiding Officer, the [Rt Hon Tricia Marwick](#) said: "It is my great honour to unveil this very generous gift, painted specially for the Scottish Parliament by one of Scotland's most successful and best loved contemporary artists. Jolomo's paintings vibrate with intense colour and perfectly express the changing effect of light and weather on our land."

The Presiding Officer continued: "His appeal is immense, taking in everyone from international celebrities to Scots who recognise his vivid depiction of their local landscape. This gift means many more visitors to the Scottish Parliament can enjoy Jolomo's work for years to come."

John Lowrie Morrison commented: "I am gifting these four paintings to The Scottish Parliament as a gift to the Scottish people for their great support of my work over the past 40 years. This gift was first proposed nearly 10 years ago, and it is a wonderful honour that it has been accepted, and that many visitors to the Parliament will be able to enjoy my work. I chose the paintings to express something of the fantastic colours of Scotland on both the West and East coasts."

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Autumn is a good time to clear out the garage ahead of the winter months when you might use it to store the car. If you find that you have some bikes which have been outgrown or are in need of a bit of TLC then think Bike Station.


"As Scotland's largest bike recycling charity, we take any and all unwanted bikes, no matter their age or condition.

Every bike we get helps support our work promoting cycling, providing training and offering volunteering and other opportunities. By selling secondhand bikes it also helps individuals who may not have otherwise afforded a bike the opportunity to get cycling.

We also take any unwanted parts and accessories, such as old locks (with a key/combination!), lights, bike panniers, trailers, etc. The only things we cannot take are old bike helmets.

As our van drivers operate on a volunteer basis, it is always preferable if you can bring your unwanted to your local Bike Station, but if you can't manage this please use the form below to donate a bike to us."

Contact the Bike Station through their website [here](#).

 Enter our latest competition [here](#) to win afternoon tea for you and a friend.

The lovely people at One Square have devised a new Orchard Afternoon Tea menu and you can read all about it [here](#).

The GLOW fun run, organised by sight loss charity RNIB Scotland, is taking place on Saturday evening, October 31. Taking place after dark, the 3k run is inspired by the colourful full moon parties of Thailand.

Emma Baldry, the charity's fundraiser, said: "We're really excited about hosting another RNIB Glow Run in Edinburgh this year. Last year was a huge success. We had families, clubs, work colleagues and others taking part. It's such a fun and colourful event, for a great cause and we're hoping this year's will be even bigger and better!

"As the run is only 3k long, it's suitable for anyone and an excellent starting point for people who want to get fit. Alternatively, people can just fit it a fun part of their weekend. All the money raised will go towards supporting RNIB's work with blind and partially sighted people in Scotland."

The Glow Run is open to anyone over the age of 10 and is fully accessible to blind and partially sighted participants. Guide runners are available to support any blind or partially sighted people.

It costs £10 to register. Additionally adults are asked to raise a minimum of £25 sponsorship and children £10. Visit www.rnib.org.uk/glow to find out more and register.

Is it too early to talk about pumpkins? Well it is better than talking about reindeer that's for sure. Here is one suggestion from the nice people at Craigie's.



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