

Five things you need to know today

 Council confirm 2000 jobs to be cut

East Lothian News and Musselburgh News to close

Scottish International Storytelling Festival

Five tips for carers

Dads Rock are having a party

The Council's Finance Convener Alasdair Rankin has confirmed that the Finance Committee will consider a motion next week to help the council make financial savings.

This will allow the council to find 2000 redundancies by compulsory means as well as seeking candidates on a voluntary basis.

[Read more here.](#)



Johnston Press have confirmed that two of their titles are to close bringing the total number of titles lost in recent times to 17.

Alison Johnstone, Scottish Green MSP for Lothian, is urging newspaper owners Johnston Press to rethink their decision to close the Musselburgh and East Lothian News titles.

Alison said: "This is a dreadful decision by Johnston Press, both for readers and for staff, and adds to the already brutal cutbacks at the Edinburgh Evening News. Our communities deserve good quality local information and investigation, and a vibrant local newspaper scene is crucial to that."

“I have asked Johnston Press to explain their reasoning behind this shock decision and for assurances about the future of the skilled staff at these titles. The online media age should mean more local content, not less. Cutting staff and titles is a false economy, and I urge the owners to rethink their decision.”



Tomorrow, as part of the Scottish International Storytelling Festival, you can take a trip on our favourite canal boat with your little ones and listen to a story on the way.

all aboard!

Re-Union Canal Boats – Lochrin Belle

Edinburgh Partner | Family Event

11am & 12.30pm (1hr)

Free (ticketed), donations welcome All ages

Hop on board with Macastory for a fun-filled cruise of story and songs for all the family. Captain Ron

and First Mate Ferg will be at the helm with stories, songs and fun gathered from their many travels around the world. It's all aboard for story-fun for everyone!

To reserve tickets: www.re-union.org.uk/events-1

Please note: if the skipper decides that it is unsafe to travel due to circumstances out of our control the boat will remain static.



Top 5 tips for carers from [VOCAL](#):



1. Get your free flu jab – all adult and young

carers are [eligible for a free flu jab](#) from the NHS to protect themselves and the person they care for from contracting flu.

Contact your GP surgery for more information.

2. Keep warm at home – make sure you are getting the best deal on your home energy bills by attending one of our [Switching Labs](#) or [home energy workshops](#). Expert advisors from Changeworks will take you through the process of comparing and switching suppliers as well as other energy saving tips to save you money and make heating your home more affordable.

3. Get outdoors – as the clocks go back this weekend and the nights draw in it's more important than ever to get fresh air and daylight to boost energy and mood. Check out the [LivingItUp Lothian walking guide](#), the [Edinburgh Leisure Ageing Well walking groups](#), or take a walk instead of the car or bus (it's often quicker and definitely cheaper!).



4. Eat healthy, feel healthy – eating healthily doesn't have to take a lot of time or money! Edinburgh Community Food run [food coops](#) across the city, have lots of [healthy eating advice and recipes](#) on their website and will be running a [food and nutrition course for carers](#) with us next year.

5. Be around people – [Carer support groups](#) are a good way to meet other carers for a chat and support or you might prefer to come along to our [art or craft groups](#) or try out one of these [carers' singing groups](#) (no experience necessary!)



Dads Rock are having a Halloween party.

A FREE Halloween party for all dads/granddads/male carers and their kids! bringing together our Glasgow and Edinburgh Dads for the first time! Come join us for some spooky fun. There will be...a Bouncy Castle, Fancy dress, Food, Games, Mad Scientists, Live Music, Potions!..and more..If you would like to come please let us know asap. We've a free coach for our Glasgow dads, if you'd like to book a space let us know.



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