

# Five things you need to know today Edinburgh



**Council reject hotel plans**

**Jack and Emily are most popular**

**Dine at Dine**

**Check your eyesight!**

**Race off to Musselburgh at New Year**



After a long day at the city chambers the council's Development Management Committee voted 8-7 against the plans for a luxury hotel on Regent Road. Catch up with all the news about the decision here in our [liveblog](#) and [here](#) in our catch up article.

We interviewed the Planning Convener straight after the meeting



Jack and Emily were the most popular names for babies born in 2015, National Records of Scotland (NRS) announced. Jack was the top boys' name for a eighth consecutive year, and Emily was the top girls' name for the second year running.

Oliver rose from fourth to become the second most popular boys' name, with James falling one place to third and Lewis down one place in fourth. Alexander climbed five places to fifth. The rest of the boys' Top Ten was Charlie (up two places to sixth), Logan (down two places to seventh), Lucas

(up one place to eighth), Harris (up three places to ninth) and three names which together were joint tenth: Jacob (up nine places); Finlay (up five places) and Daniel (down four places). Harris, Jacob and Finlay were all entrants to the boys' Top Ten; Noah (down seven places to fourteenth) dropped out of it.

The fastest climbers within the boys' Top Twenty were Jacob, Alexander and Finlay. There were three entrants to the boys' Top Twenty: Leo (up 11 places to 13th), Alfie (up 6 places to 17th) and Callum (up 1 place to 20th),

The top four girls' names were in exactly the same order as in 2014. Sophie was again the second most popular (having been top from 2005 to 2013), Olivia was third and Isla was fourth. Ava rose one place to fifth, and Jessica fell one place to sixth. Amelia remained in seventh place. Ella rose three places to eighth. Lucy (down one place to ninth) and Lily (down one place to tenth) made up the rest of the girls' Top Ten. Ella was the only entrant to the girls' Top Ten; Ellie (down four places to fourteenth) was the only name to drop out of it.



Dine is the newest kid on the block.

Dine with Stuart Muir, opened in the heart of the city in late November and the talented team are celebrating their first Christmas with the launch of a fresh Festive Menu. The menu offers 2-courses for £27.50 and 3-courses for £34.50 along with tea or coffee and mince pies, perfect for dinner or a chance to refuel at lunch during a day of Christmas shopping. Executive chef Stuart Muir and head chef James O'Brien have created a menu that presents fresh, modern festive flavours with a unique twist, showcasing the best produce Scotland has to offer without any turkey in sight!



Dine's festive menu includes starters such as Chargrilled pear, Lanark blue, caramelised walnuts, chicory and black truffle and Borders pork and ham rilette, whisky prunes, piccalilli, home made cream cheese; mains including Braised Borders shin of beef, pearl barley ragout and parsnip – puree, roasted and crisped, finished with desserts such as Chocolate pot, bourbon syrup and orange shortbread.

The Champagne Lounge – which features unique, tactile eel-skin wallpaper, invitingly comfortable Chesterfield chairs and sofas and warm lighting – makes the ideal place to enjoy pre- or post-dinner drinks. Bar manager, Mateo Ortiz has created a cocktail list perfect for drinks after a hectic day at work to help get you in the festive spirit. Signature festive cocktails include Dine & Brew (£8.50) made using Bruichladdich the classic laddie, apricot brandy, honey, lemon, orange bitters and krusovice lager top; Bulletproof (£8.50) – Bulliet bourbon infused with figs, Johnnie Walker black label, lemon, cinnamon, pepper, maple syrup and the Winter Warmer (£7.50) a deliciously silky, warm cocktail made using Makers Mark bourbon, vanilla liqueur, red wine, chocolate dust, walnut and orange bitters.

Just in time for Christmas, Dine has also launched a range of gift cards which can be used both in the restaurant and bar. The ultimate gift for those who love to experience locally sourced food with sumptuous cocktails and a unique city centre setting to match.

As well as the Festive Menu, Dine will also still be offering its all-day menus – a breakfast menu, an à la carte, an express lunch menu and a bar menu, all designed using the best produce from Muir's wealth of local suppliers.

Advance bookings can be made on 0131 218 1818, [restaurant@dine.scot](mailto:restaurant@dine.scot) or online at [www.dine.scot/book-now](http://www.dine.scot/book-now).



One of the country's top ophthalmologists has urged Scottish motorists to ensure they have a safe view of the road as the shortest day of the year approaches.

The winter solstice falls on 22 December. There will be just seven hours and 49 minutes of daylight.

According to David Teenan, a senior ophthalmic surgeon based in Glasgow and UK Medical Director at [Optical Express](#), fewer daylight hours and poor winter weather can significantly impede the sight of drivers. It is estimated that 2,900 casualties annually are caused by drivers with poor vision.

Recent figures also show that deaths and serious injuries are rising on Scotland's roads. According to the Scottish Government, there was a 16% increase in road deaths last year, with 200 people losing their lives. There were also 1,699 serious injuries on Scotland's roads last year – a 2% increase compared with the previous year..

David, fellow of the Royal College of Ophthalmologists, said that taking simple precautions including wearing the corrective lenses and undergoing regular eye tests could help motorists drive more safely.

“Good sight is essential for safe driving, especially in the winter months when the weather brings unique vision challenges,” said David.

“Visual acuity and contrast are compromised when there is too little light during dull, overcast days or too much light from low winter sun. If drivers can't see clearly they risk not only their own lives but those of other road users and pedestrians.”

David added: “There are many simple things that drivers can do to improve their view of the road, such as keeping their

windcreens clean and using their vehicle's sun visors. Wearing corrective lenses can also help to reduce the effects of glare, including distractive glare produced by artificial light including headlights and street lamps on long, dark nights.

“However, it is essential that drivers also undergo regular eye tests to ensure they can see clearly. Changes in eyesight are gradual and it is possible to lose up to 40% of your vision without noticing.

“Most adults should have their eyes tested once every two years but older drivers need to take greater care. As eyesight problems become more prevalent when we get older the vision of older drivers is more likely to be impaired.”

Drivers are also being urged to have regular eye tests by national road safety organisation Road Safety GB.

Iain Temperton, Director of Communications said: “It's essential that drivers have their eyesight checked on a regular basis and if required wear corrective lenses to ensure their safety and that of other road users. It's also really important to make sure that the screen wash is topped up and windcreens, windows and lights are clean and free from frost or snow.”

A full range of corrective lenses are available at Optical Express. To book an eye test or find out more about corrective lenses visit [www.opticalexpress.co.uk](http://www.opticalexpress.co.uk)



Dedicated fun lovers can continue the festive party atmosphere into 2016 – by joining the ideal New Year's Day event at Musselburgh Racecourse.

The annual fixture is one of the highlights of the Scottish racing calendar and is constantly growing in popularity,

thanks to the reputation of the 5 star attraction just a few miles from Edinburgh.

Now organisers have promised to kick start 2016 in style and the forecast is that the January 1 event will be the best to date – not least because it marks the start of the racecourse's landmark 200<sup>th</sup> anniversary year.

Sarah Montgomery, Senior Operations and Commercial Manager at Musselburgh Racecourse, said: "For us there is even more than usual to celebrate because New Year's Day also marks the start of our Bicentenary year.

"We're immensely proud to have reached such an amazing milestone so we are hoping people from Musselburgh, Edinburgh and the surrounding area will turn out in numbers to help us celebrate.

"It is a fantastic day out for families, groups of friends, sports lovers and anyone looking for a great way to bring in 2016. It's already one of the most popular dates in our busy racing calendar and on January 1 there will be plenty for our visitors to see and do."

Visitors to the Totepool New Year's Day Race Meeting will enjoy the warmest of welcomes, with the first 200 guests getting a special First Foot surprise. All visitors will have the chance to purchase mulled cider and a traditional haggis roll to enjoy in the New Year's Day heated marquee.

The raceday is one of the Feature Fixtures at Musselburgh and guaranteed to provide thrills. Indeed, the feature races – the Totepool Hogmaneigh Handicap Hurdle and Totepool Scottish Premier Steeple Chase – are broadcast live on Channel 4 Racing.

A seasonal twist to the afternoon is the chance to soak in the atmosphere of one of the most historic amateur athletic events in the world, the 147th New Year Sprint, which attracts

athletes from across the country to compete for the £4000 prize money. The 110m race is the most enduring open athletics event in the UK and has been staged in Scotland annually since 1870.

Added to the wealth of attractions on the day, a number of lucky racegoers won't even have to worry about transport on New Year's Day – as the racecourse has laid on special First Foot double decker buses from Edinburgh city centre and from Galashiels.



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There is limited availability and bookings are strictly first come, first served. Places can be booked online for £5 return (Edinburgh) and £10 return (Galashiels) with the purchase of admission tickets. The shuttle services will deliver racegoers to the venue ahead of the first race at 12.25pm and will depart the racecourse for the return journey following the final race which takes place at 3.20pm.

Sarah Montgomery added: “The New Year's Day fixture is always a fantastic way to usher in the New Year and this promises to be the best yet.

“For those wanting to continue the party, it is the place to be. Yet for anyone who is feeling a bit jaded by the festive excess, or for those who have made New Year resolutions, then it is also the ideal day out, offering a bracing event to blow away the cobwebs, with plenty of fresh air and inspiring sporting achievement.”

Musselburgh is firmly established as one of the UK's most stylish racecourses, hosting 28 Flat and Jump meetings each year, including the hugely popular Stobo Castle Ladies Day.


The 5 star VisitScotland venue is popular with racing enthusiasts and is also firmly established with both families

and corporate clients.

Events like the Totepool New Year's Day Race Meeting and the Scottish Cheltenham Trials in February are helping it attract a more diverse audience.

For further information and to book tickets visit [www.musselburgh-racecourse.co.uk](http://www.musselburgh-racecourse.co.uk).



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