

Five things you need to know today



- **Firewalking at Thistle Foundation**
- **Art at Ocean Terminal**
- **Auld Reekie Roller Girls in action on 2 April**
- **Boroughmuir win Young Consumers**
- **Edinburgh Reporter competitions**

Fancy a firewalk? Well apparently firewalking has many benefits!

It is said to increase confidence and self-esteem while allowing you to release fears and doubts and transform those fears into positive action.

You can take part in a firewalk at Thistle Foundation in Craigmillar on 3 April 2016.

The Thistle Firewalk '16 will be operated by Blaze the Firewalk experts, who are said to have an impeccable safety record.

The event runs for three hours from beginning to end as all participants must first go through training designed to equip them with the resources to walk unharmed across 20' of wood embers burning at 1236 degrees Fahrenheit!

The Firewalk itself will start at sunset. After the Firewalk participants will be presented with your Certificate of Achievement.

If you're brave enough then sign up for a place here: <https://www.eventbrite.co.uk/e/thistle-fire-walk-e-voucher-tickets-19683947216>

At the Scottish Design Exchange this weekend they are running a Meet the Artist event. One of the artists you can meet is Jon Canty who is from Leith.

This coming Easter Saturday 26th March, I will be taking part in the The Scottish Design Exchange 'Meet the Artists'...

Posted by [Jon Canty Art](#) on [Sunday, 20 March 2016](#)



Edinburgh's Auld Reekie Roller Girls will fire the starting gun on their 2016 international season by taking on top-ranked Irish team, Dublin Roller Derby, on Saturday 2 April.

The All Star team will be looking to hip-check the luck of the Irish and secure the win in what promises to be a hard-fought game at Meadowbank Stadium.

Boosted by deafening support from a huge home crowd, Edinburgh took a solid win over Newcastle Roller Derby in their season opener earlier in the month.



Despite the win, Auld Reekie are under no illusions they will face tough opposition from Ireland's strongest roller derby team. Auld Reekie have only faced Dublin Roller Derby once in the league's history, which saw ARRГ's B team defeated. In an interesting turn of events, many of those B Team skaters who suffered defeat at the skates of the Irish now feature as part of the A Team – and you can be sure, they will have a score or two to settle.

In a change to the usual daytime fixture, the game on Saturday 2nd will move to an evening slot.

As always the game not only provides spectators with an opportunity to catch some world class roller derby action, complete with big hitting jams, relentless blocking and agile, aggressive skating – there will also be plenty of activities

to keep the entire family entertained. These will include local craft stalls, top skating merchandise, a stocked bar, tasty cake stalls and a kids' area with crafts and face painting.

Doors open at 17:10 at Meadowbank Stadium in Edinburgh

Tickets: £5 online, £8 (£6 concessions) on the door, free entry for under 14's

For further info and tickets visit: arrg.co.uk



The Boroughmuir High team left to right –

Henry Speir, Maya Farrugia, Jess McGhee (captain) Clara Wilson and Calum Mackay, all aged 16.

A team from Boroughmuir High School has clinched the title of Scotland's Young Consumers of the Year 2016 in a closely fought quiz competition held on Tuesday night at the Scottish Parliament.

School teams from Ayrshire, Dundee, Kirkintilloch, Edinburgh and as far north as Ullapool gathered to battle for a magnificent trophy and title of Scottish Young Consumers Champions.

It was a particularly close contest with the lead changing between Boroughmuir and Douglas Academy of East Dunbartonshire. However, the Edinburgh team prevailed in the all important final round where all contestants are competing on buzzers. The Edinburgh captain, Jess McGhee was particularly fast at predicting questions and producing correct answers before the other teams.

Boroughmuir now qualify to compete in the UK Final, which will be held in London in June. Here they will represent Scotland and battle against fellow Young Consumers from across the UK.

Schools in the capital have a proud track record in the

competition with Boroughmuir High and Portobello High previous UK winners.




We know that you like our competitions, as there is always such a good response when we run a new one. A competition that we have just set up to win a family ticket for Musselburgh Racecourse is however restricted to those who sign up to our newsletter, so if you would like to enter that one then sign up today and we will send you the password!

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