

# Five things you need to know today



- **Edinburgh Leisure have your summer holiday activities planned**
- **Gung-Ho! at The Meadows**
- **Summer of Golf in the City**
- **Let's Get Edinburgh Online**
- **Yoga for Alzheimer's**

Thinking ahead to the summer holidays? They start with a bang on 1 July when Edinburgh Leisure run a Join In event in The Meadows.

Edinburgh Leisure are also running a **free summer sports programme** at different venues across the city.

Events will take place at The Meadows every Wednesday and Friday from 2 – 4 pm, starting 6 and 8 July respectively to 10 and 12 August.

There will also be sports at Saughton from Monday, 4 July – 8 August from 2 – 4pm.

Younger children (primary school children, aged 5 and up) will be catered for with outdoor play sessions at Hunters Hall, by Jack Kane Sports Centre, every Tuesday from 2-4pm, which will run from 5 July.

There will be spaces for 60 children at the Meadows, 44 at Saughton and 20 at Hunter's Hall to get involved in the free sessions. No pre-booking is required but everyone must register at the sign-in desk on the day and it will be on a first come, first served basis.



BBC Children in Need is inviting fun-seekers to take part in Gung-Ho!, a 5K giant inflatable obstacle course which will bring its UK tour to The Meadows, Edinburgh on Saturday 11<sup>th</sup> June. Participants are challenged to run, walk or giggle their way through the crazy inflatables for the charity as part of Team Pudsey. Those that pledge sponsorship will receive a discounted ticket for £30 via [www.bbc.co.uk/Pudsey](http://www.bbc.co.uk/Pudsey), as well as a free t-shirt, training support and goodies on the day.

A race like no other, the 5K Gung-Ho! course is made up of 10 giant inflatable obstacles that participants have to run, crawl and climb over to complete the challenge. These include gigantic ball pits, super-sized slides and a 5,000 square foot inflatable moon walk. The course is completely unique and runners don't have to be an athlete to take part!

Speaking of the event Jonathan Rigby, Director of Marketing at BBC Children in Need, said: "We're so excited to be visiting Edinburgh with the first ever Gung-Ho! for BBC Children in Need. It's a fun new way for supporters to challenge themselves whilst raising money to help change the lives of disadvantaged children and young people. It doesn't matter if you're a pro-athlete or first time runner, we can't wait to see you there!"



Yet another event to take over St Andrew Square Garden will arrive on 16 June and will be there until 19 June. The Golf Coast Interactive Zone will be open between 10:00 and 6:00pm and will allow you to find out more about golf in Scotland this summer.

The activities will include tips from the Nike Performance Fitting Centre at Archerfield Links, the challenge of the Long

Drive Contest, a mini putting area for children and a Go Kart Track from East Links Family Park. There will also be seaways from Foxlike Adventures.

Scotland's Golf Coast is of course the East Lothian coastline so convenient for Edinburgh. **To find out more about Scotland's Golf Coast, visit [www.golfeastlothian.com](http://www.golfeastlothian.com)**



A national roadshow giving people free advice and help with using the internet is coming to Edinburgh later today.

With almost 17% of people in Scotland missing out on the benefits of being online, the Scottish Government's Let's Get Online campaign is set to help people across Scotland get online with a nationwide roadshow.



From keeping in touch with friends and family and searching for jobs, to managing bills and watching catch-up TV, the campaign aims to highlight the benefits the internet can provide.

The Let's Get Online team will visit towns and cities across Scotland from 31 May until 22 July offering free, informal, one-to-one, drop-in sessions on how to get online.

The free drop-in sessions will take place in Edinburgh today and later this week.

[Read more here.](#)

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Yoga expert Stacey Chavis will be hosting a yoga class to raise money for Alzheimer's Research UK, and is encouraging people to sign up and join her.

Stacey, 43, will be teaching at The Voodoo Rooms on 12 June 2016 as part of Yoga for Alzheimer's, an initiative set up by the UK's leading dementia research charity.

The challenge is encouraging people to get into their favourite yoga positions while raising money to help find treatments for dementia, which affects 850,000 people nationwide.

Tickets are £15 each, with 100 per cent of the profits going to Alzheimer's Research UK. Those taking part are also encouraged to raise a minimum of £100 in sponsorship.

Stacey first turned to yoga when she was 19, after seeking solace in the activity while studying at Colorado University, and began teaching after she moved to Scotland 13 years ago.

She now owns The Edinburgh Yoga Room, teaching a range of classes for all levels, including Stacey's specialty – ashtanga yoga, and rocket vinyasa yoga.

The yogi, who is originally from New Mexico, USA, said she “jumped at the chance” to take part in Yoga for Alzheimer's because her 80-year-old father William Moir has lived with dementia since he was in his mid-70s.

She said: “My father was a great scientist, and has a degree in physics and maths, went to law school, and has a PHD in ecology. He was a botanist and focussed on global warming.

“Now he is moving into a care home in Santa Fe. For a long time he was independent but then he stopped being able to go anywhere on his own. He took part in research but it's quite far gone now.

“It's so sad when I see him unable to remember the names of

plants, something he spent his life talking about.

“Luckily his sister is in the same care home with him. She is 82 and has Alzheimer’s. But it’s very difficult to live in another country when I’m not able to see them very often.

“That’s why I want to help dementia research. Everyone of all abilities is welcome.”

To join the class, which takes place at 12pm, go to <http://www.alzheimersresearchuk.org/event/yoga-for-alzheimers-edinburgh/>.

Yoga enthusiasts can sign up right up until 12 June.

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