

Six FREE things to do in Edinburgh this Wednesday

In Edinburgh for the festivals? Or maybe you even *live* here? Whatever your status, here are some ways to spend your Wednesday without spending a week's wages – or indeed anything. They don't call me cheapskate for nothing... (although please remember that in the case of free Fringe shows, the artists may well ask for a voluntary contribution to their considerable costs).

Suggestion 1: see some amazing art! The wonderful **City Art Centre's** new exhibition showcases the work of **William Gillies and John Maxwell**, two of the most significant and distinctive Scottish artists of the 20th century. The two met at **Edinburgh College of Art** in the 1920s and remained lifelong friends; Gillies is best known for his tonal landscapes, spontaneous watercolours and carefully constructed still lives, while Maxwell is remembered for his expressive, dream-like depictions of creatures, flowers and timeless nudes. The [City Art Centre](#) is one of Edinburgh's best kept secrets – it's MUCH larger than it looks, and is just steps away from the back of Waverley Station, at 2 Market Street. Admission is free and this exhibition is on until 23rd October. Image: *The Trellis* by John Maxwell, courtesy of the Maxwell family

Suggestion 2: take your children to the Free Fringe! There are *lots* of free events in the 2016 Fringe – just take a look at the website [here](#). Today why not try **Huggers?** Back for its sixth successive year, this comedy and cabaret show for families with kids aged 3+ has a revolving line-up of the best family-friendly comedians, magicians, street performers, storytellers, musical theatre and cabaret acts. Along with the performers, host **Nik Coppin** keeps the laughs going, as well as introducing competitions, prizes and interactive games throughout each show. 12 noon today at [The Laughing Horse @The](#)

[Free Sisters](#), 139 Cowgate. You don't need to book, but these shows are **very** popular so don't be late! *Huggers* continues throughout the month, but times vary so do check first.


✘ **Suggestion 3: have a free massage!** Yes, **Neal's Yard Remedies** are offering a much needed **Festival Chill Out** – five minute reviving hand and arm massages using beautifully scented essential oils, *plus* a complimentary herbal tea infusion or delicious smoothie. What's more, they're offering all this every day in August – just get yourself along to [Neal's Yard Remedies](#) at 102 Hanover Street between 11am and 6pm.

Suggestion 4: enjoy some free jazz! Graeme Mearns is at **The Jazz Bar** with his *Teatime Acoustic – A Hat, a Suit, and a Guitar* from 6.30 to 8.30pm tonight, and entry is *free* until 8pm. 'With a swing/jazz/acoustic style somewhere between Django Reinhardt and Richard Thompson, you'll hear familiar songs in a way you've never imagined.' [The Jazz Bar](#) can be found at 1a Chambers Street – just off the South Bridge, and two minutes' walk from the National Museum of Scotland.

✘
Ten new galleries open on 8 July 2016 at a cost of £14.1 million

✘ **Suggestion 5: discover the new galleries at the National Museum!** In August NMS offers a daily themed guided tour, each one exploring a different aspect of the collections. Today the focus will be on the recently opened new **Art, Design & Fashion** and **Science & Technology** galleries, home to over 3,000 objects, many of which have not been seen in public for a generation. The new galleries champion excellence and innovation and inspire the scientists, engineers, artists and designers of today and tomorrow; try your hand at fashion design, building a bicycle or testing your driving skills in a Formula 1 car simulator! These tours are for adults and groups of 6 or less.; no booking is required, just meet your guide at

the **Tour Meeting Point** in the Entrance Hall on Level 0. [The National Museum](#) is in Chambers Street, between the South and George IV Bridges and just a few minutes' walk from The Mound and Princes Street.

Go and see *The Story of The Nervous Man!* Neil Frost  (Comedian, Clown, Compère and Character Actor) can't speak, so his audience must tell his tale and help this nervous man change the monotony of his life by taking a risk. This solo silent clown show is another Free Fringe event – 'A riotous hour of clowning, character and living in the moment.' 2pm at [C Venues – C Soco at Ibis](#) (Ibis Hotel), 1 Chambers Street/77 South Bridge. No booking required; rated PG.

So there you are – no excuses today! Get out there and enjoy the city – and as the weather forecast is slightly less than brilliant, you'll be pleased to note that all of these suggestions are *indoors!*