

# Five things you need to know today



- Celebrating our Olympic champions
- New conductor for the BBC Scottish Symphony Orchestra
- Portobello recycling
- Baby bump classes with Edinburgh Leisure
- Kiltwalk tomorrow

It seems that there will be a celebration for our Olympic champions at the end of the month.

Council Leader Andrew Burns said in his latest Leader's report : "It's not often you get the chance to rub shoulders with Olympic and Paralympic stars, so do please make sure you get Wednesday 28 September in your diary."

This will be a unique occasion for residents and visitors to 'celebrate the great' by taking photos and mixing with Rio's Scottish heroes at homecoming celebrations organised by the City of Edinburgh Council and sportscotland.

The public celebrations in the afternoon will include more than 50 athletes, including many of the medallists, at 3pm in Festival Square as part of a packed day of events on Wednesday, 28 September to celebrate their outstanding achievements.

At lunchtime the athletes will be welcomed at Oriam, the new Sports Performance Centre at Heriot Watt University. That evening, they will be the guests of honour at the Team Scotland Scottish Sports Awards at the Edinburgh International Conference Centre.

The Festival Square celebration has been devised to enhance the homecoming day after the City of Edinburgh Council agreed a motion put forward by Lord Provost Donald Wilson on 25 August. It asked for sportscotland to work with the Council to

extend their national celebrations to include 'a public show of appreciation' for athletes.



One of the world's leading conductors, Dane Thomas Dausgaard, will start his first season in charge of the BBC Scottish Symphony Orchestra when they perform at Edinburgh's Usher Hall for their 2016/17 season opening concert on Sunday September 25th.

The exciting opening programme includes Thomas's interpretations of Bruckner's unfinished 9th Symphony, as championed by Sir Simon Rattle in recent years, as well as Mozart's Piano Concerto No. 27 performed by renowned pianist Imogen Cooper.

Regarded as one of the finest interpreters of Classical and Romantic repertoire, Imogen Cooper is internationally renowned for her virtuosity and lyricism.

Thomas Dausgaard, Chief Conductor of the BBC SSO, says: "I am extremely excited at the prospect of beginning my first season as Chief Conductor with such a wonderful orchestra and a wonderful range of programmes, paying tribute to some of the greatest classical music ever written and sharing all of this with the BBC SSO's wonderful audiences."



Councillor Maureen Child has told us about some major recycling in Portobello:" City of Edinburgh Council is preparing to decommission the current Portobello High School in preparation for the move to the new building over the October break.

" They are making items available for use by charities, not for profit, third sector organisations. They are using a sustainable web portal called WARP It. More here:

<https://www.warp-it.co.uk/company/cityofedinburghcouncil>

You can register and will have web access now to all the items which will be available for reuse and up cycling from the school when it closes to pupils for the last time in October. Collections of claimed items from w/b 17 September. Please do not claim an item unless you are sure you will be collecting it. The site is to be prepared for the new primary school build early next year. If individuals want a particular item (like your old desk or artwork) please do contact the school business manager. There is also an agreement with a charity operating in Africa to take a container of equipment and furniture to a school in Africa."



Are you pregnant and not sure how best to exercise? Do you want to exercise in a safe environment with support from qualified coaches? Would you prefer to train with other pregnant women?

Edinburgh Leisure is offering a Baby Bump Fitness class at Ainslie Park gym on Saturday mornings from 10.30-11.30am.

The class is designed for women in the second or third trimester of pregnancy and aims to:

- Maintain your fitness during pregnancy
- Helps to avoid pregnancy-related aches and pains by keeping you moving in a functional way
- Help prepare your body for labour, birth and the all-important 'fourth trimester' after delivery
- Be sociable, fun and friendly.

A qualified coach will be on hand to instruct and assist with exercises to improve cardiovascular fitness, core strength, posture and mobility.

To book contact Ainslie Park direct on 0131 551 2400 / info.aplc@edinburghleisure.co.uk or through the Edinburgh Leisure app.

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Tomorrow morning more than two thousand walkers from Edinburgh and the East will take part in the annual Royal Bank of Scotland Edinburgh Kiltwalk. Supported by Sir Tom Hunter and the Hunter Foundation, the Kiltwalk sees participants of all abilities come together to raise money for a children's charity of their choice.


The final Kiltwalk of the year is just days away but residents, companies and charities across Edinburgh and the East still have time to register.

That's the message from philanthropist Sir Tom Hunter, who is calling upon the people of Edinburgh to don their kilts and walking boots and take part this Sunday.

He said: "The Kiltwalk is very simple, you stick on your kilt and you walk for a children's charity of your choice. The Hunter Foundation does the rest.

"Why are we doing it? Because we believe too many children in Scotland are growing up in poverty, and frankly, if one child in Scotland grows up in poverty it's one too many.

"So please, let's come together and fix this. We guarantee a great day out for a great cause. So sign-up at [thekiltwalk.co.uk](http://thekiltwalk.co.uk)."

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