# Five things you need to know today

## Christmas tree lights are officially on

Although you may have seen the lights on the Christmas tree on The Mound illuminated before now, they were officially switched on last night by the Lord Provost and representatives of the consular corps in Edinburgh. The Lord Provost, Counsellor Dr Oystein Lund and Honorary Consul General Professor Julian Jones from the Norwegian Honorary Consulate General, all switched on the lights of the 18-metre-tall tree.

Read more about the local communities with tree lighting events over the next couple of weeks here.



The Rt Hon Lord Provost Robert Aldridge

#### Floating the jokes

There will be a lot of laughs at the Re-Union canal boat on 20 November when they are having a "floating the jokes" boat trip.

https://www.eventbrite.co.uk/e/boat-trip-comedy-special-floati ng-the-jokes-20th-nov-630pm-byobtickets-1075260786959?fbclid=IwY2xjawGofcNleHRuA2FlbQIxMAABHcN pfSd9gE70GXfLVMonYGhIR62B9ckfNpRsK\_Y8aYMWRs3yaDV6EjYd-A\_aem\_V9DoBq691x8zkNzwJ0-dZQ

#### Cramond Kirk Christmas Fair 2024

Two local charities- Fresh Start and Scran Academy — will share the proceeds from this year's Cramond Kirk Christmas Fair — and Santa has promised to be at the Fair.

The event will take place in Cramond Kirk Halls on Saturday 7 December, between 11am-1pm.

Stalls will include Home Baking, Christmas Gifts, Crafts, Toys & Games, Tombola, Books, Vinyl & CDs, Toiletries and Stocking Fillers. Buy a ticket for a chance to win one of many Christmas Hampers stuffed with festive goodies.

The café will be open and serving soup, filled rolls and tray bakes. Entrance £2, children free. (Cash only, please.)

Afterwards you can visit the Christmas Tree Festival in Cramond Kirk.



### Recruits needed to help with research

The University of Edinburgh Moray House School of Education and Sport is recruiting adults aged 18-45 (men) and 18-55 (women) for a study exploring how exercise duration and intensity affect mood.

Participants get comprehensive assessments of aerobic capacity to tailor exercise intensity to each individual and will learn the details of their level of fitness through scientific testing in the Physiology lab at St. Leonard's Land, Edinburgh. If you are healthy, but do not exercise regularly, and would like to join this important study, contact H.Ran@sms.ed.ac.uk

#### WHALE ARTS Winter Fayre



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