

Christmas is coming, the goose is getting fat...

Christmas is coming and the goose may be getting fat but no doubt, you'll be trying hard not to. So how do you go about exercising in the lead up to the festive season.

It's easy to talk yourself out of activity. The number of excuses you can use are endless. It's too cold to go out, I've lost my card or you'd rather sit at home and check social media.

Here are a few tips recommended by Edinburgh Leisure to help keep you active in the run up to the festive season.



Welcome to Edinburgh
Leisure, the biggest club
in town

1. **Know your "WHY".** What are your reasons for getting started? Keep this in mind whilst you progress and then reassess them to continue to set new targets and understand your why. This can help to keep you going and motivated to push that extra 10%.
2. **Do it for you.** You are the main benefactor in all of this. It is you who will get the results and the health benefits of activity. If it's for you, you are more likely to stick at it to gain the rewards.
3. **Walk before you can run.** The amount of people we meet who want to start how they left the school games day! Build up gradually with bouts or intervals of intensity and rest. Get a feel from your first few sessions then gauge what can be increased or maintained.
4. **Variety.** Take part in different activities like swimming, aerobics / circuit classes, Yoga / Pilates,

weights class or even an indoor cycle class. This will help to work different muscles in different ways and can stave off any boredom caused from doing the same thing two to five times per week.



Pound away – Madonna's favourite new exercise regime

5. **Keep going.** Create the habit and feel good factor or desire for progress in your results. You will achieve a greater turn up rate if it is habitual for you.
6. **Save the date.** Diary your exercise to know when you plan to be active and keep to it as you would other appointments. Make this your time and keep it this way
7. **Train with a friend.** Share the experience with a friend, member of family or colleague. This can prevent a late call off and create an accountability to you as well as your training partner.



Train with a friend

8. **Use an app or diary to monitor.** Recording what you have done and seeing the improvements in the number of repetitions, distance travelled or how close you are to achieving the World Health Organisation's guide for physical activity (150 minutes of moderate intensity or 75 minutes of high intensity per week)
9. **Make it social.** Exercising in groups can be more inspiring and motivating as well as the reward of a tea / coffee and chin-wag post exercise.
10. **Reward yourself!** Some choose to pay weekly for weight loss classes. Why not reward yourself by putting away an amount you deem reasonable for each week that you achieve your attendance target and add extra for results

you achieve. It's a good way to save too and treat yourself to a spa day.

If you've been motivated to start exercising before the festivities so you can fit into that 'Little Black Dress', why not trial Edinburgh Leisure's facilities as a member in December with their '12 days of fitness' promotion.

It allows you 12 consecutive days of membership, for only £12, and will give you unlimited access to all of Edinburgh Leisure's gyms, fitness classes and swimming pools during this time, as well as the climbing arena at EICA:Ratho. Passes will be on sale from 1 December.

Simon Isaac Exhibition at Refinery

Photographer Simon Isaac has a display of his latest work at Edinburgh's latest bar/restaurant Refinery in the city's St Andrew Square. Opened last week, the new Refinery restaurant is Drake and Morgan's tenth opening and its first foray outside London.

Isaac is a photographer based in Essex. With a strong emphasis on candid and street photography, he has captured moments in time and history all over the world. His approach is to capture the ordinary, forgotten and alternative aspects of life creating a portfolio of work representing an often-unorthodox view of the world and society.



His latest work features images displayed at his recent

exhibition in San Francisco. Into the Light portrays visions of an apocalyptic future created by man. Photographed predominantly on location in Chernobyl, Paris, Berlin and Pripyat, Ukraine, Isaac aims to show the potential devastation of nuclear power on humanity. Each image captures dereliction and abandonment and life after disaster whilst highlighting the power of nature to adapt and survive in extreme circumstances when man is removed from the equation. Simon's work can be seen at his [website](#).



Community council election will take place in the new year

A new community council in the Drylaw/Telford area was not set up after the recent community council elections, but since then twenty people raised a petition to establish a community council in the area.

The matter was discussed and the procedure approved at the Neighbourhood and Communities Meeting yesterday. Convener, Councillor Maureen Child mentioned the fact that if nominees have to publish their home address some of them are put off, and wondered if that could be changed. The council officer confirmed that it would be a matter for the whole council to decide, and a report would be required.

The election will be delayed until the new year. This will allow time for the nomination process to name new community councillors, and for any polling should too many nominations

be received.

Online and polling place voting will be used in this process as it was in Leith Links in the autumn.

The nomination period will run between 9-30 January 2017. The poll will be notified on 6 February and then any subsequent voting if needed will take place on 23 February 2017.

The community council gets an annual grant of £620.16 to cover administrative costs, This is already budgeted for.

If a poll is required that may cost around £7,500 and again is budgeted for.

Councillor Hinds will act as returning officer.

There are details of how community councils work and what they do [here](#).

Paul Young chats to the Edinburgh Reporter about 80s Invasion Tour



Due to overwhelming public demand after this year's hugely successful run, the '80's Invasion' tour is back in 2017 with four iconic artists from the decade performing on the same bill.

The new line-up features Paul Young – one of the most popular solo artists from the era, legendary pop punk princess Toyah, Liverpool's finest guitar duo China Crisis and for the first

time performing in the UK in over 25 years, flying in especially from the USA the gorgeous Martika!

The tour takes in 15 dates and starts on 2nd March at Leicester's De Montfort Hall, culminating on 19th March at Liverpool's Philharmonic, with a performance at the Edinburgh Playhouse on 5th March.

With his stylish charm and unique vocal talent Paul Young quickly cemented a place in the nations hearts. Coming into his own with his first solo album 'No Parlez' in 1983, the release went triple platinum in the UK alone, and spawned the No 1 single 'Wherever I Lay My Hat (That's My Home)', which maintained the top spot for most of that summer. The album also included the top 10 hit 'Love Of The Common People' and the No. 4 hit 'Come Back And Stay'. With the release of his second album 'The Secret Of Association', which also reached No. 1, his status as a world star was confirmed with singles that included the No. 2 hit 'Every Time You Go Away', 'I Wanna Tear Your Playhouse Down' (No 9) and 'Everything Must Change' (No 9). One of the highlights of the 1989 'Nelson Mandela Tribute Concert' was Paul's performance of the Crowded House song 'Don't Dream It's All Over'. In 1991 Paul recorded a duet with his friend Zucchero 'Sensa Una Donna' which reached No. 4 and which along with the afore mentioned 'Don't Dream It's All Over' featured on his best of album 'From Time To Time'. Paul also featured on the massive No 1 original Band Aid record 'Do They Know Its Christmas'.

Earlier today, Paul took time out of his busy schedule to chat to the Edinburgh Reporter about his love of Scotland, 80s music and culture and his plans for the future.

He said: "I'm really looking forward to coming to Scotland. I was actually in Edinburgh a couple of weeks ago receiving the Forth Icon award which was a very nice surprise.

"I have performed in Scotland so many times with the Q Tips, Streetband and solo and I often think that I don't get up there often enough.

"The 80s Invasion tour will mainly include my hits from that decade although I may include at least one new song.

"I enjoy the fact that the audiences for these shows are diverse and there is a fair mix of adults who were around at the time and younger fans who have easy access to the internet these days and can get very inquisitive.

"Also appearing on stage will be Toyah whom I know well and have performed with many times, China Crisis and Markita.

"80s music has remained popular over the years. Love her or loathe her, the Thatcher era saw a positivity about the future and for some it was an affluent time that people like to look back on. There were significant developments in music such as CDs and drum machines and there was a real diversity. Duran Duran were nothing like Culture Club who were nothing like Simply Red and of course the fashion was wild as well.

"Growing up, I lived on a pure diet of soul as well as African music and my R&B vocal style went with that. My favourite used to be "Everytime you go away" but now it changes all the time. "Senza una donna" is probably my favourite at the moment.

"Earlier this year I released my first album in almost 20 years, 'Good Things' which has been critically well received and after the tour I have a number of projects on the go.

"One in particular involves me as an interviewer rather than an interviewee and is called 'Rock Tales.' It's great fun and involves guests mixing a cocktail and talking about life on the road. I want to put a little bit of the dirt back. So far we have had a mixture of rich and varied people such as the Charlitans, Sean Ryder and Bez, The Sex Pistols and Andy Bell.

“It’s all very light hearted. I’m not sure where it will be broadcast yet but be sure to look out for it.”

Appearing with Paul will be Toyah who has had a highly successful and incredibly diverse career with major hit records and many prestigious stage and screen roles to her credit that have made her one of Britain’s biggest household names. She has had 15 top 40 singles, 4 gold and platinum albums, made over 10 feature films and appeared in over 30 stage plays. Her hits include ‘It’s A Mystery’ (No. 4), ‘I Want To Be Free’ (No. 8) and ‘Thunder In The Mountains’ (No. 4). In 1982 she won the Best Female Singer in the then Rock & Pop Awards (now the Brits). She also appeared in the cult classic ‘Quadrophenia’ alongside Phil Daniels and Ray Winstone, based loosely on the life of The Who. In 2003 she survived 12 long days and nights in the Australian jungle for “I’m A Celebrity ... Get Me Out Of Here” and is still a prolific performer.

Liverpool based new wave synth pop duo China Crisis features Gary Daly and Eddie Lundon who started to work together at the age of 18. The release of “African and White” became China Crisis’ first hit in the UK, reaching No. 45, The follow-up single, “Christian”, made No.12 in early 1983 and brought them to national prominence. Their debut album peaked at No.21 in the Album Charts. During this period the band toured supporting Simple Minds. The second album, “Working With Fire and Steel” – Possible Pop Songs Volume Two, was released in November 1983. The album was a Top 20 success in the UK and China Crisis spent 1984 and 1985 marking their biggest chart run, The album included the single, “Wishful Thinking”, which peaked at No.9. Their third album, Flaunt The Imperfection, reached No.9 in the Album Charts in May 1985. The album included the hits “Black Man Ray” and “King in a Catholic Style (Wake Up)”. All three of these albums went gold in The UK

Finally Martika, the US pop singer-songwriter and actress who

made an immediate impact on our shores with the No 5 hit 'Toy Soldiers' released in 1989 will also be appearing. Other hits followed that included 'I Feel The Earth Move', 'More Than You Know', 'Love Thy Will Be Done' (written by Prince) and 'Martika's Kitchen'. She had two internationally successful albums in the late 1980s/early 1990's the first, 'Martika' went platinum in the UK and the latter 'Martika's Kitchen' was co-produced by Prince. She has sold a total of four million albums worldwide. She began her career as a child actress, appearing in the hit movie 'Annie'. She went on to be cast as 'Gloria' on the Disney children series 'Kids Incorporated' alongside Stacy Ferguson (Fergie, The Black Eyed Peas) and Mario Lopez.

TOUR DATES

MARCH 2017

THURS 2nd **RHYL** Pavilion 01745 330000
www.rhylpavilion.co.uk

FRI 3rd **LEICESTER** De Montfort Hall 0116 233 3111
www.demontforthall.co.uk

SAT 4th **STOKE** The Victoria Hall 0844 871 7649
www.atgtickets.com/venues/victoriahall

SUN 5th **EDINBURGH** Playhouse 0844 871 3014
www.atgtickets.com/venues/edinburgh-playhouse

TUES 7th **SHREWSBURY** Theatre Severn 01743 281281
www.theatresevern.co.uk

THURS 9th **CHATHAM** Central Theatre 01634 338338
www.medwayticketslive.co.uk

FRI 10th **MALVERN** Theatres 01684 892277

www.malvern-theatres.co.uk

SAT 11th **BASINGSTOKE** The Anvil 01256 844244
www.anvilarts.org.uk

SUN 12th **BIRMINGHAM** Town Hall 0121 345 0600
www.thsh.co.uk

MON 13th **GUILDFORD** GLive 01483 369350 www.glive.co.uk

WED 15th **AYLESBURY** The Waterside 0844 871 7607
www.atgtickets.com/venues/aylesbury-waterside-theatre

THURS 16th **LONDON** Indigo2 0844 856 0202 www.axs.com

FRI 17th **HUDDERSFIELD** Town Hall 01484 225755
www.tickets.kirklees.gov.uk

SAT 18th **NEWCASTLE** City Hall 0191 277 8030
www.newcastlecityhall.org

SUN 19th **LIVERPOOL** Philharmonic 0151 709 3789
www.liverpoolphil.com

TICKETS VIA: www.tdpromo.com

King's Theatre bring in

festive fun at the Sick Kids



Sick Kids Hospital. Photos of Panto Presents team, dropping off the 'Panto Presents' play packs and cow bench at the Sick Kids hospital.

The King's Theatre is working with the Arts Programme at the Royal Hospital for Sick Children, to deliver the first official year of "Panto Presents".

The event is run by the charity Sick Kids Friends Foundation.

The project made a successful start last Christmas, and will bring the magic of pantomime to children and families in the hospital over the festive period.

The event will involve artists and staff from the Learning & Participation team at the King's, along with the stars from the King's panto, who will visit children at Sick Kids Hospital. They will play games, create a giant beanstalk around the main staircase of the hospital, put on performances and give out tickets to this years panto "Jack and the Beanstalk" to the children and their families.

As part of the 'Panto Presents' project, the team of artists, staff and technical crew from the King's Theatre will support the staff in the hospital to create their own pantomime when they move to their new home at Little France in 2018.

The intention of the project is that the staff of the hospital will have learned the skills and gained the confidence to present their own annual pantomime for the children of Sick Kids Hospital.

Fiona O'Sullivan, Arts Programme Manager at the Sick Kids Friends Foundation, said: "We're really looking forward to the workshops, storytelling, beanstalk building, and of course the

cast visit planned for the coming weeks by the Festival Theatre and I know these experiences will bring lots of Christmas cheer to the hospital."

"This is just one of the many activities we provide throughout the year to ensure children and young people's lives are less interrupted by illness; they are less scared of hospital and have a more positive experience."

The King's Theatre Edinburgh pantomime, Jack and the Beanstalk, runs Saturday 26 November 2016 – Sunday 15 January 2017.

For more information [click here.](#)

Photo Phil Wilkinson

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07740 444373

Innis & Gunn crowdfunding is no small beer



Dougal Gunn Sharp, founder of Innis & Gunn

Edinburgh craft brewers Innis & Gunn have raised over double the amount they set out to in their crowdfunding which closed last night. The campaign was run with the assistance of AdventureCapital™ and aimed to raise £1million in equity.

The company was set to sell 2% of its shares.

Following the first day which was exclusively open to its BeerBond® holders, strong demand led to the company raising £500,000 in just 48 hours and reaching its stated

target in just three days.

The additional funds will allow the company to extend to England a year ahead of schedule with the opening of another bar and restaurant The Beer Kitchen there. There are already three Beer Kitchens in Edinburgh, Dundee and St Andrews.

The company hopes to double its turnover to £25 million in the next three years, with expanding beer productions at Inveralmond Brewery in Perth.

Dougal Gunn Sharp, Innis & Gunn's founder and master brewer said:

"Raising £2.5 million is an amazing achievement and is testament to the belief the public has in our potential to affect and change the future of beer in the UK and abroad.

"We've worked tremendously hard over the last 13 years to brew great tasting, award winning beer and this campaign has given us the opportunity to do even more. I'm most looking forward to our next annual general meeting where I can meet many of these investors in person.

"This is not only an exciting chapter for Innis & Gunn, I believe this is clear proof that the public desire beer that stands out from the masses, beer that is flavoursome and beer brewed with passion. We're looking forward to working closely with our AdventureCapital™ community to keep innovating, keep experimenting, and keep brewing brilliant beer."

Police Scotland receive

reports on non-recent child sexual abuse within football



Following ongoing, widespread publicity surrounding reports of non-recent child sexual abuse within football, Police Scotland along with many police forces across the UK has received a number of calls, both reporting further allegations and offering information. This is in addition to the calls being received by the dedicated NSPCC helpline.

Detective Chief Superintendent Lesley Boal, Police Scotland Public Protection, said: “We will continue to work with partners, including the National Police Chief’s Council through Operation Hydrant, the Scottish Football Association and the NSPCC to ensure a co-ordinated police response is in place and that we maintain an accurate picture of child abuse investigations.

“Speaking out about any form of child abuse is incredibly difficult, and disclosures are often made many years after an incident took place. Police Scotland will listen to any such disclosure, regardless of the passage of time, and will investigate as well as work with partner organisations who have access to advocacy and support during the process of disclosure and investigation.

“We appreciate that sometimes finding a safe place to first talk about experiences helps eventual disclosure and would encourage anybody who feels this would assist to contact a support organisation. Details of such organisations can be accessed via Survivor Scotland <http://www.survivorscotland.org.uk/>

“Keeping children and young people safe is a top priority for Police Scotland and everyone has a role to play in protecting

the country's children. Where reports are made, we will assess any current risks and ensure appropriate action is taken.

"If you suspect someone is being abused, please contact Police Scotland on 101."

You can also contact the NSPCC on 0808 800 5000. Children and young people can call Childline on 0800 1111.

Kenny wins Leader of the Year at the Scotrail Alliance employee awards

Kenny Blythe is an operations manager with Scotrail in Edinburgh and won the Leader of the Year award at the recent ScotRail Alliance employee awards.



The event was held at the Radisson Blu Hotel in Glasgow last weekend attended by over 2000 employees and guests.

Mr Blythe was recognised for his understated yet effective leadership qualities, his ability to influence, challenge and direct his team on a daily basis.

Phil Verster, Managing Director of the ScotRail Alliance said: "Our people are vital in making sure our railway works so it is right that those who work tirelessly and give so much to our industry every single day are deservedly recognised. I wish to offer all our winners a huge congratulations and thank everyone for their tremendous work."

“There are over seven thousand people who work extremely hard day and night, and in all weather conditions to keep Scotland’s railway running. And together they are playing their part in making a huge contribution to people’s lives, helping to connect communities and build the country’s economy.

“I’m proud to have Kenny represent the ScotRail Alliance, as he sets a great example for other employees. It’s great to get the chance to say thank you to a deserving winner, and to recognise him for his efforts.”

The occasion was also an opportunity to raise funds for Alzheimer’s Research UK and over £10,000 has been donated during the year by rail employees.

Foreign Office may have the wrong bridge

✖ The Foreign and Commonwealth Office may have got it wrong when they tweeted about the new Queensferry Crossing – and used a photo of the Forth Bridge which is over 150 years old. This of course led to some ribbing from the Twitterati....but not least as the bridge is being paid for by the Scottish Government and the FC0 appear to be trying to ‘own’ it for themselves.

The Queensferry Crossing is due to open in May 2017. The stunning, globally unique bridge forms the centerpiece of a major upgrade to the important cross-Forth transport corridor in the east of Scotland, representing a total Scottish

Government investment of £1.325 to £1.35bn (at 2016 prices). The 1.7 miles (2.7km) structure will be the longest three-tower, cable-stayed bridge in the world and also by far the largest to feature cables which cross mid-span. This innovative design provides extra strength and stiffness, allowing the towers and the deck to be more slender and elegant.

Opening in 2017, the 2.7 km Queensferry Crossing will be the longest 3 tower cable-stayed bridge in the world
[*#DesignisGREAT #GlobalBritain pic.twitter.com/3pTCU1WnN*](#)

– Foreign Office (FCO) (@foreignoffice) [November 29, 2016](#)

[\[View the story “Foreign and Commonwealth Office on the Queensferry Crossing” on Storify\]](#)

First Minister in Ireland

Scotland's response to the vote to leave the EU will define the country for generations to come, First Minister Nicola Sturgeon told the upper house of the Irish Parliament yesterday.

She made the remarks during a speech to the Seanad, marking the end of a two-day visit to Ireland to further political, economic and cultural links between Scotland and Ireland.

She said that the shared history between Scotland and Ireland had created inextricable links and a bond of mutual co-operation that a consequence of Brexit in Scotland was an even sharper focus on social justice.

Ms Sturgeon said: “Although we share more than a thousand

years of history, I hope and believe that relations between Scotland and Ireland are now stronger, warmer and more harmonious than they have ever been.”

Thank you for all your help!



Our website depends on your generosity whether you are our readers, our advertisers or our sponsors. We have put out some calls over social media this year appealing for your help to ensure that our site continues to exist.

We would like to say thank you to all of you who have donated online. Those of you who have made a regular or a one-off donation are extremely kind and generous. So thank you!

We welcome local advertisers and our media rates are very reasonable. Have a look [here](#) if you have an Edinburgh business which would benefit from some online promotion.

And if you would like to donate again or for the very first time then please feel free to click below! We work hard to bring you the news and to keep our overheads low, but we are very grateful for any donations.

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Our second print edition will be available for distribution later today. If you would like some copies for you, for your office or business then get in touch! editor@theedinburghreporter.co.uk

The next edition of The Edinburgh Reporter in print will be published on 31 March 2017 to ensure that you have profiles of

as many council candidates as we can interview by then.

If you are standing in the council election in Edinburgh then get in touch to book in your interview!

Stay at Old Town Chambers for a bargain January sale price

 Lateral City Apartments have an offer for you if you fancy coming to stay in Edinburgh city centre for a night or two. These apartments are super luxury and there is a gym on site.

If you book between 1 – 8 December 2016 using the code JANFLASH0TC you may get a studio apartment for just £109 per night.

[Booking details here.](#)

t 0131 510 5499

e host@oldtownchambers.co.uk



Our museum is on the telly...



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

A programme tonight at 21:00 on BBC Two includes discussions among writers Muriel Gray and Alexander McCall Smith, and model Eunice Olumide.

They investigate some of the most outstanding treasures from one of the finest and most diverse collections in the world at the National Museum of Scotland.

Now 150 years old the museum has had a makeover in recent years and ten new galleries opened this year.



Record breaking year for the Saltire Society



The Saltire Society awarded over £75,000 of funding in its Inspiring Scotland programme this year to support Scottish talent and culture. The funds have been used for a packed year of lectures and events to celebrate the charity's 80th anniversary.

Some young people travelled to New York with the Steven Campbell New York Scholarship, and Berlin with the Saltire Society International Travel Bursary. This is supported by British Council Scotland.

Other events have included talks by former First Minister Alex Salmond, Scottish video game entrepreneur Chris van der Kuyl and composer and conductor Sir James MacMillan. There was also

a series of debates featuring lawyer Amal Azzudin, Pat Kane of Hue and Cry and Scottish journalist Ruth Wishart.


There was lively discussion at their Housing Design Awards between architects Malcolm Fraser and Toby Paterson about Scottish housing design. Other awards have recognised artist John Byrne and writer Graeme Macrae Burnet, the 2015 repairs to the Forth Road Bridge and new public artworks in the Hebrides, Helensburgh and John O'Groats.

Jim Tough, Executive Director of the Saltire Society said:

“Central to the philosophy of the Saltire Society is to invest in ideas, innovation and risk. We were determined to honour that philosophy on this, our 80th anniversary year, by pulling together a bumper programme of support to help nurture and develop the next generation of Scottish creative talent.”

Saltire Celebrates takes place tonight (30th November) at Oran Mor, Glasgow with music from Karine Polwart, Blue Rose Code, Cherry Grove and poetry from Christine De Luca. Tickets via [Saltire's website](#).

Greens to lead two Holyrood debates today

 Two Green MSPs are leading debates at Holyrood later today first about cuts to additional support needs and secondly on the need to strengthen local democracy.

Next year Scotland will vote for new councillors across the country and the Green Party see these issues as key campaigning points in those elections.

Ross Greer MSP said: "The First Minister has said education is her number one priority, so today's debate on Additional Support Needs is a real test for her Government. Funding cuts to this area are harming the opportunities for children and young people who need support, such as those with autism, hearing or visual impairment, or dyslexia. It's simply shocking that the number of ASN teachers has fallen 13 per cent in five years.

"Councils, who are responsible for school budgets, have been unfairly squeezed by the Scottish Government, and ASN has taken the hit. As we approach local government elections in five months' time we need a clear sign from the Scottish Government that it will improve funding for local authorities to enable them to repair the damage that has been done. We cannot have, as experts warned this week, a lost generation of children who didn't get the support they need."

The motion reads:

That the Parliament believes that professionals who provide additional support for learning play a vital role in Scotland's classrooms; welcomes international comparisons that demonstrate that Scottish schools are inclusive, but is concerned that public sector cuts threaten the opportunities that are available to children with additional support needs; notes that real terms revenue cuts to the Scottish budget have been disproportionately focused on local authorities, where education is the biggest spend, and that the number of additional support for learning teachers and support staff has fallen by 13% and 8% between 2010 and 2015, and calls on the Scottish Government to bring forward a budget that raises more revenue to support local educational priorities.

Andy Wightman Lothians MSP who will lead a later debate seeking endorsement of the final report of the Commission on Strengthening Local Democracy.

He said: “Creeping centralisation by successive governments has impoverished and weakened local democracy and left local authorities with little flexibility and choice in responding to local needs. The Scottish Parliament needs to properly debate the future of local democracy and agree that the situation as it stands is unacceptable.

“There is broad consensus across the parties that local democracy needs revived in Scotland. Today’s debate is an opportunity for government and opposition parties to prove that they are serious about devolving real power from Holyrood to local level.

“All parties took part in the Commission on Strengthening Local Democracy, which found that fifty years of centralisation has not tackled the inequality in our society. By endorsing the Commission’s findings, Parliament can send a signal that it intends to give power to the people and strengthen and deepen local democracy.”

You can watch the debates live on [Parliament TV](#).

Council recognises Good Neighbours

At the Good Neighbour awards last week the Lord Provost the Rt Hon Donald Wilson and Health Convener Cllr Joan Griffiths thanked those council tenants who support people living near

them.



The Lord Provost with Cllr Joan Griffiths and all the Good Neighbour Award winners and nominees

Four winners were given glass trophies.



Linda Orr



Jackie Brunton

Linda Orr, Sandra Seaton and Jackie Brunton won for all the help they give to their neighbours, collecting prescriptions or doing shopping and housework. Alistair Blakey was nominated for all the work he does picking up rubbish in the Jewel Park. Sandra will receive her award later but the other three attended the civic ceremony at the City Chambers as you can see from the photos.



Alistair Blakey

Lord Provost Donald Wilson said: "As Civic Leader I am delighted to present these awards here in the civic heart of the city as people like you are the heart of the city. Wanting to help those around you makes you the sort of people that make Edinburgh the great city that it is. You are the glue that holds our community together and makes the world a better place."

Edinburgh Bus Tours win gold

Edinburgh Bus Tours which is part of Lothian Buses has won a top award from Green Tourism.

This body makes awards on the basis of sustainable best practice, and Edinburgh Bus Tours with its new £6.5 million hybrid fleet of tour buses is an ideal winner.

These have smaller engines for better fuel efficiency and are suitable for wheelchair users.

✖ The bus company has also installed LED lighting in its depots, A-rated boilers, a water saving system and better recycling facilities. The parent company wants to reduce its carbon footprint by 42% by 2020 in line with the Scottish Government's Climate Change targets.

Speaking about the latest award Jon Proctor, chief executive of Green Tourism and assessor, said, "This is a huge achievement for the team at Edinburgh Bus Tours, their increased commitment to sustainability is evident in the new fleet of buses and this GOLD award is testament to that. Monitoring of energy, water, waste and fuel is very advanced and this has enabled the organisation to keep on top of long-term goals and meet targets."

Police advice ahead of Hearts

v Rangers game



Police in Edinburgh are requesting fans attending this week's Hearts FC Vs Rangers FC match do so in a responsible manner.

The teams kick off their Premiership tie at 7:45pm on Wednesday, November 30th, with the match at Tynecastle expected to be a sell-out.

To ensure the safety of all those in attendance, police will have a high visibility presence in and around the ground and will assist stewarding staff to conduct searches of those entering the stadium.

Fans travelling from outside Edinburgh are reminded that officers will be enforcing the city's drinking by-laws and so antisocial street drinking or consumption of alcohol in the street will not be permitted.

Chief Inspector Mark Rennie, Local Area Commander for Edinburgh City Centre, said: "This will be the first time that Rangers have visited Tynecastle since their promotion to the Scottish Premiership last season and we anticipate a significant support for both teams.

"Those travelling from outside Edinburgh are advised to leave in plenty of time to avoid traffic congestion in the west of the city.

"Ensuring the safety of all those who will attend the match is our priority and it's essential that supporters act in a responsible manner that does not put themselves or others at risk.

"As such flares, alcohol and items which could cause harm if thrown are strictly forbidden from being brought inside the ground and if you are found in possession of any of these

items you will not get to see the match and are likely to face arrest and prosecution.

“This is one of the most exciting fixtures of the Scottish football calander and we want both sets of fans to enjoy the game in the proper spirit.”

Three Scottish First Aid Awards won by Edinburgh first aiders

Three of the Scottish First Aid Awards chosen by St Andrew's First Aid, have been brought home to Edinburgh. They were handed over at a ceremony in Glasgow last Friday night.



Sarah Milne ran a campaign to install defibrillators in RBS branches for the public to use.



William MacDonald received the First Aid Hero award for helping a man who collapse on a pavement. William was on a bus at the time, but got the driver to stop and ran to help. He performed CPR and the man made a full recovery.



George Nicolson Decorators have been recognised as the Small Organisation of the Year for their work in ensuring all their employees are trained in first aid. They also have a defibrillator on the premises and a sign outside telling the public about it.

University catering service wins Food for the Brain award

The University of Edinburgh's catering department has won an accreditation from national charity Food for the Brain for the food it provides to students.



This is the tenth year they have won an award and they are the only team in a Scottish University to hold an optimum nutrition award.

"Food for the Brain is delighted to award the University of Edinburgh's Accommodation, Catering and Events team our accreditation", says Jenna Mosimann, chief executive of Food for the Brain Foundation.

"This accreditation recognises that the University of Edinburgh team offers nutritionally well-balanced menus that support energy, concentration and performance and help promote better mental and physical well-being."

University catering staff have also completed training on allergens in food and nutrition, including guides to sourcing food locally.

The university also has a cookery school encouraging students to cook more nutritional meals for themselves. Since it was launched in 2014 the initiative has proved very popular.

Winter Windows in Princes Street Gardens



Last Friday afternoon a special ceremony was held in the National Galleries of Scotland.

All of the winners in the [Winter Windows](#) competition run by Edinburgh's Christmas were there to be recognised with a certificate. You can see all their wonderful designs in Princes Street Gardens just at the top of the steps leading down to the National Gallery of Scotland.

A number of special commendations were awarded, including Janis Allen-Bernad, Bruntsfield Primary School who won the Lord Provost Commendation; Elham Najib, Craigroyston Primary School who won the Arts & Creative Learning, City of Edinburgh Council Commendation; Nikola Kukawka, Braidburn Special School who won the Underbelly Commendation, Cailum Lumsden, James Gillespie's High School who won the Toyota Commendation; and Kerry Willis, Queensferry Community High School who won the National Galleries of Scotland Commendation.

The winners of Winter Windows and their designs made into...windows! Go + see them in Princes St Gardens. They're lovely! [@Edxmas pic.twitter.com/Gmi5EKhDCJ](#)

– Edinburgh Reporter (@EdinReporter) [November 25, 2016](#)

Edinburgh's Lord Provost Donald Wilson said: "These artworks will be enjoyed by millions of people as they walk through Princes Street Gardens this winter. Edinburgh is well regarded as a creative city and this is certainly true of our schools. Children in the Capital are clearly bursting with artistic talent and the Winter Windows display celebrates the city's

pride in their artwork. Congratulations and well done to all of the inspiring entrants and winners. The festive display looks fabulous."

The following pupils' windows won Winter Windows 2016:

Julia Mitrosz, St Mark's R.C. Primary School

Emmie Willis, Victoria Primary School

Holly Hunter, Nether Currie Primary School

Minny Fletcher-Watson, St Mary's R.C. Primary School

Lacey Krol, Balgreen Primary School

Rebecca Anderson, Roseburn Primary School

Janis Allen-Bernad, Bruntsfield Primary School

Ròsaidh Mackintosh, Ben-sgoil Taobh na Pàirce

Elham Najib, Craigroyston Primary School

Dylan Hood, Preston Street Primary School

Dani Burnett, Wardie Primary School

Steven Dennis, Stenhouse Primary School

Ruby Freedman, Hermitage Park Primary School

Mary Nicol, Currie Primary School

Holly Neary, Stockbridge Primary School

Nikola Kukawka, Braidburn Special School

Allison Quilietti, Howdenhall School

Kai Waddell, Prospect Bank Special School

Aman Alam, St. Crispin's Special School

Andrew Moffat, Woodlands Special School

Liam Clark, Broughton High School

Danielle O'Neill, Castlebrae Community High School

Cailum Lumsden, James Gillespie's High School

Kerry Willis, Queensferry Community High School

Jamie-Lee Forbes, Tynecastle High School

New Fet-Lor building completed in North Edinburgh



Fet-Lor Youth Club

Hardies Property & Construction Consultants have been instrumental in helping Fet-Lor Youth Club construct their new building to provide a multi-purpose facility for generations to come in Scotland's Capital.

Hardies, who have their Head Office in Edinburgh along with thirteen other offices across Scotland, have fulfilled the roles of Project Management, Quantity Surveying and Principal Designer Services at the new Fet-Lor Youth Club facility at Crewe Road South.

Working over an eight month time period, during which the original building was demolished and construction of the new build facility was completed, Hardies had initially helped FetLor with the brief and design for the building before vital fundraising commenced to bring the project to fruition.



Fet-Lor Youth Club

Fet-Lor is Scotland's oldest Youth Club, and has been providing safe haven for local children for nearly a century. Today the club caters for 8 to 18 year olds.

Hardies Project Manager Debi Stark who worked closely with Fet-Lor team said : "We were delighted to be able to assist FetLor to create a fantastic new facility which is fit for purpose, will exceed all expectations and will be such an asset for years to come. As ever it was a challenge to keep the project team on track to deliver on time and on budget. Now we are all looking forward to the club moving back in and enjoying the facilities. It is such an improvement on the previous building."

"It really was a pleasure working with Fet-Lor and we wish them every success in the future, " she added.

Hardies Edinburgh office has recently submitted a proposal fee for another Edinburgh Youth Club it hopes to work with in the near future – North Merchiston Youth Club and Community Centre. Hardies, who are Scotland's largest multi discipline surveying firm, would be looking to provide the same services as for Fet-Lor – QS, Project Management and Principal Designer Services.


Hardies, which celebrated its 100th anniversary in 2013, serves clients in both the private and public sectors with a complete operation in property and construction development, including property valuation, building and quantity surveying and

project management. The firm also handles the leasing and sale of commercial and industrial buildings; H&S Principal Designer and the provision of Energy Performance Certificates. Altogether, Hardies employ over 100 members of staff, professionally qualified in various disciplines.

Further details www.hardies.co.uk.

Former Moderator awarded honorary degree

In Aberdeen last Friday Very Rev John Chalmers who is Principal Clerk to the General Assembly of the Church of Scotland was awarded an honorary doctorate.

 Dr Chalmers is due to retire next year after the 2017 General Assembly. The former parish minister at Palmerston Place Church has worked in a variety of roles at the Church's offices on George Street and has been Principal Clerk since 2010.

His year as Moderator during 2014-15 coincided with the Scottish Independence Referendum. His role was a conciliatory one, bringing both sides together on the Sunday after the referendum for a service of unity.

Ice hockey – Dobron moves on as Clan sign replacement after Capitals defeat

MICHEL Dobron looks to use Sunday's sensational, come from behind win over Scottish rivals, Braehead Clan, who have signed Harry Quast as a replacement for Trevor Hendriks, as a launchpad.

The 6-4 success, after being 1-0 and 2-1 down, means the Edinburgh side are ninth in the ten-strong Elite League.

And they face two of the current top three this weekend, visiting Cardiff Devils, the long-time runaway pace-setters, on Saturday and entertaining third-placed Belfast Giants on Sunday (6pm).

Dobron's men have 13 points from 14 games but go into the tough double-header on the back of Sunday's moral-boosting win, their second straight success in the league.

Cardiff have won their last four and have 31 points from 19 starts while Giants have 20 points from 17 games but have lost their last three matches.


Czech Republic-born Dobron said: "I am happy with Sunday. We had a very good result against Braehead and we have another two points which is good.

"Saturday, at Sheffield in the Challenge Cup (when Capitals lost 7-1 to bow out in the quarter-finals) was disappointing.

"We played well in the first (period) but the second and third were not good.

"The boys came back well on Sunday and we are looking to take more points this weekend against two top teams."

‘Best City Hotel’ makes it a hat-trick of awards for The Chester Residence

 Edinburgh's Chester Residence named Scotland's 'Best City Hotel' in the Scottish Outdoor & Leisure Awards 2016

Five star luxury hotel, The Chester Residence, was awarded 'Best City Hotel' at last night's Scottish Outdoor & Leisure Awards 2016. This is their third award win this month, following on from being named 'Best Five Star Hotel in Scotland' in the trivago Awards 2017 and 'Best Accommodation Provider' for Lothians and Borders in the Scottish Thistle Awards' regional finals 2016.

The Scottish Outdoor & Leisure Awards were created to reward the very best from Scotland's outdoor and leisure trade industry. After receiving nominations from guests, The Chester Residence

then went up against four other hotels before a panel of judges to be crowned winner. The hotel has now won a total of 25 accolades since opening in 2006.

The Chester Residence is a stunning collection of 23 luxurious Georgian townhouse apartments in Edinburgh's West End. Individually designed apartments and a personalised service ensures guests receive the benefit of serviced apartments combined with the indulgence of a five star hotel.

Jill Darling, general manager of The Chester Residence, says: "We can't thank our guests enough for continuously nominating us for awards, supporting us and giving us recognition for the hard work and dedication we put in to make sure each guest has

a truly fantastic experience with us. We are amazed with these three award wins – they are the perfect end to a wonderful year. We can't wait to find out what 2017 has in store!"

Ice hockey – Clan cut former NHL draft Hendrikx after Capitals crash

Ryan Finnerty has swung the axe as he bids to find the right formula.

Trevor Hendrikx was cut by Braehead Clan in the fallout after Sunday's 6-4 Elite League defeat at Edinburgh Capitals.

Success-hungry coach Finnerty replaced the 31-year-old Canadian, who was twice drafted by National Hockey League side, Columbus Blue Jackets, with American defenceman Harry Quast.

Clan square-up to Dundee Stars in back-to-back league games this weekend and the 25-year-old joins from East Coast Hockey League cracks Manchester Monarchs.

And the 6ft 4in defenceman from Chagrin Falls, Ohio, is a graduate of the University of New Hampshire where he played for four years.

Fed-up Finnerty said: "We've been looking for a puck-moving defenceman for some time.

"Harry is a young kid, hungry to do well. He skates well and provides us with extra size on the blueline."

Free outdoor wifi now available in city centre

✖ The promise was that we would get free wifi in the city centre by Christmas. Now it seems that it is already here in time for St Andrews Day tomorrow.

The service is called EdiFreeWiFi and it has been introduced by The City of Edinburgh Council to let everybody in the city centre have access to free wifi and improved mobile coverage.

A map of the available coverage and FAQs about the EdiFreeWiFi service are available at www.edinburghfreewifi.com.

The council believes that improving the WiFi network will encourage visitors to the city to stay longer and spend more. Clearly as users we will all benefit from the savings on using our own data on our phones.

Councillor Frank Ross, Digital Champion, said: "It is great news as everyone will be able to get free outdoor access to the latest information on their favourite apps and websites while they are out and about over the festive season and beyond. It is also really important that we are providing this kind of quality service to the millions of residents and visitors who enjoy our city each year to ensure they have access to all the information they need.

"This project is central to the Council's plans for growing the city economy, and encouraging residents and visitors to stay longer and increase their spend."

The company in technologyWiFi has installed the network for free and will operate it for the council no cost. They were allowed access to the lampposts and other street furniture as well as some council-owned properties to install their state of the art equipment. This will we are told provide seamless

easy to access internet coverage.

Have you found the wifi yet? Please do tell us whether it is easy or not to access.

Phase Two of the 20 mph zone to be rolled out from December



Cllr Lesley Hinds reminds you that phase two of the 20mph zone will be rolled out in December 2016

Councillor Lesley Hinds is Transport Convener for the City of Edinburgh Council and her biggest campaign this year is to introduce the new 20mph speed limits across the city.

The city centre zone has been in place since the end of July 2016 and now the zone will be extended to the south and east of the city, coming into effect on 28 February 2017.

Signage and lines will start appearing next month, but no fines will be issued until after the end of February next year.

Cllr Hinds was joined by drivers from NHS Scotland, The City of Edinburgh Council and Royal Mail who all have campaign stickers on the backs of their vehicles to get the message across.

Councillor [@LAHinds](#) rolling out phase two of the 20mph zone

across the city [@Edinburgh_CC](https://twitter.com/Edinburgh_CC) pic.twitter.com/VuhHYGCSI1

– Edinburgh Reporter (@EdinReporter) [November 29, 2016](#)

Since July Police Scotland have carried out at least 21 speed checks and issued tickets or warnings to three drivers during each check which totals at least 68 warnings and 13 tickets.

There will be an arterial network of 30mph and 40 mph routes across the city but the 20mph limit will eventually affect around 80% of the city's roads.

Nominations for fans' representative on Hibs' Board closes tomorrow



Nominations for candidates to stand in the election to be a supporter representative on the Hibernian FC Board of Directors closes at 5pm tomorrow.

Supporters are able to nominate online or by handing in nominations at the West Stand Reception at Easter Road Stadium.

The club require a contact telephone number and/or email address for all supporters nominated.

Supporters who have nominated someone and have not left any

contact details should resubmit their nomination with a telephone number and/or email address. If no contact details are left for the person being nominated the club will be unable to get in touch with details of the next steps of the process, and the person would therefore not be able to stand.

Following the closing of the nomination period those nominated will be contacted and invited to meet members of the board to hear what is expected from them in the role and to decide if they wish to go forward. Those who do will prepare a statement outlining their credentials and reasons for wanting to serve on the board. These statements will be published online at the commencement of the voting process.

A roles and responsibilities outline has been prepared and is available to download via the club website.

This is the second time the Club have conducted such a vote, with current supporter representatives Frank Dougan and Amit Moudgil having served a two year spell on the board. Both individuals are eligible to stand for re-election.

Overall crime down but incidents reported to police up



Management information relating to policing activity, including recorded crime, the number of incidents reported to the police and user satisfaction, between April and September 2016 has been published today.

The provisional management data gives an indicative picture of crimes and incidents across the country at a point in time over a six month period. The information helps to inform operational decision making on a daily basis throughout the organisation. It helps maintain our focus on keeping people safe by managing resources in the most effective way to police communities.

Management information is also published at a divisional level and for each local authority area across Scotland.

Deputy Chief Constable Iain Livingstone said: "This latest snapshot indicates that compared to the previous six month period, overall crime between Groups 1 and 5 reduced and the number of incidents reported to the police increased.

"Recorded crime tells an important part of the story about policing; however, the significant level of calls for service for non-crime related incidents creates a more complete picture about the demand on the organisation.

"We continue to see significant rises in incidents which relates to missing people, domestic abuse, traffic and motoring issues and anti-social behaviour.

"It is of course welcome that overall crime has fallen during the six months between April and September. The information also shows that crimes of violence and sexual crime have increased, with crimes of dishonesty reducing.

"We maintain a rigorous approach to preventing and detecting all crime. Crimes of violence and sexual crime, including rape, a priority for policing. Detection rates are constantly monitored and reviewed to ensure we take every appropriate and proportionate step to ensure offenders are traced and put before the courts.

The information published today is classified as Management Information. Official statistics are published by the Scottish

Government