

Sugar – how much is too much?



by Chris Mantle ANutr Senior Food & Health Development Worker

Sugar is back in the headlines (again). This summer we've heard that the UK government has slashed the daily targets for how much sugar we can safely consume by half.

As many of us are aware Scotland and the UK are in the midst of obesity and diabetes epidemics. Scientists around the world now argue that it is our huge over-consumption of sugary foods and drinks which is making us fatter. Two thirds of adults are overweight in Scotland and almost one third of us are obese. More worrying still, a third of our children are overweight or obese and across Scotland 3,500 primary one pupils were obese in 2014.

Overweight and obesity can lead to diabetes type 2, heart disease, some cancers and a range of other conditions, including depression and sleep apnoea. They may also lead to an earlier death and mean that our last years of life be spent in increasingly poor health.

It is thought that this epidemic costs Scotland up to £4.6 billion each year and costs the UK 3% of its GDP. Other than weight gain sugar also causes tooth decay and may exacerbate mental health symptoms. But it's not just about the money. It's about our quality of life.

What exactly is sugar? Sugar is a type of simple carbohydrate and carbs, whether table sugar, pasta or wholemeal bread, are broken down in the body to give us glucose. Glucose provides us with energy for our muscles, for our brains, for life. Without it we wouldn't get very far. Despite the fad for low or zero carb diets, wholegrain complex carbohydrates (e.g. wholemeal bread or oats) are very good for us indeed,

supplying – as well as energy – lots of vitamins, minerals and heart and bowel healthy fibre. Sugar, however, is pure energy with no nutrition: it is "empty calories" and because it doesn't fill us up is very easy to over-consume.

There is only so much glucose our bodies can store and use. The problem here is that if we over-consume the excess is turned into fat and, as we know, fat stores can grow and grow, causing overweight and obesity. We humans have been hard-wired to go for sweet foods as in nature sweetness (ie ripe fruits) means foods are safe to eat and full of much needed nutrition. However, 'free sugar' like table sugar doesn't really exist in nature. In fact, our ancestors consumed very little; only honey. Even our grandparents consumed comparatively little sugar. As a result our bodies haven't evolved to be able to cope with it, especially not in the amounts we are eating or drinking today.

OK, so let's look at the new targets. The previous figures said that we should try to consume no more than 50 grams of sugar each day for a woman and 60g for a man. To get a rough idea of what that might look like a teaspoon holds roughly five grams. A 500ml bottle of pretty much any soft drink contains 52 grams. These limits were already fairly strict but now they're even tougher. Men, women and children 11 or over may now only have 30 grams of 'free sugar'. A single 330ml can of juice will now put us over the limit. We're surrounded by sugar in a myriad forms. Sugary foods and drinks are cheap and popular but they are seriously bad for our health and the health of those we love. Reducing what we consume is vital but how are we going to meet these targets?

There are a number of things we can do but first we'll cut straight to the painful chase: it's going to mean almost entirely cutting out sugary soft drinks (including fruit juice) and limiting sweets and chocolates to a once-a-week luxury. When we reduce or cut out sugar the first week or two can be tough. As our bodies are pretty much hooked on the

stuff they don't give it up without a grumble. However, the cravings quickly fade and we should experience both improved mood and be able to better tell when we are full, meaning any extra weight will start to come off. If we can make these healthy changes to our diet we won't regret it!

- Read food labels and go for those that have 'green' traffic lights for sugar
- Look at ingredients lists for all foods and beware that sugar has many names (eg fructose corn syrup, fruit concentrate, malt, dextrose, molasses, sucrose and more)
- Drink water, milk or herbal teas, not juice
- Always go for whole fruit rather than fruit juice or smoothies
- Increase the amount of fibre (wholemeal carbs) eaten – as this helps our bodies to deal with sugars
- Cook from scratch rather than using jars of sauces
- Beware flavoured and vitamin waters – they can be high in sugar
- Frappuccinos and flavoured coffees can also be very high
- Swap sugary breakfast cereals for Weetabix, Shredded Wheat, porridge or no-added-sugar muesli

What is 'free sugar'?

'Free sugars' are those which are added to foods plus those we find in fruit juices, honey, smoothies and syrups. This also of course includes table sugar. It doesn't, however, include the sugars in whole fruit or in milk – these are fine and not to be worried about!

The new sugar targets

4-6 years – 19g

7-10 – 24g

11 – adult – 30g

Submitted by [Christopher Mantle](#)

Injuries hamper Midlothian's progress in Portugal tournament



Injuries to key players coupled with a lack of practice at penalty kicks denied Midlothian Walking Footballers European glory in Vilamoura yesterday despite the team being unbeaten in six games played.

After qualifying for the quarter-finals of the inaugural Brown's International Walking Football Tournament, Midlothian faced the hosts Brown's Leisure on a rainy afternoon in the Algarve.

Despite three injury doubts, the Scots played with their preferred line-up with Glenn Milne in goal, Jim Shepherd and Steve McDonald at the back and Ali Patterson and Jim Hall to roam as and when needed.

Midlothian very quickly gained control of the tie and managed to pen their opponents in their own half, so it was no surprise when Jim Hall put them in front in the sixth minute with a deft and clever left foot shot. They continued to keep their opponents on the back foot and created numerous chances to increase their lead however failure to do so was to cost them dear.

Midway through the second half Brown's stunned their opponents with a long range speculative shot which somehow came to nestle in the back of the Midlothian net.



The Scottish side dominated the final stages of the game however they could not break down a stubborn well drilled defence.

Midlothian's involvement in the main tournament sadly ended in a dreaded penalty shoot out lottery.

As losing quarter finalists, Midlothian qualified for the semi-final of the Brown's Consolation Plate however the injuries took their toll and the squad had to reshuffle with Kenny McDonald taking over in goal and Viv Wallace playing from the start.

The game against Farnham finished in a 1-1 draw thanks to some heroic goalkeeping from Kenny who also saved two penalties in the shoot out however his team-mates missed all three and Midlothian's involvement in the tournament finished.

There was some consolation however as the squad now travel to watch Scotland play Gibraltar in the Euro 16 qualifiers.

The tournament was won by Soccer Olhanese Strollers who were skippered by former England Under 21 international and FA Cup winner Kevin Kilcline.

Afterwards Kenny McDonald told the Edinburgh Reporter: "Congratulations to Soccer Olhanese Strollers. They played some excellent matches. Sadly the first day of the tournament took it's toll and three of our first five picked up injuries but played on bravely in the quarter finals. Once again we lost our tie on penalty kicks despite leading for most of the tie. We exited the competition without losing a single game in normal time.

"We were also the only team to manage a thrilling draw with the eventual winners in a game which we might well have won. The team was captained by Brian Kilcline a former pro and FA

cup winner with Coventry City. He was the outstanding player of the tournament and a really nice guy as well. All in all it was another memorable experience.

“A big thanks to all particularly to my mates in the Midlothian team who have been such great sports and superb company. They have been great ambassadors for Midlothian Walking football. A big special vote of thanks to our Vivian Wallace for her work and effort to make it all possible and Saltire Sports for their sponsorship. Can we come back next year please ? We will have to practice penalties though.”

REVIEW – Rae Morris at Liquid Rooms



Photo by Storm Boyd

Rae Morris injected a vast amount of energy in her hour-long set and was greeted with a monumental applause after each song. She blushed at the Edinburgh crowd who she claimed was “better than Glasgow” – apparently.

It is difficult to pigeonhole Morris’ music, as it dips into Florence + the Machine, Laura Marling, and modern-day Coldplay territory, including glimpses of Enya. Yet while these comparable artists have shades of morbidity in their music, Morris incorporates the electronica elements of Clean Bandit. She has collaborated with them in the past.

It is evident that Rae Morris is a humble, talented performer, delivering endless gratitude to the audience song after song.

She sounds breathless when talking, or has a worrying sore throat, but she effortlessly belts out each track with enough emotion to make you relate to the experiences of lost love and intimacy.

Her blistering tone fills every corner of the half-filled Liquid Room to make it sound like she is playing in the Royal Albert Hall. It is clear her lyrics emphasise why true love eludes her, but she acts assured about her future – which is already bright for a 23-year-old.

It is perhaps just discernible that Rae Morris needs to polish some things about her performance and though she can replicate the songs from her album, it is a little too pitch perfect.

Every little detail from the studio recordings are in the live version, including the echo on her voice, the noticeable delay or the keyboard at the end of songs. It seems that the band have become too used to the album, and now it has become dully robotic.

Her collaboration with Fryars for a song called 'Cold' is just as compelling as it was when everybody heard it the first time.

'Not Knowing' is the archetypal piano ballad that shows promise for Rae Morris and may take her on the path to a second album. Although what could have been her biggest success is the hit single 'Love Again', which ended the show to a rapturous response.

Spreading the Love from Indie Street across the UK



An Edinburgh start-up with has doubled its offering in the last year will celebrate its first birthday with two new UK hubs, meaning two new jobs.

Love from Indie Street is Scotland's first independent multi-store gift voucher business set up by Edinburgh entrepreneur, Rebecca Christensen (33), who found a major gap in the market for gift vouchers, not from the high street, but instead from independent, boutique retailers across the city, which could also be used in one or multiple stores.

The virtual shopping experience, at www.lovefromindiestreet.com, takes you on a journey through Edinburgh's thriving independent scene by browsing over 80 independent ethical and sustainable retailers. It showcases the city's real hidden gems, from restaurants and florists to beauty salons and gift shops, situated off the beaten track, including the metropolitan areas of Stockbridge and Bruntsfield.

The company has also launched Scotland's first independent employee gift voucher reward scheme, working with a variety of employers across the city, including Edinburgh University, delivering rewards to over 14,000 employees.

Due to the overwhelming success of the business, which has been named as one of the top 100 small business in the UK by Small Business Saturday, plans to roll the concept out to other cities has been brought forward and include launching in Glasgow and Newcastle later this month, with five other cities in the pipeline.

Accountant for 20 years and entrepreneur consultant, Gillian Caughey, (39), will head up Glasgow and Richy Edwards, (29), former Operations, Marketing and Events Manager at award-winning retailer, The Brotique, will launch the business in Newcastle.

Rebecca said: "I am delighted to be expanding Love from Indie Street into two thriving cities with a wealth of 'indie' retailers earlier than anticipated and welcome Gillian and Richy into the company, who both have a similar creative and original mindset to me, which I knew instantly would fit well with the ethos of the business.

"Every city that we roll this out to will have a collective of the best independent retailers who will become, like Edinburgh, a strong community of local, traditional and original traders who we'll promote and support every step of the way."

Whether it's those who live in the cities being encouraged to 'shop like a local' and support the local economy or people further afield, including expats looking to send more quirky and thoughtful gift vouchers to family and friends at home, Love from Indie Street has completely revolutionised the gift voucher market.

The company has also just launched mini shopping guides, featuring these unique hidden gems and where to find them, aimed at locals and tourists, which can be found in city centre hotels and bespoke letting agents.

Robi Lambie, owner and founder of Cairngorm Coffee, said: "Platforms with a sole focus on promoting independent businesses are extremely hard to come by, especially ones with as much passion for keeping things local as Love from Indie Street.

"Being included in their community of like-minded shops and businesses around Edinburgh has finally made a statement that

together we can really challenge and change the public's shopping habits, allowing more unique retail environments to flourish.

"The framework provided by Love from Indie Street has been a great tool to help achieve this, giving a consistent and trustworthy method of gifting. I've no doubt it will be a great success throughout the rest of the UK."

Photo

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Go somewhere new on Disabled Access Day



Disabled Access Day, the annual national initiative created to raise awareness of the importance of disabled access, will be back for the second time on 12 March 2016.

The event aims to encourage disabled people, their friends and families to visit somewhere new and over 50 venues across the UK, including Westminster Abbey, Tate Modern and The Scottish Parliament, have already signed up with almost six months still to go until the day.

A launch event was held earlier this week at the Royal Botanic Garden Edinburgh with Maureen Watt MSP, Minister for Public Health, in attendance. This marked the beginning of

the lead up to the second annual event, building on the 2015 result when over 200 companies and venues took part, including VisitScotland, BT, Caffè Nero, Caffé Concerto and Barclays. The events attracted over 1,000 disabled people and their families, friends and carers.

An overwhelming 94% of disabled people would revisit a venue that has good accessibility, according to a survey carried out by Euan's Guide the main sponsors of Disabled Access Day. With the UK's 12 million disabled people estimated to have a combined spending power of over £200 billion, venues with poor disabled access or information are potentially missing out on gaining a significant amount of revenue.



Venues can take part in the 2016 event by hosting an event or simply opening their doors to show that they welcome disabled visitors and their friends and families. Whether it is a cinema, hotel or visitor attraction, there are plenty of ways for businesses to get involved. For further information on how to get involved, please visit: <http://www.disabledaccessday.com/get-involved/>

Fergus Ewing MSP, Minister for Business Energy and Tourism, said: "The Scottish Government remains fully committed to ensuring that everyone should have a chance to enjoy all that Scotland has to offer. That is why I am delighted about the launch of Disabled Access Day – an initiative that continues to position Scotland as a country with world-class tourism facilities, offering more choice as well as excellent customer service.

"Last week I announced that the Scottish Government is providing VisitScotland with a further £38,000 to boost the engagement of disabled and older people in the Year of Innovation, Architecture and Design. These funds will support a series of new and enhanced partner projects, each of which

will contribute to the wider Accessible Tourism Drive, contributing to the Innovation and Architecture themes of the 2016 year and creating a legacy whose benefits will be felt well into the future as the accessible tourism project rolls-out."

Simon Milne MBE, Regius Keeper of the Royal Botanic Garden Edinburgh, said: "As the number of visitors to our Gardens continues to grow, we are committed to offering the very best welcome to everyone, no matter what their specific needs. Disabled Access Day is a great opportunity for us to invite even more people to visit us and it's an honour for us to be hosting the flagship event in Scotland."

Chris McCoy, Head of VisitScotland's Accessible Tourism Programme, said: "We are delighted to lend our support to next year's Disabled Access Day as part of our ongoing Accessible Tourism Programme. I would encourage businesses to sign up to take part as we look to make this country a fully accessible destination. Earlier this year, we worked in partnership with the Royal Yacht Britannia and a number of assistance dog charities to demonstrate the invaluable support these amazing animals provide, and we are looking forward to supporting an equally successful event at the Royal Botanic Garden Edinburgh next March."

A spokesperson for Caffè Nero, said: "Following the success of Disabled Access Day earlier this year, Caffè Nero is delighted to once again be a part of the national initiative created to raise awareness of the importance of disabled access. We welcomed the feedback received last year which highlighted our stores that have great accessibility, along with the stores where change was required to improve. We took on board all of the response we received last year and we now look forward to seeing lots of new visitors in conjunction with Disabled Access Day in March 2016!"

Euan MacDonald, co-founder of the disabled access reviews

website, EuansGuide.com, the main sponsor of Disabled Access Day said, "The success of last year's event has given us a firm foundation to build on. Not only are we raising awareness of disabled access, but also showcasing the venues with good accessibility and highlighting the commercial value held by the UK's 12 million disabled people and their family, friends and carers."

For more information on Disabled Action Day, please visit: www.disabledaccessday.com

Photos courtesy of RGBE and Disabled Access Day.

COMPETITION – rugby tickets for you and three friends courtesy of Specsavers



The Edinburgh Reporter has teamed up with Specsavers, sponsor of the GUINNESS PRO12 match officials, to offer readers the chance to win tickets to see Edinburgh Rugby's game against Ulster this Friday 16 October at 7.45pm at Murrayfield.

We have four tickets to win for one lucky winner **but get your entry in now as the competition closes on Thursday 15 October at 9:00am. Good luck!**

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Specsavers has stores across Edinburgh and the surrounding areas – Shandwick Place, Cameron Toll, Fort Kinnaird,

Morningside, Musselburgh, North Bridge, The Gyle and Leith and Dalkeith



Southside now have a new community council



by Councillor Jim Orr

Some great news for people who live in the Southside is that the Southside Community Council is now back up and running.

The Old College kindly hosted the SCC's first meeting since falling into abeyance around 4 years ago, and I had the honour of chairing it earlier this week as the returning officer for the re-establishment process.

Communities often need challenges to unite around, and the Southside certainly has these. Many residents feel that increases in the numbers of Homes of Multiple Occupancy and student residences (with more planned) have so reduced the proportion of long term residents and families that the right balance has been lost.

Increased drug taking has also been an massive concern for well over a year with used needles and other paraphernalia easily findable in many local graveyards and other hidden spots.

An we have our heritage to protect, with the old Odeon on Clerk Street still out of use. The interior remains in a reasonable condition and could potentially be a great evening

venue again if a plan for the necessary refurbishment can be put together.

There is also much to be proud of in the Southside. Summerhall is one of Europe's biggest independent Arts venues and runs all year round. The Causeway project is coming on apace. The Dumbiedykes area recently won a £1/4m improvement fund, alongside the opening of the new community shop at the Braidwood and the thriving Crags social enterprise sports centre. The world class University, and its staff and students, bring wonderful diversity and help support the local economy. And access to the old town as well as many beautiful parks and open spaces remains unrivalled.

All the new Community Councillors were excited about the prospect of working together to improve the community. The atmosphere was one of optimism and positivity. It'll be exciting to see where it leads.

Councillor Cameron Rose Conservative councillor for Southside & Newington Ward said "It is good to see local people coming forward to serve local people via the Southside Community Council.

"Improving the vibrancy and quality of the area as a place to live, work and relax is a challenge worth taking on. There is so much that is good in the Southside. But in some areas it can be better. I wish the Community Council well in all the work it will do."

Sunday in Edinburgh – What's

On Today



Filmhouse Junior: screenings for a younger audience. Today's film is *Hachi: A Dog's Tale (U)* (in English and Japanese with English subtitles). Parker (**Richard Gere**), a university professor, finds a lost puppy at a train station and takes it home, much to the annoyance of his wife, who had banned him from having another dog. However, Parker and the dog develop such a remarkable bond that Cate is forced to relent, and Hachi becomes a devoted member of the family and the local community. 11am, [Filmhouse](#), Lothian Road. Tickets cost £4 per person, big or small, and may be purchased from the Filmhouse box office in person, by calling 0131 228 2688 or online [here](#).



Wellbeing Mela: a fun family afternoon to celebrate diversity and promote positive mental wellbeing among Edinburgh's varied minority ethnic communities. *Mela* is a Sanskrit word meaning 'gathering' and is traditionally a time to come together with friends and family to watch, and participate in, artistic performances and creative workshops. The afternoon will offer music, dance, complementary therapies, relaxation workshops, and activities for children. 1-4pm, [Out of the Blue](#), 36 Dalmeny Street. Free. Delivered in partnership with **CAPS** and **MECOPP**, this event forms part of the **Scottish Mental Health Arts and Film Festival**.



Portrait Detectives! Collect your kit, follow clues and solve a mystery from history! For ages 4-12. 2-4pm, [Scottish National Portrait Gallery](#), 1 Queen Street. No booking required: free, unticketed. Supported by the Friends of the National Galleries of Scotland.



Pet Blessing Service: in association with the **Skye Terrier Club**, Greyfriars Kirk invites you to bring your pets to this special service, which will be followed by an informal pet parade and refreshments. 3pm, [Greyfriars Kirk](#), Greyfriars Place. All welcome.



Amazing Autumn Jewellery: take inspiration from the amazing autumn colours and textures at Lauriston and make unique jewellery – badges, bracelets, brooches and pendants. With **Mike Durnan**. 10.30am-12.30pm, [Lauriston Castle](#), 2a Cramond Road South. Tickets cost £4 per person and must be booked in advance via the [Usher Hall Box Office](#), Lothian Road, in person, by calling 0131 228 1155 or online [here](#). Please note that these sessions are intended for families working together: at least one paying adult must accompany your child, and no child should be booked into a session alone.



Edimpro: a concert by Edinburgh's free improvisation collective. 8pm, [Reid Concert Hall](#), University of Edinburgh, Bristo Square. Free and unticketed.

Balerno Music Festival: the eighth Balerno Music Festival ends today, with a **Festival Praise** service in the morning and a **Jazz Party** with the **Roger Cull Quartet** and **Ian Ewing**, one of Scotland's foremost big band and swing singers, tonight. All tickets may be purchased from [Balerno Parish Church Office](#) (9am-12 noon, Monday to Friday), Balerno Farmers' Market, or by post or online; for full booking information click [here](#).

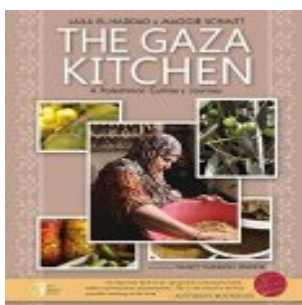
SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL

SMHAFF 2015: **Spirituality. *Passion for wholeness*** is the theme of this year's mental health Sunday service. In this hour of music, silence, images, prayer and reflection, people will be sharing stories of how their passions have helped them to become more whole. Led by **Rev Fiona Bennett**. 11am-12.30pm, [Augustine United Church](#), George IV Bridge. All welcome; for more information please contact maxwell.reay@nhslothian.scot.nhs.uk.



Filmhouse & Heriot-Watt University Special Event: *The Tribe* (18). Few films this year have split opinion more than *The Tribe*. Winner of the 2014 International Critics' Week Grand Prize at Cannes, it has been described as "unmistakably, radically new" (**Justin Chang**, *Variety*) and yet, in parts, "almost unwatchable" (**Mark Kermode**, *The Observer*). Whatever director **Myroslav Slaboshpytskiy** was trying to do, this brutal debut feature, told entirely through unsubtitled Ukrainian Sign Language, certainly provoked reactions. The screening

will be followed by a panel discussion, delivered in spoken English and British Sign Language, with **EJ Raymond** (actor, writer and founder of *Turtléar*), **Andy Carmichael** (sign language interpreter and TV producer), **Nicholas Padden-Duncan** (freelance sign language professional and director of **Kumquat & Co.**) and **Professor Ursula Böser** (Department of Languages & Intercultural Studies, **Heriot-Watt University**). 2pm, [Filmhouse](#), Lothian Road. Tickets may be purchased from the Filmhouse box office in person, by calling 0131 228 2688 or online [here](#); prices vary. This event is supported by the Centre for Translation & Interpreting Studies in Scotland (CTISS) and the Intercultural Research Centre at Heriot-Watt University, Edinburgh. Please note: this film contains strong sex, nudity, violence and an abortion scene.





Edinburgh World Justice Festival continues this week. Today: ***Gaza Unsilenced*** – **Leila el-Haddad**, co-editor of *Gaza Unsilenced*, will tell stories, explain the politics and share her personal experience as described in this new anthology about Gaza during and since last summer's Israeli assault. Leila is also the co-author of ***The Gaza Kitchen***, a very popular cookbook at **Hadeel Palestinian Fair Trade Shop**. Leila will also sign copies of her books, and Hadeel shop will be open during and after the event. [Hadeel Shop](#), 123 George Street. Organised by Palcrafts and Hadeel; for more information please contact Carol Morton on 0131 2251922 or email Palcrafts@phonecoop.coop.



Filmhouse Quiz: the 'phenomenally successful (and rather tricky) monthly quiz', for teams of up to eight. Please be seated in the Cafe Bar by 9pm, [Filmhouse](#), Lothian Road. Free to enter.



Roots Acoustic Showcase: singer/songwriter **Toby Mottershead** (who powers the mighty **Black Diamond Express** train) brings in a monthly showcase of excellent rootsy/bluesy acoustic/electric bands and soloists. 9pm (entry from 8pm), [The Jazz Bar](#), Chambers Street. £5/£4 on the door: please note this venue is cash only.

St Giles' at Six: The Chalmers Ensemble. The horn and string quartet plays **Howard Ferguson Octet** and **Beethoven Septet**. 6pm, [St Giles' Cathedral](#), High Street. Free: retiring

collection.



Five things you need to know today



Round the World Street Food Lunch

Today at the Usher Hall

Reel Rock

Volunteer with Barnardo's

On the Borders Railway

At Stockbridge Market today you can sample part of Edinburgh Restaurant Festival as there will be some of the best street food from all around the world.

The market traders cook right in front of you and represent various cuisines, all in one location. Sample Indian, Japanese, Brazilian, French, Greek and even Scottish all in the ambience of the three markets.

Buy an event ticket at the Olive stall in the market and redeem your lunch at any participating stall. You can starter at one stall, main at the next and dessert at a third! Check the menu and eat your way around the world, from Caithness Scottish smoked salmon on a fresh French croissant to Japanese

dumplings or Bombay Street Food, to Brazilian brigadeiros. Feel free to browse and shop the wide range of stalls while you eat your globetrotting lunch.

More about the festival which only lasts till 18 October [here](#).

Sunday Classics: Dresden Philharmonic Orchestra

Sunday 11 October | 3pm

Wagner Meistersinger Overture

Elgar Cello Concerto

Beethoven Symphony No.3

Michael Sanderling Conductor

Sol Gabetta Cello

[Ticket details here](#)

The Reel Rock Film Tour, one of the world's fastest growing adventure film festivals, is ready to once again thrill audiences this autumn with five films and more than 15 screenings across the UK and Ireland.

For the past decade, the REEL ROCK Film Tour has defined the standard for adventure films, providing audiences with an annual offering of stunning big screen action, compelling stories and some of the most remarkable alpine and climbing accomplishments of our time. In its landmark 10th year, REEL ROCK 10 is set to raise the bar once again, as it kicks off its worldwide tour to over 450 locations across all seven continents.

REEL ROCK 10 includes exclusive premieres of short adventure films that tell the stories and struggles of the most exciting vertical achievements from the past year, including an exclusive look at the history-making Dawn Wall free ascent and

an epic traverse across the jagged peaks of Patagonia.

For Reel Rock Film Tour tickets, the trailer and further information go to www.reelrock.co.uk

Barnardo's Scotland is encouraging local people to join their team of 'Volunteer Heroes' and give their time to help keep the tills running and rails full in their local Edinburgh store at 106 Nicholson Street.

The boutique-style shop which sells a range of gents and ladies clothes, shoes, accessories, household goods and children's items is keen to attract people from all walks of life to join the existing team.

Volunteers get involved for many reasons – to support Barnardo's Scotland's work and cause; to do something unusual and inspiring or to learn new skills and improve their CV. It is also an opportunity to meet new people.

Nicholson Street store manager Carolyn McLay added: "Volunteers are vital to keep our shop going. Every penny raised through our store goes directly to support Barnardo's Scotland work with local children including support for 16+ Edinburgh.

"We are in need of more volunteers to join our small friendly team in Nicholson Street to help keep the tills ringing, although we have a range of front and back of store tasks to suit all. We have a particular need for volunteers throughout the week and on weekends but are looking for people with different levels of time to give from all walks of life and of all ages – as little as two hours a week can make a big difference. Volunteers make a huge contribution to the charity's work from retired professionals to students and young people and in return for your time you get to learn new skills and be part of our team helping support our work with

children.”

Anyone interested in being a ‘Volunteer Hero’ in a Barnardo’s Scotland store is invited to visit www.barnardos.org.uk/volunteering_retail for more information. Alternatively email retail-volunteering@barnardos.org.uk or call Carolyn McLay on 0131 668 2288.



Visitors from across the world have been flocking to Scotland to discover the country’s latest tourism experience – the Borders Railway.

VisitScotland has revealed that tourism businesses in Midlothian and the Scottish Borders have reported significant growth since the line was opened just over a month ago, with some even celebrating a 100% increase in takings.

After global media coverage around the launch of Scotland’s latest Great Scenic Rail Journey – which connects Edinburgh to Tweedbank – visitors from America, Australia, Canada, Germany, Italy and the UK have stepped on board, stayed in accommodation nearby, and visited the many attractions on offer, from Abbotsford House to the National Mining Museum Scotland.

Tourism highlights from the first month of the Borders Railway include:

- Abbotsford House reporting an 18.4% increase on 2014 in visitor numbers leading to an extension in the attraction’s summer opening hours into October
- 4 out of 5 shops in Galashiels reporting takings to

have doubled

- The County House Hotel in Selkirk employing a dedicated Sir Walter Scott impersonator to greet passengers
- The Hope Scott Wing in Abbotsford reporting a 2% increase in business directly through the opening of the railway or through people reading about Abbotsford in the media
- Herges on the Loch in Tweedbank reporting a 50% increase in its lunches with the steam train packages having a particular impact
- National Mining Museum Scotland reporting a real 'buzz' and increased interest, welcoming school trips by rail for the first time
- Scottish Borders Council specially-appointed Borders Railway Ambassadors reporting over 600 face-to-face tourism enquiries in one week
- Burts and Townhouse Hotels in Melrose stating that the Railway has 'exceeded expectations' and introducing seven new packages to coincide with the line opening
- 20,000 visits to the Borders Railway dedicated page on [VisitScotland.com](https://www.visitScotland.com)
- 17 sold out steam train journeys, carrying around 6,200 passengers
- Galashiels Museum extending hours to open on a Sunday solely due to upsurge in visitors
- Significant global press trips including travel journalists representing influential publications in France, Germany, US, Canada, Ireland
- Commencement of new shuttle taxi service from Eskbank

to Rosslyn Chapel

– Scottish Borders Food Network launching a food and drink trail of the Borders' best eateries and suppliers, accessible from the railway

Scotrail has reported this week that more than 125,000 passenger journeys have been made on The Borders Railway since opening, with demand so high that extra carriages have had to be added to many services especially at weekends, with day-trippers jumping on board to experience all that Midlothian and the Scottish Borders have to offer.

The Borders Railway started public service on 6 September 2015, and was formally opened by HM The Queen on Wednesday 9 September. The project is being delivered as part of the 'Borders Railway Blueprint' that sets out an ambition to fully realise the economic benefits of the Borders Railway, transform tourism opportunities and open up communities in South-East Scotland as new places to live, work, learn, play and grow.

VisitScotland is investing £367,000 in a unique three-year international marketing campaign to put the new Borders Railway on the map. The funding, provided by Scottish Borders Council and Midlothian Council, and with match funding from the Scottish Government, will be used to promote the Borders Railway and surrounding regions to national and international markets.

The original Waverley Route ran south from Edinburgh, through Midlothian and the Scottish Borders, to Carlisle. The line was named after a series of novels by Sir Walter Scott and served as an important export channel for both the wool and coal industries of that time.

Mike Cantlay, Chairman of VisitScotland said:

“The opening of the Borders Railway was an emotional moment for many, and such great results from just one month in service is absolutely fantastic news and more than we could ever have wished for. However, this is just the beginning and to ensure continued tourism success, we must continue to invest in and promote the experience, listening to visitor feedback and adapting as necessary.

“It is evident already that tourism is breathing new life into these regions touching on every industry, business and community and we look forward to continuing our work with partners to make the Borders Railway a success.”

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Young Hearts Lift East of Scotland Shield

Hearts lifted the East of Scotland Shield for the first time in ten years after defeating Hibernian 3-1 at Tynecastle on Saturday.

Goals from Dale Baxter, Russell McLean and Euan Henderson meant the Shield – contested at U18s level – would be the latest addition to the Tynecastle trophy room. Jamie Gullane scored Hibs solitary counter.

The East of Scotland Shield was founded in 1875 and is the

third-oldest annual tournament in world football.

Hearts: Mason, Hamilton, Reid, Baur, Jones, McKirdy, Morrison, I. Smith, McLean, Baxter (Irving, 77'), Moore (Henderson, 67').

Hibs: Goodfellow, Donaldson, Stirling, Waugh, Porteous, A. Smith, Watson, Breen (Galantes, 84'), Shaw, Gullane, Murray.

Referee: Jordan Brown

Edinburgh councillor blogs – Maureen Child

✖ A local resident came up with some heartening good news to share: “Just wanted to pass on the fantastic experience that my teenage autistic son has had with Green Shoots, the social inclusion branch of **The Green Team**, which works out of Tynecastle High School community wing. I don’t say it lightly when I describe the intervention as life saving.” The link to its activities is normally

<http://greenteam.org.uk> , but the link was down at the time I tried. It might be fixed by now.

Other contacts are: The Green Team, 2 McLeod Street EH112ND, Tel: 0131 337 7227, or email info@greenteam.org.uk

Their lovely art-gallery window is all changed and ready for the weekend, so how about a visit to sunny Portobello and [The Velvet Easel](#) Gallery?!

Up to £4,000 of funding is available for community groups to help them sow or grow native plants and transform communal spaces. See here: [Grants](#)

Due to essential **gas main replacement works on Brighton Place**, (brought forwards to future proofing the re-building of the carriageway), it will be necessary to install temporary two way traffic lights on Brighton Place from today, Saturday 10 October for approximately seven days. There will also be some additional work on Rosefield Place lasting about seven days. The works will cause delays and are timed to coincide with the October week school holiday when traffic reduces by about 15%. Temporary traffic lights will be manned from 7am to 7pm daily, and manually operated when required. The setts will be removed and replaced with asphalt surfacing for now. These setts will be put into storage for reuse in the reconstruction of Brighton Place early next year.

Prickly plants will now be put at the foot of the **Coadstone Pillars** in the community garden at the foot of John Street on the Promenade. A while ago, a young boy fell off one of the pillars and was severely injured, even although the child was under adult supervision at the time. The pillars have been there for quite a few years now and this is the only known accident. Please make sure children are deterred from climbing these pillars.

Dads can brush up on their hairdressing skills with this Dads and Daughters fundraising event for **Portobello Toddlers Hut**. Link: [here](#)

Hunt for mystery Edinburgh railway snapper – a mysterious railway driver whose legacy of **photographs** opened doors on the past. Local historian Archie Foley, found the negatives by chance in a biscuit tin at a collectors' fair and has been trying to find out more about the photographer ever since. More here: [Evening News Article](#)

Do you own a **jet-ski or motor boat**? Lots of people swim at Porty beach and there is an exclusion zone in place for a very good reason, so stay away from the shore in case you kill or badly injure someone. See plea to **be more careful**, [here](#) It seemed to work the first weekend. Long may that continue!

Now Edinburgh's best kept secret with **great affordable food**: [The White House Kitchen](#) but don't just take MY word for it being great: [Review](#)

All of Portobello's Primary Schools now have **partnerships with schools in Tanzania**. (Brunstane, Duddingston, Parsons Green, Royal High, St John's and Towerbank). In order to support these partnerships and the other 12 across the city a fashion business has been set up to help fund these relationships and the projects that are developing. If you would like to help or be involved in any way you would be welcome. And if you do have any quality clothes or accessories you could part with they would be much appreciated now or at any time in the future! The fundamental purpose of **Twende Pamoja** is to develop a global vision in the context of relationship. There are now 46 primary and secondary schools and 6 communities involved in partnerships, which began 30 years ago. **Makutano** is a growing network of relationships between young people who seek to develop and bring about a vision of life as it could be. **The Twende Pamoja Trust** seeks to nurture and support these partnerships and the young people in our schools. (See www.twendepamojatrust.blogspot.com and www.twendepamoja.org.uk)

A report regarding **catchment boundary changes for Towerbank Primary School** is recommending the option which guarantees sibling places. The Council decided to hold a statutory consultation as Towerbank Primary School was identified as having capacity issues from August 2016 onwards due to the rising number of catchment pupils in recent time. Four different options for catchment change were put forward and the public were able to submit their views from 8 May until 22

June. In total 428 responses were received with a clear majority of 65% wanting option four which also provides a guarantee of places at Towerbank Primary School being available for younger siblings in the future. Full details of the recommended option and how it will be implemented are contained in [the report](#). The recommendation will be discussed by the City of Edinburgh Council meeting on Thursday, 22 October who will discuss the report and come to a decision.

The monthly **Craigmillar Chronicle** community newspaper is sorely missed. Now an online facility is starting up which we hope will grow arms and legs and perhaps – one day – have an occasional printed version. I have been at The White House today learning a bit about how to get on WordPress. Mean time this is being put up as a Blog on the website by others more able than I am, although if I can learn how to do it, anybody can! Watch this space – and do get in involved if you can: chronicleonline.net/training-and-support

Students and staff at **Castlebrae Community High School** raised more than £350 in half an hour for the cancer care charity Macmillan in a coffee morning event last week. Lee Milligan and fellow students at the home economics department baked a range of cakes for what has become an fund raiser at Castlebrae. “Yeah, we’re pleased with the amount we raised,” Lee told Chronicle On-line. “We do it every year in the school. The staff said they enjoyed the cakes really well. “It’s an on-going thing for the school do to, so we will be doing it again next year.”

Sylvia Gorman is the librarian at Castlebrae Community High School but she is also Secretary of the **Craigmillar Literacy Trust** who organise Craigmillar Book Festival. The Chronicle on line spoke to her about the festival which is coming up in November to tie in with Book Week Scotland, and some events which pupils can enjoy. [Sylvia Gorman Interview](#) Book Week Scotland is a week-long celebration of books and reading that takes place every November, this year 2015 will Monday 23 –

Sunday 29 November. 'Follow' them on [Twitter](#) or 'like' them on [Facebook](#)

[for the latest updates about Book Week Scotland 2015 and make sure you don't miss any events!](#)

Communities across Edinburgh are being urged to submit their applications to the City of Edinburgh Council for a **Waste Action Grant** as the deadline fast approaches. Grants are available to fund eco-friendly projects that will encourage more people in the Capital to reduce, reuse and recycle. Groups can now also apply for grants to support litter campaigns and projects that aim to run preventative litter campaigns are encouraged to apply.

Environmentally conscious householders, community groups, youth groups and schools are all being urged to submit an application for funding by Tuesday 20th October. A range of funding is available, from smaller grants of £50-£200 to larger grants of £500 – £2500. For more information :[Waste Action Grant](#)

Finally, do take part in the 2016-2020 City of Edinburgh **Council Budget Consultation**, which was launched last week: See here: [Budget Consultation](#)

I am away for the next ten days on holiday, but the office will deal with anything urgent mean time. Do have a good October break yourselves!

Best wishes

Maureen

Councillor Maureen Child | Labour Elected Member | Portobello/Craigmillar (Ward 17) | City of Edinburgh Council | City Chambers | High Street | Edinburgh | EH1 1YJ | Tel 0131 529 3268 | Mobile 07718 666 481| Twitter @MaureenChild1

Increased concern for missing man Wiesław Majek



Police are appealing for information after a 44-year-old man was reported missing on Thursday.

Wiesław Majek was last seen in Muirhouse Way around 10 am on Thursday (8th October).

He is described as being white, around 5ft 10 inches tall of slim build and balding. He may have two or three days of stubble on his face.

Wiesław was wearing a black tank top, grey jacket, blue jeans and blue and white Adidas shoes.

Officers are now appealing for anyone with information that can help us to trace Wiesław to please get in touch.

Inspector Simon Acheson said: "We are getting increasingly concerned for Wiesław's welfare and would urge anyone who has seen him to get in touch with us.

"Wiesław has a number of friends in the Polish community, particularly in the north of Edinburgh and we would ask them too to get in touch if they know of his whereabouts."

Anyone with information is asked to contact police on 101.

Comiston Road fatal collision – further appeal



Police have thanked the public for their response following an appeal for witnesses to a fatal road traffic collision on Comiston Road on Thursday (8th October).

The incident occurred around 8 pm when a 57-year-old man fell into the road and was then hit by a passing motor vehicle.

Officers would like to make a further appeal for the driver or other occupants of the small dark-coloured vehicle to come forward.

Subsequent investigations by police have shown that it is possible that the driver of the vehicle may not have been aware that what they had hit was a person.

Chief Inspector James Jones said: “Our investigations have shown that it is possible that the driver of the vehicle may not have been immediately aware they had struck a person.

“We would ask that anyone driving in the area of Comiston Road (Buckstone Terrace) around 8 pm on Thursday get in touch with us.”

Anyone with information can contact Police Scotland on 101 or anonymously via Crimestoppers on 0800 555 111.

Monster Jeely Piece Challenge



The Monster Jeely Piece Challenge pulled into Waverley station yesterday as [Edinburgh Social Enterprise Network](#) (ESEN) team up with Breadshare and [Tiphereth in a Jar](#) – to stage the creation of the biggest jeely piece (jam sandwich) to date in the UK.

Sandwich construction began at 11am on Friday morning, with piece tasting from 1pm. The challenge launched the “Eat the Good Stuff” campaign which aims to promote the range of high quality food social enterprises in Edinburgh.

The staged event took place in Waverley Station at the “[LocalMotive Markets](#)” site, alongside platform 2 where the new Borders Railway now arrives.





Linsay Chalmers, Network Coordinator said: "Weeks of preparation and logistical planning have gone into this world first "monster jeely piece" attempt. There has been a lot to consider for the Breadshare and Tiphereth social enterprise teams who have calculated the jeely piece will be 1.8m x 1.6m in size and will need 12 kilos of strawberry jam to make it possible. They are now working against the clock to make it happen and everyone is welcome on the day to view and try this jam filled master-'piece'!

Linsay added: "Commuters will be able to watch the monster sandwich being created from 11am giving it a taste test around 1.00pm and it will then be cut up into 768 individual sandwiches for sharing with commuters, railway staff and passers-by.

"We are keen to promote Edinburgh's food social enterprises through our "Eat the Good Stuff" campaign and be the first in the UK to create a giant jeely piece – especially as it is Scotland's Year of Food and Drink – we felt we had to mark the occasion with some great local and organic foodie, social enterprise produce."

"And next year we hope to have a monster scone bake-off" with some of our other social enterprises."

Juliet Donnachie, Station Manager, Waverley Station said: "Edinburgh Waverley is Scotland's largest station so it's only fitting it should also be home to the country's biggest jeely piece. The market has been a popular addition to the station over the past year and events like this add a little unexpected fun to passengers' journeys."

Midlothian Walking Footballers reach European quarter-finals in Portugal



Midlothian Walking Footballers cruised into the quarter finals of the inaugural Browns European invitation Tournament in Villamoura Portugal yesterday despite some last minute controversial rule changes. There was astonishment at the start of the morning round of games when it was announced that the rules were to be changed and that players were limited to three touches of the football. Midlothian were drawn in a group with teams from Farnham and Portugal and a local team of ex pats lead by former professional and England Under 21 defender Kevin Kilcline. Each of the invited teams were winners in regional competitions.



The Lothian team won 5-1 in the first match then won their next two games by one goal to nil. The final game of the afternoon involved the Midlothian side and the undefeated Villmoura outfit lead by the charismatic Kevin Kilcline who won the FA Cup with Coventry City in 1987 before joining Newcastle United.



The game ended goalless with Midlothian dominating throughout. Both teams made it through as section winners and runners up.

The trophy will be settled this afternoon. The Lothian side will face the hosting Portuguese side in an intriguing quarter final tie and the losing team will automatically qualify for the knockout stages of the Consolation Plate. Unfortunately three Midlothian players in the eight man squad picked up knocks which cast doubt over their ability to continue. The three will undergo fitness tests in the morning.

Midlothian starting five,

Glenn Milne, Jim Shepherd, Jim Hall, Ali Patterson, Stevie McDonald, subs Kenny McDonald, Vivian Wallace, Linda Milne.

All players participated with the goals shared by Jim Hall 2, Ali Patterson, Jim Shepherd, Stevie McDonald and Kenny McDonald.

Saturday in Edinburgh – What's On Today

Wee Treasures: a brand new regular storytelling programme especially for early years children and their families. Inspired by a different portrait each month, delve into the magic treasure chest to find out what the story will be! Fun rhymes and songs, puppet characters and lots of opportunities to join in. For ages 2-4. 10.30 or 11.30am (30 minute sessions), [Scottish National Portrait Gallery](#), 1 Queen Street. Free but limited places, please sign up on the day. Free and unticketed.



Bruncheon Artcore Special + Print Fair. Out of the Blue's #artcore team are the special guest curators for this month's Bruncheon, featuring live music from up-and-coming acts **Sight of Mind**, **Emma Milligan** and **The Factory**, with more acts to be announced shortly. #artcore will also be launching its brand

new print studio **Out of the Blueprint** with a print fair and exhibition featuring stalls from local artists, illustrators, designers and self-publishers. Expect a range of goodies on sale, from limited edition prints, drawings and paintings to self-published zines and artist books. **Out of the Blueprint** is a social enterprise providing affordable, eco-friendly print services; set up as part of the #artcore youth arts project, it aims to provide employment and training for young people, as well as supporting them with their creative projects. This Bruncheon also signals the official launch of the **#artcore youth arts programme**, a full calendar of events, workshops and activities for young people aged 13-25. 11am-4pm, [Out of the Blue](#), 36 Dalmeny Street.



Storybook Session! Storybook whiz **Brett Housego** uses exaggerated voices and facial expressions to cause children's brains to explode with curiosity and connection. In this fun session, parents and children will be treated to stories from some of the very best books around for helping children to know what they are feeling, thinking and hoping. For ages 3-5. 10.30am, Storytelling Bothy, [Scottish Storytelling Centre](#), 43-45 High Street. Tickets cost £5 per child (accompanying adult free) and may be booked in person, by calling the Box Office on 0131 556 9579 or online [here](#). Please remember also to select a free ticket for yourself when purchasing your child's ticket.



The Wonderful World of Lapin: Le Petit Monde warmly invites you to a special preview of its new production starring Lapin and his French talking chums. Tania (**Tania Czajka**, co-creator of the show) is a French lady who has just arrived from Paris for a very special occasion and in her trunk she carries her very own garden! When she opens it, a whole world is revealed.....a world of Tania's animal friends, the unique world

of Lapin! For children aged 3-5. 12 noon-1pm, [Institut francais d'Ecosse](#), 13 Randolph Crescent. Free and unticketed.



Morningside School of Music: Singing For All: a free workshop with **Linda Boyd**. Learn how the voice works and which body parts are involved, and find out about breathing in singing. Take part in some vocal warm-ups, trying some scales, tongue twisters, and quick songs, then learn how to sing a couple of songs working on different parts. No previous experience or knowledge of sight reading necessary. 10.30am-12 noon, George Washington Browne Room, [Central Library](#), George IV Bridge. Free but booking is required and may be made via [eventbrite here](#).




St Cuthbert's Autumn Fair: cake & candy, jams, books, CDs and DVDs, café, Christmas puddings. crafts, hampers, jewellery, plants, Christmas cards & decorations, tombola, toys and more!

11am-3pm, Lammermuir Hall, [St Cuthbert's Church](#), 5 Lothian Road. All welcome.



Far From The Madding Crowd Party Time! Stories, Cool Creatures, music, face-painting and cake. All day in the shop, [Far From The Madding Crowd](#), 20 High Street, Linlithgow, and from 12 noon at the [Canal Tea Rooms](#), Manse Road Basin, Linlithgow. Activities at the shop are free; tickets for the events at the Tea Rooms cost £3 (£5 family ticket) and are available in advance from the shop or by calling 01506 845509 or emailing sally@maddincrowdlinlithgow.co.uk.

 **SMHAFF 2015: Life With Art Is Good For You. Space Artworks** celebrates a special exhibition of artwork. Space provides a creative hub where artists with disabilities and carers can come together to produce and sell their art and designs. 11am-5pm Tuesday, Wednesday, Friday and Saturday, 1-5pm Thursdays, [Space Artworks Gallery](#), 410 Morningside Road. Ends 31st October 2015.



Balerno Music Festival: the eighth Balerno Music Festival has a packed programme of concerts, films, cabaret, workshops, children's events, folk music sessions, the Festival Busk and a jazz party. Today's events include the **2015 Festival Busk**, an **Open Folk Music Session**, a **Hot Fork Supper** and the **Gala Concert – A Night At The Opera**, followed by a reception. All tickets may be purchased from [Balerno Parish Church Office](#) (9am-12 noon, Monday to Friday), Balerno Farmers' Market, or by post or online; for full booking information click [here](#). The festival ends tomorrow, 11th October 2015.



St Bride's Family Cinema: see your favourite films for free! Juice and choc ices available in the interval for 50p. Today's


film is ***The Smurfs (U)***. Please note: all children under 16 must be accompanied by an adult. Subtitles are available on request. 10.30am-12.30pm, [St Bride's Centre](#), Orwell Terrace, Dalry. Next week's film will be ***The Black Cauldron (U)***. All welcome.



Turntable: connecting individuals and communities through music and story, **Turntable Cover Versions** – a pop-up music installation – invites you to select and play a record of your choice and share your story in a one to one conversation. Watch how your music choice connects with and affects other people and the energy in the space. 12.30-4pm, Storytelling Court, [Scottish Storytelling Centre](#), 43-45 High Street. Free and unticketed. This event is part of **SMHAFF (Scottish Mental Health Arts and Film Festival) 2015**.



Gallery of Modern Art Highlight Tours: monthly tours of the Gallery of Modern Art's permanent collection, focusing on key works. 2-2.45pm or 3-3.45pm, [Scottish National Gallery of Modern Art ONE](#), Belford Road. No booking required: free, unticketed.

 **Dark Age Potter:** visit the new exhibition about **Cramond** during the **Dark Ages** and then have fun creating art works inspired by the period at this family workshop. Shed some light on the Dark Ages by making your own clay lamp and pot using air drying clay and exploring two simple clay techniques. With **Margaret Lowrey**. 2.30-4pm, [Museum of Edinburgh](#), Huntly House, 142 Canongate. Tickets cost £4 and must be booked in advance via the [Usher Hall Box Office](#), Lothian Road, in person, by calling 0131 228 1155 or online [here](#). Please note that these sessions are intended for families working together: at least one paying adult must accompany your child, and no child should be booked into a


session alone.



National Fungus Day: Fungus Fun: discover the amazing world of Scottish fungi with **Plantlife Scotland** at this drop-in event. Fungi are neither plants nor animals, but these often strange looking living things play a vital role in keeping plants healthy and recycling nutrients by decomposing the dead. Come along to discover the mysterious world of fungi and lichens – activities for all ages! 1-4pm, Real Life Science Studio, John Hope Gateway, [Royal Botanic Garden](#), Inverleith Row. Free and unticketed. Also at same times on Sunday 11th October.



Nothing But The Poem: Rita Dove. Join poet **Kate Hendry** for one of two *Nothing But the Poem* sessions discussing the work of the poet Rita Dove. Read and talk about a selection of poems by the poet – but please note: the poet being discussed will be there in print only! 11am-12.30pm or 2-3.30pm, [Scottish Poetry Library](#), 5 Crichton's Close. Tickets cost £5/£4 and may be booked via eventbrite [here](#).

Plants From The Woods and Forests of Chile: a new exhibition featuring a selection of unique watercolour paintings commissioned for the RBGE's upcoming limited-edition publication *Plants from the Woods and Forests of Chile*. 

Showing the remarkable diversity of plants associated with this beautiful part of the world, the paintings attest to the skill of three award-winning artists **Gülnur Ekşi, Işık Güner** and **Hülya Korkmaz**, and highlight the important research and conservation work undertaken by the **Royal Botanic Garden Edinburgh**. 10am-4.45pm (closing 3.45pm November-January and 5.45pm in March), John Hope Gateway, [Royal Botanic Garden](#), Inverleith Row. Free and unticketed. Ends 6th March 2016.



Balerno Farmers' Market: fresh and locally produced meats, cheeses, vegetables, award winning breads and fresh fish. The **Balerno Music Festival Busk** will take place during today's market – a stream of talent will occupy the Main Street and you can help select the winning act! Free entry for performers and audience; if you'd like to perform at the Festival Busk then either contact the festival organisers via their website [here](#), or simply turn up on the day. Market: 9am-1pm, Festival Busk: 10am-12.30pm, **Main Street, Balerno**.



SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL

Find Your Voice and Feel Good! Join singer/songwriter and choir leader **Kim Edgar** for an energising, feelgood group singing workshop. Participate in hilarious warm-ups, learn pop, folk and world songs, experience a sense of belonging and get a real buzz. 2pm, [Scottish Storytelling Centre](#), 43-45 High Street. Tickets cost £8/£6 and may be booked in person, by calling the Box Office on 0131 556 9579 or online [here](#). Everyone welcome. This event is part of **SMHAFF (Scottish Mental Health Arts and Film Festival) 2015**.





Balerno Village Screen – there are two screenings today, each shown as part of the **2015 Balerno Music Festival**:

(1) At 2pm, ***Into The Woods* (PG)**, a modern twist on the beloved **Brothers Grimm** fairy tales in a musical format that follows the classic tales of *Cinderella*, *Little Red Riding Hood*, *Jack and the Beanstalk*, and *Rapunzel* – all tied together by an original story involving a baker and his wife, their wish to begin a family and their interaction with the witch who has put a curse on them;

(2) At 7.30pm, ***Northern Soul* (PG)**, a surprise top 10 hit at the box office and winner of the **NME Award for Best Film**, the film tells the story of a youth culture in the 1970s which changed a generation – a nightclub-based movement which developed in Northern England. Edinburgh Northern Soul DJ **Rich Shearer** will be playing from 7pm, so please come early if you would like to listen to some music before the film.

Both films will be shown at Ogston Hall, [Balerno Parish Church](#), Main Street, Balerno. Free tickets are available from the **Mill Cafe** and **Balerno Post Office** or via eventbrite. **Balerno Village Screen** is a community cinema, free to attend and funded by donations. If you can no longer attend after booking, please cancel your ticket to allow someone else to see the film.



James Hugonin: Binary Rhythm (1), (c) the artist




James Hugonin – Binary Rhythm: Paintings 2010-2015. An exhibition celebrating the completion of the *Binary Rhythm* sequence; seven of the nine large paintings that Hugonin has made over the past six years will be shown, all identically sized and each continuing the artist's unique exploration of the dualities of order and chance within a very personal approach to abstract painting. Hugonin has been working in this way for the last thirty years and each new painting employs his now familiar language of tiny rectangular marks, applied in their thousands, colour by colour, within a grid onto a *gessoed* ground. Each work is painted over many months and evolves gradually from the last with increasingly complex and surprising results. 10am-6pm, Monday to Saturday, [Ingleby Gallery](#), 15 Calton Road. Ends 21st November 2015. The continuing importance of music to Hugonin's practice will be celebrated in a concert on Friday 30 October; for further details please contact the gallery on 0131 556 4441.



What's The Noise: live local talent. 'Adrenaline groove for the soul' from **Ayakara**, indie rock & roll from **Common Ground**, plus **Kapauldies Garage**. For ages 14+. 7-10pm, [Cabaret Voltaire](#), Blair Street. Tickets cost £6 and are available from

all performers or from Tickets Scotland (transaction fee applies) [here](#).

Naked Aye Art: *Shapes That Shift Desire: Wings of Desire* (12) screening event. Damiel and Cassiel are angels who watch over the city of Berlin. They travel unseen – invisible – able to listen to people's thoughts and watch their movements, but unable to interact with their world – and unable to feel what they feel. Damiel's desire for a beautiful trapeze artist leads him to choose to be human, to sacrifice eternity for  the ability to touch and be touched, and to feel pain and pleasure. Director: **Wim Wenders**. The screening will be followed by an opportunity to respond creatively through poetry, music, dance and discussion. 6.30pm, Third Floor, [St Margaret's House](#), 151 London Road. Free.



Edinburgh Society of Musicians: George Todica (*piano*) plays Ravel, Enescu and Beethoven *Concerto No.4* with Daniel Rodriguez Hart (*piano*), 7.30pm, [Edinburgh Society of Musicians](#), 3 Belford Road. Free. The Edinburgh Society of Musicians has been promoting practical music-making in Edinburgh since 1887; chamber music recitals are given every Saturday evening from early October until the end of June. The Society attracts a variety of performers, from students in search of experience to accomplished amateurs and professionals, well known Scottish or international musicians; if you would like to perform, please contact John Bryden at jobryd2@aol.com and include your telephone number.





Luminate: Dance Base's Prime and Scottish Elders' Company: Tarn and Words Unspoken feat. The Gold Company: Air Kiss and Pop Art. There are over 1,800 years of life between these dance companies. A first tour by two remarkable new elder groups, PRIME from Dance Base and Scottish Ballet Elders' Company, joined today by international guests from Australia The GOLD Company. Choreographers include **Angus Balbernie** and **Winifred Jamieson**. 'Expect to be moved, exhilarated and entertained'. 8pm, [Dance Base](#), 14-16 Grassmarket. Tickets cost £5. For more information and to book please call Dance Base on 0131 225 5525 or email dance@dancebase.co.uk.





Edinburgh Spanish Film Festival ends today, with three films, all showing at [Filmhouse](#), Lothian;

(1) at 3.45pm: **Map/Mapa (PG)** (in Spanish with English subtitles) (see listing for Tuesday 6th October);


(2) at 5.45pm: **Living is Easy with Eyes Closed/Vivir es facile con los ojos cerrados (15)** (in Spanish and Basque with English subtitles) (see listing for Sunday 4th October);

(3) at 8.30pm: **Sidetracked/Las ovejas no pierden el tren (12A)**. An optimistic comedy about how a group of friends in their forties face the challenges experienced by many in present-day society: the lack of jobs and opportunities, the search for a better life and love stories that are rarely 'forever'.


Tickets may be purchased from the Filmhouse box office in person, by calling 0131 228 2688 or online; prices vary.



Edinburgh Spanish Film Festival Closing Party: with live show by Spanish pop duo **SINGLE** (Elefant Records) 'a musical project that has no boundaries other than curiosity, inquisitiveness, and the desire to find new paths. Sometimes they are intimate and beautiful; other times, danceable and fun'. 10.15-11.45pm, [Traverse Theatre](#), 10 Cambridge Street. Free admission with festival cinema ticket.

 **Limbo: with special guests Dead Boy Robotics + Roy's Iron DNA + Miracle Strip.** Edinburgh's Dead Boy Robotics mix the electronic/dance style of acts such as Nathan Fake and James

Holden (Border Community) with the avant-punk aesthetic of Liars; Roy's Iron DNA are an indie band based in the Scottish Borders, and Miracle Strip are 'a fun new Glasgow duo doing the new wave thing with verve'. For over 18s only. 8pm, [Voodoo Rooms](#), West Register Street. Tickets cost £6/£4 in advance via eventbrite [here](#), more on the door (sta).

Irie Yo-Yo + Screaming Target + Dr No's Club: an evening of  live ska and reggae followed by Dr No's resident DJs and special guest **Lloyd Miller**. 7pm-3am, [Henry's Cellar Bar](#), 16a Morrison Street. £5 (or £4 for Dr No's on its own before 12 midnight, £6 after midnight).

Faith, Hope & Charity: a concert by **Vox Coelestis** in aid of **St Columba's Hospice**. Conducted by ex-King's singer **Nigel Short**. Vox Coelestis performs purely to raise money for charities; its singers are drawn from the UK's top cathedral and chamber choirs. The concert will also include performances by the internationally-renowned pianist and organist **Jeremy Filsell**, who is based in Washington DC. 7pm, [St Mary's Episcopal Cathedral](#), Palmerston Place. Tickets cost £10/£8 and may be purchased [here](#).



Five things you need to know today



- Edinburgh Community Cafes
- Grassmarket Fun Foodie Day

- Gordon Macdonald MSP
- D M Hall staff skydive for CHAS
- Holiday fun at Newkirkgate Shopping Centre

There are 43 community cafes in Edinburgh. Do you know where they are? Now there is a map on the website to show you exactly where they are. [Click here.](#)

As part of the Edinburgh Restaurant Festival The Grassmarket are hosting a fun foodie day for all the family on **Saturday 10th October**, featuring entertainment, demos and tasty offers throughout the day.

[Read more here.](#)



Gordon Macdonald MSP who represents Edinburgh Pentlands has scheduled his surgeries for the next few months. Click on the image to go to his parliamentary page.





They are masters of all they survey. But the surveyors and their colleagues from DM Hall LLP had a whole new perspective last week-end when they hurled themselves out of a small plane at 10,000 feet for a charity skydive.

Their hearts were certainly in the right place, but they were also in their mouths as they lined up for an “only-the-brave” jump at Errol Airfield in Perth to raise funds for the Children’s Hospice Association Scotland (CHAS).

Nine staff from DM Hall, one of Scotland’s leading firms of independent chartered surveyors took part in the courageous leap with a target of £5000 for CHAS, the firm’s chosen

community investment partner. So far the leap has raised almost £8,000 with funds still coming in.

The firm has raised tens of thousands since it entered into partnership with CHAS in March last year and partners and staff across its 25 Scottish offices are keen to keep the funds coming.

Heading the DM Hall Daredevils was Eric Curran, managing partner of DM Hall, whose track record of charity stunts includes doing a bungee jump dressed as BananaMan last July. In the event, however, the pilot of Eric's aeroplane decided there was too much cloud cover for a safe jump. He will make a further attempt on Sunday 18th October.

But that did not stop DM Hall staff, Laura McNee, Toni Robb, Ken Topping, Julie Charles, Steven Graham, Paula Reilly, Michael McIntyre, Laura Stenhouse and Wallace Kidd making the leap of faith for CHAS.

Eric Curran said: "There can be no more worthy community cause in Scotland than CHAS and our staff have thrown themselves with enthusiasm into raising the huge sums of money CHAS needs to do its vital work."

CHAS, a charity that provides the only hospice services in Scotland for children and young people with life-shortening conditions, supports more than 350 families in Scotland. It is funded mainly through the generosity of supporters who help to raise more than £9 million each year to permit it to provide its vital services.

DM Hall's 250-strong team has participated in a huge range of fundraising events including the Aberdeen Kiltwalk and the Hell of the North road cycle race. Others have run half marathons, and the offices raise funds throughout the year.

CHAS chief executive Maria McGill said: "It is firms such as DM Hall and their committed and supportive staff who make it possible for CHAS to continue to make young people's lives across Scotland just a little bit easier."

Anyone wishing to back the DM Hall Skydive team can access the group page at Just Giving for CHAS, <http://www.justgiving.com/teams/DMHallskydive>.

Looking for something spookily fun to do during the October school holidays? Visit Newkirkgate Shopping Centre to take part in two Halloween-themed activities!

On **Wednesday 14th October**, a Crackling Crafts workshop will provide a chance for youngsters to create Halloween pictures, face masks and accessories for their guising outfit.

On **Thursday 15th October**, the Newkirkgate Halloween B00tique will open its doors! Providing inspiration for guising outfits, visitors can try on different Halloween costumes, listen to Halloween stories, play Halloween-themed games and pick-up some tasty Halloween treats!

No need to sign-up. Events are drop-in, so attendees can pop along anytime during 12-3pm both days.

Visit <http://newkirkgate.com/> for more information or follow them on Twitter at @newkirkgateSC

Sign up here for a daily email from The Edinburgh Reporter !
[mc4wp_form]



If you are reading this article in print and would like to visit The Edinburgh Reporter website then simply scan the QR code above with a smartphone or tablet.

East of Scotland Shield tie on Saturday at Tynecastle



Hibs will face city rivals Hearts in the East of Scotland Shield on Saturday at Tynecastle – the second oldest cup competition still competed for in Scotland.

The under-18 squads from both clubs will play for the honour

of holding the trophy, with Hibs winning the last ten editions of the historic competition.

Last time out Hibs won 2-0 at Easter Road in May 2014, with Jordan McGregor and Oli Shaw getting on the score sheet for the side as they completed a magnificent 10 victories in a row.

Now Hibs will look to turn it up to 11 under Academy Coaches Grant Murray and Lee Makel on Saturday 10th October in Gorgie, with an 11am kick-off.

The Main Stand at Tynecastle will be open to spectators with fans are encouraged to come along to catch a glimpse of some of Edinburgh's brightest footballing talents.

The Hibs' support that are planning to go to the game will be housed in the north section of the main stand, with turnstiles opening at 10am. Tickets are priced at £5 for adults and £2 for concessions and cash turnstiles will be in operation at the ground.

Theft of mountain bikes from Kaimes School



Police are appealing for witnesses following a theft from a school in the south of the city.

The incident happened sometime between 12pm on Friday 4th October and 12pm on Monday 7th October at the Kaimes School in

Gracemount.

A secure container was broken into and nine Nevada Fuji 1.9 mountain bikes were stolen from within.

One of the bikes was subsequently recovered on the grounds, but the others remain outstanding.

Anyone who can assist officers in tracing those responsible is asked to come forward.

The missing bikes are all black in colour with yellow piping and have a combined value of £2,400.

Sergeant Stephen Cairns said: "The Kaimes School provides vital support, assistance and education for children with additional needs requirements and the bikes were an important tool for their learning and development.

"Pupils are regularly taken out in the local community and to the Glentress Mountain Bike facility and all will be deeply disappointed at this cruel and opportunistic theft.

"I would ask that anyone who remembers seeing anything suspicious around the school or can help us locate the bikes contacts police immediately."

Those with information can contact Police Scotland on 101 or alternatively the charity Crimestoppers on 0800 555 111.

Crime syndicate sentenced to 50 years in prison



A crime ring that distributed in excess of £3 million worth of

Class A and B controlled substances throughout Fife, Tayside, Edinburgh and Ayrshire have today been collectively sentenced to nearly 50 years in prison.

Stephen Nisbet, who with the assistance of others, operated a drug empire throughout Scotland from his cell in HMP Edinburgh.

Nisbet has today been sentenced to a further 12 years in prison. His brother James has also been sentenced to 10 years. Five others have also been sentenced today (Friday, October 9) at Glasgow High Court.

This conviction is the result a Police Scotland covert operation, Operation Lapstone, which has been led by the forces Organised Crime and Counter Terrorism Unit (OCCTU). 66 people have been arrested during this long-term operation.

The operation ran for seven months and led to the dismantling of a major and established crime group.

Police Scotland worked in partnership with the Scottish Prison Service and Nisbet has since been removed from HMP Edinburgh and is now housed in a different part of the prison estate.

Operation Lapstone is an example of the modern era of policing in Scotland, where a number of police officers have come together from different areas, deploying specialist resources to vigorously pursue criminals and bring them to justice.

OCCTU Detective Chief Inspector Colin Boyle said: "Serious organised criminals undermine the efforts of those that are trying to make an honest living.

"Nisbet, along with others, ran a drug empire throughout Scotland. Operation Lapstone did not just disrupt this empire – it dismantled it.

"As an organisation we are committed tackling the sale and supply of drugs in our community and this continues to be a

top priority for Police Scotland.

“We will not tolerate this type of anti-social behaviour and we will continue to hold those who peddle drugs in our community to account and bring them to justice.”

Concern for missing Berwick woman Katie Grout



Police are appealing for help in tracing a missing 23-year-old Berwick woman.

Katie Grout from Goldstone in the town left her home at approximately 7am on Thursday, October 8.

She is described as white, 5 feet 5" tall, very slim build, with shoulder length brown hair with a small scar under her chin.

She was wearing black and white checked trousers, black long sleeved top and grey boots. Katie left home driving her silver Vauxhall Corsa car registration DY61 HJJ.

She was spotted near Harthill Service Station on the M8 and is believed to be travelling in Scotland.

Police are concerned for her welfare and are carrying out enquiries to locate Katie.

Officers are appealing for Katie to make contact with them, or anyone who recognises her to call police straightaway.

Anyone with information is asked to contact Northumbria Police

on 101 ext 69191 quoting log number 251 of 08/10/15 .

Woman pushed down escalator at Waverley Station



Police are appealing for witnesses after a woman was assaulted in the city centre yesterday.

The 23-year-old was making her way down the escalator leading from Princes Street to Waverley Station at around 5.40pm when a male intentionally pushed her causing her to tumble almost to the bottom.

As a result she was knocked unconscious briefly and was treated by the Scottish Ambulance Service but declined further treatment.

Officers are currently following a positive line of inquiry but are asking anyone who can assist with their investigation to come forward.

The suspect is described as white, early twenties, 5ft 6ins tall with a regular build, short flat black hair and pale skin. He was wearing a white polo shirt, blue tracksuit bottoms and trainers.

Sergeant Dave Hughes said: "This was an unprovoked assault, could have had far more serious consequences and left the victim with more serious injuries.

"The Princes Street and Waverley Station area are always extremely busy and there would have been several members of

the public around who may have witnessed this incident.

“I would therefore ask that anyone who can help us with our ongoing inquiry contacts police immediately.”

Those with information can contact Police Scotland on 101 or alternatively the charity Crimestoppers on 0800 555 111

Letter from Scotland



A glass of cheer or
catastrophe

Sometimes I regret being tee-total, but not this week. Edinburgh is hosting a world conference on alcohol policy with 500 experts from Europe, Asia and America all considering the question – how do we stop drinking ourselves to death ? They calculate that 3.3 million people across the world die each year from alcohol related causes. And a lot of Scots are among them – 1,152 last year.

We are one of the world's hard drinking nations. We buy a fifth more alcohol per head than the English or the Welsh. And we tend to drink it in those famous weekend binges. According to Scottish government statistics, half the men in Scotland and a third of the women drink more than the recommended amount of alcohol each week. It costs our economy £3.6 billion in lost production, NHS costs, social work spending and petty crime – that's £900 per taxpayer. Three quarters of young offenders are drunk at the time of their crime.

A lot has been said about Scotland's "relationship" with alcohol. The Scottish government says it's taken 40 measures,

so to speak, to reduce alcohol consumption. Among them is the lowering of the alcohol limit for driving from 80mg per 100ml of blood to 50mg. Even in my limited experience, this has changed social habits quite markedly in the last few months – people will not even take half a glass of wine if they are driving home.

Then there is the vexed issue of minimum pricing – making it an offence to sell alcohol at less than 50p/unit, raising the price of 60 per cent of drinks sold in off-sales and supermarkets. But, despite being the will of parliament, this policy has been held up for the past two years by a legal challenge from the Scotch Whisky Association.

So this “relationship” is indeed a very liquid one –flowing in difference directions at the same time. On the one hand, a good drink can quench a thirst, quicken a friendship, jolly an occasion, ease a pain, drown a sorrow. But, taken in excess, it can deepen a depression, cloud a judgement, ruin a liver, soil a pavement, commit a crime. And many Scots seem not be able to drink in moderation, we either drink too much or not drink at all.

In one respect at least, the Scottish Government has been drinking a toast to the Chancellor of the Exchequer. George Osborne announced at the Conservative Party conference on Monday that he was loosening the purse strings on infrastructure spending. This will mean £500m more for Scotland and we wait to see which road, rail, water projects will get the go-ahead as a result.

We also wait to see if the Conservatives can recast themselves as “the People’s Party” in Scotland, as they are trying to do in Jeremy Corbyn’s England. The party leader here, Ruth Davidson, has predicted “a record number” of Conservative MSPs in the Scottish parliamentary elections next May. But there are several Munros for the Tories to climb between now and then – not least the divisions over Europe and immigration,

the continuing strength the SNP in the opinion polls and the re-emerging Labour Party.

One piece of infrastructure which hit the news this week was the new bridge being built across the Forth. Workers found what looked like old explosives at a demolition site they were clearing just north of the bridge. The existing Forth bridges had to be hurriedly closed for an hour on Wednesday while a controlled explosion was carried out. Roads around the area will be closed again on three weekends later this month to allow work to be done on the feeder roads to the new £1.6 billion crossing.

And more infrastructure news – I can report that the new £300m Borders Railway is well worth a day out. For £11.20, off-peak return, we were treated to 30 miles of beautiful rolling countryside and a smart new terminus at Tweedbank. The train seemed to be well used, indeed, it had double the expected number of passengers in the first month. It's just a pity there is hardly any room for bikes, a fault on all Scot Rail services.

We learned this week that Tweedbank is to be the permanent home for the Great Tapestry of Scotland. Councillors have approved a special £6m visitor centre to house the history of the nation, stitched in 165 pictures.

One picture it will not contain is Scotland competing in the European football finals. With typical and exasperating bad luck, we went out in a two-all draw with Poland that was oh so close. We were 2-1 ahead when the Polish magician Robert Lewandowski scored with the last kick of the game. The crowd at Hampden Park sank into the ground and have not been seen since.

Another man who saw his hopes sink without trace was the English yachtsman 82 year-old Julian Mustoe. His 25ft boat, the Harrier, ran into stormy weather 100 miles off Shetland on

Wednesday and lost its steering. Mustoe himself was rescued, but his boat sank while under tow to Norway.

He had lived alone on board the Harrier for the last ten years and had sailed round the world, following in the wake of Charles Darwin's voyage of the Beagle. He was hoping to have one last adventure, tracing the old Hanseatic League trading routes around the Baltic. "I'm beginning to think my luck has run out," he told reporters. "What I'm going to do with myself I don't know."

I think he should allow himself a little drink and retire to a country steeped in dreams of what might have been. (or maybe someone should start a fundraising campaign to buy him a new boat? Ed)

Suspicious fire at Haddington Place construction site



Police are appealing for witnesses following a suspicious fire at a construction site within the city.

The incident happened at around 10.40pm on Wednesday 7th October at the premises in Haddington Place where new student accommodation is being built.

Subsequent enquiries have established that the fire is believed to have been started deliberately resulting in significant destruction to the lower ground floor of the building.

It is estimated the cost of the damage will be in excess of

£250,000.

Detectives are keen to trace three teenagers who were seen in the area around the time of this fire and anyone who can help identify them is asked to come forward.

The first youth is described as male, white, 14-17-years-old, 5ft 6ins tall with a heavier build and short brown hair. He was wearing a light-blue hooded top with a logo on the chest.

The second youth is described as male, white, 14-17-years-old, 5ft 6ins tall with a thin build. He was wearing a baggy light-grey hooded top with the hood up and matching grey jogging bottoms.

The third youth is described as female, white, 14-17-years-old, 5ft 5ins tall with a heavier build, pale complexion and purple/reddish hair tied in a ponytail. She was wearing a mid-length black jacket.

Detective Constable William Doughty said: "This construction site is the location for new student accommodation and the developers are understandably upset at the level of damage caused and the obvious delays this fire will have on their completion date.

"The three teenagers seen within the area are of great interest to this investigation and anyone who can assist us in identifying them should contact police immediately.

"I would also urge anyone with any further information relevant to this investigation to get in touch."

Those with information can contact Police Scotland on 101 or alternatively, the charity Crimestoppers on 0800 555 111.

Black & Lizards celebrate 185 years of business



The well known opticians Black & Lizards celebrate 185 years in the business this week.

Today in their flagship Frederick Street store they had cake which Managing Director Geraldine Wood is holding aloft in our photo above. Wood was appointed MD earlier this year and has been with the company almost 12 years.

The store is fully accessible with a ramp outside and lift inside to take any customers with limited mobility to their examination rooms. Children are not forgotten as they have their own dedicated space downstairs where they can be assessed for their new glasses.



The company has a venerable history. It supplied cameras to tea magnate **Sir Thomas Lipton** and one of the inventors of the television **John Logie Baird**, as well as photographic supplies for **Queen Victoria** and the **Queen of the Belgians** .

But Black & Lizards is also a company which has always looked to the future, and it will also be celebrating its position at the forefront of optical technology, as a leader in ultra-wide retinal scanners and Nikon spectacle lenses for the digital age

This is the story of a remarkable Scottish company, which has been satisfying customer demands for nearly two centuries and now has two dozen stores across Scotland and Northern Ireland.

Two men arrested following number of thefts and assaults in Edinburgh



Police have arrested and charged two men, aged 21 and 18, following four thefts and two assaults.

Around 8am on Tuesday 7 October, officers were called to Allanfield following a report that two men in possession of a hammer were attempting to break-in to vehicles.

Local officers, officers from the Vehicle Crime Team, and a dog handler all attended and an 18-year-old was apprehended at the scene. A 21-year-old was subsequently traced and arrested.

Both were charged in connection with the theft of a Honda CBF Motorbike, a pedal cycle, a theft from a taxi and a theft from a Renault Clio. They were also charged in connection with an assault of a man aged 27 and a further assault on a 28-year-old man.

They appeared at Edinburgh Sheriff Court yesterday.

DI Alan O'Brien said: "Through Operation RAC we are continuing to use all available resources at our disposal to pursue perpetrators of acquisitive crime and put them before the courts.

"I would urge the public to remain vigilant and ensure they make their homes and belongings as secure as possible. For advice on safeguarding your property please speak to a local officer, contact Police Scotland on 101 or visit our website."

Missing Winchburgh man traced



A man who went missing from Winchburgh in West Lothian at the start of the month has been found.

Kenneth Deacon was traced safe and well last night in Livingston.

Police Scotland have issued a statement thanking the public and media for their assistance with this matter.

Fatal road collision on Comiston Road



Police are appealing for witnesses following a fatal road traffic collision on Comiston Road (Buckstone Terrace) last night.

The incident occurred around 8pm when a 57-year-old man fell into the road. He was then struck by a small dark coloured vehicle.

Upon striking the man, the vehicle failed to stop. He was found by a member of the public who contacted the emergency services. The man was taken to the Edinburgh Royal Infirmary for treatment, however was pronounced dead at a short time

later.

Police are now appealing to the public for information.

Inspector Richard Latto said: "This was a fatal road traffic collision, where a vehicle failed to stop.

"This incident occurred on a busy road and with this in mind, we are appealing for any witnesses who may have been in the area last night to come forward.

"Anyone who has information, or recognises the description of the car, is asked to contact police immediately."

Those with information can contact Police Scotland on 101 or anonymously through Crimestoppers on 0800 555 111.

Friday in Edinburgh – What's On Today



Stories Without Borders: Tapestries and Rugs. An exhibition of a series of tapestries and rugs to coincide with the **Scottish International Storytelling Festival *Stories Without Borders*** (23 October-1 November 2015). The gallery will also host a traditional storytelling event with **Linda Williamson** on Saturday 24 October. 10.30am-5.30pm Monday to Saturday, [Dovecot Gallery](#), Infirmary Street. Exhibition ends 5th November 2015.



Big Draw Art Workshop with Sara Beevers: Design A Garden Book Cover. Taking up this year's **Big Draw** theme of storytelling through drawing, create your own garden-related book cover with the library's tools, watering cans, plants, and plant pots using pencils and pastels – with Sara's guidance you can create an exciting illustration. **Please note materials are not supplied; bring pencils, rubber, pastels, sketch book or loose paper (A3 or larger – the bigger the better).** All ages and levels of experience are welcome including total beginners. 2-4pm, George Washington Browne Room, [Central Library](#), George IV Bridge. Free but booking is required and may be made via eventbrite [here](#).



Image (c) kennardphillips

Luminate Festival at Stills: join Stills' Director for a tour of the exhibition *Here Comes Everybody* by Kennard Phillips, exploring ideas around image consumption, production and camera surveillance. Followed by tea, cake and informal discussion. 11am [Stills](#), Cockburn Street. Free, no booking

required. **Luminate** is Scotland's Creative Ageing Festival and runs 1st-31st October 2015 at venues throughout the country. The full programme is available [here](#).



Lunchtime Concert: Ruth Slater (*violin*), Aaron McGregor (*violin*), Alice Allen (*cello*) and John Kitchen (*harpsichord*) play Avison *Trio Sonata in D minor* Op.1 No.1, Corelli *Trio Sonata in D major* Op.3 No.2, Stanley *Concerto in C minor* Op.10 No.4 and Handel *Trio Sonata in G major* Op.5 No.4. 1.10pm, Playfair Library Hall, [Old College](#), University of Edinburgh, South Bridge. Free.

Meet Arne and Carlos: Norwegian knitting superstars (and  fashion designers...) Arne Nerjordet and Carlos Zachrison will be at McAree Brothers to sign copies of their books and chat about their yarns. 5-6.30pm, [McAree Brothers](#), 19 Howe Street. Free but please email sales@mcadirect.com if you plan to come along. This event is sponsored by Coats Crafts UK and Search Press. Arne and Carlos will also hold a workshop on making Christmas Balls (these things retail at \$100 in some stores, so get knitting...) at the shop on Saturday 10th October; please see the shop's website [here](#) for further details and price. McAree Brothers' neighbour [Bon Papillon](#), 15 Howe Street, will also be specially open 5-7pm tonight!



Luminate: Lifting The Lid – A Dementia-Friendly Social. Visitors with dementia, their friends and supporters are invited to this Friday morning session to explore a history of Scottish cooking with storyteller **Allison Galbraith** at the National Library of Scotland. Sessions include active participation such as art activity, tactile and sensory experiences, with refreshments. 10.30am-12 noon, [National Library of Scotland](#), George IV Bridge. Free: to book please phone **Beverley Casebow**, Learning and Outreach Officer, on 0131 623 3745 or email b.casebow@nls.uk. **Luminate** is Scotland's creative ageing festival. **Library Social**, a programme of free events for people affected by dementia, is part of a new initiative between the **National Library of Scotland**, **National Galleries of Scotland**, **Royal Botanic Garden Edinburgh** and **National Museums Scotland**; contact each venue for more details, or pick up a leaflet with full listings of the autumn programme.



After School Crafts: for children aged 0-12 (children under 8 years must be accompanied by an adult). 2pm today and every Friday, [Portobello Library](#), 14 Rosefield Avenue. All welcome: for more information please speak to a member of staff, call 0131 529 5558 or email portobello.library@edinburgh.gov.uk.

Edinburgh World Justice Festival continues this week. Today's events are:

(1) Egalitarian Frames Opening Night – an exhibition which will bring to light issues which are in the spirit and theme of the festival, with photography and fine art around the principle of political, economic, social and environmental equality. This exhibition aims to explore issues where the principle of equality is not only neglected but also counteracted by factors such as globalisation and greed. Opening tonight, 5.30-8.30pm, [Whitespace Gallery](#), 25 Howe Street, then 11am-5pm daily until 15th October 2015. Organised

by **Edinburgh World Justice Festival**; for more information please contact **Malena Persson** on 07479 903 620 or email malenapersson@yahoo.co.uk;

(2) **The Yes Men Fix The World**: a film about an audacious duo, who pull off spectacular media hoaxes to expose corporate crimes and make corporate bosses look silly. Stay around after the screening for a discussion on corporate control and how we might campaign just as audaciously on climate justice in the run-up to the **COP** in Paris this November. 7pm, [Augustine United Church](#), George IV Bridge. Organised by **Global Justice Now**; for more information please contact Liz Murray on 0131 243 2730 or email liz.murray@globaljustice.org.uk.



In Focus: The Honourable Mrs Graham by Thomas Gainsborough. The bewitching picture of **Mary Graham** is forbidden from ever leaving Scotland, obliging many lovers of

Thomas Gainsborough and his time to journey to the Scottish National Gallery to pay homage to the resplendent portrait. Who was Mary Graham, and why does her portrait continue to captivate audiences over 200 years after its creation? Art historian, **Heather Carroll** will explore Mary's life and the legacy of her famous portrait. 12.45-1.15pm, [Scottish National Gallery](#), The Mound. No booking required: free, unticketed.



Naked Aye Art: *Shapes That Shift Desire* – Ten Red Plus Spoken Word. A night of eclectic, poetic and musical takes on what shakes and shifts our desires, with ten performers showcasing works as part of the Naked Aye multi-arts exhibition at St. Margaret's House, with **Rachel McCrum, Janette Ayachi, Katie Ailes, Catherine Wilson, Carly Brown, Douglas Garry, Marjorie Lotfi Gill, Joe with the Glasses, Kevin Cadwallender, Agnes Torok** and **Josephine Sillars**. 6.30pm, Third Floor, [St Margaret's House](#), 151 London Road. Free entry, BYOB.



Caesura #34: Caesura has been exploring the recesses of poetics, language and sound since 2012. Tonight: experimental writing and sonic spelunking in intimate performances by **Maggie O'Sullivan, Nichola Scrutton, Wounded Knee** and **Dominic Hale**. 7.30-10.30pm, Demonstration Room, [Summerhall](#), 1 Summerhall. Tickets cost £5/£4 and may be booked by calling the Summerhall Box Office on 0131 560 1580 or online [here](#).



SMHAFF 2015: A Bird Does Not Sing Because It Has An Answer, It Sings Because It Has A Song. This beautiful exhibition is the culmination of a series of craft workshops by the **Link Up Women's Support Centre** community, in collaboration with artist and jeweller **Fiona Hermse**. The work explores themes of support, connection, nature, transience and expression. Launch

tonight 6-8pm, then 10am-4pm Saturday 10th-Friday 16th October, Gallery 3, [St Margaret's House](#), 151 London Road. Free.



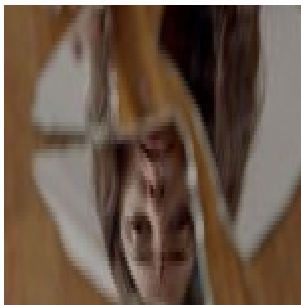
Broth: an honest exploration of the experience of elders in 21st century Scotland, told by artist **Donna Rutherford** through the tradition of soup making. *Broth* explores the rituals and revelations that trace changes in people's lives, families and wider communities through a series of personal storytelling conversations, with music by **Inge Thomson**. An original performance commissioned by the Seannachies Research Network, led by The Institute of Design Innovation at The Glasgow School of Art and funded by the Scottish Universities Insight Institute. 7.30pm (1 hour, followed by discussion), Netherbow Theatre, [Scottish Storytelling Centre](#), 43-45 High Street. Tickets cost £10/£8/£5 and may be booked in person, by calling the Box Office on 0131 556 9579 or online [here](#). Also at 2.30pm and 7.30pm (7.30 performance with BSL interpreter) on Saturday 10th October. This event is part of **Luminate:** Scotland's creative ageing festival.





Balerno Music Festival: the eighth Balerno Music Festival has a packed programme of concerts, films, cabaret, workshops, children's events, folk music sessions, the Festival Busk and a jazz party. Today's events include **Jazz at Lunchtime** with the **Roger Cull Trio**, and two concerts from the **Borders Big Band** and folk musicians and singers **Alistair McDonald** and **Sangsters** in the evening. All tickets may be purchased from [Balerno Parish Church Office](#) (9am-12 noon, Monday to Friday), Balerno Farmers' Market, or by post or online; for full booking information click [here](#). The festival ends on 11th October 2015.





Edinburgh Spanish Film Festival: films for all tastes ('from the foodies to the fanatics!'), primary and secondary school screenings, a gastronomic evening and opening and closing events. Today's films, both showing at [Filmhouse](#), Lothian Road, are;

(1) at 6pm: ***The Unexpected Life/La vida inesperada (12A)***: (in Spanish and English with English subtitles) (see listing for Friday 2nd October)

(2) at 8.30pm: ***Magical Girl (18)*** (in Spanish with English subtitles) (see listing for Sunday 4th October)

Tickets may be purchased from the Filmhouse box office in person, by calling 0131 228 2688 or online; prices vary.

LGBT Age: Dive and Luminate Present The Queerest Cabaret in Town! A timeless queer cabaret for all ages and persuasions. The night will include special guests, live performers from different generations, spoken word, music, comedy and live art, and will be hosted by **Miss Annabel Sings**. This event will be BSL interpreted. 7.30-9pm, Summerhall Old Lab, [Summerhall](#), 1 Summerhall. Tickets cost £9/£7 and advance booking is preferred; please contact the Summerhall Box Office on 0131 560 1580 or book online [here](#). **Luminate** is Scotland's Creative Ageing Festival. For more information about **LGBT Age** please

contact lynda@lgbthealth.org.uk.



Five things you need to know today



Get involved with Chronicle Online

Big poem for National Poetry Day

Edinburgh Restaurant Festival

Wiki House at Fountainbridge

Edinburgh Trams

The full list of all workshops being run at The White House on Niddrie Mains Road for the Chronicle Online is [here](#).

Anyone who lives or works or has any interest in East Edinburgh is most welcome. The first session will be this afternoon at 2:00pm



As we told you yesterday the UK's largest printed poem was unveiled in Edinburgh yesterday on National Poetry Day.

'Spiral', by Elizabeth Burns, is featured on a 25 by 8 metre banner overlooking the city's famous Royal Mile. The evocative short poem, inspired by the spinning motion of the

potter's wheel, was selected from a shortlist of five by a public online vote and will now remain on the Royal Mile until summer 2016.

The competition is part of the 'Big Words' project, a unique collaboration between the Scottish Poetry Library and Edinburgh's New Waverley development. The poem has been printed onto a huge scaffolding banner covering the façade of the historic Sailor's Ark building on the Canongate, currently being transformed as part of the area's redevelopment.

The selection of 'Spiral' as the winning poem is especially poignant for friends and family of Elizabeth Burns – and for poetry admirers across the globe. The poet, who was a descendent of Robert Burns and was educated in Edinburgh, died of cancer in August this year aged 57.



Edinburgh Restaurant Festival is here! Tuck into 10 days of 3 course lunches for £15 and 3 course dinners for £25,...

Posted by [Enjoy Edinburgh](#) on [Thursday, 8 October 2015](#)



A community-use WikiHouse being built at Fountainbridge this weekend will be the first of its kind in the UK.

The innovative and sustainable community project is located at India Quay a brownfield site in Edinburgh's Fountainbridge which in the future will become a vibrant new canalside development being led by developer EDI.

Led by the Fountainbridge Canalside Initiative (FCI), and supported by EDI, the WikiHouse will be a new community

meeting space for the meanwhile projects based at Fountainbridge.

The building of the WikiHouse will take place from today until Sunday and members of the public and media are welcome to come along to the site to have a look with most activity expected on Saturday 10am-4pm.

[Read more here](#)



Edinburgh Trams may have come in for some criticism during the building of the line, but the operation has now attracted an award.

The company has been crowned Operator of the Year. [Read more here.](#)

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