

# Queen Margaret University lecturer releases new film

*Filmmaker releases stunning time lapse in celebration of Scotland's incredible summer*

An award-winning filmmaker has just released a captivating time lapse/stop motion film which celebrates the beauty of south east Scotland.

Walid Salhab, media practice lecturer at Queen Margaret University, Edinburgh came to the attention of an international audience when his stunning time lapse/stop motion film of Scotland's capital 'Kinetic Edinburgh II' achieved over three million hits on You Tube.

Walid now wants his latest film 'Kinetic East' to be a celebration of the wonderful summer which the Scots had been longing for.

The film highlights some of Scotland's hidden treasures such as the expanse of Ravensheugh Beach in East Lothian and the waterfall at Cramond, as well as some of the better known tourist spots like the harbour at Dunbar and Aberlady Nature Reserve.

The film, which took three months to complete, was mainly shot during the days and nights of May, June and July.

Walid said: "I am lucky enough to live in such a beautiful part of Scotland, and I really wanted to capture some of the amazing evenings and sunsets which we enjoyed this summer. Part of the filming process took me to unspoiled locations, some of which I experienced for the first time. My favourite has to be Ravensheugh Beach near Tyinghame and also the viewing point at Gullane, East Lothian where I was able to

capture a glimpse of Muirfield in the lead up to the golf Open Champions.

He continued: "The great thing about this summer was the opportunity to see such incredible sunsets at our beaches. You can visit the beach ever night and have a different visual experience – the sunsets were totally different every time."

Walid's Kinetic films use a style of filming which combines the use of time lapse and the physical movement of the camera to create the illusion of motion. Kinetic East involves Walid manually moving the camera on a tripod – shot by shot. No tracks or sliders were used. The film is pieced together from thousands of high resolution photographs (23 million pixels each). One sunset scene could involve the use of approximately 600 individual images.

Walid concluded: "Kinetic East only shows a fraction of the beauty of Scotland's east coast. I really hope that people enjoy seeing all of these different areas and that it encourages them to seek out some of these wonderful locations."

At the moment, Walid is applying his filming technique to Scotland's largest arts and regeneration project – The Helix in Falkirk. A major part of this work is capturing the construction of 'The Kelpies', two 30 metre high steel-plated sculptures of horses' heads, weighing over 600 tonnes. The final sculptures will tower above the Forth & Clyde Canal, forming a dramatic gateway at the eastern entrance to Helix Park.

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# Five things you need to know today

 **Councillor plays Solitaire at Petitions Committee – Penguin Cam – The Edinburgh Reporter's Weekly Sports Round up – Southsiders – Flodden**

The council's petitions committee is one of those which is filmed, which is unfortunate if you are Councillor Jeremy Balfour who was caught on camera playing Solitaire during the discussion about banning cycling on the pavements during last week's meeting.

The Edinburgh Evening News revealed this story with an excerpt from the video which we have for you here:-

The Edinburgh Reporter asked Councillor Balfour what he had to say. He said:- "I can only apology for doing this. It was wrong and will not happen again."

Jeremy Balfour is the former Conservative Group leader but stepped down from that position to take up a role as Convenor of the Governance, Risk and Best Value Committee. That committee is responsible for the development of draft corporate debt and anti-fraud policies at the council along with improvements in the key financial systems used to run it. [Councillor Balfour](#) studied law and then theology before becoming a councillor in 2005.

The petition being discussed at the time of his apparent inattention was the possibility of a ban on pavement cycling by someone over the age of 12. The petitioner Alison Adamson Ross spoke at the meeting, but it is clear from the [webcast record](#) of the meeting that Councillor Balfour did not make any spoken contribution, despite the fact that his Ward of Murrayfield neighbours the area of Haymarket which is where

the petitioner has her kilt business.

Mrs Adamson Ross raised the matter of cycling on pavements in the light of discussions held during the tram works with local businesses in the Haymarket area, and the dangers which this poses to pedestrians. She related the story of one blind lady who had stopped for a rest at a bus stop and who was then given a scare by a passing cyclist.

The petitioner pointed out that the local authority is responsible for traffic and for pedestrians and cyclists within their area, but admitted that The Scottish Government would also have a role in this if a change in the law was needed.

Mrs Adamson Ross said:-“From my understanding it is the council who are responsible for the pavements. Without doubt health and safety is an issue that we deal with in our everyday lives but walking along a pavement in complete safety is a basic requirement and we should not need legislation to make this a reality.”

She then mentioned that in May 2011 she had discovered that the council investigated the possibility of allowing cyclists to use the pavements in a shared use initiative, and that 5% of the council's transport budget is devoted to cycling which is almost £1m.

“In one half hour period 10 cyclists were photographed on the pavement on Clifton Terrace at Haymarket. My customers come from all over the world and I am appalled at the reaction from the visitors to this city. It is an embarrassment. The signs are not working; polite signs do not work.”

The petitioner explained that in England the police have the authority of issuing fixed penalty notices to cyclists who ride on the pavements or who go through red lights and she suggested that environmental wardens could be enlisted to help enforce this.

A council official explained the difference between an adopted and unadopted roads. An adopted road is one which the council maintain. In terms of legislation there are definitions of footpath or footways, and it is illegal for people to cycle on these. Enforcement of this does not sit with the council as the legal power to enforce sits with Police Scotland.

Cycling is allowed on what is known as the Core Path Network as defined by the Land Reform Act, and includes areas such as The Meadows and Portobello Promenade.

Councillor Edie asked when Haymarket is likely to reopen, and he enquired about the existing powers to enforce and the number of people caught in this way. The answers were initially inconclusive, but it is obvious that the situation at Haymarket will depend on completion of the tramworks.

[In Leith](#) the police did try to enforce the guidance on no cycling on the pavements on Leith Walk in May 2012, although we do not have any statistics on how successful that was. The Police Scotland representative at the Petitions Committee said that there is an Edinburgh-wide initiative planned for the end of the month, just ahead of the autumn and the darker nights.

Councillor Jim Orr who leads on cycling matters for the council, responded to the petitioner that Shandwick Place should be free of works by October which ought to help matters, but he recognised the problem arising from cyclists using the pavements. He said:-“We have an education and marketing campaign as to where the cycle path network is and we work in partnership with the police who stop cyclists without lights for example. We then provide them with a light, and use a light touch approach rather than enforcement. If we had well-designed roads then the cyclists would use these, and so the more we can improve the roads intelligently for cyclists, the fewer will use pavements. We are doing a lot but we do not condone cycling on pavements at any time.”

The committee decided that the petition would be referred to the Transport and Environment Committee to request that they highlight the matters discussed in their action plans. They will also ask Neighbourhood safety groups and Neighbourhood Partnerships to take action at a local level.

It was the [Edinburgh Guardian](#) in the shape of journalist Michael MacLeod who caught out former councillor Eric Barry when he was playing Sudoku during a full council meeting when the disastrous Gathering was being discussed and the future of council leader, Jenny Dawe and her deputy, Steve Cardownie was being questioned in a motion of no confidence.

Since then councillors have been supplied with iPads at a one-off cost of £18,000 in a 'spend to save' initiative by the council. In May 2012 the council announced that they would be issuing all councillors with the devices as it would save around £200,000 and 1 million sheets of paper each year.

Council meetings are now run on a paperless basis, and all councillors now seem skilled at using them. Often they can be heard beeping during meetings, so it appears that some councillors have yet to discover how to turn the sound down, but it appears that generally the move has been an organisational success as well as a financial one.

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The panda cam at Edinburgh Zoo has been turned off just now while the world awaits news of the birth of a panda cub. There is still no definite news that Tian Tian the female panda is pregnant, but we are all crossing our fingers.

In the meantime you have to make do with the [Penguin Cam](#) for entertainment!



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The Edinburgh Reporter's Weekly Sports Round up is back! John Hislop who is in charge of this has returned after a spell of ill health. We are so glad to have him back and would urge you all to read the [weekly report](#) on Edinburgh's sport. If you play or watch a sport that you think should be included then do let us know. [theedinburghreporter@gmail.com](mailto:theedinburghreporter@gmail.com)

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We interviewed photographer Peter Dibdin about the wonderful Southsiders project which was launched at the weekend. This is an exhibition of 9 portraits around The Causey which is in our main photograph today. They have also published a very good newspaper which we would recommend you get your hands on (it's free!) and have a very well-designed website with audio from all the interviews too.

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The Riding of the Marches in Edinburgh yesterday had a particular significance as today marks the 500th anniversary of Flodden. We weren't around to take any photos but there is a lovely selection here on [Flickr](#).

*The Lord Provost Donald Wilson wrote on his blog last week how much he was looking forward to the event:-“This ancient tradition was performed from 1579 until 1718, when the Provost, Bailies and members of Council gathered at the Provost's house before setting out to inspect the Marches of the Common Land. Whilst the format is no longer the same as it was, this is still an important and colourful event in Edinburgh's calendar and I am proud to be playing a role in honouring those who sought to protect the integrity of Edinburgh's Common Land, in this the 500th anniversary year since the Battle of Flodden.*

*This year, Ride Captain Stuart Nicoll will carry a replica of the 'Blue Blanket' Banner, which is the affectionate name for the 'Standard of the Crafts with the Burgh' of Edinburgh. Legend has it that the blanket (hand embroidered by Queen Margaret) was presented to the craftsmen of Edinburgh by King James III after they rescued him from imprisonment in Edinburgh Castle.”*

Earlier today the battle was commemorated at St Giles on the High Street.

[#OnThisDay](#) in 1513 the Battle of Flodden was fought in [#Northumberland](#) and changed the course of British history  
<http://t.co/Uv55w0d4hg>

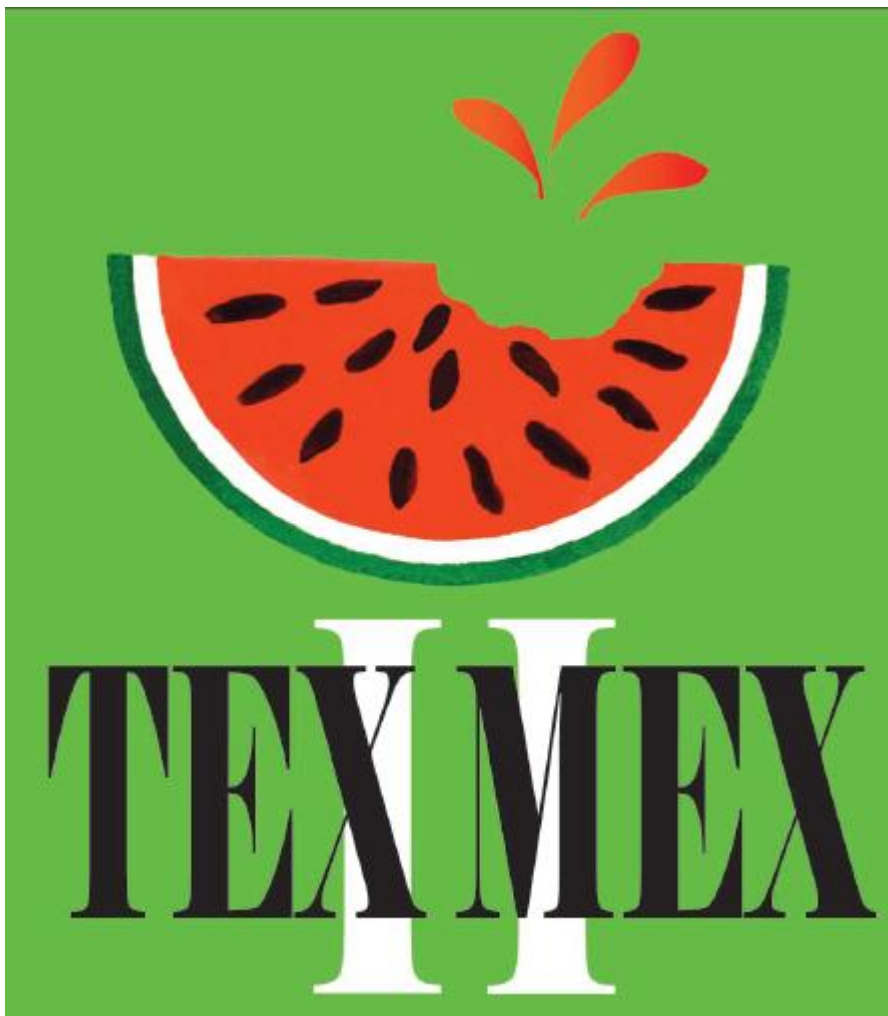
– Keith Merrin (@kmerrin) [September 9, 2013](#)

*Scotland's clan chiefs outside St Giles, commemorating 500th anniversary of the Battle of Flodden. <http://t.co/VKX6yn9MQA>*

*– David Cowan (@stvdavidc) [September 9, 2013](#)*

*How James IV became Scotland's forgotten king after dying at Battle of Flodden, exactly 500 years ago <http://t.co/IHbNqtzwSh>*

*– BBC News (UK) (@BBCNews) [September 9, 2013](#)*



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# Edinburgh Pharmacy Robbery Attempt – Couple Jailed



A couple, who held customers and employees at an Edinburgh pharmacy against their will, have been jailed.

Russell Irvine and Helen Paterson were sentenced to six and five-years in prison respectively at the High Court in Aberdeen today (Monday). They will also spend a further five years on licence following their release.

The pair walked into the premises on the evening of Wednesday 15th May and produced a knife before attempting to rob the shop, while refusing to let anyone leave.

Police responded to the area and eventually forced entry into the pharmacy, using an electronic incapacitating device to subdue 32-year-old Irvine in the process.

Paterson, 33, was taken to hospital after falling ill during the incident. She was later released and was subsequently charged along with Irvine before both pled guilty to the offences in August.

Chief Inspector Bob Paris said: “Russell Irvine and Helen Paterson subjected the staff and patrons within the pharmacy to a terrifying ordeal, which lasted a number of hours before police could bring a safe conclusion to the incident,

“Whatever the motives for their actions were, the distress and fear they caused their victims was inexcusable and the sentences handed to them today are a reflection of how seriously police and Crown Office view incidents like this.

“I sincerely hope all of those who were detained by Irvine and Paterson within the pharmacy can now put the matter firmly behind them.”

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## **24 Hour Police Initiative Targets Offences Relating To Seat Belts**



People who put their lives at risk by failing to do the straightforward task of securing their seatbelt will find themselves the focus of a 24-hour Police Scotland initiative on Wednesday (Sep 11)

Police officers across the country will be involved in the day of action aimed at Keeping People Safe on Scotland's roads by targeting offences related to the use of seat belts and child restraints.

The initiative is part of Police Scotland's year-round commitment to reducing the number of casualties on our roads and supports a wider pan-European seat belt campaign.

Seatbelts save lives. Indeed, it is estimated that one in three people killed as a result of their vehicle being involved in a collision were not wearing a seat belt and that half of those people could have been saved if they had worn one.

Since April 1 this year, Police Scotland has detected more than 18,000 people who were not wearing a seatbelt or who failed to properly restrain a child in a vehicle.

Inspector Grant Edward, Head of Road Policing Unit in Tayside Division, said: "It's disappointing that there are still high numbers of people who choose to take unacceptable risks and endanger their lives by not wearing a seat belt.

"It's easy to get the impression that you are travelling safely when you are sitting comfortably inside a moving vehicle. That's an illusion that is instantly shattered if for whatever reason the vehicle stops sharply and you are not wearing a seatbelt.

"You will be left in no doubt as to how absolutely independent from the vehicle you really are as you continue to travel at around the speed the vehicle was travelling before it came to a halt. You will come to a sudden stop but only as a result of impacting with what is in front of you – be it the steering wheel, the dashboard or the windscreen.

"The consequences could be fatal and certainly far more serious than if you were wearing a seatbelt."

According to Road Safety Scotland:

'Your risk of a fatal injury is reduced by 50% when you wear a seatbelt. They are described as 'the single most effective feature in the car to fulfil this role.'

'All other safety features in cars, such as airbags, are only designed to work when the occupant is wearing a seatbelt.'

'£100 is the cost of the conditional offer fixed penalty ticket you will be issued if you are caught not wearing your seatbelt. A driver is also responsible for children aged less than 14 years who are not properly restrained.'

Inspector Edward added: "It could not be clearer – seat belts save lives. Wearing one in a crash will reduce the risk of a fatal injury by 50%. Wear a seat belt and ensure all passengers and children carried in the vehicle are properly

restrained. Keep them safe – Don't Risk It!"

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# Recruitment campaign to find 500 volunteers for Children's Panel

**Scots urged to be the missing piece in a child's life in new recruitment campaign**

A man whose teenage life was changed for the better thanks to the Children's Panel has backed the annual drive for new recruits.

Alex Horne was just 13 and living in foster care when he went before the panel requesting a move to residential care closer to his home in Aberdeen. Alex, now 20, was moved within weeks and believes the decisions made by the Children's Panel that day helped give him a more stable, happier childhood.

As the search for the 500 people needed to help neglected, troubled and abused children living in Scotland gets underway, Alex spoke out to show the huge impact that volunteer panel members can have on the lives of children and young people.

Scotland has a new single national Children's Panel, made up of 2,500 volunteer panel members who regularly attend hearings to address the needs and behaviour of children and young people who face serious problems in their lives.

To ensure the system offers the best support, new volunteers are needed every year. This year's month-long recruitment drive, led by Children's Hearings Scotland (CHS), aims to attract people from all walks of life to this unique role.

Speaking at the launch and explaining how a panel member can provide the missing piece in a young person's life, Alex said:

"I'd been in the care system most of my life, but at 13 I was moved into foster care which I found difficult. In the space of three months I was in four different foster placements, living far from home and I found it really difficult to bond with my carers and live in different settings.

"I just wanted to be moved to residential care near where I lived in Aberdeen.

"I'd been in front of numerous panels, but the panel that day changed my care experience for the better. I went in thinking I would have to stay in foster care and nothing would change, but the panel members were nice. They listened and acted on it and soon after I was moved to a residential school in Aberdeen which made a huge difference to my quality of life.

"The panel is important to kids in care. They don't choose their lives but they have to live with the decisions made around it. That's why it's really important to get the right people on the panel, they simply make a big difference."

Alex now works as a Campaign and Training Assistant with Who Cares? Scotland, using his experiences to help deliver training on corporate parenting.

Bernadette Monaghan, National Convener, Children's Hearings Scotland, said:-"The Children's Hearings System has the best interests of Scotland's children and young people at heart. We're appealing to those who want to help improve the lives of vulnerable children and young people to consider becoming a panel member.

"Having served on the Children's Panel for nine years, I know from experience the valuable role the 2,500 volunteers play in helping children at risk out of dark places. It's a unique role, and a unique system which ensures children in need or at

risk are heard, respected, valued, cared for and, above all, protected.

“Although it can be complex and challenging, being involved can be hugely rewarding, as Alex’s story illustrates. Applicants need to be 18 or over and no qualifications are needed as full training is given and panel members are supported throughout the process to help them prepare for the role.

“It won’t just change a child’s life, it’ll change yours too.”

The deadline for applications is Friday 27 September 2013. To find out more about becoming a panel member, call 0844 848 3407, text CHILD to 61611 or visit [www.childrenspanelscotland.org](http://www.childrenspanelscotland.org).

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## Edinburgh Reporter’s Weekly Sports Roundup



Our congratulations go to Edinburgh’s new boxing champion Stephen Simmons who won the WBC International Silver title against German, David Graf in Glasgow on Saturday night in Glasgow, the Hibs Fit Fans and Loanhead over 50s walking football team who won all four games at the Aberdeen Walking 5-a-side Football Festival last weekend, and North Berwick’s Catriona Matthew who won the Aberdeen Asset Management Ladies’ Scottish Open at Archerfield Links

Elsewhere we check out the new Lowland League and the Central

Taxis' East of Scotland League, the RBS Leagues as well as the Edinburgh Capitals and Edinburgh Scotwaste Monarchs.

## **Rugby by Jonny Davis**

Edinburgh Rugby got their RaboDirect PRO12 campaign under way this weekend with a tough 34-23 defeat to Munster at Mungrave Park. Home side, Munster wasted no time in getting on the score sheet in the season opener. After some expansive, attacking play, combined with some flustered and at times sloppy Edinburgh defence, the Irish side found themselves three tries to the good and 22-6 up at half time.

During the break fears of a whitewash began to creep into the hearts of the traveling Edinburgh fans, though these were soon quelled. Scotland International Nick De Luca gave the Black and Red Army something to cheer about early in the second half, scoring a scintillating try from 25 metres, evading 3 tacklers before touching down under the posts.

Despite conceding a further two tries, the Gunners were a much different outfit in the second half, and made it much more difficult for Munster to close the game out.

They added intensity to their defence and attack, and for long phases looked composed yet threatening.

Winger Lee Jones gave Edinburgh fans more grounds for encouragement, as he crossed with a fine finish towards the end of the match, but even with Harry Leonard's successful touchline conversion, the capital side fell just shy of earning a losing bonus point.

Speaking after the game, head coach Alan Solomons pulled positives from the defeat. "I think that we showed tremendous character in the second half. The problem we had in the first-half, which put us on the back foot, is that we allowed them to generate momentum.

“That made it very difficult for us to get width on our defence and that is something we’re going to work very, very hard on.”

Bearing in mind that Edinburgh’s new defensive coach Omar Mouneimne has only been with the club for a week, and with many key players still to return from injury, Solomons encouragingly stressed, “I have absolutely no doubt that, given time; we will sort out that problem.

“Cutting down our errors, especially on restarts, and stopping momentum will make an enormous difference, however the biggest thing to take away from the game is the character they have shown.”

### **Rugby by John Preece**

Round three of the RBS leagues saw the teams settling in to their new coaches, players and opponents with one close, and several not close at all, results to report.

First up is the RBS Premiership where Currie, Edinburgh Accies and Heriots reside. And it was Heriots who took the only local win with an 18-13 win at Stirling County. Currie and Accies, however, both lost. Accies lost out to Hawick 34-22 at home, while struggling Currie suffered their third defeat of the early season, this time 29-0 away at Ayr.

This leaves Accies and Heriots in third and fourth places respectively, both with two wins from three matches, and Currie still at the foot of the table with only one bonus point from their three matches.

In the RBS National League, Watsonians continued to hold sway with their third straight, emphatic win against Borders clubs with a 74-5 win against Biggar (photo). Across the road – nearly – Boroughmuir also notched up their third win of the season with a 37-17 victory over Dundee. In spite of a bright start to the season, however, Stewarts-Melville lost at home

to mid-table rivals, Peebles 32-0 (27-0 at half time!).

Unsurprisingly, Watsonians head the table with a complete set of win and bonus points from their three matches, closely followed by Boroughmuir in third. Stew-Mel hold sixth place with one win and one each of try and 'within seven points' loss bonus points.

Rugby photograph at [www.photoboxgallery.com](http://www.photoboxgallery.com)

## **International Football**

Gordon Strachan's Scotland lost 2-0 to a strong Belgium side at Hampden on Friday night in the World Cup 2014 qualifying campaign.

Steven Defour and Kevin Mirallas were on target as the visitors moved one step closer to a place at next summer's finals in Brazil.

The result leaves the Scots at the bottom of the group after Macedonia, Scotland's opponents on Tuesday night, picked up all three points against Wales.

Former Hibs' players Leigh Griffiths, Scott Brown and Steven Whittaker started the game, while former Hearts' defender Lee Wallace was an unused substitute.

Scotland Under 21s went down to a 4-0 European qualifying defeat by the Netherlands. The side contained Hearts stars Jason Holt and Jordan McGhee who became the fourth youngest player ever to represent Scotland at this level, started the match, while Callum Paterson was a second-half substitute.

Elsewhere, injury prevented Hibs' full-back Ryan McGivern facing Cristiano Ronaldo as Portugal beat Northern Ireland 4-2, but former Hearts' favourite Ryan McGowan featured for Australia in their 6-0 defeat to Brazil.

## **Hearts**

Some good news for Hearts as the red card issued to Jamie Hamill for handball against Inverness Caledonian Thistle last Saturday was quashed leaving him free to play against Celtic next week at Tynecastle.

The Scottish Football Association's judicial panel overturned the dismissal by referee John Beaton who ordered Hamill off nine minutes from the end of Hearts' 2-0 defeat insisting he had deliberately used a hand to block a shot at goal from Billy McKay, but television footage clearly showed the ball hitting the Hamill on the head.



Meanwhile the Foundation of Hearts have revealed that 98% of direct debit pledges by fans so far have been successful.

FoH chairman Ian Murray MP said: "We extend a huge thanks to supporters. The fact that the first month of direct debits has gone so well, is wonderful news, as it gives us a great platform to push on. There are, of course, many more months and years of direct debits, but to have finally got the process underway is terrific.

"To have a 98% success rate on direct debits is virtually unheard of, and it is again a sign of the unwavering loyalty of the Hearts support."

The Foundation has also announced it is launching a "SuperDraw" for supporters who have successfully had a direct debit drawn down, to win a series of prizes.

Hearts face Celtic at Tynecastle next Saturday; Kick off 12.30pm.

## **Hibs**

New signings Abdellah Zoubir and Paul Heffernan scored in a 3-1 win over a Rangers team in a closed door game at the clubs Training Centre.

Chairman Rod Petrie will meet supporters group 'Let's Work Together' for a question and answer session on Wednesday.

The East Terrace is almost a sell out with less than 50 stones remaining however that option to buy a 200×200 replica stone is now unavailable.

Hibs travel to Perth to play St Johnstone next Saturday; Kick off 3.00pm.

### **Lowland League**

There were excellent results for both Edinburgh clubs on Saturday.

Spartans took the lead against Whitehill Welfare when Mark Whately converted a John Grant cross into the net from six yards. Ten minutes into the second half, Spartans doubled their lead when Grant sent in another perfectly weighted cross for Alan Brown to beat former team-mate Ryan McGurk at his right hand post, before celebrating with a Roger Milla style dance at the corner flag to the delight of the sizeable home support.

After the game a delighted Spartans Manager Dougie Samuel told the club website: "It was a big win for us and I don't think anyone could deny us our victory today. It took a great performance and a lot of application because Whitehill are a top side. Let's not forget that they are the holders of the two biggest trophies from last year and it was great for us to come out and win the first of an incredible five games we face against them this season."

Man of the Match Alan Brown was naturally delighted with the win. "It was always going to be a difficult game however at home we fancied our chances. Whitehill came at us with the long channel football however it was our style of passing football, one of the main reasons why I joined the club that won it for us on the day."

Elsewhere Edinburgh City beat league leaders Vale of Leithen 2-1 thanks to goals from McFarland and Stenhouse. Mearns scored a late consolation goal for Vale.

Spartans sit third with 13 points from six games, whilst Edinburgh City remain ninth with seven points from six games.

### **Central Taxi's East of Scotland League**

In the Premier division, Spartans lost 3-1 to Stirling University at Forthbank Stadium, whilst Civil Service Strollers beat Coldstream 2-0 at Home Park.

Leith Athletic beat Tynecastle 2-1 at Telford College, and Edinburgh University beat Heriot Watt 2-1 at Peffermill.

In the Alex Jack Cup, Lothian Thistle Hutchison Vale beat Craigroyston 3-2 after extra time at St Marks Park.

Hibs kept their 100% record intact and remain top of the first division with a 1-0 win over Berwick Rangers Reserves at Shielfield Park thanks to a late goal from Max Todd.

### **Women's Football**

Hibs Ladies beat Glasgow Girls 10-0 at Albyn Park Broxburn to reach the semi-final of the Scottish Cup, thanks to goals from Sarah Laverty (3), Susan Fairlie (2), Katey Turner (2), Joelle Murray, Rachael Walkinshaw and Lizzie Arnot.

Elsewhere Glasgow City proved to be too tough for Spartans, winning 8-0 at Ainslie Park thanks to goals from Jess Fishlock (3), Suzanne Mulvey (3) Leanne Ross and Jules Nelson.

### **Walking Football**

Well done to the Hibs Fit Fans and Loanhead over 50s walking football group for a fantastic performance at the Aberdeen Walking 5-a-side Football Festival last weekend.



The tournament was organised by AFC In the Community, and the Lothian team won all four games against Torry 1 and 2, Aberdeen FFiT and Aberdeen veterans.

They then took on Aberdeen coaches in a six-a-side match but went down 3-2.

The team consisted of Glenn Milne(Goalkeeper); Alistair McGregor; Andrew Wayth; Eric Platten; 'Drew Sinclair and Peter Collins.

Loanhead's Andrew Wayth was the Tournament Top scorer, whilst the oldest player was 82 year old Peter Collins.

## **Boxing**

There was plenty of interest for east coast boxing fans on the Ricky Burns undercard on Saturday night at the SECC in Glasgow.

Cruiserweight Stephen Simmons won the vacant WBC International Silver title against German, David Graf on points after a gruelling encounter.

The Edinburgh fighter dropped his opponent in the fourth round from a right to the side of the head then had him in trouble several times throughout the match, before winning a unanimous decision from the three judges 99-91 98-92 97-92.

Simmons, who won a bronze medal as an amateur at the 2010 Commonwealth Games in Delhi, only made the switch to the pro circuit in January 2011 has now gone nine fight undefeated.

South Queensferry's light welterweight Paul Appleby made a comeback to the ring after taking a break from the sport in June last year, and four months of intense training paid off as the 26-year-old former super featherweight British champion beat Englishman Lee Connelly on points over six rounds.

## **Ice Hockey**

The Capitals started the season with a 5-0 defeat away to Belfast Giants on Saturday night, then returned to Murrayfield on Sunday where they lost 2-1 to Fife Flyers.

Curtis Leinweber opened the scoring for the Capitals before Chaumont equalised. Stewart grabbed the winner in the 17th minute.

Meanwhile Breken Inns have agreed to become the headline sponsor of the Capitals. The company have been involved with the Capitals for the past few years but this year have decided to increase their support, and the Capitals shirts will have their logo as the headline sponsor.

Scott Neil told the Caps' website "Breken Inns have been keen supporters of the Edinburgh Capitals but I am really pleased that they have decided to become headline sponsors this season. For me it shows that they have faith in where we have been taking the team and they now want to help us take things one step further."

## **Speedway**

Friday's match against Ipswich was postponed due to the weather conditions and will be restaged on Tuesday with a 7:30 start.

With the cut-off date a week on Sunday, and Derek Sneddon's Testimonial next Friday, Ipswich accepted the invitation to return on Tuesday, a very unusual day for Monarchs to stage a meeting.

This means that the Monarchs will have a very busy schedule, with the Scottish Cup first leg at Glasgow on Sunday, Workington away on Monday, Ipswich at Armadale on Tuesday, away at Ipswich on Thursday and Derek's meeting on Friday 13th.

## **Golf**

North Berwick's Catriona Matthew won the Aberdeen Asset Management Ladies' Scottish Open at Archerfield Links, with a two-shot success over England's Hannah Burke after closing with a 70 for an eight-under-par aggregate of 208.

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## Edinburgh Castle has bumper year

 *Edinburgh Castle reports best summer on record*

Historic Scotland has reported a bumper summer of visitor numbers to its sites in Edinburgh and the Lothians.

From June – August 2013, the organisation, which is Scotland's biggest operator of visitor attractions, reported 686,900 visitors to ticketed sites in the area, an increase of 25.1% on the same period last year.

Records were broken at flagship site Edinburgh Castle – up 26% on 2012 for the period June – August. August alone saw 229,940 visitors go through the doors of the castle, an increase of 35.8%, more than any single month ever recorded.

Other record breakers included Linlithgow Palace – the birthplace of Mary, Queen of Scots, which welcomed over 37,548 visitors. Tantallon Castle also performed particularly well, welcoming 17,678 visitors during the summer period, an increase of 17%.

Cabinet Secretary for Culture and External Affairs, Fiona Hyslop said:-“These figures illustrate the important role that heritage plays for modern day Scotland.

“The benefits are many – in terms of highlighting our diverse culture both at home and abroad – but also in terms of supporting and driving economic growth.

“All of the income generated is invested back into our rich historic environment in order to continue to provide world-class attractions for Scots and overseas visitors alike.

“As the custodians of Scotland’s rich heritage, it is important that we continue to engage with both Scots and visitors from around the world as we look forward to Scotland welcoming the world in 2014.”

Throughout the summer period, a number of trends were evident across Historic Scotland’s portfolio of properties. This included a very strong performance by the travel trade sector, which saw income up 41% year-on-year. In July alone, Edinburgh Castle saw an increase of 69% in travel trade visits on the previous year.

In terms of visitor origin, there were increases in visitors coming from the emerging tourism markets of China and Russia, whilst Scots saw the biggest increase in visits to attractions out with the big three of Edinburgh, Stirling and Urquhart castles.

Membership also continued to attract domestic visitors, at an all-time high, up 7% on the same period last year.

Stephen Duncan, Director of Commercial and Tourism for Historic Scotland said:-“Last year saw a flattening out of visitors due to a combination of severe weather and displacement of the travel trade.

“We had always expected 2013 to see a return to previous levels, but the summer performance has surpassed all expectations.

“We’ve broken a number of records including the highest ever

visitor numbers for July and August on record for Edinburgh Castle.

“It’s particularly encouraging to see patterns at Edinburgh, Scotland’s number one paid for tourism attraction, replicated at many of our other properties across our estate who enjoyed record breaking summers and substantial increases in visitors.

“As an organisation we are continuing to evolve our offering to visitors – be that through our retail, e-commerce and membership products, or investing in areas such as our award winning events programme to make history an accessible, fun and enjoyable part of people’s lives.”

Under-fives go free but the ticket prices for others to visit Edinburgh Castle are as follows:-

CATEGORY	April 2013 – March 2014
Adult (16-59yrs)	£16.00
Child (5-15yrs)	£9.60
Concession (60yrs+ and unemployed)	£12.80

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## Brian Gruber of Roomwise talks to The Edinburgh Reporter



**Who are you, and where did you come from?**

Brian Gruber, Managing Director of Roomwise Ltd. I’m

originally from a small rural town outside of Chicago called Barrington, IL.

I came over to Edinburgh to do an MBA in International Business and after graduating, decided Scotland was the best place to pursue this idea for a new approach to free time planning & travel accommodation.

**What is the business book you recommend that everyone should read?**

Flow: The Psychology of Optimal Experience by Mihaly Csikszentmihalyi.

This book explores the dimensions of happiness, presents research which counter-intuitively suggests people are happier at work, and outlines a compelling theory for why people aren't happier in their free time.

It serves as a useful tool for any manager looking to understand/improve employee satisfaction, but more importantly – for my team's purposes – this book really pinpoints the pervasive problem we're trying to solve with Roomwise, which is encapsulated by Csikszentmihalyi pretty well in the following quote:- "One of the most ironic paradoxes of our time is this great availability of leisure time that somehow fails to be translated into enjoyment."

**What do you think are your business strengths and weaknesses?**

Success in business requires a certain measure of cynicism that I've had to cultivate. But in general, I count the fact that this doesn't come naturally to me as one of my strengths: I believe it's important to imagine new things, and save the cynicism for planning around specific hurdles.

**What was the defining moment on your career path that has got you where you are now?**

Taking a break from my career was what ultimately got me

interested in the unpredictable, shifting value of free time. I spent a long time travelling through numerous countries, and found – like everyone does – that simply being somewhere was not enough to infuse the experience with lasting meaning. As Csikszentmihalyi points out, happiness occurs when skill meets challenge.

And this doesn't have to involve massive amounts of either one (why do you think people enjoy knitting in front of the television... it adds a dimension of skill meeting challenge, and becomes a tangible achievement). Anything that challenges us to engage with unfamiliar territory (or that demonstrates back to us our increasing skill within now familiar territory) makes us happier. People experience this every day at work (hopefully!) but for some reason don't bother to apply the same concepts to their free time.

In other words, most people don't pursue very much in their free time at all. This approach may seem relaxing at first – but for most people it becomes a form of mild depression. Even having an interesting conversation with an intelligent person can be conceptualized as skill meeting challenge, and yet millions of hours are spent every day intentionally avoiding these tiny challenges. With [Roomwise](#) we're trying to get people engaging with the world around them more by presenting to them everything they could be doing instead of doing nothing... and in this way, we plan to make our users happier!

### **How do you spend your spare time?**

Finding things to do and properties through which to do them on Roomwise!

For example, I recently visited one of our clients and stayed in the top floor of their listed manor and we took horses for a swim in the North Sea. Riding a horse as he charged into the water and then finally lifted his hooves to swim was absolutely incredible; definitely a challenge, and definitely

a more valuable experience than what I might have done: watch TV online all weekend and nap on the couch.

### **Do you think you achieve a good work/life balance?**

Hard to say; I like working, so the meaning of “good” becomes somewhat obscured. But I do make time to try new things and visit as many festivals/events as I possibly can.

### **What makes Edinburgh the best location for you to live and/or work?**

I think Edinburgh is an uncommonly active city. The city’s dedication to promoting free personal enrichment opportunities is unlike any other city I’ve ever lived in, followed somewhat distantly by Austin, TX. It is really a perfect place from which to set out on various adventures, every weekend!

### **What is your special area of Edinburgh, or special place in Edinburgh and why?**

No need to deviate from what will surely be the most common answer you receive: The Meadows. On a hot, sunny day, there is nothing quite like sitting in the grass, seeing the entire city gathered together in grateful relief for the heat. At least a few days every summer are like this, and they are my favourite days of the year.

### **What would you consider the pinnacle of your career?**

Probably getting [Roomwise](#) launched and getting our first satisfied customers.

### **Which networking groups in Edinburgh have you found particularly useful?**

The tech meet-ups at Skyscanner’s offices are great.

### **Who are your business heroes?**

I’m really inspired by people who are able to manage creative

projects on a massive scale and get 100s of people aligned around a vision – people who then go on to collectively produce something absolutely amazing. Jim Henson comes to mind.

### **What are your business goals for the next year?**

We want to become the online destination for free-time planning in the UK. We want to provide higher occupancy rates for every property owner on our platform. We want our users to lead more memorable, enriching lives.

### **Describe your typical day for us.**

Essentially, the focus of all my days is evangelising to property owners and event coordinators about the free services we want to provide for them.

### **Best job advice you ever received?**

Build a functioning path to reliable revenue as quickly as possible. Then constantly improve.

### **Your plan of attack for the next 12 months?**

We're going to build a network of new demand for accommodation providers by increasing the amount of domestic travel in Scotland through free distribution of event information & property promotion. Essentially, owners can have their B&B, country estate, or private residence added to our 100s of promotional pages for free and we take care of the rest. I'm particularly eager to explain to event coordinators how [Roomwise](#) can help them increase their event attendance.

12 months from now I'd like to be partnered with every event in Scotland – from the big ones like the Fringe, to the small ones like the Killin Scarecrow Competition I visited recently – so that every weekend our users have 100+ ideas for things they could attend, and all our event partners have higher attendance rates.

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# Rugby – Watsonians v Biggar



Round 3 of the RBS National League saw another Borders team, Biggar, make the trip up to Edinburgh to play Watsonians at Myreside. It was to be a trip they may now wish they had cancelled.

The match started with a few moments of kicking the ball back and forward, but it soon settled to a handling game, with the first couple of scrums showing that the new rules appeared to suit Biggar, as the visitors pushed the home side all over the place. It was to be Watsonians who were first on the scoreboard, however. A cross field kick from Ben Di Rollo was picked up by 'Sonians No. 6, Neil Irvine-Hess, who powered through the attempted tackle to score the opener. Di Rollo missed the kick, but Watsonians were 5-0 ahead. A missed penalty from Di Rollo was followed up with a dropped ball by Ally Ledingham who had a clear run in to the try line.

It didn't take the home side long to take advantage of their possession, as another line-break saw Ewan Miller handed the ball off the deck to stroll in for a try under the posts. Di Rollo put the kick over and it was 12-0 to Watsonians. Despite their dominance of open play, a knock on from the restart saw the Watsonians scrum absolutely blown apart by Biggar and from this they got the ball down the left to allow No. 11 Craig Parker to break through for Biggar's opening score. With the kick missed the score was now 12-5 to Watsonians.

Biggar's 'opening score' was to prove their closing score as the home side went on the rampage, scoring tries at will – Aitken(2), Smith and Ross – and dropping a few on the way – to finish the first half 43-5 ahead.



The second half continued where the first finished. About the only time Biggar saw the ball was deep in their own half due a variety of errors, and subsequent scrums, from Watsonians or from lineout ball. Scrum half, Ramsey Young opened the taps after a minute and it just continued from there. The match was held up briefly by what looked like a serious injury to Biggar's Charles Cochrane, but he eventually managed to move off under his own steam. Once play had restarted, further tries from Steele, Ledingham, Hart and Ross, backed up by kicks from Di Rollo and sub, Mike Ker served to underline Watsonians total dominance of the match. A few tries went a-begging with a variety of errors, but those would have probably just changed the restart times rather than affected the score too much. Biggar did come up with their own attacking sequence in the final few minutes, but the match was really done-and-dusted at half time, never mind minute 75.

The final tally for Watsonians was 74 points to 5 in a comprehensive demolition of a Biggar side who looked quite good for all of 10 minutes. Head coach Marcus Di Rollo has reached into his box of tricks and not only has he persuaded Allan Jacobsen to turn out in the front row, but former Scotland and Lions forward, Jason White, has joined the backroom staff to lend his experience and expertise to the Myreside outfit. So far, in addition to this match, Watsonians have put 44 points past Peebles and 51 against Selkirk, but it's early days, and nobody at Myreside is getting the silver polish out just yet.

Web – <http://www.photoboxgallery.com/jlp-photography>

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# Five things you need to know today



**Lazarowicz raises energy bills at Westminster – Green MSP wants better childcare system – Blackadder painting to be auctioned next week – Big Book Bash – Balerno Village Screen **flashmobbed!****

Edinburgh MP Mark Lazarowicz has raised in Parliament the way that low energy users could be hit by the simplification of tariffs promised by the Government.

Ofgem has said that bills should simply consist of a standing charge (which can be zero) and a price per unit but people who use less energy could actually be faced with higher bills than before.

Mark said:-“I and many other MPs have been calling on the Government to take action to cut energy bills and its answer was to simplify tariffs but that could actually mean that some customers actually face higher bills.

“That’s because people who use less energy, often because of the cost, could face a disproportionately high standing charge even before they have started in place of their old two-tier tariff.

“Government figures show that households have cut their use in reaction to soaring bills over recent years but I was contacted by one constituent who found that, if he spent less

than £27 on gas and £12 on electricity a month, with the new standing charge introduced by his energy supplier he would actually see his overall bill rise by 50-60%."

"This will especially affect people in debt and a quarter of people in a new poll said that they had had to put up with unacceptably cold temperatures this year because they struggled to afford bills: at this stage simplification doesn't look as if it will offer them much comfort."

In its review of the energy market, Ofgem initially proposed a standard standing charge so that energy companies would compete only on the unit price but after representations from the 'Big Six' companies, it dropped the idea.

It has said that companies remain free to set a zero standing charge but varying standing charges will mean that comparison will not be as simple as expected either.

Sheila Gilmore MP for Edinburgh East spoke in the debate on Energy Prices and Profits during the week and said:-"People are also finding it increasingly difficult to find out how to get their home better insulated and how to find out what sort of help is available. While it is absolutely right that energy companies should be expected to contribute to all that, whether the systems that are put in place actually work is another matter. Often the local authority is best placed to know where the problems are in their areas—where the types of housing are that need the most help. That is not just because councils are landlords. They know about all the other properties in the private rented sector where the problems are at their worst and where the difficulties lie. In my [constituency](#), where a large proportion of the properties

are tenements and flats, people face difficult issues about how to improve insulation.”

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Alison Johnstone, Green MSP for Lothian and a member of Holyrood’s economy committee, challenged the First Minister to do more to help women play a full part in economic recovery.

Alison highlighted the fact that the UK Government’s welfare reforms have a significant impact on women, including for many the loss of financial independence. Alison pointed towards childcare and apprenticeships as key areas for the Scottish Government to tackle.

Alison said:-“Investing in a transformative, affordable

childcare system would provide hundreds of jobs and would enable thousands of women to pursue work and education, boosting economic recovery. I pointed out to the First Minister that the most popular modern apprenticeships are severely gender segregated and that while the number of women apprentices may have increased women are still doing the poorly paid jobs.

"I'm glad the First Minister accepted my point that sectors such as construction remain male-dominated and I will continue to press for women to be given the chance to play a full and fair part in Scotland's economic recovery."

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Bonhams is to sell a painting by Dame Elizabeth Blackadder specially commissioned by the First Minister as his official 2012 Christmas card. The painting will be sold as part of the Scottish Pictures sale in Edinburgh on 12 September.

The donated artwork is estimated at £4,000-6,000 and is being auctioned to raise funds for Breakthrough Breast Cancer, Dyslexia Scotland, the Sick Kinds Friends Foundation and the Scottish Steelworkers Memorial Fund.

The piece – entitled *Still Life* – is a delicately painted watercolour of wild flowers in Dame Elizabeth's distinctive style

☒ Dame Elizabeth Blackadder was the most recent recipient of the Edinburgh Award by the City of Edinburgh Council at a ceremony earlier in the year.

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*Why not add your own event to [@BookWeekScot](https://twitter.com/BookWeekScot)? Throw a Big Book Bash at work, home or in your community: <http://t.co/ZvkJLR5Car!>*

*– Scottish Book Trust (@scottishbktrust) [August 19, 2013](#)*

The Scottish Book Trust want you to hold a Big Book Bash. This is what they say [on their website](#) where they give you full details of how to get involved:-

# What is a Big Book Bash, exactly?

✖ A Big Book Bash is a celebration of reading of any kind, in any shape or form, at any time or place. It could be as simple as a book swap or a book group, or as elaborate as a literary fancy dress dinner party, the only thing you need to make it happen is YOU!

We are asking you to celebrate the joys of reading in your own unique way during Book Week Scotland 2013, by holding an event that helps you express what makes reading fun for you.

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[Balerno Village Screen](#) put on films in the village on a big screen...this much is not surprising... but their audience at the screening of Les Miserables were indeed given a big surprise last night when members of the Balerno Theatre Company suddenly 'flashmobbed' ...Watch what happened here!

*Les Miserables 'At the End of the Day' [#Flashmob](#) by Balerno Theatre Company [#edinburgh](#) [#balerno](#) [#superb](#)*  
<http://t.co/a1TDd4rSdQ>

– *BalernoVillageScreen (@BalernoCinema)* [September 8, 2013](#)



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## Meet Jack Vettriano at Queen Margaret University



QMU gets creative with Jack Vettriano

The celebrated Scottish artist, Jack Vettriano, is to hold an open discussion at Queen Margaret University, Edinburgh.

The event, which will take place on Wednesday 2 October 2013, offers a unique opportunity to meet and hear about the life and work of one of Scotland's best known artists.

The Fife-born artist, whose best known work is 'The Singing Butler', will discuss his inspirations and career development, during a question and answer session at the University.

Initially starting out as a mining engineer at the age of 16, Vettriano took up art after receiving a gift of watercolours. Mainly self-taught, his art work attracted attention when he submitted two paintings to the Royal Scottish Academy's annual exhibition – both were accepted and sold on the first day. The following year, an equally enthusiastic reaction greeted the three paintings, which he entered for the prestigious Summer Exhibition at London's Royal Academy, and his new life as an artist began. Since then there have been sell-out solo exhibitions in Edinburgh, London, Hong Kong and New York, and in 2004, 'The Singing Butler' was sold at Sotheby's for close to £750,000.

Professor Petra Wend, Principal of Queen Margaret University, said:- "Creativity and Culture is one of Queen Margaret University's flagship areas of specialism and we are really looking forward to hearing from such a successful and well-known creative talent. This is a great opportunity for our students to learn more about Jack Vettriano's work. We are also delighted to be inviting members of the public to join us at this one-off special event."

As part of its community engagement programme, each year Queen

Margaret University develops a range of stimulating and topical events that are open to the public.



A discussion with Jack Vettriano will take place in the Halle Lecture Theatre, Queen Margaret University at 5pm on Wednesday 2 October 2013. Tickets are free but booking for this event is essential.

To secure your place E: [events@qmu.ac.uk](mailto:events@qmu.ac.uk) or call T: 0131 474 0000 (and say 'events').

Over 100 of Jack Vettriano's paintings are soon to be on show at Kelvingrove Art Gallery in Glasgow this autumn. What will be his most comprehensive exhibition ever, will include many works which have not been seen for more than 20 years. ['Jack Vettriano: A Retrospective'](#) opens in Kelvingrove on Saturday September 21 and runs until Sunday February 23 next year.

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## Bill Walker resigns as MSP

MSP for Dunfermline, Bill Walker who was convicted last month of a series of domestic abuse offences has bowed to public pressure and resigned his seat.

A Scottish Parliament spokeswoman said:

"The Presiding Officer has received the resignation of Bill Walker, effective from Monday. There will now be a by-election in Dunfermline and she will consider when that will take place and notify the political parties in due course."

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# Five things you need to know today



**That was the Festival that was – Edinburgh's Hogmanay – Funding for Community Projects – Roadworks in Potterrow – The Himalayan Centre gets its funding**

The 2013 Edinburgh Festivals (or at least those that take place in the summer months) are now firmly over. We are of course now heading straight towards Hallowe'en and Christmas. In the meantime Councillor Steve Cardownie, the Festivals Champion has been looking back:-

*"The Virgin Money Fireworks Concert brought the 67th Edinburgh International Festival to a spectacular close on Sunday night.*

*Once again, we find ourselves reflecting on Edinburgh's biggest and best summer festival season yet. And that isn't a throw-away comment; the numbers speak for themselves.*

*Over 2,200 artists from 36 nations, almost 800 of them from Scotland, performed in the International Festival with ticket sales up 17,000, or 11%, to 158,500. The Fringe, meanwhile, came to an end after 45,464 performances of 2,871 shows, making it the largest ever arts festival in the world. Just shy of two million tickets were issued for shows and events in 273 venues.*

*The Book Festival celebrated its 30th anniversary with a hike of almost 6% in ticket sales to around 225,000, while the Tattoo sold out for the fifteenth year in a row. And lest we*

*forget the Mela – despite the windy weather affecting Sunday's programme, Saturday was their most successful ever with 13,000 people attending.*

*This has all led to an inescapable feel-good factor around the Capital – helped in no small part by the sunshine. And, if the city centre streets felt busier, that's because they were. At the peak of the festivals, average city centre footfall was up almost 20% on the same period last year."*

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Underbelly and Unique Events have organised the Paradiso Spiegeltent to form the heart of this year's Christmas celebrations, situated in St Andrew Square from 23 November to 5 January. And there will be an international hit show: Limbo!

Initially created for the Adelaide Festival, LIMBO! comes

directly to Edinburgh from a six month run at Underbelly's award winning London Wonderground Festival at Southbank Centre where it is playing until the end of September to capacity audiences and to massive critical acclaim.

LIMB0! is an exotic, illogical world of mind-bending illusions, breathless dance and soaring live music from a coterie of highly skilled international performers. A truly unique experience for Christmas, suitable for all ages from 12+

Tickets for LIMB0! are on sale now from [www.edinburghschristmas.com](http://www.edinburghschristmas.com)

The Paradiso Spiegeltent will also feature some of the finest family entertainment to be had this Christmas in Edinburgh, including: Captain Flinn and the Pirate Dinosaurs from 23 November to 15 December and Red Riding Hood from 17 December to 5 January.

Tickets are also on sale to celebrate the first 21 years of Edinburgh's Hogmanay with a spectacular three-day programme of free and ticketed events. 'Scotland's Year Starts Here', with the new-look Edinburgh's Hogmanay Street Party, Concert in the Gardens and The Keilidh, where 80,000 people from over 60 countries will bring in the New Year and launch the Year of Homecoming Scotland 2014.

For the first time Edinburgh's Hogmanay will offer the local audience with a limited 'EH Postcode' ticket for the Street Party. The EH Postcode Ticket allows EH postcode residents the opportunity to purchase tickets for a reduced price of £16 + bf, a saving of £4 per ticket.

Pete Irvine, Director of Edinburgh's Hogmanay, said:- "2014 is going to be a very big year for Scotland and it will start with the UK's largest winter festival. Our plans for the launch of this special year will be announced later as will the artists for our five music stages in and around Princes

Street together with the major headliners at the Concert in the Gardens. We will rival the summer music festivals. Demand for tickets for Edinburgh's Hogmanay is already high, and we're happy to be able to offer an early-bird ticket specifically to EH postcodes for the first time."


Full details of all the events can be found at [www.edinburghshogmanay.com](http://www.edinburghshogmanay.com) and the full line up of acts for the Street Party and Concert in the Gardens will be announced in the autumn.

Paul Bush OBE, Chief Operating Officer for EventScotland added: "Edinburgh's Hogmanay is one of our signature events each year and the new collaboration with Underbelly looks set to make the festival bigger and better this year as Scotland prepares to welcome the world in 2014."



Revellers can purchase tickets for all the Christmas events at [www.edinburghschristmas.com](http://www.edinburghschristmas.com) or by calling into the Christmas Box Office at The Fringe Office, 180 High Street, Edinburgh and for all Hogmanay events at [www.edinburghshogmanay.com](http://www.edinburghshogmanay.com), by calling Edinburgh's Hogmanay Box Office on 0844 573 8455 or by calling into the Hogmanay Box Office at The Fringe Office, 180 High Street, Edinburgh.

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 Do you want to improve your area? Do you have a project in mind that could enhance your local environment? The Edinburgh Evening News and The City of Edinburgh Council are looking for inspired residents and community groups to put forward their ideas for small projects to improve their local environment. They say:-"We can help with funding and resources to complete your goals!" There is a lot of information about the kind of projects they will fund under the Get it Sorted Together initiative as well as an application form on this web page [here](#).

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The council are planning to carry out works on the pavements near Potterrow. More information on these which are due to start on 17 September in the letter below, and you will see that there will be a lane closure on the roads around here for two weeks making this an area to avoid even if you are in a car!

[Potterow Chapel Street Letter PDF](#) by [Phyllis Stephen](#)

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Resilient Scotland Ltd announces its first investment packages worth £120,000 to two social enterprises based in Edinburgh and Greenock, thanks to the unique combination of grant and loan package offered by Resilient's Start & Grow.

One of these is the Himalayan Centre which [we told you about](#) earlier in the summer. Having acquired an Edinburgh Council swimming pool The Himalayan Centre, Edinburgh hopes to create a purpose built hall for cultural and social events, a meeting room and licensed café/restaurant. The investment from Start & Grow will help the centre develop a commercial kitchen and restaurant facilities.

Start & Grow Fund is the first community regeneration funding programme run by the Resilient Scotland's JESSICA (Scotland) Trust. It offers a combination of grant and loan packages up to £60,000 to organisations working to bring economic, social and environmental benefits to the eligible communities through various types of enterprise activity. The communities must be from one of the 13 designated local authority areas<sup>1</sup> that have been identified as most challenged by economic circumstance and most in need of additional regeneration.

Ella Simpson, Resilient Scotland Ltd, Chair said:- “ We

launched Start and Grow last year to help community organisations looking for creative investment solutions. Our aim is to invest and help build the capacity of enterprising community led organisations that will have lasting impact in their areas. Our first investments do just this, by investing in local businesses, who can create employment opportunities and ultimately support their local economy.”

The innovative, social enterprise Stepwell based in Greenock can expand its current food outlet to provide a sit-in café offering healthy home made food and drinks. This will result in more employment opportunities for local people whilst encouraging people to live healthier lives.

Resilient Scotland comes from JESSICA (Scotland) Trust, a £15 million independent Trust Fund established by Foundation Scotland (formerly Scottish Community Foundation) with an endowment from the BIG Lottery Fund. It is designed to help stimulate growth in disadvantaged communities most affected by serious economic decline and market failure, helping them to become stronger and more sustainable through their own efforts.

Today's fireworks photo by John Preece

Web – <http://www.photoboxgallery.com/jlp-photography>



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## Southsiders : Portraits of a Community begins today

What links Ian Rankin's favourite record shop, Preston Street Primary School's lollipop lady and a disability activist who won't allow anything to come between her and a good book?

They all feature in **Southsiders: Portraits of a Community** an artistic project by photographer Peter Dibdin launching today at 2:00pm in the University of Edinburgh's Inspace Gallery, Crichton Street. Nine of the 32 photographic portraits which make up the project will be exhibited outdoors in The Causey

(West Crosscauseway) until 5 October. The project is one of the first in the UK to receive a Heritage Lottery Fund All Our Stories grant to help people explore, share and celebrate their local heritage.



Thirty-eight Southsiders are pictured in locations of special significance to them and their stories are recorded in sound. The portraits, sound clips and transcripts of the fascinating and often surprising stories behind the images can be found at [www.edinburghsouthsiders.co.uk](http://www.edinburghsouthsiders.co.uk) and in the free special edition publication which also launches today. The artwork on the pavement has been designed and installed by renowned artist Tom Barnett as a special commission for the project to signpost all the portraits in the space.



Disability activist Caroline Barr has lived in the Southside for 18 years. She began campaigning for dips in the kerbs that were stopping her getting where she wanted to go, notably Newington Library. She invited local Councillor Steve Burgess to come with her to the library – and persuaded him to sit in her mobility buggy while she, as she puts it, “hobbled along.”

“He came off the road pretty shaken up and a bit traumatised,” she remembers. As a result, the kerbs at the library have been altered. “I think that photographs have a lot to offer because it’s not until people actually visually see the issue that the penny drops.”

Portraits of Caroline and 37 other people representing the Southside community, their stories and memories of the area feature in this photographic and sound project which

celebrates the sense of belonging and discusses perceptions of Southsider identity.

Peter Dibdin said:- “What these photographs do offer is my sincere interpretation, a slice of my own community, and an essence of what it is to be part of this amazing pocket of Edinburgh. Rather than choosing to display the images in a gallery against a white wall, the portraits here are framed by the Southside itself, so the buildings become part of the exhibition.”



“We are delighted to be involved in such a project,” says David Wood, Chair of The Causey Development Trust. “Southsiders: Portrait of a Community is a great way to generate discussion about who the Southsiders are and to increase interest and pride in this lively and distinct part of Edinburgh. We hope that the experience of this project will encourage others to see the potential of The Causey as a place for people and events and to come to us with ideas for their own heritage projects.”

**The Causey Development Trust (CDT)** was awarded funding for the **Southsiders: Portrait of a Community** project by the Heritage Lottery Fund’s All Our Stories programme, Foundation Scotland, The Cray Trust and the City of Edinburgh Council Business Partnerships Project. Support has also been generously provided by McRobb Display, Leslie Deans & Co, Sharman and Co, Laurence Smith & Son, the Living Memory Association, 56 North Bar & Restaurant and Greenmantle Pub.  
[www.edinburghsouthsiders.co.uk](http://www.edinburghsouthsiders.co.uk)



**CDT** was set up in 2007 as The West Crosscauseway Association and renamed in 2011. It was formed to temporarily transform The Causey, originally an historic meeting place but

now an uninspiring traffic island, into a tropical island for the SIX CITIES' Design Festival. Following that success CDT has continued to promote learning and enjoyment for individuals resident or employed in the area and to pursue a permanent transformation of The Causey into a vibrant place for people and events. It is a grassroots initiative led by a steering group of local people. [www.thecausey.org](http://www.thecausey.org) The last time we heard about The Causey they were hosting a light night in 2011 on the traffic island which is where the photograph above was taken.

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## The Colony of Artists open their doors this weekend



The Colony of Artists is on this weekend. Today and tomorrow you can go along to the Abbeyhill Colonies between 1 and 5 pm to see the varied collection of work on display in the artisan community there.

More than 30 artists in 20 venues open their homes, to show painting, drawing, photography, mixed media, music and much more. This group of artists and creatives are loosely centred around the Abbeyhill colonies in Edinburgh, and practice in a wide range of different fields.

The Abbeyhill colonies, close to the top of Easter Road, were built by railway workers in the late 19th Century after a working hours dispute saw them locked out of their building site. During the three month dispute in 1861, local tradesmen formed The Edinburgh Co-operative Building Company and by 1911

built over 2,000 houses on 11 sites in the city.

That sense of community was reignited in 2005, when the inaugural Colony Of Artists exhibition brought the artists of the area together for the first ever event of its kind in Edinburgh.



The Colony of Artists show work from their own homes, which allows visitors to experience the pieces in a very personal setting. The event has grown year by year and now attracts people from all over Edinburgh and beyond.

With handcrafted jewellery, printmaking, landscape oil paintings, photography, botanical watercolours, animation, music, and lots more at this year's Colony of Artists exhibition, the event promises to be as exciting as ever.

Building on the success of previous exhibitions, the event this year has expanded to include an array of local businesses, including bars The Regent and The Mash Tun. As ever, the local school, Abbeyhill Primary, will be taking part, as they display artwork from the pupils and a choir performance on each of the two days.

**Returning this year is Aileen Paterson, creator of Maisie of Morningside, and local Colonies resident. She will be exhibiting original Maisie of Morningside artwork along with a daily reading at 2.30.**

Refreshments are served at the tea tent where all proceeds are donated to Oxfam.

More information on their [Facebook](#) page.

*Colony of Artists 2013 – 8<sup>th</sup> Annual Exhibition*

*Date: 7th and 8th September 2013*

*Time: 1 – 5 pm*

*Venue: Abbeyhill Colonies, Edinburgh*

*Further information: [www.colony-of-artists.com](http://www.colony-of-artists.com)*

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# Edinburgh council fostering campaign wins award


## FOSTER CARE CAMPAIGN WINS NATIONAL AWARD

A foster care recruitment campaign run by the City of Edinburgh Council has won a major UK award.

[Foster Me Foster Us](#) came out on top in the finals of the Association of Public Service Excellence Awards 2013 last night.

The project, which won the 'Best Efficiency Initiative', has increased the number of approved foster carers in the city through an engaging recruitment campaign using a recognisable brand. In 2012/13 there was a 55% increase in new carers registering which saved the Council £800,000.

The [APSE Awards](#) recognize excellence in public sector service delivery in local authorities across the United Kingdom.

  
Convener of  
Education – Paul  
Godzik

Councillor Paul Godzik, Children & Families Convener for the City of Edinburgh Council, said: "I'm delighted that Foster Me Foster US has achieved this national recognition. The campaign has been really successful in attracting new carers but we still need more as there's a real shortage of foster carers across Edinburgh.

"We want to encourage more people to consider becoming carers for children and young people. All sorts of different people have the skills and qualities for fostering which is a hugely rewarding and really important job. It benefits some of the

most vulnerable children in our society, helping them build a bright and confident future.

“I also want to congratulate all the other Council finalists as they deserve this national recognition for the work they continue to put in to improve Council services and deliver improved outcomes for Edinburgh residents. Our frontline services continue to ensure that the people of Edinburgh are well cared for and looked after.”

Four other Council projects were shortlisted at the awards:

**Best Public/ Voluntary Partnership Working Initiative** – *The Lighthouse Keeper Joint Transition Project.*

**Best Service Team Sports, Leisure & Cultural** – *Libraries – Unafraid of the future*

**Best Employee & Equality Initiative** – *Workstyle*

**Best Information & Communication Technology Initiative** – *CECiL*

Anyone interested in finding out more about fostering can call the City of Edinburgh Council free on 0800 174 833 or visit the [website](#).

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# Zero hours contracts outlawed at Edinburgh University

**NUS Scotland welcomes agreement to end zero-hour contracts at University of Edinburgh**

Commenting on the agreement reached today by the University of Edinburgh and University and College Union (UCU), which means that zero-hour contracts will be phased out for staff, including post-graduate students, **NUS Scotland President Gordon Maloney said:-**“We welcome the agreement by UCU and the University of Edinburgh to phase out the use of zero-hour contracts. These arrangement are bad for staff and bad for students. Many casual employees at Scottish universities are postgraduate students who often have no way of knowing how many hours they will have from month to month, and therefore if they’ll be able to support their studies. Flexibility in the workplace is important, particularly for students, but there should never be a trade-off between flexibility and security or rights at work”

“Zero-hour contracts affect undergraduate students as well, as staff with little job security could negatively affect teaching quality. If the quality at Scottish universities is to remain high, we need to see teaching remain valued, and staff on contracts that allow them to focus on students’ needs. We now need guarantees that no jobs will be lost through this transition and that teaching quality will be protected.

“The University of Edinburgh is showing that you don’t need zero hours contracts to run a university. We now need to see every other university follow Edinburgh’s lead and end the use of these contracts. By offering more secure contracts, universities can allow staff to not only gain job security but maintain high standards of quality.”

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# Police investigating two men missing from Midlothian and Edinburgh

In two separate cases the Police in Edinburgh are searching for men who have gone missing recently.



Dominik Piekut was last seen on Wednesday 28 August 2013 at around 10:00pm, when he finished his shift working at a hotel on Drumsheugh Gardens.

Since then the 32-year-old Polish national has not been seen or heard from and concern is growing for his wellbeing.

He was reported missing when he failed to turn up for his shifts at work over the next couple of days from his last sighting, which is considered to be out of character for him.

Dominik is described as white, 5ft 8in, slim build, short black hair, and with blue eyes.

A Police Scotland spokesman said:- "Dominik has not been seen since the 28 August, and his family and friends, here and in Poland, are getting increasingly worried about him.

"If anyone recognises the description or knows Dominik's whereabouts then they are urged to get in touch with Police."

The other case involves a man missing from his home in

Midlothian, and two photos have been released.

✖ ✖ Ronald Pryde has not made contact with friends or family since boarding a Number 33 LRT bus outside the Royal Infirmary of Edinburgh on Monday 2nd September.

CCTV footage has since been released of the 73-year-old onboard the bus and other passengers were urged to come forward if they remembered seeing him, or could help confirm his movements thereafter.

Further enquiries have now revealed that Mr Pryde alighted around 1.30pm on Lauder Road, Dalkeith, near to Waterfall Walk and anyone who believes they have spotted him since this time is asked to contact police immediately.

Midlothian residents are asked to continue to check their gardens and outbuildings and report any sighting of Mr Pryde to their local policing team.

Mr Pryde is described as white, 5ft 11ins tall, short brown greying hair with slim build and a predominant hunch when walking. He was last seen wearing black trousers, black shoes, light grey polo shirt, blue waist length jacket with grey collar.

Inspector Michelle Ritchie said:- "We now know that Mr Pryde returned to Midlothian following his bus journey from the hospital and are keen to hear from members of the public who remember seeing him in or around Lauder Road on Monday 2nd September 2013.

"His loved ones are very concerned for his welfare, having not seen or heard from him since Monday and we want to trace him as soon as possible.

"Anyone with information that can assist with our enquiries is asked to come forward."

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

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## The Balmoral opens dedicated whisky bar



The Balmoral has opened another bar. But not just any bar; this is a dedicated whisky bar with barmen who have been professionally coached in their knowledge of the amber nectar, and who can engage with you about the whisky of your choice. They are elegantly attired in kilts from Kinloch Anderson and they know how to mix a cocktail or two, if a straightforward nip is too much for you.

The hotel responded to a guest who asked for help in finding a good whisky bar by sending him out of the hotel, and it occurred to them that what they believe is the most iconic building in Edinburgh should be able to offer Scotland's iconic product in house. Thus, Scotch was born.

✖ At the opening last night, The Edinburgh Reporter (not normally a whisky drinker) was introduced to a whisky cocktail called a Mashtun, which had journalist Roddy Martine and whisky expert Charles MacLean, both oohing and aaahing over it. It was a delicate mix of a 10 year-old Benromach along with cranberry juice, apple juice, gomme and grapefruit bitters served over ice and garnished with a twist of lemon. Very delicious!

Whisky expert, Charlie MacLean, has given support and advice to Rocco Forte Hotels on the set up of their new whisky bar. (You will remember him from the film, The Angel's Share)

He said:-“This week the Scotch Whisky Association announced figures for Scotch whisky sales which are up 19% on the same period last year. Diageo and Pernod Ricard have committed over £1bn on the production of Scotch in Scotland and all of this shows that the whisky industry is important.

“Wherever we go in the world as ambassadors for Scotch we always find exceptional bars to drink whisky in – with knowledgeable bar staff and a huge range of whiskies. Sadly there are none of these in Scotland and this has been an embarrassment. The establishment of Scotch will now give us somewhere to entertain whisky connoisseurs or whisky journalists from abroad of the same standard as those whisky bars I have visited elsewhere.

“Drink whisky with Coca Cola if you wish, but there are two basic elements in the **appreciation** of whisky:- one is glassware and the second is water. In the trade we always use water to taste whisky. We never use ice as that closes down the aroma. I was sceptical of the Uisge Source waters which are being provided here at Scotch, but I have now had my eyes opened during our tasting here today, and I think that the decision to partner with these waters is a unique selling point for this new bar.”

The Uisge Source waters are from exclusive private springs in three main regions of Scotland, Speyside, Islay and the Highlands, close to the leading distilleries. They are designed to complement the whisky's original character.

The bar has been formed in what was a little used room to the right of the front door and furnished with comfortable golden and chocolate velvet armchairs, neutral tweed sofas and amber coloured walls all designed by Rocco Forte Hotels Deputy

Chairman, Olga Polizzi, to create a Highland feel.

A wall with over 400 whiskies on display from Scotland's traditional whisky regions including Speyside, Islay, Campbeltown, the Islands, the Highlands and the Lowlands in a variety of blends, malts and vintages dating back to 1940 completes the interior of what might well become a favoured venue for a wee dram after a long day. Food will also be on offer from a menu of contemporary Scottish dishes, designed by the The Balmoral's Executive Chef Jeff Bland, also offers guests a taste of the finest local produce in SCOTCH including home cured whisky and honey salmon, seared west coast scallops, traditional haggis neeps and tatties and Blairgowrie fillet.

A glass of whisky in SCOTCH ranges from £4 to £85 a dram and is served with a selection of bar snacks including smoked almonds, wild boar salami and dark Swiss chocolate, selected to compliment the wide variety of whisky flavours on offer.

SCOTCH is open Monday to Sunday from 10am to 1am. For further information or to make a reservation call 0131 524 7142 or email [scotch@roccofortehotels.com](mailto:scotch@roccofortehotels.com)



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## Hard Rock's Freddie for a Day



Hard Rock on George Street celebrated Freddie for a Day yesterday, an annual fundraising initiative of the Mercury Phoenix Trust.

Hard Rock partnered with the charity to host special events at

all its European cafes to help raise funds and awareness for the Mercury Phoenix Trust and its fight against AIDS and HIV.




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# Antenatal YogaBellies For Pregnancy Classes



Hi Edinburgh Mummies!

First of all congratulations on being pregnant  ! My name is Rosy and I am a YogaBellies perinatal teacher and I offer Pregnancy Yoga classes in these following venues, days and times:

Monday evenings at 7:15pm at Media Education, 183 Dalry Road, Haymarket EH11 2EB.


Thursday evenings at 7pm at The Oxbgangs Neighbourhood Centre, 71 Firrhill Drive, Fairmilehead EH13 9EU.

Friday evenings at 6:30pm at Fitness Chicks Studio, 1 Porters Walk, Quartermile EH3.

Sunday mornings at 11am at Ashtanga Yoga Edinburgh, 43 Argyle Place, Marchmont EH9 1JT


I am taking bookings now – An 8 week block of classes including :

£5 discount when booking a block of post natal classes (choose baby massage or mum & baby yoga) and a YogaBellies Yoga Birth pack (in a lovely canvas YogaBellies® tote bag) with prenatal nutrition, information on all things pregnancy and birth and

deep relaxation and self-hypnosis CD to accompany your classes. These classes are fun and light-hearted where not only you will be doing yoga, but you will meet new mummies and create a support network and make new friends. If you would like more information please email me any questions you may have, I look forward to speaking to you lovely ladies and hopefully I will have the pleasure of meeting you at my classes  !

An 8 week YogaBellies for Pregnancy block costs £85.

We offer tuition at all levels and my sessions include yoga postures to build strength and stamina for pregnancy and labour; breathing techniques and deep relaxation techniques to allow mums to remain calm and focused.

If you would like more information please give me an email 

Booking is essential for these classes due to demand.

Submitted by [Rosy Grieco](#)



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# The Balvenie Whisky Fête comes to Edinburgh!



THE BALVENIE WHISKY FETE ST. ANDREW SQUARE GARDENS

Whisky talks and tastings will be held in a unique handcrafted 'stave dome', St. Andrew Square Gardens.

The green of St. Andrew Square Gardens will be transformed into a whisky fete, where people can mingle and discuss all things handcrafted, dram in hand. Open to the public each day, 12.00pm to 6.30pm from 26-29 September 2013 – there will be tutored tastings with The Balvenie's Brand Ambassador Dr. Andrew Forrester, and workshops with The Balvenie's craft partners.

The Balvenie Whisky Fete is part of The Balvenie Master's of Craft campaign, celebrating British craftsmanship through a series of events and an award programme. The Edinburgh whisky fete will feature bespoke Geodesic domes made from Whisky barrels from the distillery within which open-to-all demonstrations and tastings will be held. Royal Mile Whiskies will also be running whisky sales on site, for those who would like a souvenir or two.

## 1. The Balvenie Cooperage Tasting Sessions

There will be tasting sessions available all afternoon where consumers can meet The Balvenie team led by Dr Andrew Forrester as well as their cooper Ian McDonald, who will be demonstrating the craft of coopering. Guests will be able to taste the range in an informal, intimate setting.

Tasting sessions are free to attend and will be held on all three days at multiple times. See website for further detail.

## 2. The Balvenie Warehouse 24 Private Tastings

For Warehouse 24 members there will be free daily private tastings with Dr Andrew Forrester, with the chance to try something special liberated directly from the cask, with The Balvenie's signature dipping dog.

Sessions are free to attend and will be held on all three days at multiple times.

– Warehouse 24 is The Balvenie's members club, and is free to join [via the website](#)

Submitted by [Danielle Nortje](#)

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# Five things you need to know today



**Man dies following fire – Resuscitation Rapid Response Unit – Constitution Street works – Sunshine on Leith premiere – Sex offender convicted**

Fire Services were called to a house fire at Viewcraig Gardens, Edinburgh on Wednesday evening.

Appliances from Tollcross, McDonald Road, Marionville and Liberton fire stations attended shortly before 5 o'clock on 4 September. Four firefighters in breathing apparatus entered the 3<sup>rd</sup> floor flat, using two water hoses to attack the fire.

The fire was put out shortly after 5.15pm, after which crews

stayed at the premises to dampen down the fire.

A 37-year old man was rescued from the house and given CPR by firefighters until the arrival of the Scottish Ambulance Service. He was taken to Edinburgh Royal Infirmary, but sadly he was pronounced dead.

The Scottish Fire and Rescue Service and Police Scotland continue to investigate the cause of the fire.\*\*\*



A small team of Scottish Ambulance Service staff in Edinburgh are part of a pioneering project with the Resuscitation Research Group at the University of Edinburgh, led by Dr Gareth Clegg, that has significantly increased survivability rates for out of hospital cardiac arrests (OHCA) in the city.

Working in partnership with emergency medical consultants in the Resuscitation Research Group, based at Edinburgh Royal Infirmary, the Service created a specially trained team of paramedics targeted to cardiac calls.

The project started in April 2011 and the rate of Return of

Spontaneous Circulation (ROSC) for cardiac arrest patients in Lothian is now 23.5%, against a national figure of 17.5%. ROSC is the clinical measure of survivability for OHCA and the target for Scotland, based on World Health Organisation standards, is 12%-20%.

Now called the Resuscitation Rapid Response Unit (3RU) the team collect and audit data from defibrillators for review, analysis and training and undertake ongoing master classes with consultants and a resuscitation officer to continuously improve resuscitation. A small device is also used to measure CPR as it is administered to patients and the data recovered forms part of the learning programme. Called QCPR, the device also prompts changes in technique during resuscitation, if required.

The 3RU project was developed from an earlier cardiac research project called Topcat, in which Dr Richard Lyon worked closely with paramedics in Edinburgh to measure core temperature and the effects of cooling.

The 3RU project was recognised as world leading when Dr Lyon's presentation on the initiative beat off competition from 400 other abstracts to win the top prize at the European Resuscitation Council Congress at the end of last year. The project was supported by research funding of around £90,000 from Chest Heart & Stroke Scotland.

The average response time in Scotland for a cardiac related 999 call is currently six minutes and last year ambulance crews saved the lives of 523 patients in cardiac arrest.

Health Secretary Alex Neil said:-“We know that the sooner people get treatment after a heart attack can mean the difference between life and death. This ground-breaking project is a great example of our NHS and leading academics working together to lead the way and the results from this pilot are already demonstrating that the scheme has real

potential to save many more lives.

“For many people our ambulance service is the beating heart of our NHS – providing vital services to people when they need it most.

“It was such a pleasure to meet some of the patients who have benefitted from this project. I am grateful they have taken the time to share their story and I am extremely pleased that they have gone on to make such a good recovery.”

David Garbutt, Chairman, Scottish Ambulance Service, said:-  
“Out of hospital cardiac arrest remains one of the leading causes of mortality across Europe and the original research project with Dr Lyon identified the potential benefits of developing a specially trained resuscitation team to target cardiac calls.

“Ambulance staff play a pivotal role in determining the outcome of OHCA and the focus on continuously developing and improving resuscitation techniques is saving more lives.

“This is a world leading initiative and we are currently developing plans for appropriate models to roll out the learning and practice across the country.”

Over 500 of the QCPR devices will be used for learning by ambulance crews and volunteer first responders across the country.

\*\*\*

Works started earlier this week on the improvement of the junction of Bernard Street and Baltic Street with Constitution Street. The work is taking place as part of the wider Leith Programme.

The works will involve:

- Providing new, signalled pedestrian crossing facilities

on the sides where there is currently no provision for pedestrians, to make it easier and safer to cross the road on any side of the junction

- Improving the quality of the pavements with Caithness stone paving flags, to tie in with the new paving used in Constitution Street
- Replacing the two crossing islands on Bernard Street with a single, larger pedestrian island that will make it safer and easier to cross, and taking away unnecessary guard rail
- Closing Assembly Street to motor vehicles at the junction, to allow for a proper, signalled pedestrian crossing across Baltic Street. Cyclists will still be able to access Assembly Street here.
- Assembly Street will become two way for traffic and new parking restrictions will apply at the area where the road is closed, to assist vehicles to turn. Access to Assembly Street will be maintained from the east end of Baltic Street at Salamander Street.

Work is expected to be complete by late November 2013. Constitution Street will have to be temporarily closed to through traffic during certain stages of the road works to allow construction of the new layout and diversion routes will be clearly signed during these periods.

Because these roads are busy, there may be congestion during the construction period throughout the surrounding area.

Normal site working hours will be from 7am to 5pm on Mondays to Fridays and work may occasionally be carried out on Saturdays between 8am to 5pm. Overnight or Sunday working will only take place in exceptional circumstances and should this be necessary nearby residents will be notified in advance.

## **BUS SERVICE**

During the works the Lothian Buses service 16 heading towards the city centre will operate via the Shore and Henderson Street. The northbound service 16 to Ocean Terminal is unaffected and will remain on Constitution Street.

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Edinburgh is to host the International Premiere of this Autumn's feel good movie, SUNSHINE ON LEITH, on Tuesday 17 September 2013.

**Rosie Ellison, Manager of Marketing Edinburgh's Film Office**, said:- "Edinburgh is delighted to be hosting the international premiere of this iconic musical. The city plays an integral part of in the Sunshine on Leith story, which perfectly captures Edinburgh's personality and vibrancy. From the initial stages, working closely with the production team to source locations and help with logistics such as parking and accommodation, to assisting with the organisation and promotion of the UK premiere, Marketing Edinburgh is proud to have played its part in bringing this terrific film to the big screen."

**Malcolm Roughead, Chief Executive of VisitScotland**, said:-

"The wonderful sights of Edinburgh and Leith, not to mention the warmth of its residents, come under the spotlight in this feel-good movie and I'm sure that anyone watching Sunshine on Leith will be encouraged to enjoy a visit to Scotland's capital after seeing it on the silver screen. The city will be promoted on the back of the film by VisitScotland and Marketing Edinburgh through social media, a movie map and press activity. Sunshine on Leith is further proof that Scotland is the ultimate movie set."

Award winning Director Dexter Fletcher and Producer Andrew Macdonald will be joined by cast Peter Mullan, Jane Horrocks, Antonia Thomas, George MacKay and Kevin Guthrie with special guests The Proclaimers ahead of the film's release at the International Premiere at the Edinburgh's Vue Cinema, Omni Centre on 17 September 2013.

Entertainment Film Distributors will release SUNSHINE ON LEITH on Friday 4 October 2013 across the UK and Ireland.

\*\*\*

A sex offender who abused two children in Midlothian over three decades was convicted yesterday.

At the High Court in Edinburgh on Thursday afternoon John McCallum, (53), was found guilty of a series of serious sexual offences committed from the late 1970s to the early 1990s.

His victims were young children when the abuse began, and suffered at his hands throughout their childhood and teenage years.

In a joint statement, Tracy and Rachel Steadwood (both 40), who are twin sisters, said:-"It has taken a lot of years and bravery to come forward and tell police about what happened, but we did so, and justice has done us proud.

"I would encourage any victims of abuse who have not reported

their ordeal to the police to come forward. We did, and we finally have justice.”

Detective Chief Inspector Kenny Gray, from Police Scotland, said: “I would like to pay tribute to Tracy and Rachel, who have shown tremendous bravery to waive their right to anonymity and encourage other victims of abuse to come forward to police.

“Police Scotland is committed to keeping people safe, and we will carry out a thorough and robust investigation whenever we receive a report of sexual abuse, regardless of how long ago it happened.

“Likewise we will always act on any information we receive about anyone who is at risk of abuse.

“I would appeal to anyone who has suffered abuse in the past, who has not reported the matter, to get in touch with Police Scotland on 101, or make a report through a third party organisation such as Rape Crisis Scotland, or Women’s Aid.

“Anyone in such a position should be reassured that any reports will be dealt with sensitively, and care and support will be provided.”



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## Foundation of Hearts get the required cash support from fans

### FOUNDATION OF HEARTS FIRST DIRECT DEBIT PROCESS SUCCESSFUL

The Foundation of Hearts has announced that the first month of direct debits has been successful.

As of at 5:00pm last night, the success rate on payments was 98%, compared to a standard industry average of 94% for other

direct debits, such as utility bills.

With the addition of a significant number of additional sign-ups over the weekend and on Monday, some supporters won't see their first payment come off their account until Monday with the Foundation's UK direct debit provider running final processes over the next two days.

To celebrate the first of many years of monthly commitments, the Foundation of Hearts has launched a celebratory "SuperDraw" for supporters who have successfully had a direct debit drawn down, to win a series of unique prizes.

These include 12 pairs of tickets to participate in a re-recording of the Hearts song with Colin Chiscolm, who sang the 1986 version, and more recently appeared on BBC's The Voice.

Other prizes include a dream day at Tynecastle as a player escort for Hearts v Celtic (14th September), the opportunity to present Jason Holt with his Foundation of Hearts Man of the Match champagne from the recent game against Aberdeen (sponsored by directors and advisers of the Foundation), and various pieces of signed merchandise.

Foundation of Hearts chairman Ian Murray MP said:- "We extend a huge thanks to supporters. The fact that the first month of direct debits has gone so well, is wonderful news, as it gives us a great platform to push on. There are, of course, many more months and years of direct debits, but to have finally got the process underway is terrific.

"To have a 98% success rate on direct debits is virtually unheard of, and it is again a sign of the unwavering loyalty of the Hearts support.

"To say thank you we're running our Foundation of Hearts SuperDraw with some great prizes. It's just our way of showing a little appreciation of the big commitment that 7,600 supporters have now made.

“Of course, it is not too late for supporters to join this journey, by signing up if they can, at [www.foundationofhearts.org](http://www.foundationofhearts.org)”

Supporters will have received an email by now with details of how to participate in the free to enter draw. Winners will be announced next week.

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# Five things you need to know today



**Council seek views on carers – Petitions Committee – Forth Bridges Festival 2014 – Save the Swifts project – Edinburgh Drawing School exhibition coming to an end**

Edinburgh residents who provide unpaid care to family, friends and neighbours are being urged to have their say on how public and voluntary organisations can provide them with better support.

The City of Edinburgh Council has launched a [consultation](#) on its draft Joint Carers’ Strategy, developed in partnership with NHS Lothian, the voluntary sector and carers themselves.

Estimates of the numbers of carers in Edinburgh are around 47,000 based on the Scottish Household Survey 2007/08, with potentially up to 5,000 of these being young carers. Without their input, the estimated cost of replacement care in Edinburgh is valued at £771m a year (Carers UK, 2011).

The Joint Carers’ Strategy, and consultation, covers six priorities:

- identifying carers – helping people who care for others realise they can get support
- information and advice – carer training, advice, help with finances and benefits
- health and wellbeing – emotional, social and practical support to improve health
- short breaks and respite – giving carers a break from caring
- young adult carers – supporting the transition to adulthood for carers
- personalising support for carers – support that meets the individual needs of carers

The Council offers a range of support to carers, including a pilot scheme to provide a one-off Carer Support Payment of £250, which was recently highlighted as an example of best practice by the Scottish Government. The payment was made available unpaid carers, adult and young carers who met the criteria, allowing them to spend some time on themselves to improve their health and wellbeing.

Another successful scheme has been the Carer's Emergency Card, which was launched in November 2012. These cards are designed to inform emergency services that the holder is a carer and that someone depends on them. It also provides the names of people who can be contacted in case of an emergency. To date 258 carer's cards have been registered and these will continue to be promoted.

Both schemes received positive feedback in a newly published carers' survey, designed to evaluate these and other initiatives. The Carer Support Payment proved to be particularly popular, with 738 payments made to adult and young carers. 84% of people in receipt of the fund said that it provided them with the support as they intended and 30% chose to spend the money on respite or a short break.

☒ Councillor Norman Work, the Council's Carers Champion,

said: "Our vision for carers is that those who want to can continue as valued and equal partners in providing care, while being able to live healthy and fulfilling lives themselves. With young carers, it's essential that they are helped to be relieved of any inappropriate roles so they can have a quality life of their own.

"The recent feedback we received from carers about the Council's support initiatives has been very encouraging. We have committed additional funding of £500,000 over the next year, so we will use their input to build on these successes and improve services for the future.

"With an ageing population, and increasing health needs, it's more important than ever before that we and our partner organisations work together with carers to support them as much as we can."

Further details are contained in a [report to the Council's Health, Wellbeing and Housing committee](#).

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The petitions committee meets at the City Chambers this afternoon. More on this [in our article here](#).

\*\*\*

The Forth Bridges Festival which was launched yesterday is shaping up to be something special. A torchlight procession across the Forth Road Bridge and the Big Lunch are just two of the events which are being organised to celebrate the 50 years since the bridge was opened.

We interviewed Mike Cantlay the Chair of VisitScotland who are backing the Festival along with others at the launch yesterday:-



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[Edinburgh World Heritage](#) say that they are becoming involved in a project to increase the number of swifts living in the city. They report that the numbers of these beautiful birds have declined since 1994 and so they are installing bird boxes in collaboration with the council's bio diversity officers. The bird boxes are being made in Saughton Prison.

EWB would like to hear from any schools who want to put up the nesting boxes.

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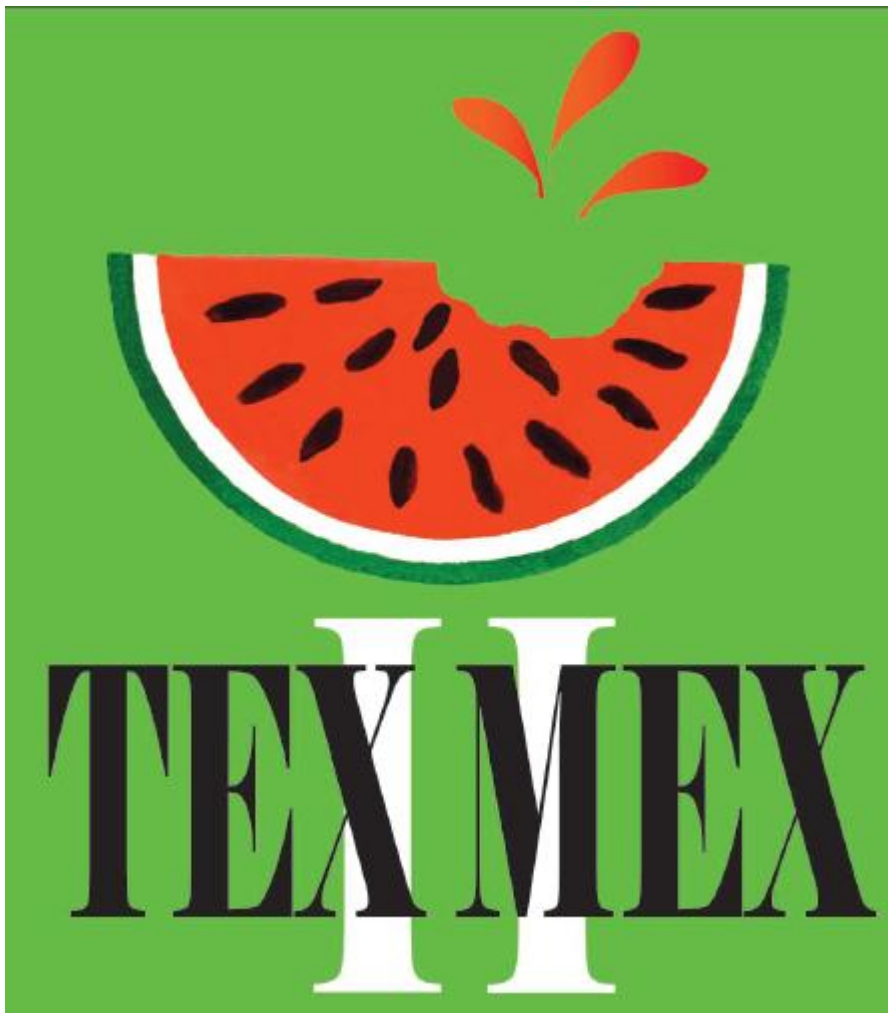
☐ Last chance to see the exhibition at the Edinburgh Drawing School which closes tomorrow. EDS tell us

"Ah...we are coming to the close of our fabulous 'pop-up'

## Festival Exhibition!

We are open until Friday 6th September, 11am – 6.30pm, and during this last week, we are featuring the wonderfully evocative, and beautifully drawn, figurative sketches of Edinburgh artist Greg Mitchell. Ranging in price from £125 to £200, this charming collection will appeal to all those who love figurative work.

“Greg will be one of a selection of artists who are hosting Weekend Workshops with us once the Drawing School starts back up for it’s Autumn Term here at Great King Street, on 23rd September. Please see the [website](#) for full details of our Adults and Kids Courses, Weekend Workshops and classes.”



# New soft play centre to open at Portobello – How to win a place at the VIP launch



Edinburgh Leisure has invested over £500,000 in a new state of the art gymnastics and soft play facility in Portobello creating 20 new jobs, after research showed a shortage in the city's gymnastics facilities and high demand for classes with over 200 children on waiting lists from the Edinburgh and Lothians region.

Tumbles at Portobello, which opens on Saturday 5 October on Portobello's promenade, will give thousands of children, from beginners to elite athletes and gymnastics clubs, the opportunity to access state-of-the-art gymnastics equipment and coaching.

Now you could be at the launch on 4 October along with all the other VIPs. Edinburgh Leisure are running a competition.

*The competition is open to under 10s, we'd like children to demonstrate 'A day in Portobello'. This can be a drawing, painting, poem, photograph – how ever you interpret 'a day in Portobello'.*

*All entries will be put into a prize draw and the lucky winners will be invited (with their parents) to join us at our exclusive VIP launch event on Friday 4th October. Our event will be a fun filled afternoon with gymnastics displays, facepainting, special goodies as well as being one of the first to use our soft-play centre – not to mention sampling the treats from our new cafe.*

Find out more about how to enter [here](#).

This new 1589 sq m facility, which has received funding from sportscotland, will provide full facilities to support the development of gymnasts from beginners to world-class level and will represent the only venue in Scotland to provide Freestyle gymnastics equipment and training. Plans for the large gymnastics arena include a sprung floor for the dance and acrobatic disciplines and freestyle provision. It will also provide parallel bars, trampolines, beams, vault and tumble area and vast foam pitted areas, which are key to safe skills development for aspiring gymnasts.

John Comiskey, Chief Executive, Edinburgh Leisure commented:

“This fantastic new facility at Portobello is being developed by Edinburgh Leisure in response to unmet demand for family activities in this area and specifically in response to the surge in popularity of gymnastics across Edinburgh.

“There are already over 200 children currently on waiting lists for Edinburgh Leisure gymnastics programmes, which we believe demonstrates just how popular this growing sport is becoming. By creating the City’s only purpose-built gymnastics facility, we believe we can tap into this demand and inspire thousands of children to take up this great sport.

“We are committed to providing the most accessible sport and leisure facilities in the City and with the financial support from sportscotland, we can now deliver the full range of gymnastics programmes catering for all ability levels that can be accessed by clubs, schools and individuals.

“We envisage that Tumbles at Portobello will not only help

Edinburgh Leisure to transform and grow our Gymnastics programme overall but create a thriving destination for families from Portobello and across Edinburgh to enjoy whilst inspiring a new generation of children to get fit, have fun and stay active.”

Chair of sportscotland Louise Martin CBE said:

“This collaboration between sportscotland and Edinburgh Leisure has resulted in an excellent gymnastics facility for the people of Portobello.

“Tumbles will provide the perfect home for young gymnasts to hone their skills and has the capacity to cater for those just starting out in the sport as well as those in performance sport.

“Glasgow 2014 is less than a year away, and facilities such as Tumbles are crucial so that we can capitalise on the surge of interest in sport and encourage people of all ages and abilities to take part in sport and physical activity across Scotland.”

Councillor Richard Lewis, Culture and Sport Convener, City of Edinburgh Council, said:

“Receiving this level of funding from sportscotland demonstrates their significant support for the plans for a new gymnastics facility at Portobello. It’s crucial that our

sporting infrastructure continues to develop to meet the demands of our residents and I've no doubt that the impact of this new facility on the development of gymnastics within Edinburgh will be great.

"Thousands of young people across the city are expected to benefit from this investment and I'm very much looking forward to seeing the new facility in October once it opens to the public."

Gymnastics is both an Olympic and Commonwealth Sport and has seen a boost in popularity since the London Olympics. The aim of the new facility is to harness the spark of inspiration provided by the likes of Beth Tweddle and Louis Smith by creating an opportunity for thousands of young people to actually take up the sport for themselves.

Gymnastics is renowned as one of the best sports for promoting all round fitness and core strength. Pre-school gymnastics provides a stimulating play environment that is the key to starting children on the sporting pathway and getting them active for life. Gymnastics is also shown to benefit those with a physical, sensory or learning disability and it has been shown that children who have a positive experience with sport and activity before the age of five are more likely to stay active. Plans for the centre have been developed in consultation with Scottish Gymnastics, who are very supportive of the new facility.

Scott Harper, President of Scottish Gymnastics, added:

"Edinburgh Leisure's investment in Tumbles Gymnastics Centre,

with support from sportscotland, will see the development of Edinburgh's first performance gymnastics centre. The new facility will play a central role in Edinburgh Leisure's gymnastics programme and positively impact the development of gymnastics across the city and the wider region.

"Scottish Gymnastics is committed to working with Edinburgh Leisure to develop a performance pathway for gymnastics in Edinburgh.

"Next year's Commonwealth Games and the 2015 Gymnastics World Championships, places Scotland at the centre of the gymnastics world. Tumbles will provide the opportunity for a lasting legacy in Edinburgh, not just for those already participating in the sport, but also for those who may be inspired by these events to take up gymnastics.

"The Centre will increase capacity, offering enhanced gymnastics provision from pre-school to performance level gymnastics, positively impacting on the development of both coaches and gymnasts."

A real family destination, Tumbles at Portobello will also house Edinburgh Leisure's largest open plan soft play centre (20m x 12m) with a 6m high play frame offering a variety of fun and exciting features, games and distinct zones for babies, toddlers and juniors.

Taking inspiration from the gymnastics facilities, the soft play zones will be sports-themed with facilities ranging from

large ball pools, spiders web, obstacle bags and medallists podium in the toddler area to a huge 4-lane astra slide with 6m drop, sky glide, cargo nets and zig-zag maze run and nerve-ending spiral slide in the junior zone.

The venue will also house Cafe Refresh, which will be open from 9.30am to 6pm daily, serving a wide selection of light healthy lunches, home-made sweet treats and coffee as well as a 'grab and go' service for those on the move with coffees, cold drinks and light snacks available on sale throughout the day.

Easily accessible from the city centre and city bypass, Tumbles at Portobello is located at 20 Westbank Street, Edinburgh, EH15 1DR with free parking on-site.

For more information, directions and news on the opening, visit the [Edinburgh Leisure website](#).

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## **College and University Information day for Edinburgh pupils**

Young people in Edinburgh and the Lothians who want to find out about life at college and university can come along to

## Skills Development Scotland's (SDS) Higher Education Convention.

The Convention, at Queen Margaret University's Sports Hall, on 9-10 September 2013, brings together college and university representatives from all over the UK. It offers students an opportunity to compare and contrast courses in one place at one time.

More than 50 organisations will be there to offer information and advice to students and their parents. Adults who want to learn more about further education are also welcome to attend.

The free event, which is organised in association with UCAS, will have details on courses, accommodation and funding. SDS careers advisers will be there to give impartial, one-to-one advice.

For information about how to get the best from going along to the Convention visit [this website here.](#)

Here is some information about what you might expect when you get there:-

Queen Margaret University, Sports Hall

Monday 9 September 9.30am to 12.30pm; 1.30pm to 4.00pm and 4.30pm to 6.00pm

Tuesday 10 September 9.30am to 12.00 noon

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## Council asked to ban cycling

# on pavements



The Petitions Committee has one valid petition to look at later today which is to ban cycling on city centre pavements by cyclists over 12 years old.

There are only 64 signatures at this point in support of the petition which states:-

*We request that tough measures are taken to prevent cyclists from cycling on pavements within the busy City Centre pavements, especially in the Tram Construction works areas, where metal fencing further restricts pavement width. There are many cyclists weaving through the pavements, where people with prams, buggies, wheelchairs and disabled scooters are trying to pass. People with walking difficulties, loss of hearing or sight are further placed in danger as they are less likely to be aware of a bicycle coming along a pavement from behind. Young children are also placed in danger, as are dog walkers. It is particularly bad around the Haymarket Station area where there is the additional danger towards holiday makers / tourists arriving with bulky and heavy cases, totally unaware that cyclists are sharing the pavement. It creates a very bad first impression of the City, especially alongside the construction works for the trams.*

It is suggested that Fines should be imposed on those flouting a ban in the same way that fines are imposed on motorists. Younger children, especially on bicycles with stabilisers or tricycles cannot be expected to join traffic on roads, hence requesting the ban on cyclists over the age of 12.

The petition needs 500 signatures before it can be considered

by the committee.

The other petition which is currently being considered by the council is for the introduction of a dedicated bus service to Dumbiedykes. This has moved from being a petition to the Transport Committee which is exploring all options with Lothian Buses.

All papers for the meeting which is also aired on the council's webcast service are [here](#).



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# Crossfit classes now available at Combat Ready Gym



## Edinburgh Gets CrossFit Ready

Edinburgh's leading martial arts, and fitness gym, Combat Ready on Newhaven Road has launched a new series of CrossFit classes, just in time for those looking to tone up after the summer holiday period.

CrossFit is a strength and conditioning programme from the US, which gets you in the best shape imaginable and fast.

Sessions which last for 45 minutes focus on improving key areas such as stamina, strength, power, agility and flexibility and utilises everything from olympic weights, kettle bells, medicine balls, sledgehammers, gymnastics and bodyweight exercises.

And thanks to its impressive results the training programme has gathered a celebrity following with A-listers such as Jessica Biel, Kelly Clarkson and Channing Tatum all adding CrossFit to their regular workout sessions.

Marcus Houston, owner of Combat Ready Gym, and affiliated CrossFit coach said: "CrossFit is a fantastic way to get fit, regardless of age, shape and current fitness levels as all workouts can be adjusted to suit the individual.

"When you apply effort towards the training and follow some basic dietary principles you cannot fail to get fitter, faster and stronger.

"It's a relatively new way of training here in Scotland and has only just taken off, but it has been big in the US where it first started around 13 years ago. Part of its appeal is the mixture of fast and intense exercise drills, which combined with good nutrition and continued sessions, give effective results and fast.

"What's more CrossFit has a great sense of community about it, as there are various online training forums where people can share their workouts and give each other tips and support. It's not just a case of turning up to a training session once or twice a week and that's it, it's about everything in between, lifestyle, diet etc.

"The response to the classes has been great so far, with everyone relishing the chance to try something new and add more variation into their training regimes.

"And those who haven't tried anything like this needn't be afraid of coming down and giving it a go. We have instructors on hand to show you the ropes and will work with you to adjust the workout drills to suit your strength and abilities."

The main principles of CrossFit focus on creating a broad, general and inclusive fitness programme, which will help

prepare trainees for a variety of physical contingencies. It focuses on ten core principles; cardio endurance, stamina, strength, flexibility, power, speed, co-ordination, agility, balance and accuracy.

With each of these combined, CrossFit can prepare you for anything life or training may throw at you helping you get in the best possible shape in the shortest time possible. Depending on body type, most people can expect to see significant results after just eight weeks, providing they eat healthy and work out regularly.

There are only a handful of accredited CrossFit trainers in Edinburgh one of those being Marcus Houston who trained out in Las Vegas in order to get accredited.

Marcus is no stranger to training and teaching abroad having been to the US on several occasions as well as Italy, Norway and Germany. With over 10 years experience as a personal trainer his Combat Ready Gym now offers the biggest CrossFit facility in Edinburgh.

CrossFit classes at Combat Ready Gym, run four times a week every Monday, Wednesday, Thursday from 6pm to 6.45pm and every Saturday from 11am to 11.45am with sessions costing just £6 each.

The gym itself, which was established in 2009 is a bare bones, no frills training facility.

As well as CrossFit, Combat Ready Gym also provides training in kickboxing, boxing, kettle bells, Krav Maga self defence from Israel and owner Marcus Houston offers personal training session for men and women at all fitness levels.

More information about CrossFit and Combat Ready Gym can be found at [www.crgcrossfit.com](http://www.crgcrossfit.com) or by contacting Marcus direct on 0800 028 9320

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# Get along to the Career Campervan today!



THE APP FACTOR HITS TOWN TO PUT LOCAL WORKFORCE THROUGH CAREER MOTs

Shocking recent surveys reveal that: 27% of young people in work feel depressed 'always' or 'often'. 48% of NEETs feel this way; Only 8% of us feel we're in our dream job. Over 42% waste up to 4 hours a week dreaming of what we could be doing instead but 72% of people rate being happy at work as one of the most important factors to their job.\* These stats do not paint a happy picture of the UK workforce and this week sees activity take place in Edinburgh to try and redress this.

A welcome addition is to be found on the high street on 4th and 5th September as Pitman Training parks up in their Career Campervan, kicking off the first phase of their national tour in Edinburgh to launch their new, industry leading app. Created to help supercharge our UK workforce, after recent findings from the Princes Trust and Pitman Training Group found huge levels of unhappiness amongst UK workers, the free app has been launched as part of Pitman Training's Drive Your Future Forward campaign.

Edinburgh's Pitman Training Centre Manager Tom Maclean said: "We're looking forward to taking Pitman on tour and are really excited about welcoming many visitors to our campervan on Castle Street. We hope people will make a pit stop in their day to call in for a career MOT and believe that a bit of encouragement, in a fun way, will help people see that they can take charge of their careers, which will lead to Edinburgh

being a city full of happy workers”.

To see if Edinburgh is in line with the national statistics or if in fact people in the region are bucking the trend, the Pitman Training team is also offering free 121 advice sessions, to discuss people’s career challenges. The team are hoping to help people identify their key skills and character traits that could help them excel in certain careers and assist them in identifying strengths that could help people from across the region get into gear with the career they really want. This activity is in a bid to improve workplace happiness and career satisfaction.

Tom added: “Asking if your skills are perfectly matched to the job you’re in, and if you could make more use of your key character traits to help you get ahead, our Career MOTs are a chance to see how you can help yourself to be happier at work. Drop in on the way to the office, in your lunch hour, whilst out shopping, or on your way home and tap into our free advice.”

You can find out more and pre-register for free 121 career advice on the [website](#). Anyone who completes the app also has the chance to win the ultimate career package worth over £1500, and gain information on local jobs, as the Pitman Training team works to help Edinburgh fight against the national statistics.

Having a lack of money to train came out in research as a key barrier for why people are not going after their dream jobs, with 37.5% citing this as an issue, however the Career MOT illustrates how to make existing skills pay, as well as identifying new ones you could learn, to help highlight how our unique personalities can be one of our biggest assets in our careers.

Leading happiness consultant and author, Alexandra Watson said:- “Being happy at work isn’t just about whether you like

your boss, get on with your colleagues and get to take advantage of long lunches from time to time – today's workforce is much more driven than that. In tough times we might assume that people are happy just to be in a job, but this isn't the case. This is when we think even more about our future and our prospects and if we can't see any light at the end of the tunnel we quickly lose interest. Encouraging people to identify their skills, and key character traits that could help them move forward is a great way to show that there are more exciting futures out there. This is also true for people who are currently unemployed, who may be struggling to see any options at all – having a kind of road map to work to is a huge help”.

Pitman Training statistics show that only 27% of us have a career development plan, with 83% of us referring to our annual appraisal as our only form of reviewing our progress, and 67% of us have not done a skills review since school.\*

Pitman Training's Drive your Future Forward tour kicks off in Edinburgh today and tomorrow. A full schedule can be found [here](#).

Pitman Training's centre in Edinburgh is based at 26 York Place Edinburgh EH1 3HP.

Submitted by [Jo Swann](#)

