

June 2022

Published by  
The Ripple on behalf  
of the community

## LCR Stands Up - Participatory Budgeting back for another year

### What's happening:

Illegal hunting  
with dogs  
page 2

Meadowbank  
milestone  
page 3

Respiratory  
illness  
page 4

Football  
academy  
page 9

Mental health  
page 10

We are back for another year folks, with plans to make this year's event bigger and better!

But before we get into the information on this year's process, here is a quick recap on what Participatory Budgeting is.

If you've not heard of it before, Participatory Budgeting (PB) is a way for people to vote and decide on how money should be spent in their local area.

PB comes in all shapes and sizes, but basically it looks like this...



1. Ideas of what would make the lives of local people better

2. People who live and work in the area vote for the idea they would like to see happen

3. The idea with the most votes gets funded. Last year, 16 fantastic



organisations applied for money to run services in our local area and we were delighted to help fund 12 of these with voting from YOU the community.

In the last edition of the Speaker, we were able to interview one of the recipients Brave Strong Beautiful on the benefits of the funding and the benefit of the process was clear to see.

If you missed that edition of the Speaker, head to our website and find past editions under the relevant tabs.

The Ripple believes in the saying 'Nothing about us without us'.

And this year is no different! We want you to take control on how money should be spent in the area where you live. So get thinking of projects

that you know will benefit people locally and do not hesitate to get in touch!

We have an increasing pot of money each group will be able to apply for amounts from £50 to £1800.

Over £10,000 for local people to decide on what's best for your community.

If you are interested in applying, voting or want to find out more please contact Tristan Green on 07457 794604, email [Tristan.green@theripple.org.uk](mailto:Tristan.green@theripple.org.uk), phone the Ripple 0131 554 0422.



## It's FREE to feel GOOD

Have you tested negative for Covid 19 and are positive about having a new injection of fun this summer?

Or maybe you've tested positive for Covid 19, and still feel tired of life being

boring and the same?

Are you eager to shake off those lingering Covid symptoms of feeling restricted, isolated and lonely?

Ready to take down your mask to loosen up, feel free and breathe in the great outdoors, as you connect more to yourself and others?

To avoid being at high

risk of missing out on some serious fun this summer, why not make a positive move and join in on the launch of a new creative experience, for FREE?

**SHAKE YOUR STRESS AWAY** will start with a FREE taster session at the end of this month and then throughout July, August and September.



Offered twice a month, with a choice of 2 timeslots, for FREE!

Set in lush green spaces around Leith Links and Lochend Park, Angie Disney will deliver an interactive, immersive and intimate experience to a group of 12 people, in DJ style.

continued on page 2

Editor

**Rachel Green**

Phone

**0131 554 0422**

Email

**thespeaker@theripple.org.uk**

Post

**198 Restalrig Road South**

**Edinburgh EH7 6DZ**

Advertising

**Dawn Baxter**

**0131 554 0422**

Production

**Norman Gilfillan**

Phone

**01968 673229**

Email

**design@gvngraphic.com**

Copy deadline for September

Friday 19th August

Printed by

D C Thomson & Co Ltd

Distributed by

Out of Hand Scotland

The Speaker is an independent community newspaper which aims to provide a forum for free speech and debate, an effective method of information sharing and a way to celebrate local achievement. Community involvement is key to its success and an individual or group within Restalrig, Lochend, Craigentenny and surrounding local area is welcome to contribute. The views expressed in The Speaker are those of the authors and not necessarily those of the editor or publishers. Please note copy may be edited. Any letter or article which is considered libellous will not be published and individuals will be protected from personal attack.



## Speak up! Write to the Speaker

Raise local issues, celebrate achievements, put forward suggestions. Help make sure The Speaker is the kind of newspaper you want to read.

If you would like your letter to appear in the paper it must include your name and address, although these may be withheld from publication at your request.

Send your letters to:

The Editor, The Speaker,  
198 Restalrig Road South  
Edinburgh EH7 6DZ

E-mail: [thespeaker@theripple.org.uk](mailto:thespeaker@theripple.org.uk)

## Illegal hunting with dogs

To speaker readers, I am a local resident and have an allotment alongside Craigentenny Golf Course. I am writing to ask that anyone who has information about illegal dog hunting on the golf course contact the SSPCA on 0300 099 9999.

Since December of last year, myself and other allotment holders have had to deal with 5 young

foxes who had been mauled by dogs. Two had to be euthanised on the site by the SSPCA. I was also told by a local dog walker that a friend had confronted 2 men in the car park beside our allotment because we have had problems with fly tipping. They had arrived in a van with dogs and claimed to be employed by the council to eradicate

foxes from the golf course.

We have spoken to the council who have assured us that these men were not employed by them and that hunting with dogs is illegal in Scotland. We have spoken to the SSPCA and they would welcome any information that would assist them catch the individuals concerned.

**L Morrison**

## FREE outdoor disco (cont'd)

Armed with silent disco headphones, themed Spotify playlists and a transmitter to control the music, DJ Sage will warm you up and ease you in comfortably, before demonstrating and leading you on a dancing and music adventure in the great outdoors.

Once you get going and start moving to the music, with your own silent disco headphones and the surround sound of nature, it will be easy to forget everything else and escape for a while. Now that's something to dance about!

Open to all abilities. No

rhythm, confidence or experience necessary! Visit the Ripple and sign up on the sign in sheet at reception. Contact me via email on [djsage.fun@gmail.com](mailto:djsage.fun@gmail.com)

To make sure you don't miss out, be sure to book in early as numbers are limited to 12 headphones.

Bookings are ESSENTIAL!

To stay updated and find out more about upcoming DJ Sage events follow: Instagram:

[@djsage.connecting](https://www.instagram.com/djsage.connecting)

Facebook: [@djsage](https://www.facebook.com/djsage)

DJ Sage was inspired and created during lockdown by myself, a friendly Australian who had

more time to do more of what she always loved doing since childhood – sparking up more fun into people's lives through the joy of music and the creative arts.

With love and fun,

Angie Disney

(aka DJ Sage)



# Take your marks major milestone marked for Meadowbank

A major milestone has been reached in the build of the new Meadowbank Sports Centre with the completion certificate being issued to the main contractors Graham Construction. This enables the project to progress to the next stage – Edinburgh Leisure can now begin preparing the building for opening. Although an official opening date to the public has yet to be announced, it is expected that Meadowbank will be open around the start of the summer holidays.

The original Meadowbank was built for the 1970 Commonwealth Games and was used by various clubs and sporting celebrities. The closure of the flagship venue on 3rd December 2017 marked the end of an era and the start of a new one as the building was decommissioned to make way for a new state-of-the-art sports centre for

people in Edinburgh and beyond to enjoy for decades to come.

The new Meadowbank was originally scheduled to reopen in 2020, but the two-year pandemic, various lockdowns and issues with building supplies and contractor resourcing, which affected the building industry, meant that delays were inevitable.

June Peebles, CEO of Edinburgh Leisure said: "We're delighted that the finishing line is now in sight for the opening of this new flagship venue. The opportunity to be involved in such a major build project is special and I'm very grateful to the City of Edinburgh Council for involving Edinburgh Leisure in all aspects of this exciting investment into the City's wellbeing. It's been great to be involved in the project from day one however the level of excitement has certainly

increased as we begin preparations for opening.

"The new Meadowbank will undoubtedly pick up where the old Meadowbank left off; providing countless opportunities for generations to come to participate in physical activity and sport. New sporting memories will be created, and we can't wait to welcome the people of Edinburgh and beyond, into the new venue."

June Peebles further explained: "Now that the completion certificate has been issued, we will be spending the following weeks with final snagging, fit out items, finalising operating arrangements and a comprehensive staff training programme before we finally open the building. So, keep your eyes on social media and Edinburgh Leisure's website for more announcements about the official opening



date. We can't wait to welcome you into the impressive new Meadowbank."

Council Leader Adam McVey said: "It's great news that this latest milestone has been reached today, which means the new Meadowbank Sports Centre is one step closer to throwing its doors open to the public. This glimpse behind the scenes shows what we've got to look forward to – one of the country's top community sports centres with some of the most state-of-the-art

fitness facilities in the UK.

We've been working closely with Edinburgh Leisure throughout the development of this flagship project to make sure that the centre provides the very best in sport and physical activity, while prioritising participation and accessibility.

"As June and her team put the finishing touches to the building and finalise arrangements for opening, we're counting the weeks before everyone can enjoy this fantastic facility."

## Call for participants for a study on Universal Credit

How do claimants experience Universal Credit? We're recruiting people on Universal Credit who are short term unemployed, currently working or are scheduled to work. We are especially interested in people who have jobs with variable hours, zero hour contracts, and work freelance.

### WHAT DOES TAKING PART INVOLVE?

Two interviews and staying in touch about UC experiences via text messages or email over the course of six months. Interviews will last around 60 minutes.

Findings of the study will be presented to different groups working in this area including Citizens Advice, other advice organisations, academics and representatives of the DWP

and Scottish Government.

### IN RETURN FOR YOUR HELP

Participants will receive £50 of gift vouchers in two separate £25 installments at the start and finish of the study plus any transportation costs.

### TO PARTICIPATE CONTACT

Morgan Currie, Lecturer School of Social and Political Sciences University of Edinburgh  
[Morgan.currie@ed.ac.uk](mailto:Morgan.currie@ed.ac.uk)



# Catch your breath

The saying "how are you?" is a normal polite way for people to greet to each other. However, to those with a chronic illness such as COPD, Bronchitis, Emphysema or Asthma, "how are you?" is more often than not answered with "I'm fine", when they're not. Only those of us who have the same types of illness will know how you really feel and can sympathise with you

CATCH YOUR BREATH is a support group for anyone who has a chronic respiratory illness, a chance

for people who understand the day-to-day struggle of living with a chronic respiratory disease to support each other. The group also welcomes family members and carers as part of the support network.

The group runs once a month and includes visits from medical respiratory practitioners covering topics such as how nutrition plays a big part in the health of your lungs, how exercise can help improve lung function and mindfulness exercises to

deal with the stress of living with a respiratory disease.

At our last meeting on 16 May Ruth Bertram from the NHS Scotland Pulmonary Rehabilitation Unit visited us to explain how essential exercise is for good lung function. Not only in movement but in continuous controlled breathing to maintain good respiratory lung health. If you have a lung disease it is comforting to have a professional take time to explain how to cope with your disease in a language you understand.

Our next meeting is on Monday 13 June starting at 2pm.

At this meeting we will be joined by The Cheyne Gang, a local community choir created to help those with any type of respiratory condition. When singing you naturally control your breathing and teach your lungs the necessary balance of inhale and exhale of breath. We will also hear from Rose Ritchie, a spoken word poet from Craigmillar, who will talk about using controlled breathing in



performing poetry and she hopes those with respiratory problems can learn to control their breathing whilst talking.

If you would like some local support in living with your lung condition, we invite you along on Monday 13th June at 2pm, a warm welcome and a cuppa are waiting for you.



Tommy Sheppard MP writes:

The last few years have been times of great adversity and challenge for people across the globe. In every country in the world, people's ability to cope with those problems has relied on them having a sense of a common endeavour, a sense, to coin a phrase, that we are all in this together.

The problem with Britain today is that there are many people who no longer believe that we are all in this together. Last year in Britain, a record number of billionaires were recorded. The most alarming statistic to me is that 171 of the richest people in Britain could afford to cover every single penny the Government

## All in this together?

has spent in responding to covid – more than £400 billion. They alone could afford to cover that bill and still be the richest people in Britain.

The stock exchange has never been higher and the people who own stocks and shares have never been wealthier. Because of the increase in property prices, those who own the biggest and the most properties have done far better than those who own a modest home. That is the dreadful story of unequal Britain that we have today – a story of poverty on the one hand and great wealth on the other.

Let us not pretend that we are all in this together, because the truth is that those people at the lower end of the scale, in particular those on fixed and low incomes, are the ones who will disproportionately pay the cost of this crisis. When prices rise, it is the people

on fixed and low incomes who are hit disproportionately. When general taxes increase across the board, it is the poorest who are hit. When benefits or state spending is cut, it is those who are already suffering who are asked to suffer even more.

I apologise for painting a gloomy picture, however, that is the state of Britain today. The pages of the Speaker are not the forum to be making grand political statements. In acknowledging that, I will only say that the UK Government response to the cost-of-living crisis has been abysmal.

If people want to see a different set of instincts, aspirations, attitudes and character at work, they can look at what the Scottish Government has done with the powers that they have available. The discretionary housing payment has eliminated the bedroom tax in

Scotland. The Scottish Child Payment, which doubled in April, has mitigated the worst of the attacks on the poorest in our community. And Income tax increases for those who can afford to pay more has made Scotland the fairest taxed part of the United Kingdom.

Furthermore, there are the many things that volunteer-led services are doing locally. Here in Restalrig, Lochend and Craigmillar, we are incredibly fortunate to have organisations like the Ripple who have helped tackle poverty and inequality in our community for many years. For example, they recently began a fruit and vegetable market selling single items in response to rising food prices. Indeed, across Edinburgh East, we have seen many community organisations, exasperated with a lack of government support, taking matters into their own

hands. While it should not be necessary, it has been extremely heartening to see such acts of kindness and community spirit.

I have previously used my column in the Speaker to make this observation, but it is worth repeating. For me, when it comes to where decisions affecting people's lives are taken, it's a case of the closer, the better. Ensuring power is as near as possible to local communities helps improve life quality and reduce inequality. While I'm your MP, that's what I'll continue to fight for.

If you find yourself bearing the brunt of this unequal Britain, please remember that you can get in touch with me for help or advice. You can find me at the Hub on the first Friday of every month, email me at [tommy.sheppard.mp@parliament.uk](mailto:tommy.sheppard.mp@parliament.uk) or call my office on 0131 661 8023.

# Latest from your local councillors

## Cllr Danny Aston

Party: Scottish National Party  
Ward: Ward 14 – Craigentinny/Duddingston

Correspondence address:  
The City of Edinburgh Council  
City Chambers  
High Street  
Edinburgh  
EH1 1YJ  
Email: [Cllr.Danny.Aston@edinburgh.gov.uk](mailto:Cllr.Danny.Aston@edinburgh.gov.uk)

### Committee appointments

City of Edinburgh Council

Danny Aston is one of the two newly elected councillors for Ward 14. He sends his apologies for not submitting his maiden article for this issue due to covid.

## Cllr Joan Griffiths

I was delighted to be re-elected as one of the Councillors for Craigentinny/Duddingston Ward. I would like to thank all who voted for me and remind constituents that I am here to represent all constituents regardless of who they voted for. There have been a number of exiting developments in the ward. In my previous role as Vice Convenor of Finance I was able to get additional funding for Loganlea Play Park and if you have been in the area recently you will see all the new play equipment including a Flying Fox. Meadowbank Sport Centre is now completed and should be opening to the public soon, I was delighted to get a preview recently and I know that individuals and clubs can't wait to get back into the Sports Centre and access all the fabulous new facilities. The consultation on the proposals for changes to Smokey Brae closed this week. I have been encouraging residents to respond to the consultation as it is important that all have their say. I understand that change can be difficult, but we do need to improve Smokey Brae. To mark the Queens 70th Jubilee St Margaret's Parish Church is holding a Cream Tea on Sunday 5 June 2-4pm in the McLaren Halls Restalrig Road South. All the community are welcome to this free event. I would like to thank those local councillors who stood down at the election – over the past 5 years we have worked for the benefit of our constituents.

I look forward to working with new colleagues for the benefit of residents of our ward. Please do not hesitate to get in touch with me if I can be of assistance to you. Contact: 0131 529 3299 or [joan.griffiths@edinburgh.gov.uk](mailto:joan.griffiths@edinburgh.gov.uk)



## Cllr Iain Whyte

As a newly elected councillor for Craigentinny/Duddingston it is a pleasure to be asked to share some thoughts regularly in the Speaker. My predecessor, John McLellan is a newspaper man and he has always had good things to say about the Speaker and the way it connects with its readership. I know John's work was appreciated by locals and he is a hard act to follow.

While I am newly elected locally I have been a councillor for some time having previously represented a different ward. John's retirement from the Council and the local focus the pandemic brought led me to want to replace him as I live nearby at Leith Links and have lived most of my life in and around these parts of East Edinburgh. I lead the Conservative Group on the Council so I get involved in the political debate a lot and I have experience across the range of things the Council does. But the main focus of a councillor is always to represent the needs of constituents in the ward and get the best deal I can for them – either on an individual basis or through working with colleagues on community issues in a cross-party way. If I can help with anything such as the delayed roll out of communal bin hubs, your views on the Council's plans to change the road layout at Smokey Brae, the state of repair of roads and footways, personal problems liking housing or Council Tax matters or anything else please don't hesitate to get in touch. You can phone on 0131 529 4090 or email [iain.whyte@edinburgh.gov.uk](mailto:iain.whyte@edinburgh.gov.uk)

## Cllr Alex Staniforth

Hello again, I am very privileged to have been re-elected as Scottish Green Party councillor for Craigentinny & Duddingston. Thanks to everyone who voted for me and I will continue to work for the betterment of the ward and the city. I would also like to congratulate Joan, the only other incumbent standing, on winning her seat and Iain and Danny on winning theirs. I am sure that, despite some political differences, we will work together to improve the ward. I currently have no idea what the ruling coalition will be in the city council. With Labour refusing to form a coalition the two options available are a Green/SNP coalition or a Labour minority supported by the Lib Dems and Conservatives. By the time you read this we will know. Whatever the outcome, the city-wide conclusion of the election was a clear mandate for moving from a car-centric city to one in which pedestrians and cyclists have more freedom and streets can be reclaimed for recreational uses. I think that's good news, barely a month goes by when I don't receive a complaint about the traffic somewhere in the ward. While localised solutions such as more policing or controlling speed by installing chicanes can go so far, the solution to our traffic problems is a city-wide one, moving away from the car and towards less polluting methods of transport within the city. Finally I would like to commend Craigentinny & Meadowbank community council for their work on the playpark at Loganlea. The clean-up isn't finished, but it's a much improved playpark that people are already taking advantage of. As ever contact me on [alex.staniforth@edinburgh.gov.uk](mailto:alex.staniforth@edinburgh.gov.uk)

# Ageing well the Nordic way

Ageing Well is looking for participants interested in joining a new Nordic Walking course, which they will be introducing in early spring.

The Ageing Well Project is run by Edinburgh Leisure in partnership with NHS Lothian and delivers a range of city-wide activities which support people to become, and remain, active in later life. The emphasis is on meeting new people whilst making physical activity accessible and enjoyable.

Ageing Well activities have been developed to cater for a wide range of tastes and abilities and all activities are either led by or supported by fully

trained volunteers, who are all older adults themselves

Cat Wilson, Active Communities Project Officer at Edinburgh Leisure said: "This new course will complement our already popular regular walks which take place in different locations around the city each week. It's for anyone who would like to try a new activity, meet some like-minded people, and get physically active."

"Nordic walking origins are Finnish with more than 10 million people globally enjoying this outdoor activity. The evidence shows that you can burn around 20% more calories compared to conventional walking. The use of poles

means the effort is divided across the upper and lower body, so it feels easier, particularly when walking uphill."

The four-week course will start on a date to be decided, depending on interest.

Participants will meet at Straiton Place Park, on the promenade at Portobello Beach, and would be expected to attend all four sessions to graduate. Each session will last 1 hour and poles will be provided if people do not already have their own.

Once group members have graduated from the 4-week introductory course, they will be eligible to join the Nordic Walking 6-week

course, visiting various locations in Edinburgh. These walks would take between 1.5 - 2 hours.

Ageing Well relies on external funding and donations to deliver its programmes across Edinburgh. A donation of £3 per week is therefore appreciated for this activity. This can be paid in one go or each week. People's generous support means Edinburgh Leisure can provide a range of activities to reach more older adults in need of their support, protecting their health and wellbeing and improving their quality of life.

In 2018 the Ageing Well programme was awarded

the Queen's Award for Voluntary Service (QAVS), which is the highest award given to UK volunteer groups and is the equivalent of an MBE. The award reflects the tremendous contribution of Edinburgh Leisure's Ageing Well volunteers and the positive difference they make to the lives of participants.

To find out more and/or to register your interest in joining the initial 4-week introductory course, contact [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk) or call 0131 458 2260.

For more information: [www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk)

## Take 5 Access



The Ripple Hub Grub Community Café is delighted to have been supported by the Edinburgh Community Café Network project called Take 5 Access over the past 12 weeks.

The Edinburgh Community Café Network is managed by Edinburgh Community Food who support low income and vulnerable people across the city to source and consume healthy, affordable food.

The Take 5 Access project, funded by the Scottish Government, aimed to reduce the risk of food insecurity, and increase opportunities for access to healthier food for those with low incomes.

The project also provided skills and resources to make use of healthier food and support people through in-person assistance with signposting, including cash first resources.

Hub Grub Café actively took part in the project and provided free fruit to our customers for the period of the project. Cooked meals were served in DIY bags and offered to people who were interested in cooking at home. Approximately 32 free meals were made in the kitchen and 12 bags offered to people interested in trying new recipes at home.

Every week throughout the period of the project nearly 100 kids were

provided with free fruit and veg like apples, bananas, pears, carrots and cucumbers as snacks during their after-school club activities.

Kids enjoyed the snacks and wish to continue healthy eating habits.

Two of our volunteers benefited from Food Hygiene training which they thought is a useful tool for them moving forward in securing paid jobs.

Julia from Changeworks set up an advice stall to save money on energy bills. She interacted with café customers on a busy Wednesday and helped them with issues involving gas and electricity billing problems, applying for grants to clear

gas/electricity debt, finding the cheapest energy supplier, reducing condensation and dampness, reducing household food and energy costs and educating how the energy cap affects us. Julia will be back with the advice stall to help Hub Grub customers on 24th June.

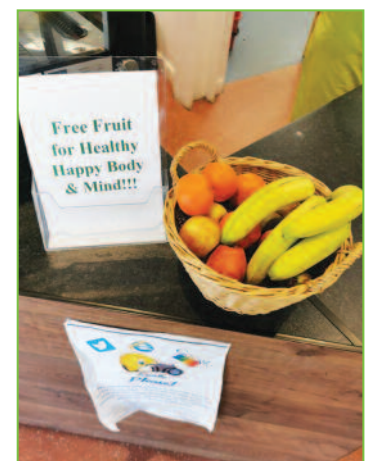
We have also been able to pay towards fuel cost of 10 Ripple users.

Ripple has been using the Chromebook offered as part of project in offering help and support to our volunteers and users who need help with digital support.

The Ripple is very pleased and happy with the help provided through

Take 5 Access project which helped in raising awareness about healthy food, energy solutions and digital support.

If you run a community café in Edinburgh and would like to get involved, please contact Jo Howie at [jo.howie@edinburghcommunityfood.org.uk](mailto:jo.howie@edinburghcommunityfood.org.uk) or call 0131 467 7326.



# News from Leith Academy

It has been another busy period of time with the covid restrictions easing across society and therefore across schools, but we still have to use 'covid sense' and take proportionate steps to enable a sustained and long term recovery.

With this in mind the exams have started and we are seeing an increase in events, trips, excursions and gatherings which

contributes to the positive ethos around the school.

All of our weekly updates and calendar dates can be found here on our website [leithacademy.uk](http://leithacademy.uk) Follow us on Twitter to see our latest news, events, photos @leithacademy

We celebrated Mental Health Awareness day last week by wearing badges, "Talk to me about....." to help trigger discussion and combat loneliness.

We have enrolled some Ukrainian families and continue to support them.

Congratulations to Luke Gardiner in our S6 for making the Scottish U18 Basketball Team. We also have Zak Griffiths making the National Squad for Rugby. We have many youngsters competing at a high, elite level which is great credit to their perseverance!

Well done to the squad.



## Making Plans

Greetings from all at St Margaret's Parish. As I write this short piece for the Speaker, a glance at my desk diary tells me we are almost halfway through the year. How time flies!

Already my thoughts are turning to issues that will call upon my time and energies later in the year – Remembrance and Christmas. I know, I know, many of you will be nowhere near thinking about either – indeed, some will be horrified that I am mentioning planning for Christmas at this point of the year. However, I can't get away from the advice of my senior colleague when I was a student training for church ministry – "As soon as you are through East start planning for Christmas and

vice versa – planning well always pays dividends".

Though you might shrink back from planning for Christmas in June, there are other plans that we are being asked to be involved in or with. The Presbytery of Edinburgh and West Lothian is asking church members and people living within presbytery and parish boundaries to consider plans for rationalisation and restructuring. These plans will call on all to be patient as we find out how the faith communities we are members of, or have involvement with, are affected. The Plan is currently at consultation, but will be developed over the next two years.

More pressing plans are being made and

progressed for how communities intend to celebrate Her Majesty, Queen Elizabeth II's Platinum Jubilee – plans for street parties and community events.

If you haven't heard of anything or haven't any plans to celebrate this event – St Margaret's is holding a Cream Tea on Sunday 5th June, 2-4pm in the McLaren Halls just along from the Church.

This free event is open to anyone who would like to come, enjoy a delicious cream tea and the company of others as we give thanks for the Queen's 70 years of service as Monarch.

Sunday Worship Services at St Margaret's – 10.30am. Tea/coffee afterwards in the Halls.

## EXPRESS WINDOW CLEANING

Reliable friendly professional  
**Window Cleaner**

2 weekly, 4 weekly, 6 weekly  
or 1 off cleans

**For a free quote call Andy on:**

**Mobile: 07445566991**

**Office: 0131 574 2924**

Email: [andyexpresswindowcleaning@gmail.com](mailto:andyexpresswindowcleaning@gmail.com)



### Save money on energy bills

Advice stall at The Ripple Project on 24<sup>th</sup>  
June from 11am to 2pm

Struggling to pay your gas and electric bills? Changeworks' Energy Advisor Julia will be available for **free and impartial** advice to help you:



- Resolve gas and electricity billing problems
- Apply for grants to clear gas/electricity debt
- Find the cheapest energy supplier
- Reduce condensation and dampness
- Reduce your household food and energy costs
- How the energy cap affects you

The service is delivered by Changeworks in partnership with Penicuik and Dalkeith Citizens Advice Bureaux and Midlothian Sure Start and funded by NHS Lothian.



**Equal Futures**

Inclusion with a difference

Circles of Support Befriending Social events...

...and more, for adults with a learning disability and autism

[equalfutures.org.uk](http://equalfutures.org.uk) • [info@equalfutures.org.uk](mailto:info@equalfutures.org.uk)

# Local churches' news

## St Margaret's

### Film Afternoon

St Margaret's will be hosting a free film afternoon event on Thursday 7th July at 2pm at McLaren Halls. The event is open to all and it will be followed by tea and cakes for the small charge of £2.50. The film being shown is "Grease" which has a PG rating. Please do join us. For more information call the church office on 0131 554 7400 or email Fadz at [flaoshe@churchofscotland.org.uk](mailto:flaoshe@churchofscotland.org.uk)

### Escape Room Challenge

Later in the summer St Margaret's will be hosting a free Escape Room challenge for groups of 5-10 people. The Escape room event will take place over a whole day and each booking lasts for an hour. This is a free event open to both adults and children over the age of 12. To find out more information about the theme, bookings and dates, or to volunteer to help with the event please email Fadz at [flaoshe@churchofscotland.org.uk](mailto:flaoshe@churchofscotland.org.uk)

## Christchurch

It's good to see an increasing amount of activity back to normal, with people more confident about mixing. And we can now sing without masks, which is much better. In our Sunday morning services we have been looking at some of the wonderful endings to some of the books of the Bible, and in the evenings we have been thinking about some

of the aspect of the new life that we have as Christians. As always, you can tune in to the morning service as it is live-streamed on our website.

The Ladies Bible Study group has been meeting regularly, looking at how we can support one another in the Christian faith. And we've also started up an occasional coffee and cake time for the older folks; you'll see

some photos of that on our Facebook page.

Last month we were also able to celebrate the end of the academic year for the Edinburgh Theological Seminary, where our ministry assistant James has now completed his first year of studies. And in April it was also a joy to celebrate the 104th birthday of one of our members, who is still able enough to attend.

## St Ninian's

### Last Month

Last month, we welcomed Archbishop Leo Cushley to the parish to confer the Sacrament of Confirmation on 18 children of Primary 7 age. They were all smart in their St Ninian's school uniforms. The Archbishop anointed them with oil as he addressed them by the name of the saint they had chosen as an

example of a life filled with the Holy Spirit. A couple of weeks later, a similar number of Primary 4 age children, smartly dressed in suits, kilts and dresses, received Our Lord in First Holy Communion.

### Call the Priest

In a new, working from home, development Fr Kingsley will operate a parish office. This means he's available on

Mondays & Thursdays 11-12 and Tuesdays 4-5 to answer emails or phone calls. Contact details are 661 2867/079 3508 4695, [stninians2016@gmail.com](mailto:stninians2016@gmail.com) Perhaps you have a sick or housebound relative or friend who would like a visit or to receive Holy Communion? Even priests have a day off and Fr Kingsley's is a Wednesday.

**FAMILY CIRCLE CARE** 22 TOWER STREET  
EDINBURGH EH6 7BY  
Providing an excellent quality of care for your loved ones

**WORK WITH US!**

JOIN OUR LOCHEND & CRAIGENTINNY TEAMS

FULL TIME/PART TIME AND BANK STAFF POSITIONS AVAILABLE

NO EXPERIENCE REQUIRED AS FULL TRAINING WILL BE PROVIDED

£11.00 PER HOUR  
FULL INDUCTION AND TRAINING  
MILEAGE ALLOWANCE  
PENSION  
HOLIDAY PAY  
SET SHIFT PATTERNS  
FULL PPE

For further information please contact  
Anne Nicholson 0131 554 9500 or  
[anicholson@familycirclecare.co.uk](mailto:anicholson@familycirclecare.co.uk)  
Please visit our website  
[www.familycirclecare.co.uk](http://www.familycirclecare.co.uk)






**Craigentenny Community Gardening Project**

Open every Sunday at 1pm  
6 Loganlea Drive  
(check our facebook page)

Drop in and do some gardening with your community or just pop in to say hello. Open day Sunday 26th June. BBQ and activities. All very welcome.  
[@CraigentennyCommunityGarden](https://www.facebook.com/CraigentennyCommunityGarden)



**A free, confidential service for young people aged 12 to 21. We provide support and information around: emotional wellbeing, mental health, drugs and alcohol, sexual health, relationships and anything that impacts your life.**

**Monday 4pm-7pm: Walk-In**  
Speak to a worker 1 to 1 or access our sexual health services (c:card and pregnancy testing).

**Wednesday 4pm-7pm: Drop-In**  
A safe space to relax while you wait to speak to a worker, use sexual health services or have a free massage.

**Thursday 4pm-7pm: Digital Drop-In**  
Remote 1 to 1s by phone, video call, text etc.

**Have a look at our website for more info:**  
[the-junction.org/drop-in/](http://the-junction.org/drop-in/)  
82 to 86 Great Junction Street, EH6 5LL



**With Sandra Craig**  
BWDA Line Dancing Instructor  
**Absolute Beginners.**

An introduction to the basic line dance steps through easy to learn dances, while having fun!  
*Wear comfortable shoes and bring a drink.*

**Thursdays 10am – 11am**  
**5 week block – £15**  
Advanced booking and full payment required.  
**21<sup>st</sup> July to 18<sup>th</sup> August**  
To book contact Sandra 07970389505  
or e mail [craig-Sandra@sky.com](mailto:craig-Sandra@sky.com)  
Restalrig Lochend Community Hub  
198 Restalrig Road South, EH7 6DZ



# Lochend Football Academy



Come and enjoy football! Lochend Football Academy, based at Lochend Road South is delighted to announce a brand new 3G playing surface has been installed at the Academy.

The Academy has a proven track record of developing players of all ages to reach their potential – some boys and girls have gone on to play for top Scottish clubs as well as internationally for Scotland at their age group.

The Academy is always looking to attract local

children as well as adults to the beautiful game. All levels of development are welcome – we have the right sessions to help develop every child.

We provide the following coaching group (subject to minimum class size):

- Young stars – Ages 2-3 Saturdays (9-10am)
- Primary 1 & 2 – Ages 4-6 Saturdays (9-10am)
- Academy Sessions – Ages 6-7 – Saturdays (9-10am) & Tues/Thur (4-5pm)
- Academy Sessions – Ages 7-9 Tues/Thur (4-5pm) & (5-6pm)
- Academy Sessions – Ages 10-11 – Tues/Thur (5-6pm)
- Academy Sessions – Ages 11-12 – Tues/Thur (6-7pm)
- Academy Sessions – Ages 12-13 – Days / times upon request
- Academy Sessions –

Ages 14-15 – Days and times upon request

- Girls Academy – All Ages Saturdays (9-10am) & Wednesdays (5-6pm)

If you would like to book a space for a free trial for any of the above then please contact us via one of the following:

- phone/text Jimmy on 07802 883641
- *email lochendfa.com*
- facebook – *lochendfootballacademy*
- Instagram – *lochendfootball.academy*

**A free football will be given to every child who joins the Academy after their free trial.**

## Lochend Football Academy – Football for adults

In addition to developing children the Academy also provides the sessions for adults.

**Private Lets** – If you and a group of friends would like to hire the pitch for an hour or more then contact Ian on 07802 884343 for the available non-coaching time slots during the day and in the evening.

**Improving Mental Health for Men** – We will be running some free coached football sessions and also will be providing some free relaxed matches for all development levels/ages at the Academy for men from the local community. If you are over 18 and think some football would help your mental health then get in touch. Also if you know someone who you think this may benefit then please get in touch. Contact Ian on 07802 884343 to book places. Once numbers confirmed dates/times will be advised.

**Walking Football** – The Academy is starting walking football sessions during the day and in the evenings for over 40s. Again, if interested to book a place please contact Jimmy on 07802 883641.

**Football for Women** – We are delighted to welcome any women from the area who like to play football either as part of a relaxed game or with a group of friends. Contact Ian on 07802 884343 to book places. Once numbers confirmed dates/times will be advised.

This is a really exciting time for Lochend Football Academy and the Lochend community. Now summer is here it is a great time to get playing some more football in an outdoor environment on a state of the art pitch. We look forward to hearing from you.

## World Collage Day – a Ripple first

On Saturday 14th May, the Ripple in partnership with Edinburgh Councils Creative Community Partnership ran its first ever World Collage Day.

Ground breaking artists from all over the country came to present their fantastic work and deliver free workshops for our community. The morning consisted of presentations and a discussion panel. Safe to say some of these discussions got a little HEATED. The Ripple then ran a lunch service resulting in two of our

younger people making some income after coming up with their own menu. In the afternoon 4 fantastic workshops were on offer and in the end were full to the brim. A truly fantastic Saturday in Restalrig.

41 out of an allocated 55 tickets were registered via Eventbrite and the event was not done in vein! All in attendance that surveyed at the end of the event said they enjoyed the day and would be delighted to attend something similar

in the future.

As a build up to the event, artist in residence Sasha Saben Callaghan delivered workshops for the community over a period of 6 weeks starting in early April. Sasha organised and delivered all of this while planning the big Saturday event at the same time. Hats off indeed. All of these workshops were well received and we look forward to working with Sasha again in the near future.

If you missed this

fabulous event, make sure you visit us to become a member of the Ripple

and also subscribe for email notifications on our website.



# Mental health = brain health

May was the 'Mental Health Awareness month' and 9th - 15th May was globally celebrated as 'Mental Health Awareness Week'. Here at the Ripple, we focused on mental health by addressing physical health and served 'Brain healthy' food throughout the week and distributed recipes to customers in the café to raise awareness that our brain health has a deep connection with mental health. Causes of adverse mental health ranges from adverse childhood events (ACE's) like abuse, trauma, neglect as well as loneliness, discrimination, stigma, racism, social disadvantage, poverty, debt, bereavement, and long term stress to name but a few.

Over the past two years we have all felt 'Stress' impact our everyday life, wellbeing, and brain health equally. It has been reported that 56% adults in the UK have reported feeling stressed, anxious, and depressed about the current pandemic on their future, while 67% of young people aged 13-25 have agreed that this pandemic will have a 'long lasting negative effect on their mental health'.

According to a review of 'The impact of stress on body function', stress can either be triggering or aggravating factors for many diseases and pathological conditions. Being exposed to chronic stress can lead to changes in brain which can show as behavioral, cognitive and mood disorders later in life. The Hippocampus, the part of the brain responsible for learning and memory is

particularly sensitive to stress and studies have shown that due to its vulnerable nature it gets damaged easily, thus could be associated with neurological or psychiatric illnesses such as Alzheimer's disease and epilepsy.

## THE IMPACT OF STRESS ON THE IMMUNE SYSTEM

Individuals operating under chronic stress are more likely to have an impaired immune function, and experience frequent illnesses. The adrenals which are small triangular shaped glands located on top of the kidneys, work closely with the nervous system to quickly respond to changes in our life. When we are more active or under stress, our sympathetic nervous system (Fight or Flight) is activated and the adrenals release adrenaline and noradrenaline which enhance vigilance, alertness and attention, following this cortisol is released within 15-30 minutes. This is not a problem if stress is short lived, we should return to a parasympathetic state (rest and digest) which allows repair and digestion. If we are under long-term chronic stress this can lead to an imbalance, pushing our system into a sympathetic response too often, not allowing for periods of rest and repair. Stress can negatively affect numerous receptors for various hormones that are involved in immune system function. Inflammation in the body = inflammation in the brain (neuroinflammation), which may lead to several pathological conditions

linked to cognitive impairment, neurodegenerative diseases and psychiatric disorders

Conditions associated with chronic stress & inflammation include:

- Chronic Fatigue
- Sleep Apnea
- Headaches
- Gastrointestinal symptoms
- Anxiety or depression
- Difficulty losing weight
- High Blood pressure
- Decreased libido
- Poor post workout recovery
- Poor sleep
- Joint stiffness
- Poly cystic ovarian syndrome

And the most common causes of inflammation are:

- Ageing
- Chronic emotional stress
- Dysbiosis
- Environmental toxins
- Infections
- Nutritional deficiencies
- Pro-inflammatory diet
- Sedentary lifestyle

## WHAT CAN WE DO?

### LIFESTYLE RECOMMENDATIONS

- Try to identify what pushes your stress buttons - write it down or talk about it.
- Reframe your mindset - Learn to be more present and appreciate the simple things in life. I recommend journaling.
- Ensure a good evening and sleep routine. Sleeping well will preserve your energy for the next day, get into a routine and aim for 7-9 hours per night.
- Increase light exposure during the day (go for a walk, look out of the window at work) and

reduce blue light exposure in the evening (use night-time mode on electronic devices, or try blue light blocking glasses).

- Try to make time every week for an activity you enjoy that relaxes you. It's particularly good to include something that engages your senses by listening to music or having a hot bath with essential oils.
- Increase daily movement by walking or practising yoga. Daily movement can impact your mental state, release endorphins and relieve tension.
- Try meditation using apps such as Calm or Headspace or follow this simple breathing technique: – Inhale 4 counts – Hold 4 counts – Exhale 4 counts, aim for 5 minutes twice a day.

### DIETARY RECOMMENDATIONS

- Keep your blood sugar consistent to avoid energy dips – regular meals with good levels of protein and vegetables, but fewer carbs, processed foods and sugars.
- Manage your use of stimulants – not more than one cup of good quality coffee with breakfast. Opt for herbal teas such as chamomile, lemon balm, and green tea.



**Ayesha Mir**

M.Sc Nutrition and Dietetics) CNHC, mBANT

- Aim for 2-3 portions of oily fish (eg wild salmon, sardines, kippers) per week, or supplement with algal omega-3 if you are vegan
- Increase green leafy vegetables – spinach, kale, chard, broccoli - which are rich in folate and magnesium needed for energy, nervous and energy support. Have at least 1 portion every day.

### AIM TO INCLUDE THE FOLLOWING NUTRIENTS IN YOUR DIET:

- B Vitamins: avocado, whole grains, liver, berries, green leafy veg, nuts, eggs, broccoli, cauliflower, daikon radish, mushrooms, salmon, meat, dairy.
- Magnesium: leafy greens, squash, pumpkin seeds, spinach, Swiss chard, sesame seeds, quinoa, black beans, cashews, sunflower seeds, daikon radish, cacao.
- Vitamin C: citrus fruit, kiwi, mango, papaya, pineapple, strawberries, raspberries, tomatoes, potatoes, cabbage, red pepper, kale, broccoli, chilli, parsley.



# Would you like to try outdoor swimming?

People of all ages love jumping about in the water and have done for millennia. The first known records of people swimming date back to Egyptian drawings from 2500BC. As a young kid I was taken religiously to the local pool after school on a Thursday, the highlight of my week. Christmas Day sea swims in fancy dress, a rope swing over a river which often ended in an unplanned swim, and long summers spent on the beach were all part of my childhood.

When I moved to Scotland as teenager I discovered the flumes and the high boards at the Commie Pool, and a new phenomenon for me, the chittery bite. Holidays and family visits took me swimming in the sea at Auchmithie, Elie, Findhorn, and Eyemouth, and jumping in at the cliffs at Arbroath.

But in the last 20 years I've only really swam in sterile pools, sometimes in gyms with no windows, doing lengths up and down for fitness and trying to avoid my toe getting



pulled by someone trying to get past. So when the first lockdown eased a little bit and people started to discover that there was no Covid rules that prevented you from swimming outside, I started going to Porty beach and never looked back. When the pools started to tentatively reopen, I didn't feel like going back to that sterile environment. And when the autumn turned to winter I bought myself a pair of swim gloves and socks and a wooly hat and carried on. You'll have seen the stuff online about the craze of what some people call wild swimming and all its health benefits, both on the body and the mind.

For me it's feeling happy

and high, invigorated and invincible, my blood feels fizzy and I'm cold to my core but somehow cozy at the same time. At the Ripple we now have an 8 seater van and I would like to build some outdoor group swimming into our wellbeing program. You won't need any special equipment, just your swimmies, a towel, a hot water bottle, some curiosity and an adventurous spirit. I remind myself when I'm struggling to get into cold water that I have never ever once regretted a single swim I have done.

Please get in touch if you would like to try it out this summer and we can discuss further. You'll need to be a member at the Ripple but you can do this

easily for £1. Left is a picture of one of my favourite swim spots. Can you guess where it is? Text me your answer and the prize for the right answer is a trip there this summer for a swim.

For more info contact Cat Robertson on 07510 521759.

**DISCLAIMER:** Swimming outdoors comes with significant risks even for experienced people and those in groups. Swimming alone is not recommended. If you are going to do it, please do some research. A good place to start is the Outdoor Swimming Society.

**Healthy Hub Walkers**  
Restalrig Lochend Community Hub  
198 Restalrig Road South, EH7 6DZ

**2 WALKS EVERY THURSDAY**

**9.15am brisk pace  
10am gentle pace**

Your first step to getting more active. Walk together and get some fresh air in good company

**FREE, no booking required.**  
Tea/coffee and lots of chat in the Hub after.  
**Just pop in and join us!**

## SEATED EXERCISE WITH FRANCES

WEDNESDAYS 11AM TO 11.45AM

RESTALRIG LOCHEND COMMUNITY HUB  
198 RESTALRIG ROAD SOUTH, EH7 6DZ  
£3 PER SESSION  
NO BOOKING REQUIRED

PLEASE NOTE, THIS IS NOT A REFERRAL SERVICE AND YOU SHOULD CONSULT YOUR GP IF IN ANY DOUBT ABOUT STARTING A NEW EXERCISE REGIME. YOU ARE WELCOME TO VISIT THE CLASS TO DECIDE IF IT IS SUITABLE FOR YOU. JUST COME IN ON THE DAY AT 11AM.

## EXERCISE FOR ALL

FUN DANCE MOVES TO UP-BEAT MUSIC  
HAND WEIGHT EXERCISES

**NO BOOKING REQUIRED  
£3 PER CLASS**

**WEDNESDAYS 10AM TO 10.45AM**

**RESTALRIG LOCHEND COMMUNITY HUB  
198 RESTALRIG ROAD SOUTH  
EDINB. EH7 6DZ**

## Shut out Scammers

**Close the Door**  
on uninvited callers. Don't feel obliged to answer the door to a cold caller - it is your home and you should not let anyone in unless you feel comfortable.

**Take Time**  
to think before making a decision. Rogue traders may try to pressure you by saying that they have special deals which are only available today. Don't let an uninvited trader start work straight away.

**Research**  
Get at least 3 quotes from trusted companies before having any work done in or around your property. Rogue traders go to great lengths to appear legitimate - check at least 3 review sites to make sure you are getting genuine feedback. Find traders who have been vetted by Trading Standards through a local approved trader scheme.

**Verify**  
that the person is genuine and take a note of the company's details. ID cards can be faked - close the door and look up the company's number on their official website or in an official phone directory to check their identity. Legitimate traders will be happy to wait while you perform these checks.

**Report**  
suspicious behaviour to Police Scotland on 101, or 999 in an emergency. Report scams to Advice Direct Scotland on 0808 164 6000 or at www.consumeradvice.scot. Sign up to the Neighbourhood Watch Scotland Alert system to receive alerts about local safety issues from partners such as Police Scotland.

## Restalrig Lochend Community Hub

198 Restalrig Road South, Edinburgh  
0131 554 0422

Regular programme of activities  
A Hub of activity you can join in with

### Hub Grub Café

Open Monday – Friday 10am – 1.30pm.  
Our community café offers tasty, affordable  
homemade food, hot and cold drinks  
and somewhere sociable for you to  
meet and eat. Free internet access for  
café customers.



## Politicians' Surgeries

Please remember all your local councillors are contactable  
directly by phone or email. See page 5.

### Ash Regan MSP

Friday 12pm – 1pm  
8 July  
12 August  
9 September

### Tommy Sheppard MP

Friday 1pm – 2pm  
1 July  
5 August  
2 September

### Cllr Joan Griffiths

Friday 12pm – 1pm  
30 September

## Monday

### HOP Community Shop

Monday to Friday 9am to 11am and 1pm to  
3pm. Local people selling handmade crafts,  
gifts and printed tee-shirts. Sorry we are no  
longer accepting donations for the shop.

### Dixie Saltires Line Dancing

£3 per week. Wear comfortable shoes.  
10am – 11am Beginners (class FULL)  
11.30am – 12.30pm Improvers. Spaces  
available for dancers with some experience.  
No classes 4 & 11 July.

### Yoga

1.30pm – 2.30pm.  
Please call 07510 521759 to enrol.

### Catch Your Breath Group for people living with long term lung conditions

Drop in information meetings 13 June,  
11 July, 8 August 2pm to 4pm.  
For more information call Frances McLennan  
07479 284330 or email  
[breatheeasy@theripple.org.uk](mailto:breatheeasy@theripple.org.uk)

## Tuesday

### Knitting Network

2pm – 3.30pm.  
50p per session for tea, coffee and biscuits.  
All ages and abilities welcome. We have wool  
and needles to get you started. Just drop in.

### Exercise for Everyone

10am – 10.45am. £3 per class. Suitable for  
men and women of all ages. Just turn up.

## Wednesday

### Seated Exercise

11am – 11.45am. £3. Just turn up.  
Chair based exercise for all ages.  
See poster on page 11.

### Cyrenians Pantry

Affordable high quality food.  
Held fortnightly 10am to 11am £2 for 10  
items. Membership required, contact  
Michelle 0131 554 3900. Dates 15 & 29 June,  
13 & 27 July, 10 & 24 August.

## Lunch Club for Older People

Monday – Friday 11.30am. Advance booking required. 65+.  
£4.50 per day. Two delicious and nutritious courses, plus tea/  
coffee and biscuits. Limited door-to-door transport available in  
Restalrig/Lochend/Craigentinny areas. For more information  
or to book call 0131 554 0422.

### Wednesday Market 10am – 1pm.

Fresh fruit and veg sold at cost price to us  
and supporting local enterprise Edinburgh  
Community Food. Weekly, open to all.

### Yoga 12.30pm – 1.30pm.

Please call 07510 521759 to enrol.

### Boxercise for Beginners 6.30pm – 7.30pm.

Boxing moves combined with circuit training.  
Suitable for beginners. No booking required.  
£5 per class or £25 for block of 6 sessions.  
For more information call 07814 847755.

## Thursday

### Healthy Hub Walking Group

Half-hour walks 9.15am and 10am start.  
Gather at the Hub and join in on our free  
Thursday walks to meet new friends, improve  
your fitness and discover local landscapes  
and places of interest.

### Dixie Saltires Absolute Beginners Line Dancing

Pre booking required. See page 8.

**Lochend Seniors Computer Group** 50+  
computer absolute support. 2pm to 4pm £1  
per week. NEW 6 week rolling programme.  
No booking required, just come on the day.  
Bring your own device or laptop. Please call  
07510 521759 to enrol.

### Yoga 5.45pm – 6.45pm.

Please call 07510 521759 to enrol.

### Restalrig Benefits Advice

Provided by Granton Information Centre.  
Call 0131 551 2459 for an appointment.

## Friday

### Friday Club 65+

Your local social/activities club 1pm – 3pm.  
17 June Hidden Doors Festival visit (now  
fully booked).  
The Friday Club will now take a summer  
break until 26 August. New members are  
welcome to come along and find out more  
about our autumn/winter programme.