

# the SPEAKER

quarterly  
free

December 2022

Published by  
The Ripple on behalf  
of the community

## Focus on wellbeing

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The Wellbeing project at the Ripple started from humble beginnings in January 2019 as a group work project for people who were referred to us by their GP surgery because they were struggling with their mental health. It was a 6 week programme of psychoeducational material designed to help people understand their mental health and learn strategies to help them cope with tough times. Cue some very tough times in the form of a global pandemic and months of lockdown, and our services became very, very busy. As Benjamin Franklin said though, out of adversity comes opportunity, and the constraints of the lockdown allowed some of us to reflect and develop and work on new ventures.

Supporting people with poor mental health is an essential service in our community, and the Ripple is committed to removing the financial barriers to accessing the kind of activities that support mental health. But prevention is better than cure and it's also important to support our

local people who enjoy good mental health, in order to keep them feeling good, as well as help those who struggle, so that they can have more good days.

The project has now morphed into so much more than it was when it started out. Here are some of what we regularly have on offer, and what we have been up to lately.

### Group work

This is how the project started life, and remains a constant rolling 8 week programme of learning about mental health and strategies to stay well. A referral is needed but anyone can refer you, including yourself.

### Yoga

Three yoga classes a week, open to everyone, inclusive and never intimidating, free for those who need it to be free.

Mondays 1.30-2.30,  
Wednesdays 12.30-1.30,  
Thursdays 5.45-6.45

Please contact Cat before joining.

### Outdoor swimming

All year round, from Portobello to the beaches, lochs and



reservoirs slightly further afield. We provide transport, some kit, and hot drinks. If you haven't yet heard about the benefits to your physical and emotional wellbeing, do a bit of research, or get in touch with Cat if you are curious.

### Trips

A monthly trip somewhere lovely for the day, either in nature, or a cultural experience, maybe a walking challenge, or something completely different. There is also a summer program when the time comes. Now and again we also secure funding for more ambitious trips, further afield, staying overnight to experience the kind of

vibe you might get at an expensive retreat.

### Bikes

We have a few community bikes which are available for Ripple members to borrow. One is an ebike, which can be really useful for longer journeys or carrying your big shop. If you want to be fitter, happier, and have a few more quid in your pocket, ditch the car or bus, and get on your bike.

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# the Speaker

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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  
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## Let the music play on

DJ Sage facilitates MENTAL HEALTH and WELL-BEING by re-connecting people to themselves, and each other, through the joy of music.

With bespoke silent disco workshops lasting up to 1-2 hours, themed music playlists are created on specific topics, eg: self-care and confidence, which reflect universal growth principles, in a fun, interactive, and inclusive way.

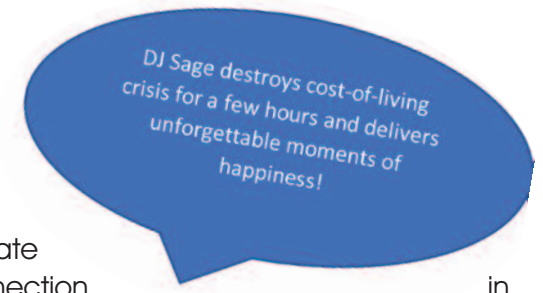
Angie Disney utilises her professional and personal knowledge of teaching and emotional and well-being coaching, to encourage movement and mindfulness, whilst incorporating reflective questioning, discussions and story-telling.

Warming you up for 2023, the DJ Sage experience of re-connecting you back to yourself, each other and the community, is ground breaking and perfectly timed!

Delivering for adults and school pupils in Lochend, Craigentenny and

Restalrig, DJ Sage will facilitate a deeper connection within our local community that we call home:)

No need for a money back guarantee, as help



in becoming more grateful, confident and self-empowered, is coming to a place near you, FOR FREE!



**Christmas MEAL**  
**FOR OVER 60S**  
**Friday 23rd December**  
**1pm - 4pm**  
**Craigentenny Community Centre**  
 Pop in to Book a free Space  
 or call us on 661 8188  
 places are limited

# Writing for all

*Kathleen Byron writes:*

The Write-On group has been meeting this autumn without a tutor. We have a dependable group including some new members who are very keen. We are getting Meagan Delahunt back after Christmas for 4 weeks which will be wonderful as she really pushes us and it's great to have an experienced and published writer to guide us.

Last term Meagan encouraged us to write a poem about a trip we had taken. It worked really well and Kathleen wrote a poem about her 16-month trip to Australia and New Zealand which she managed to get published in an online magazine called Seize the Dae.

Write-On is for everybody, though, so it doesn't matter if you've never lifted a pen to write creatively before, if you fancy it, come along. We meet at 1.30pm on a Wednesday, so you could even have your lunch in the café beforehand.

On Wednesday 2nd November we went as a group to see *A taste of Impressionism* at the Royal Scottish Academy (the one with the columns on Princes St). Unfortunately by the time you read this it will have finished but it was worth

seeing, especially as Tristian managed to get us free tickets.

The first room was dedicated to artists who broke tradition by painting outside, which was a bit radical. They painted traditional pictures but left the leaves of trees a bit fuzzy like the impressionists went on to do for their pictures.

The second room had the most impressive pictures. They had some Degas sculptures of ballet dancers; he was fascinated by the female form. They had a few Van Gogh's, a nice one of a haystack at sunset which I liked and the x-ray of the newly found self-portrait under a picture of an ugly woman. Poor Van Gogh only sold a handful of pictures in his life; he had serious mental health issues but he persevered and left lots of work for us to appreciate. There were also pictures by Monet and Gauguin and a very nice one I had never seen by Berthe Morisot which was mainly shades of green as it was of a mother and child sitting under a tree.

The third room was pictures that the impressionists had done on paper or were otherwise cheaper to produce. A lot of the impressionists were broke as were not appreciated at the time they were

painting and sometimes struggled to buy the materials they needed. Now their paintings sell for millions of pounds, it's a bit sad. There was a lovely little gouache on canvas of a woman washing clothes by Camille Pissarro. There were a few in oil pastel of snow scenes, which you can use in the cold, which I didn't know.

There were other rooms but I had lost my concentration by then. The highlights in them were a very Japanese looking one of single wave by Gustave Courbet and a night harbour scene by Monet. The last picture I really liked was a nice one of an old lady looking out the window rubbing her hip. Edouard Vuillard managed to get both the light coming in and the hazy buildings outside through the net curtain which I thought was clever.

To sum up I think it was worth going but the exhibition itself tried to pad out its store of pictures in a way that didn't work for me. I wasn't very interested in the people who collected these pictures but I am very glad they did.

## Older People's Project Office The Ripple

at Restalrig Lochend Community Hub  
£30,510 (Pt 30 Band 27 to 34)

Fixed term contract for 2 years

37.25 flexible to include evening/weekend work  
25 days annual leave plus 10 public holidays  
PVG membership required

Work as part of a team within the Ripple organisation to deliver a quality, responsive service to older people in the local area so that more over 60's have better social connections and relationships contributing to an improved sense of general wellbeing.

You should have a passion for people, be warm and empathetic and believe that older people have a vital contribution to make to any community. You will understand the challenges that our older population faces and be committed to delivering opportunities that promote health and wellbeing and fun.

More information and an application pack are available on the Goodmoves website [www.goodmoves.com](http://www.goodmoves.com) or call 0131 554 0422 for a paper copy. Closing date for applications is Monday 12th December at 12 noon.



## Wellbeing Open Day

Saturday 25th Feb 2023

10am - 4pm

Workshops and Tasters including:-

Community Drum Circle

Creative Writing

Mindfulness

Music Medicine

Holistic Treatments

and many more to be announced

**All activities are free**

**Come along and try!**

At The Ripple Project  
198 Restalrig Road South

# Scouting opportunities in Restalrig, Lochend and Craigentiny

Are you passionate about seeing young people succeed? Are you a team player with a positive, can-do attitude? Do you enjoy fun activities? Do you want to do more in your community? Are you more of a 'behind the scenes' person? Do you have a skill or hobby you can share? Then Scouts is right up your street. And you don't need to have any previous Scouting experience but if you do, bonus!

Demand by young people to join Scouts right across the Edinburgh North East area is good with youth waiting lists growing. However, the team needs new adult volunteers to reduce the waiting list and enable more local young people to benefit from Scouting. We all have the

power to help young people to realise their potential. Can you help?

Scouts is only possible thanks to a team of superstar volunteers – ordinary people, like you, making an extraordinary difference in young people's lives. Scouts is looking for new adult volunteers to support their existing leaders and executive team. So please consider what you can do and if you know anyone who may be willing to get involved. It is possible that Scouts may consider a job share if that was of interest to you?

**FACT 1** Scouts has 14 Scout Groups in the Edinburgh North East area including the geographic areas of Restalrig, Lochend and Craigentiny and

want to provide more Scouting to more local young children.

**FACT 2** You don't need to have any specific skills or be Bear Grylls to lend a hand.

**FACT 3** Scouts locally have a youth waiting list of just under 100!

**FACT 4** If you volunteer as a Leader to get involved now then they could ensure your child gets automatic entry into their preferred Scout Group.

**FACT 5** You don't have to have previous Scouting experience to get involved. They promise!

As a District, Scouts wants to offer your child and other local children across the Edinburgh North East area the chance to participate in all the fun

experiences and adventures they do in Scouting week to week such as, camping, fire-lighting, climbing and abseiling, and yes, learning how to tie and use knots (these will come in handy in later life!).

Most of our volunteers work directly with young people aged 6-18 through our Beaver, Cub and Explorer groups – helping young people gain skills for life through fun activities.

There's lots of ways you can get involved with Scouts as a parent, carer or family member. From helping out occasionally on a family rota or as part of the Exec to stepping up as a leader, volunteering activities are as varied as

you. The good news is you shape what you do and the time you have to give. Scouts happens when a lot of us give a little (and you don't have to be a Scout or outdoors expert to volunteer).

Scouts have lots of flexible volunteering opportunities – you just show up, get stuck in and make memories for life! As well as helping young people to enjoy the adventure of Scouting, you'll also have fun, make friends, develop new skills and have unforgettable experiences. For more visit <https://enescouts.org.uk/> Or join in the conversation on Twitter <https://twitter.com/enescouts>

## Focus on wellbeing

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### Silent disco

We run these once a month on a Friday from 5.30pm to 7.00pm. Dancing improves your muscle tone and strength, heart and lung function and co-ordination, but above all we just love to boogie. Next ones up are Friday 4th Nov, Friday 2nd Dec and Friday 13th Jan.

### Annual Wellbeing Day

A really great day of gathering and having fun with all sorts of tasters and workshops for things you maybe wouldn't normally do. The next one is Saturday 25th Feb from

10.00am to 4.00pm. Keep your eye out for details nearer the time.

So keep a look out for info on what is going on, get in touch with Cat if you want to find out more or put your name down, most of what is on offer is free, and it will always be free to those who need it to be. If you would like to contribute, you always can, but there is no expectation.

Cat can be contacted on 07510 521759 or by email [Catriona.robertson@theripple.org.uk](mailto:Catriona.robertson@theripple.org.uk)



# Latest from your local councillors

**Cllr Danny Aston** As we begin to look towards Christmas, it's an understatement that this is a really difficult time for many, with cold weather combining with rocketing energy prices, on top of the extra pressures that the festive season brings. While the UK Government has put in place some support for households, many will feel it doesn't go far enough, especially those who were already finding things tough. The Scottish Government has helpfully pulled together details of the help and advice available at <https://www.mygov.scot/help-energy-bills> If you're not on the internet and you're struggling with energy bills, you can call Advice Direct Scotland on 0808 800 9060. What is really encouraging though is the number of folk in this community who are keen to roll up their sleeves and get involved in making their neighbourhood better. In the last while, I've been to very well attended AGMs for the Ripple and for Craigentiny Community Centre, and to local community council meetings with healthy turnouts too. I was delighted to join the 14th Edinburgh North East Scout Group in planting trees in Loganlea Park to create the beginnings of a new 'Wee Forest'. Remember, you can get involved too. Another sign of an active community is the huge interest in the Save Jock's Lodge campaign, to stop student flats replacing a popular local pub. Pubs are important social assets – far too many have closed in recent years so I'm fully backing this campaign. There's a pub quiz fundraiser at Willowbrae Bowling Club, 7pm on 1st December. Email [35jlag@gmail.com](mailto:35jlag@gmail.com) for details. If you have something to raise or want to know what I think please get in touch: 0131 529 4161 or [cllr.danny.aston@edinburgh.gov.uk](mailto:cllr.danny.aston@edinburgh.gov.uk)



**Cllr Joan Griffiths** Whilst it has been a milder autumn, we know that the temperature will drop which means higher energy bills, people will struggle. There are warm welcoming spaces where you can get a cuppa and a chat. The Cosy Cuppa Northfield Willowbrae Community Centre is on Thursdays 1pm–3.30pm or 6pm–7pm on Tuesday nights. Craigentiny Community Centre has created a warm space where people can stay heated throughout the day from 10am–4.40pm Monday and Thursday and 9am–11.30 Fridays. For more information on how to keep your home warm SafeHome Energy Scotland can help. Get in touch and find out how much to save on bills and get help to make your home warmer. You could receive funding to make improvements like insulation, draught proofing or even new heating system. Contact Home Energy Scotland on 0808 808 2282. The Craigentiny Community Centre are seeking Christmas gift donations for children age 1–16 years. If you wish to donate a new unused and unwrapped gift, drop it into Craigentiny Community Centre, 9 Loaning Road. I was delighted that there were 12 successful applicants who received funding from the LCR Stands Up Participatory Budgeting process to deliver new and improved projects in the local area. The Edinburgh Licensing Board is about to start preparing its new Statement of Licensing Policy. It sets out how it considers applications for the sale of alcohol and what is expected from licence holders. Have your say. An online survey can be accessed via the council website closing date 20th December. Christmas can be a stressful time. Look out for each other over the festive period and I hope you have a warm, safe, and peaceful Christmas and New Year.

**Cllr Alex Staniforth** Budget discussions are just starting up within the council, preparing for the budget in February. Budgets across government are stretched at the moment and Edinburgh Council is no exception with tens of millions required in savings unless something changes dramatically. I'd like to talk about how we spend what we do have. Last year the Ripple ran a successful experiment with Participatory Budgeting (PB) – allowing communities to vote on where money for their area is spent. I am supportive of this type of budgeting as it makes government spending more democratic and as such I recently put forward an amendment to a motion on PB which means officers will consult community organisations like the Ripple when introducing it to local spending. I hope that soon you will have more opportunities to decide how money is spent in your community. Also on my mind is that it was transgender day of remembrance on 20th November – when the LGBT+ community remembers those trans people who lost their lives because of who they are. On that very day a club for LGBT people in Colorado, Club Q, was attacked by a gunman and five lives were lost. While that happened in America we cannot ignore that transphobia and homophobia are on the rise here and I would urge you all to take a stand against it and speak out when you see it – show we are a community that will not stand by while others are attacked simply for who they are. We can do our bit to make the world a better place. These are uncertain times – so uncertain I'm pretty sure a prime minister came and went since my last column and this one. We must look after each other. Contact [alex.staniforth@edinburgh.gov.uk](mailto:alex.staniforth@edinburgh.gov.uk)

**the ripple**

**From ALL at The Ripple  
Wishing you a  
Merry Christmas and  
the very best for 2023!**

**We hope you will get involved  
in the new year and  
come along to our  
WELLBEING OPEN DAY  
Saturday 25<sup>th</sup> February.**

# Stands up and delivers

## Results of LCR Stands Up 2022

On Friday 14th October votes were counted and 16 projects were vying for your support to deliver projects that would be of benefit to the community in Restalrig, Lochend and Craigtintny.

Thank you to everyone that took part in this years Participatory Budgeting voting process. We had ballot boxes in various locations, a telephone vote and a wonderful catered event with entertainment and food at the event on 14th October to conclude the voting process.

Not all of the 16 projects could be funded. However, thanks to the superb planning and organisation of the steering group and the generous support from funders of this project, 12 of these unique ideas will be making changes to our lives over the next 12 months.

Below you can read on what each of these projects plan to achieve and how they will complete their work.

### Hibernian Community Foundation Amount Received £1990

Hibernian Community Foundation (HCF) will offer additional activity to combat social isolation within local community members this winter

period, a period which is the most challenging throughout the year.

Through the delivery of activity at Easter Road Stadium, HCF will be supporting community members with a warm and welcoming space to eat, meet friends and community members and compete further activity through reading (book swap available) or using equipment to access the web.

The proposed sessions will be taking place on two Mondays of each month between November and February and will follow on from the delivery of the Lunch Club currently offered. The project is free and open for anyone to attend.

### Who Cares? Scotland Amount Received £1500

Who Cares? Scotland are thrilled to have been successful in the Ripple LCR Stands Up funding. We wish to send a big heartfelt thank you to the local community for voting for us. With the funding we will host a series of family community events within the Craigtintny area for families with care experience. We are currently planning events in the winter 2022, Care Day 2023 (18th February) and the summer. These events will focus on connection and bringing people together with similar experiences. There will be lots of activities and fun for children while also providing a space for family members to seek support from the Who Cares Scotland team

relating to care experience.

### DJ Sage: Silent Disco Amount Received £1850

After an extremely successful summer season, DJ Sage will continue to facilitate 'MENTAL HEALTH and WELL-BEING' by reconnecting people to themselves through the joy of music.

Within bespoke silent disco workshops of 1-2 hours, themed music playlists are created on a specific topic, eg, freedom of expression, which reflect emotional growth principles, in a fun, interactive, and inclusive way. Angie Disney utilises her professional and personal knowledge of teaching and coaching to encourage movement and mindfulness, whilst incorporating reflective discussions and storytelling.

The aim for 2023 is to take DJ Sage around Edinburgh to local schools to facilitate a connection to the community to enable children to be more confident with self-expression. DJ Sage will deliver a total of 12 workshops over the 6 months of December/ January/ February, then April/ May/ June. There will be one session per month in a local primary or secondary school.

PLUS – There will be 6 adult workshop sessions travelling to locations within local areas and/or in Edinburgh, culminating with either morning or afternoon teas and cake.



### People Know How

#### Amount Received £1800

People Know How's Reconnect Digital Support group aspires to accelerate the digital learning process of people in the Lochend, Craigtintny and Restalrig areas and enable service users to more quickly build knowledge and confidence in the use of digital devices to break down barriers and enhance the opportunity most of us take for granted. Our digital support groups are free of charge; no booking is required. A bank of digital devices or 'digital library' will be created for daily access for users. Volunteers and staff will help people consolidate their knowledge by providing practice tools and time to familiarise themselves with the features and capabilities of their device. We are hosted in The Ripple every Thursday from 2-4pm and endeavour to support people in keeping up with the ever changing digital revolution.

### Catch Your Breath

#### Amount Received £2000

With immediate effect, we will be using some of the funding to bring back the Cheyne Gang, a choir using song to help with respiratory conditions. We're hosting a special Christmas celebration with the choir and a finger food buffet. We are also planning for our group members to walk around the light show at the Botanic Garden prior to Christmas.

The above are just some plans coming to fruition in the next few weeks, with the LCR Stands Up funding, the capacity for support we can offer to members of our local community experiencing chronic respiratory conditions has hugely increased. Please come and visit the Ripple and speak to Frances for more details of the plans the Catch Your Breath group has over the next 12 months.

### Edinburgh Community Food

#### Amount Received £1982

Funding received from LCR Stands Up allows Edinburgh Community Food to offer play group sessions for young families with support from an early years nutritional specialist. These sessions will provide a space for families to come, play, interact and relax. Parents will be able to speak to the specialist 1-2-1 as a creche will be made available during the course of the sessions. Our aim is to tackle childhood obesity at its earliest stage and use proven methods to support positive health and wellbeing of children and their families.

### Guitar Group Craigentinny

#### Amount Received £300

The guitar group will use the funding to purchase a good bluetooth speaker that will help us record background music to play along with and improve our skills. This will help us improve the quality of music we are able to produce and enable our continued progression.

### ArtyFarty Arts

#### Amount Received £642

Artyfarty Arts project will be planning the Spraypainting/Bubble letter workshops whilst liaising with the Ripple Hub to provide some fun drop in sessions /workshops for kids aged 7-12yrs and any parents /carers too. There will be opportunities for kids to learn/practise bubble letter writing and creating their own unique style. All work completed by the participants can

be taken home once it is dried. Hopefully later on in the spring or summer some of their work will be exhibited to the community. The materials will be carefully purchased and stored safely in a dynamic range of colours. Masks and gloves and snacks will be provided also for safety. Really looking forwards to it, Jane of Artyfarty Art.

### SHE Scotland Amount Received £1910

SHE Scotland will offer Craigentinny Primary our Circle Time Programme for their P6 girls. Our programme supports emotional and physical wellbeing and encourages positive peer relationships, understanding of the impact of mental health and develops stronger sense of self.

We aim to support locally trained SHE Ambassadors to assist the delivery, development, and evaluation of the programme. Enabling Ambassadors to develop their own aspirations, grow in confidence and impact positively on their community. Previous LCR Stands Up Funding enabled SHE to train 8 ambassadors from the local area.

### Olivia Nash Amount Received £3000

lwill be delivering spray paint workshops with participants from selected groups. Working with such organisations as Bethany Christian Trust (to collaborate and supply workshops for domestic abuse survivors and

people recovering from addiction). There will also be a community celebration day where we will be bringing the community together and making sure to include a diverse range of cultures and races would allow people to experience each other in a local setting. We will again offer spray painting to being people together in a focused activity, while also initiating a way of serving food or possibly playing games/ music from local diverse cultures.

### Building Bridges

#### Amount Received £3000

Building on our track record, reputation, and existing partnerships of delivering tangible change and cooperation between Edinburgh's diverse communities, we will enable a better understanding of the diverse communities in Restalrig, Lochend and Craigentinny by building bridges of respect, empowerment and racial equality. We will co-produce intercultural community events that will build stronger relations between the emerging new ethnic communities and the more established Scottish Communities. The separation of communities by ethnicity and/or faith means that there is a lack of shared experiences, with little opportunity for the emergence of shared values. We plan to continue to break this divide.

### Craigentinny Community Gardening Project Amount

#### Received £2000

We will deliver a series of workshops on food growing and woodwork for children and young people at Craigentinny Community Garden.

Working with Leith Academy and Craigentinny Primary School, the workshops will promote a positive relationship between young people and their local community green spaces.

## Participatory Budgeting

If you are interested in applying for funding in **next year's process** or would enjoy being part of a **community planning team**, please email Tristan Green at [Tristan.green@theripple.org.uk](mailto:Tristan.green@theripple.org.uk)

Alternatively, **pop into the Ripple** for a cup of tea and a chat.

your property. Follow our advice to keep your home safe after dark.

A house that looks unoccupied is a target for criminals.

- Keep windows and doors locked
- Use timer switches on lights
- Fit an intruder alarm – if you have one set it
- Fit/check outside security lighting
- Secure sheds and garages
- Fit a shed alarm
- Fit coach bolts/anti tamper screws
- Secure bicycles to a ground anchor



CALL YOUR LOCAL POLICE  
101  
IN AN EMERGENCY  
ALWAYS CALL 999

## BE BRIGHT BE SEEN

- Make sure your bike can be seen by people on the road
- Use a good set of front and rear lights (white at the front, red at the back)
- Wear clothes that help you be seen on your bike, such as bright and light reflective items
- Pay attention to road signs, markings and particularly red lights
- Do not cycle on the pavements, they may be slippery and can also endanger pedestrians
- Be mindful of the effects poor weather can have

Use lights at night  
Make sure you're visible in the dark

LOOK OUT FOR EACH OTHER  
www.streetsaheadinburgh.org.uk

EDINBURGH



# Local churches' news

## St Margaret's

To all readers of the Speaker, greetings from St Margaret's Manse.

Having taken to my study to pen a few words for this edition of the Speaker, I am looking out of my study window at the slate-grey November day outside. The miserably mean scene that greets my eye is one of vehicles and people in motion on the Portobello Road, going about their business despite the dull, wet day. A childhood rhyme composed by Sara Coleridge drops into mind and an inner voice recites:

*"January brings the snow,  
Makes our feet and  
fingers glow".*

On through the months I continue until I get to the month of November.

*"Dull November brings the  
blast,  
Then the leaves are  
whirling fast".*

There's a sense of achievement in that I have remembered this

ditty that sketches out for a child, the elements of the weather in the different months of the year. The poem isn't a guaranteed forecast – it's just a way of fixing the different scenes and seasons of the year as well as helping a child learn the sequence of the months.

So November is dull and gusty with wind according to Sara Coleridge. I'd have to say that she is spot on there – the grim November day visible from my study is just that – dull, wet and windy. The trees are almost bare and are being stripped of their last leaves by the gusting gales, whistling through the branches. November days are booked-ended with a gloom, darker mornings and early darkness at evening too.

Days are shorter as the year limps to its final month. Of December, Coleridge's rhyme notes: *"Chill December brings the sleet,  
Blazing fire and Christmas treat."*

The final month of the year, some would say is no different from the month that precedes it. December is often dark and cold too. However, Coleridge redeems and saves the month by gathering us round the light of a roaring fire and also reminds us of Christmas gift giving. The last month has something unlike the other eleven months, a redeeming generosity that brings us cheer and a sense of inner spiritual warmth.

This year the times of the Christmas services at St Margaret's Restalrig are as follows:

**24th December** Christmas Eve All Age Service. 6.30pm.

Watchnight Service 11.30pm.

Doors open 11pm.

**25th December** Christmas Morning Worship. 10.30am.

You are most welcome to join us at any of these services. Rev J R Wells

## St Ninian's

### Christmas

Since time immemorial, there has been a feast day in the midst of winter. This year Christmas may be renewed in us by a giggling new born and blighted by the painful absence of a loved one. Jesus, whose birth we celebrate, whose life we revere, whose death we honour, whose resurrection we believe, offers the consolation that love conquers death. To all readers, Merry Christmas and a Happy New Year.

### Christmas Day Masses

Vigil Masses on Christmas Eve are at 5.30pm, which is popular with excited children, and "Midnight" Mass at 9.30pm, with carols from 9pm. On Christmas Day, Mass is at the usual time on a Sunday of 10.15am. The

full scale Nativity crib will be in front of the altar.

### Get the Party started!

The over-60s group have a laugh every Monday afternoon from 2pm. They offer tea, cake, bingo, prizes, and plenty of chat. Please don't think you have to be a Catholic to take part, many long-time members aren't. Their Christmas lunch is next week at Ravelston House Hotel, Musselburgh and in the New Year, off to the panto to see Snow White & her small friends.

### Christmas Cheers

Said once a king called Herod

"Where are you three headed?"

"We're following that star, only God knows how far, to meet Jesus and then to the bar."

## Hi, my name is Alex

Alex Callaghan, I'm delighted to be a new staff member at the Ripple. I graduated from a Community Education course at Edinburgh University in 2018 and I have gone on to do a lot of work around disability rights, mental health and adult education, as well as some youth work. My community education



career began at the Ripple many moons ago as a sessional youth worker on the Buz and at the Wednesday Drop-In, so it feels like I've done a bit of a full circle and I'm really excited to be back in the area and starting my new role here as the Services Manager.

**ST. MARGARET'S PARISH CHURCH**  
**WATCHNIGHT SERVICE**  
**CHRISTMAS EVE**  
**11.15PM**



*'The Child that is born in all of us'*  
*A service to lead us into*  
*Christmas Morning*  
*Everyone welcome*



# Food and mood

Many people underestimate the importance of sleep – we know that nobody can live without it, we need it every day and yet most people are deficient in it. Nearly 2 out of 3 people in the UK have problems regularly getting a good night's sleep, about 1 in 3 may suffer from poor sleep and the consequences may be more serious than feeling grumpy or unfocussed.

With prescriptions for sleeping pills now at an all-time high, we may be facing an epidemic of sleep problems, yet an interesting new study has found that around half of the effect of sleeping pills could be due to a positive placebo effect (placebo is an inactive substance or other intervention that looks the same as, and is given the same way as, an active drug or treatment being tested). Being armed with the nutrition know-how to improve sleep naturally is more important than ever before.

Why we need sleep at all is still one of life's great mysteries, but what we do know is that:

- Regularly getting a good night's sleep is absolutely important for long term physical and mental health.
- Ongoing sleep deficiency can raise your risk of chronic health problems and can also affect how well you think, react, work, learn and even get along with others.

## Getting Your Brain into a Calm State

One of the keys to a successful night's sleep is

to get your brain into a calmer rather than a revved-up state before bedtime. Some nutrients are particularly useful at supporting a calm, relaxed state and can help to contribute to restful sleep.

Brain-calming nutrients for successful sleep...

- **Magnesium** – Often referred to as nature's tranquiliser, magnesium is the key nutrient for sleep and yet worryingly, is also one of the most deficient. Poor soil and extensive food processing methods now mean that we are facing widespread deficiencies of this important mineral. Adding extra magnesium daily can help to relax and calm the whole system, getting you into the perfect sleepy state before bedtime.

- **L-tryptophan** is an essential amino acid, present in virtually all plant and animal proteins. It is used by the body to make serotonin, an important neurotransmitter that is crucial for healthy sleep. Low levels of serotonin can lead to a disruption of circadian

rhythms and restless sleep.

- **L-theanine** – A little known amino acid found in large quantities in tea, particularly green tea, theanine has scientifically been shown to increase relaxing brain waves. Best taken in supplement form rather than in tea, to avoid the stimulating effects of caffeine and ideally a couple of hours before bed, theanine helps to reduce mental and physical stress and can help to promote relaxation and harmony.

- **Lactium** (Milk Protein Hydrolysate) – Milk Protein Hydrolysate is the unique ingredient in milk responsible for its calming effect on babies. With known anti-anxiety properties and free of side effects, this innovative supplement is proving to be a useful natural sleep aid, particularly useful for individuals suffering from mild stress and anxiety.

- **Vitamins B6, B12 & folic acid** are important nutrients for promoting a sense of calm and for healthy balanced sleep too so make sure you are getting optimal levels in your diet.

## HOW TO SLEEP WELL

### LIFESTYLE

- EMBRACE MORNING LIGHT**  
Expose to sunlight earlier in the day induces deeper sleep.
- SLOW DOWN**  
**REDUCE STRESS**  
Stress affects sleep quality and duration.
- PRACTICE MINDFULNESS**  
Do yoga, meditate daily. It clears your mind.
- RESTRICT SCREEN TIME BEFORE BED**  
Blue light emitted from screens blocks the sleep hormone melatonin.
- REGULAR GENTLE EXERCISE**  
Nothing too stimulating and not after 7pm.
- ROUTINE**  
Keep the same wake-sleep time to set your body's internal clock.

### NATURAL SLEEP AIDS

- MAGNESIUM**  
Nature's tranquiliser.
- L-THEANINE**  
Amino acid found in tea that promotes relaxation.
- HOPS**  
Has calming, sedative effects.
- L-TRYPTOPHAN**  
Precursor to serotonin, the sleep hormone.
- MILK PROTEIN HYDROLYSATE**  
Calming ingredient found in milk with anti-anxiety properties.
- LEMON BALM**  
Herb with calming, sleep-enhancing and relaxing properties.

### SLEEP HYGIENE

- PRE-SLEEP ROUTINE**  
A warm bath, breathing exercises, reading, relaxation.
- BEDROOM ENVIRONMENT**  
Quiet, dark, comfy, cool and free from devices and clutter.
- AVOID DAYTIME NAPS**  
If you must nap, make it less than an hour and before 4pm.

### FOOD & DRINK

- REDUCE REFINED SUGARY FOODS & DRINKS**  
Sugar is linked to restless and disrupted sleep.
- REDUCE CAFFEINE & ALCOHOL**  
These act as stimulants meaning you spend less time in deep sleep.
- Eat Balanced Meals**  
**FOLLOW A BLOOD SUGAR BALANCING DIET\***  
To counter some of the harmful effects of sleep-deprivation.
- AVOID LARGE MEALS BEFORE BEDTIME**  
Your digestive system will continue working and sleep may be disrupted.
- TOP CALMING "SLEEPY" SNACK**  
Dattes topped with butter and banana.

- **Hops** have been used traditionally for centuries because of their calming, sedative effects and may be a useful herbal support for those struggling to wind down before bedtime.

**Caution: Supplements should only be taken under supervision from your GP or health care provider.**

In addition, to encourage regular and high-quality sleep, experts advise:

- Maintain a regular sleep and wake pattern, seven days a week.
- Avoid daytime naps, as these can disturb the normal sleep / wake pattern.
- Avoid stimulants such as caffeine, nicotine, alcohol and even chocolate too close to bedtime. Alcohol, may initially help you to get to sleep, but can disrupt sleep later on, with a stimulating effect as the body begins to metabolise the alcohol.
- Exercise can promote good sleep, although vigorous exercise is best in the morning or late afternoon, and relaxing exercise, like yoga, or tai

chi may help to promote relaxation before bedtime.

- Avoid eating large meals before bedtime as well as new foods that you haven't tried before such as spicy foods.

- Ensure plenty of exposure to natural light in the daytime to maintain a healthy sleep-wake cycle. This is particularly important for older people who may not spend as much time outside as children and adults.

- Establish a regular relaxing bedtime routine, which may involve a relaxing bath with a couple of drops of lavender essential oil. Sticking to a routine is important for promoting healthy sleep habits.

- Keep your bed for sleep. If you're struggling with sleep problems, it's not a good idea to watch TV, listen to the radio, or even read in bed.

- Assess your sleep environment and make sure it is pleasant and relaxing, with a comfortable bed and that the room isn't too hot or cold, or too bright.

## Eating well in winter for older adults

Louise Cairns, ANutr  
Edinburgh Community  
Food writes:

During winter it can be more challenging for an older person to stay well. As we age, our bodies react differently to the cold making it harder to manage some health conditions and more difficult to fight infections. Good nutrition can make a big difference to an older person's wellbeing throughout the year but especially during the winter months.

Unfortunately, malnutrition in our older community is highly prevalent. It's estimated that around 3 million people in the UK are malnourished or at risk of malnutrition. This number is expected to rise. Malnutrition is not an inevitable part of getting older, but many medical, physical and social

conditions increase as we age which can increase our malnutrition risk. Additionally, the current cost of living crisis will see many older people struggle to access nutritious food, further increasing their malnutrition risk.

### What can we do?

#### Nutrition

There are a few things we can do as family members or friends of older people to help them maintain good health during the winter months. At this time of year, an older person may be less active. This can accelerate the loss of muscle mass. By adding pulses such as lentils or beans to soups and stews the protein content is increased which supports the maintenance of muscle mass but also wound healing and illness recovery. Importantly, adding pulses also adds

extra fibre to the meal which can help to prevent constipation.

If we feel someone is potentially not eating enough, try to ensure that their meals are full of nutrition and energy so that every mouthful is providing nourishment. Adding a little cream or butter to mashed potato and soups or grating cheese over pies and stews can add extra nutritious calories that someone may be missing out on if they are not eating enough.

#### Make mealtimes sociable

When it comes to food, it can really help to be social. Eating together and talking can make mealtimes an occasion to look forward to! This can really help boost people's moods which can increase their appetite and motivation to eat. When eating at home, eating

together can also bring the added benefit of encouraging an older person to help with the preparation of a meal. Whether it is setting the table or being in charge of an element of a recipe – smells, sounds and interest in the meal can all boost appetite.

#### Batch cooking

We all stay indoors more during the winter. Staying indoors more can make us feel lonely and less motivated to cook and eat well. If you support an older person, why not batch cook some of their favourite meals so that they can be pre-portioned and frozen in their freezer.

Some meals that are easy to batch cook include:

- Soups
- Stews
- Casseroles
- Pies

These are all warming, hearty and nutritious meals that can be adapted to suit tastes, preferences and consistency. These meals also have a high fluid content which can help with hydration.

Using a slow cooker can help with batch cooking. We all know that energy prices are rising and it's costing us more than ever to cook. Using our kitchens can be expensive. Cooking uses 14% of the electricity in our homes while cooling and freezing food can use up to 17%. Two cheaper forms of cooking include the microwave and slow cooker. Soups, stews and casseroles are easy to cook in a slow cooker while pasta, rice and vegetables can be cooked in the microwave.



## Leith Academy key dates and information



### Sporting updates

Our youngsters have been involved in Scottish Cup action with our Netball Team progressing to the next round after an exciting game against Craigmount.



Also our basketball team progressed after a win against George Heriots. Good luck for the next round!

On our website Home -

(leithacademy.uk)

On our Twitter feed @leithacademy



### DEC

- w/c 5 **S3 Drama pantomime performance for primary schools**  
**S1 Christmas card competition – Modern Languages**  
**S2 Track 2 report issued to parents**
- 12 **The Business of Christmas quiz**  
**Interhouse Sports – Swimming Gala**  
**S2 Drama Festival**  
**Christmas concert**
- 15 **YPI Finals**
- 20 **Christmas Service**  
**TERM ENDS 12pm FROM CHURCH**

# Hub clubs returning from Wednesday 4th January 2023



## 65+ LUNCH CLUB

at The Ripple  
Restalrig Lochend Community Hub  
198 Restalrig Road South, EH7 6DZ

**NEW MEMBERS WELCOME FOR 2023!**

Call for more information from Wed. 4th January  
0131 554 0422  
or pop in in the New Year



**with Sandra Craig**  
BWDA Line Dancing Instructor

### MONDAYS

10.00am – 11.00am Beginners  
11.30am – 12.30pm Improvers

Spaces in both classes are limited, please call 07970389505 or e mail [craig-sandra@sky.com](mailto:craig-sandra@sky.com) to book.

**£3 per class**

Restalrig Lochend Community Hub  
198 Restalrig Road South, EH7 6DZ  
Wear a comfortable pair of shoes and bring a cold drink.

Dec 2022



## 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  
EDINBURGH EH7 6DZ  
CHECK BACK PAGE FOR DEC/JAN DATES

.....

## the knitting network



Make time to revive your love of knitting, crochet and hand embroidery.

**Tuesdays 2pm to 3.30pm**  
meeting in the cafe at Restalrig Lochend Community Hub  
198 Restalrig Road South

All abilities are welcome. Just bring along a project and join us  
No booking required, 50p for tea.

## Healthy Hub Walkers

Restalrig Lochend Community Hub  
198 Restalrig Road South, EH7 6DZ

Walk away the winter blues **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.  
**Check back page for Dec/Jan dates.**

 [www.theripple.org.uk](http://www.theripple.org.uk)   
Twitter @ripplerestalrig

## SEATED EXERCISE WITH FRANCES

**WEDNESDAYS 11AM TO 11.45AM**

CHECK BACK PAGE FOR DEC/JAN DATES

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.



# BOXERCISE®

## Circuit based Boxercise class.

**WEDNESDAYS 6.30PM – 7.30PM**

No booking required, or please contact Frances McLennan on 07814847755  
email [Frances.mclennan@hotmail.co.uk](mailto:Frances.mclennan@hotmail.co.uk)  
Block booking available

£25 for 6 sessions or pay £5 on the night.  
Please bring a drink and face covering.

Restalrig Lochend Community Hub  
198 Restalrig Road South, EH7 6DZ



## Reconnect

**Come along to our digital group**

We can help with:

- Using digital devices
- Finding a job online
- Navigating the web and social media
- Improving your financial health
- Paying bills online
- And much more!

**Interested in our free support?**

Your nearest group is:  
The Ripple, 198 Restalrig Road South  
Craigentinny, Edinburgh EH7 6DZ

Every Thursday at 2:00pm - 4:00pm

Give us a call on 0131 554 0422 or visit [www.proknowhow.org/reconnect](http://www.proknowhow.org/reconnect) to learn about our other groups across Edinburgh and East Lothian

© 2022 ProKnowHow - www.proknowhow.org/reconnect | 198 Ferry Road, Edinburgh EH7 6DZ  
#ripplesocial @ripplesocial @knowhowonline #ripplesocial

## Restalrig Lochend Community Hub

198 Restalrig Road South, Edinburgh O131 554 0422

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

The Ripple will be closed from Monday 19 December. Re-opens Wednesday 4 January

### Hub Grub Café

Last day for café Friday 9 December 10am to 1.30pm. Re-opens Monday 9th January. Volunteers and staff wish all our customers and friends Merry Christmas and all the best for the New Year.



### Lunch Club for Older People

The lunch club is now closed for the festive break. NEW MEMBERS WELCOME FOR 2023

If you would like to join us in 2023 please call 0131 554 0422 from Wednesday 4th January, for more information.

#### Monday

##### Dixie Saltires Line Dancing

£3 per week. Wear comfortable shoes. 10am – 11am Beginners. 11.30am – 12.30pm Improvers. Spaces available. Returns 9 January. See info on page 11.

##### Yoga

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

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

Come and join us for an afternoon of Carol Singing with the Cheyne Gang. 2.15pm start with refreshments. FREE. To book a space call Frances 07479 284 330 Or email [frances@theripple.org.uk](mailto:frances@theripple.org.uk)

#### Tuesday

**Knitting Network** Last session 13 December 2pm – 3.30pm. Re-opens 10 January. 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** Last session 13 December. Re-opens 4 January 10am – 10.45am. £3 per class. Suitable for men and women of all ages. Just turn up.

#### Wednesday

**Seated Exercise** Last session 13 December Re-opens 4 January. 11am – 11.45am. £3 per class. Just turn up. Chair based exercise for all ages.

##### Cyrenians Pantry

Affordable high quality food. Held fortnightly 10am to 11am £2 for 10 items. Membership required, contact Michelle 0131 554 3900. Date 14 December. 11 & 25 January, 8 & 22 February

##### Wednesday Market 10am – 1pm.

Now closed. Re-opens 11 January. Fresh fruit and veg sold at cost price to us and supporting local enterprise Edinburgh Community Food. Weekly, open to all.

#### Thursday

**Yoga** 12.30pm – 1.30pm. Booking required. Please call 07510 521759 to enrol.

**Boxercise for Beginners** 6.30pm – 7.30pm. Boxing moves combined with circuit training. Suitable for beginners. £5 per class or £25 for block of 6 sessions. For more information call 07814 847755.

##### Healthy Hub Walking Group

Now closed. Re-opens 15 January. 2pm – 3.30pm. 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.

##### Lochend Seniors Computer Group

Now closed. Re-opens 5 January 2pm – 3.30pm. 50+ computer support. 2pm to 4pm. £1 per week. NEW 6 week rolling programme. Bring your own device or laptop. Please call 07510 521759 to enrol.

**Yoga** 5.45pm – 6.45pm. Booking required. Please call 07510 521759 to enrol.

##### Restalrig Benefits Advice

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

##### Friday Club 65+

Your local social/activities club 1pm – 3pm. Now closed. New members welcome to come and meet us on 14 January. Bingo and refreshments served.

##### Wellbeing

Open day 25 February. See poster page 3.

#### Friday

#### Saturday

## Politicians' Surgeries

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

### Tommy Sheppard MP

Friday 1pm – 2pm  
2 December  
6 January  
3 February  
3 March

### Cllr Danny Aston

Friday 1pm – 2pm  
2 December  
6 January  
3 February  
3 March

### Ash Regan MSP

Friday 12pm – 1pm  
9 December  
13 January  
10 February  
10 March

### Cllr Katrina Faccenda

Friday 12pm – 1pm  
16 December  
20 January  
17 February  
17 March

### Cllr Joan Griffiths

Friday 12pm – 1pm  
27 January  
24 February  
31 March