

the SPEAKER

quarterly
free

September 2022

Published by
The Ripple on behalf
of the community

Love talking sport Tackling dementia, depression and loneliness through the power of sport

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Sporting Memories Foundation Scotland in partnership with Edinburgh Leisure will be running a weekly club, supporting older adults to stay active, connected within their local community and build amazing friendships through their common love of sport.

The weekly, free drop-in sessions will take place every Tuesday from 10.30am to 12.00 at the Royal Commonwealth Pool. The sessions are the perfect forum to reminisce about local sporting heroes, share stories about past playing days and show off your knowledge over a quiz or fun game. Everyone is welcome and a cuppa will be available too.

Donna Mackey, Partnership Manager, SMFS said: "We are really excited to launch our newest Sporting Memories partnership at

the Royal Commonwealth Pool, a venue at the real heart of Edinburgh's sporting heritage. We believe there are lots of older adults in the area who have a passion for talking about sport and who will benefit from attending a weekly group with like-minded people. The clubs are a great opportunity to build new friendships and become more active by taking part in some of our indoor games. We can't wait to get started."

Sam Scott, Health Development Officer (Dementia) at Edinburgh Leisure said: "These sessions were originally due to start in April 2020 but for obvious reasons, they had to be put on hold. However Edinburgh Leisure's partnership with Sporting Memories Foundation Scotland makes perfect sense, as does hosting these clubs at the Royal Commonwealth Pool, a building steeped in its own sporting history. These clubs will support the work we are already doing working with people living with dementia through our Movement for Memories programme.



"Using the rich history and heritage of sport, the Sporting Memories clubs are open to older adults who enjoy reminiscing about their experiences of watching or playing it. We just want anyone with a love of sport to come along and refreshments are provided."

The clubs are run by trained by Sporting Memories volunteers who use a wide range of Sporting Memories reminiscence resources developed specifically to help prompt conversation and discussion. There is always great fun and laughter, friendships are forged and some remarkable sporting stories often emerge.

Sporting Memories has developed an innovative and engaging approach to tackling the challenges

of our ageing society. Their work focuses on: reducing loneliness and isolation; getting older people physically active; and helping people to live well with dementia.

Edinburgh Leisure's Active Communities team launched Movement for Memories in September 2018. This programme supports people living with dementia and their carers to become or remain physically active in Edinburgh. This work is supported with funding from the Life Changes Trust. The Trust is funded by the Big Lottery.

For further information contact Donna Mackey donna@thesmf.co.uk



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:
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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, Craigenfinny 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.

Ripple Buddies volunteering opportunities

14-19 years old, 2 hours a week to spare ?

Ripple Buddies is a club with opportunities for children who would benefit from supportive relationships after school. Children take part in group activities and individual activities ranging from arts and crafts, board games, dressing up and outings, etc. These help and support the child's overall development and the relationship between the children and their buddies and relationships within the group.

The focus of Ripple Buddies is on the relationship between THEM and YOU (child and Buddy). Think you have the time, commitment and caring nature to be a buddy, then what are you waiting for – get in touch with us at youth.service@theripple.org.uk or text or call Danielle Ward, Youth Services Manager, the Ripple on 07398 042072.

Is tennis coaching for you? Then why not come and volunteer with us?

Are you 16-25 years old?
Are you interested in tennis?
Would you like to coach children?
If you answered yes then we have the perfect opportunity for you, why not come and support our basic tennis sessions here at the Ripple, with the opportunity to take part in tennis training and gain your Level 1 qualification in tennis.

If you are interested or want more information please contact Danielle Ward at Danielle.ward@theripple.org.uk or call/text Danielle on 07398 042072.





Ash Regan MSP for Edinburgh Eastern writes:

Many of you have contacted me regarding the loss of bus services across the area. I want you to know that although I cannot force the Council or Lothian Buses to reinstate these, I am working tirelessly on your behalf.

In June 2019 residents and I asked Lothian Buses to reinstate the much used and needed service of the 15. This was followed by the withdrawal or reduction of several other services in the area, including the well-used number 69. We were told that Covid

caused some of this but there has been no full reintroduction to pre-pandemic service levels.

I have hosted several meetings with the former Head of the Transport and Environment Committee and Lothian Buses. Our office also brought HCL Transport to the table with the suggestion of a new community led service that would cover the whole area from Lochend through Piershill and down to Portobello, with the possibility of it going well beyond this as it would be led by the needs of the communities.

I was buoyed at this new development and excited that the previous Council administration were going to have this option costed

and taken forward. However, the May election has seen a new coalition administration take over and disappointedly, no further news has been forthcoming about our bus services, despite assurances that we would have an update in June.

Edinburgh Eastern currently has a deficit in transport options compared to our neighbouring constituencies. We have no trams and many of our bus services have been shortened, diverted, or stopped altogether. This is not good enough! Especially, given that we have many areas of high socio-economic deprivation.

How are we supposed to raise the living standards of

residents in Lochend and Craightinny if the Council and their publicly owned bus company keep withdrawing the lifelines that are our public transport links?

The City of Edinburgh Council has long had the vision to encourage people out of their cars and onto public transport. Vision that is to be commended. That cannot happen if bus services are not available. People need a choice. A choice that is readily available for all of our citizens, regardless of their mobility, age etc. Having to walk to Meadowbank or Leith to pick up a bus service is not a reasonable ask for a lot of people and connecting services are becoming fewer and

further between.

The introduction of Low Emission Zones and Controlled Parking Zones could be a welcome progression for our collective health and the future of our planet. However without a fully integrated public transport infrastructure system that serves all of our most vulnerable communities, it could be argued that these are being used only to raise funds for the Council and not for the environmental protections they are intended to.

I will keep working on this as I have done for the last three years. The City of Edinburgh Council will need to decide what their priorities are. Is it raising funds? Or is it doing the best for you?

Edinburgh's young inspiring volunteer

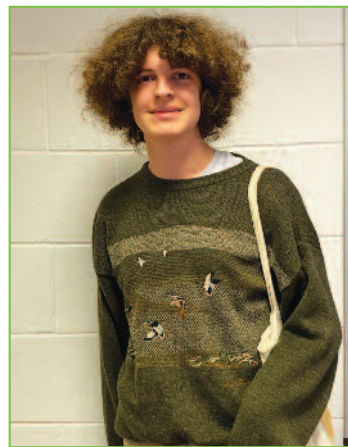
We all know how difficult it is being young, we were all young once. Thinking about what you want to do when you leave school, is always a tricky question when you are still so young.

When we get young people wanting to volunteer with us in our youth services and Ripple Buddies programme it's a great opportunity for us as an organisation, but more importantly for that young person to find out what it is like to work with young people. They also learn about the 'routine' aspects of work, needing to turn up each week and on time and keep in touch if they

can't come. They also learn to build appropriate professional relationships with staff and young people.

For many young people this is a great CV builder for getting into university, or as part of their Duke of Edinburgh Award or even for some it's about getting experience before going off exploring the world and doing things such as Camp America.

For one young person who has given four years of his senior learning years volunteering at the Ripple every week we just had to nominate Luca Bird for the 2022 Edinburgh Inspiring



Volunteer Awards. Luca was reliable, committed and professional, eager to learn and a really positive addition to our youth services. We are proud to say that Luca was awarded the Young Volunteer Award at the Edinburgh City Chambers on 1st June at the Edinburgh Inspiring Volunteer Award Ceremony. Well done Luca.

travellinggallery

ReConnect

Travelling Gallery will be visiting
The Ripple Project
 198 Restalrig Road, Edinburgh EH7 6DZ

Wednesday 7th September
 Open 10am - 4pm
 Admission free - all welcome

AUTUMN 2022 EXHIBITION

PROJECT ABILITY
 www.travellinggallery.com
 EDINBURGH

Can singing really help breathlessness?

The Cheyne Gang © was founded in Edinburgh in 2013 by three General Practice Nurse colleagues – Pauline Waugh, Sarah Marshall and Anne Ritchie.

They were looking after patients with COPD and were somewhat frustrated by the limited resources available to help them. At that point there was limited access to pulmonary rehabilitation (PR) in the NHS Lothian area. PR is a programme of exercise that helps with breathlessness and is now available via GP referral. All three nurses were singers and members of choirs and they hit upon the idea of introducing singing as a means of tackling breathlessness, poor mood, poor quality of life and exercise tolerance. They knew how singing made them feel better, so they went looking for evidence.

There had been some research done in Canterbury that looked at singing in several long-term conditions including Parkinson's and COPD, so the nurses designed a



The Cheyne Gang at the Scottish Parliament 2018

study to see if they could get as good, or better results.

At the start of the study, they measured quality of life (QOL) using a short, 20 question questionnaire with Yes/No answers.... the more yes responses, the worse the QOL. Six months later once the group of patients had been singing together twice a month, they asked the same questions again.

They also carried out interviews and checked on inhaler and antibiotic use as well as hospital admissions during the six month period.

They saw improvements right across the board with anecdotal reports of improved exercise tolerance, improved sleep and generally enjoying life

more.

There were only eight patients in this initial study – they now have 150 plus members and 6 groups in Edinburgh, the Borders and Glasgow.

The name, The Cheyne Gang, was chosen by the original group who met in Cheyne Street in Edinburgh and felt bound by the shackles of the same disease. They discovered years later that Cheyne Street is named after a Dr Cheyne who was a respiratory physician in Victorian Edinburgh.

At that early stage, they were doing nothing other than singing with their members.

These days they have a more scientific approach, although most of the time their members are simply

having fun.

By teaching breathing techniques that help with singing, the singers inadvertently limit the use of the shoulders and accessory muscles of the upper body in breathing. It is known that the use of these muscles leads to shallow and rapid breathing that uses up more energy.

People with COPD and many other obstructive lung conditions such as asthma and sometimes bronchiectasis, have difficulty breathing out because they are not getting all the air out, there's less space for the new, breathed in air. So The Cheyne Gang use songs to help their members breathe out for longer, thereby giving more space for breathed in air.

A typical session of the Cheyne Gang, will start with warm-up exercises for the body, such as shoulder and neck exercises, tapping of the face and head, ankle rolls etc. There will be voice warmups and breathing exercises, then they sing! They use harmonies and rounds to

make the songs interesting and challenging.

They try to do the songs from memory because, in respiratory disease, oxygen levels can often be low and can affect cognition and memory. Members are encouraged not to use song sheets - as a form of brain training. Some of the songs have actions, or you just can't help dancing to them. This encourages physical activity that encourages muscle conditioning. The members leave these sessions feeling uplifted and invigorated.

Now and again the six current groups will get together to perform as a choir, such as at the Scottish Parliament in 2018.

If you, or anyone you know would like to know more about our Edinburgh groups (Leith, Stockbridge, The Pleasance, Oxfgangs), please contact Anne Ritchie on 07769 322583 or by email anne@thecheynegang.co

Songs and exercises can be found on the website www.thecheynegang.com

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

DIXIE SALTIRE'S

with Sandra Craig
BWDA Line Dancing Instructor

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
to book a space in advance.

Wear a comfortable pair of shoes
and bring a cold drink.

£3 per class

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

REHIS Courses
Autumn 2022 Schedule

Easy to understand nutrition and healthy living tips, delivered by our lovely nutritionists.

Suitable for all

Elementary Food and Health
30th Aug & 1st Sept
22nd & 23rd Sept
19th & 20th Oct
8th & 10th Nov

Eating Well for Older People
25th Aug
29th Sept
20th Oct
17th Nov

FREE on Zoom

Really interesting course. Life changing and impactful. I have learnt that making small and easy changes will make a big difference to my family's diet. Great course, really enjoyed it!

BOOK YOUR PLACE ONLINE AT
WWW.EDINBURGHCOMMUNITYFOOD.ORG.UK
OR
CONTACT CHRIS:
CMANTLE@EDINBURGHCOMMUNITYFOOD.ORG.UK /
0131 467 7326

Edinburgh Health and Social Care Forwards NHS Lothian EDINBURGH THE CITY OF EDINBURGH COUNCIL

Latest from your local councillors

Cllr Danny Aston This is a belated hello from me – at the time the last Speaker was being put together, I was ill with Covid. I'm your new SNP councillor, first elected this year. Thank you to everyone who voted in the election in May, whether for the SNP or another party – not enough people do. For the last seven years, I've been working for our MP, Tommy Sheppard. I grew up in Craigentinny/Duddingston ward and I live in Northfield. I'm a lifelong Hibby. What are my priorities as your councillor for the next five years? I'll do everything I can to make sure people in Edinburgh have access to good quality affordable housing – building more houses, tackling Airbnbs which have caused shortages by turning homes for families into tourist accommodation. I'll push to make sure our communities have better, reliable bus and transport options and I'll be pursuing that on the Transport Committee. I'll press for all the powers of the council, even though they are limited in many ways, to be used to tackle poverty – especially in the middle of the worst cost-of-living crisis in 30 years. And I want folk living in all parts of the ward to feel they can be proud of the area they live in – too often the squeaky wheel gets the oil and those just getting on with their lives miss out as a result. These aren't easy goals after 12 years of austerity, with public budgets under strain as never before. But I will put my drive and love for this area into everything. If you've got something to raise or want to know what I think, I'd love to hear from you so please get in touch: cllr.danny.aston@edinburgh.gov.uk or 0131 529 4161.

Cllr Iain Whyte Council bins are always a hot topic. As I write this the first twelve days of the bin strike are coming to an end and I hope that ongoing negotiations with the Unions at Scotland wide level mean that the staff are back to work soon. While I respect the right to strike, the city centre has been left a health hazard so I made a call last week for action to keep the mess under control as a minimum. This meant that extra bins from a charity could be placed to gather the rubbish and I hope now we can take every step possible to get things back to normal as quickly as possible. Normal isn't always good enough with bins and street cleanliness so I am glad that the final communal bin hubs are finally in place in Restalrig and Lochend – even if they are six months late. We will only know after the strike whether they make a difference in increasing recycling options and keeping things tidier. The plan is to have extra pick-ups to ensure they don't overflow. Elsewhere in the ward I've had a number of complaints about where bin hubs are located and how they are laid out – often with food or glass bins placed too close to windows. If you need help with bins, communal or otherwise please let me know on. Contact iain.whyte@edinburgh.gov.uk or phone on 0131 529 4090.

Cllr Joan Griffiths I hope you all have had a lovely summer and that you managed to get a break. We certainly have had a summer of sport. The Commonwealth Games held in Birmingham with the home nations doing extremely well. I really enjoyed watching boxing, diving and swimming in which Scotland got medals. We did not do bad in the European Championships either. Keeping with the exercise theme, the Edinburgh Kilt Walk is on Sunday 18th September, so for all you fit young folk (and not so young fit folk) this is an opportunity to support a charity. As I write parents and carers did a sigh of relief as children started back to school. I would like to wish all P1's well in starting out on their learning journey and all those who have just gone into S1. For anyone looking for a play group Craigentinny Castle Play Group has places available for 2-5-year-olds Monday to Friday 10am to 12noon. I am delighted that the 165-year-old London Road clock has been returned to Elm Row. It has been restored and has with a new striking paint scheme that is believed to be close to its original Victorian look. The process proved more complex than first thought, but it's good to see it back along with the Elm Row pigeons. We also saw the unveiling of a statue to Edinburgh's Ken Buchanan. Ken is considered to be one of the UK's greatest boxers securing his place in boxing history by winning the lightweight division in the early 1970s. CARES Conference 2022 will be held on 27th September. It will take place on line during Scotland Climate Week and will look at how communities can take action with the support of the Scottish Government Community Energy Scheme www.localenergy.scot Contact me on 0131 529 4019.

Cllr Alex Staniforth August has been something of a duality in Edinburgh this year – the return of the festivals has been a welcome sign of normality but strikes have led to rubbish piling higher in the streets than I can ever recall. On top of that there is the ultimate cause of the need for strikes – high inflation, created at partially by high energy prices, and the concern that is leading to in every household. Personally I support the strikers; everyone has a right to expect an income that will allow them to thrive and our council workers especially do crucial work. COSLA has been working hard in negotiations but the background is difficult, cuts from Westminster are being passed on to Holyrood which are then passed on to local councils. As I write the strike is over for now but may start again. Let's hope it can be resolved soon. Something the council and government at every level could do to improve thing is to work hard on insulating buildings. In the UK generally we have some of the worst insulated buildings in the world and in several parts of Edinburgh, including this ward, people live in buildings constructed when insulation was nowhere as effective as it is now. This is part of tackling climate change and moving away from fossil fuels. It is crucial that governments at all levels do not leave individuals high and dry and assist in making sure everybody has a living wage and liveable housing. I believe that despite ever increasing costs and cuts, vision is possible and that together we can see Craigentinny's homes and workplaces insulated and safe from the effects of climate change. As ever I can be contacted at alex.staniforth@edinburgh.gov.uk



Come and join us

Everything we do at the Ripple is for our local people and we believe that you are the right people to help shape what we do. Here are some of the ways you can get involved.

We need your hands

We are always looking for people who can help us in hands on way.

Our café is run by people who serve teas and coffees, wash dishes, bake and cook.

We are also looking for someone who can do odd jobs around the building as well as someone who wants to drive our community car.



We need your hearts

We are helped by many people who give up their time to help serve our Lunch Club or help our more senior people with social activities and just come together to meet other people.



We need your minds

The Ripple is run by a board and by its membership. There are 8 people on the board.

You can become a member of the Ripple for just £1. You can then help us decide what we should and should not do. You can also come and find out what we do on a regular basis.

admin@theripple.org.uk or you can speak to any member of staff.



If you are interested in finding out more, give us a call on 0131 554 0422. You can also email us at admin@theripple.org.uk or you can speak to any member of staff.



Dawn
Operations Manager



Rachel
Director



Danielle
Youth Services Manager



Cat
Wellbeing Co-ordinator



Tristan
Community Action Worker



Frances
Catch your Breath Co-ordinator



Ayesha
Community Fund and Development Worker



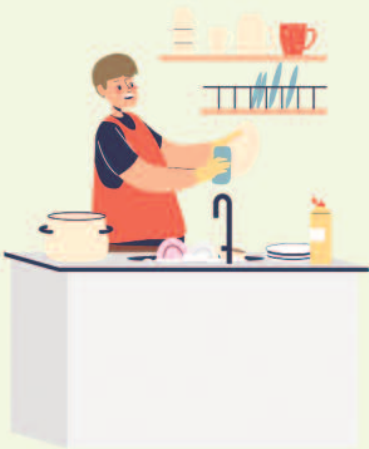
Gordon
Assisted Travel Support Worker



New Volunteer opportunities at the Hub Grub Café the Ripple Community Café 198 Restalrig Road South, EH7 6DZ

**General Kitchen
Volunteers**
Monday- Friday 10 AM - 2PM

Duties include dish washing
and some food prep.
This can be a developmental
role and we are happy to
expand this role to include
customer service and
cooking/baking.



**FOR APPLICATIONS
PLEASE CALL 0131 554 0422,
EMAIL admin@theripple.org.uk**

LCR STANDS UP: PARTICIPATORY BUDGETING IN YOUR LOCAL COMMUNITY

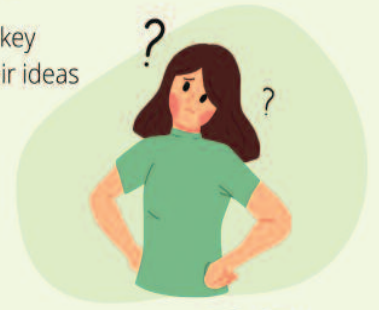
**Call for Applications:
Deadline 15th September**

Not long left to apply!!! If you have an idea that would be of benefit to the community, make sure you submit an application. You can apply for up to £2000 to support your project.

The Key Themes

This year we are focusing on 5 key themes for people to focus their ideas around...

- Social Inclusion & Physical/Mental Health
- Domestic Violence
- Drug and Alcohol abuse
- Cleaner & Greener Spaces
- Addressing Racial Inequality (up to £3000)



Voting

If you would like to take part in voting on any projects that you think could benefit members of the community, then keep an eye out for ballot boxes in your local area between the 7th and 13th of October. We will also be hosting a final chance to vote day on the 14th October, where you can come and meet the applicants and cast your vote if you have not done already!!!

Dates and Location

Application date close - 15th September
Voting period - 7th-14th October
198 Restalrig road south
Edinburgh
EH6 7DZ

Contact email - tristan.green@theripple.org.uk
Contact numbers - 07547 794 604/0131 554 0422

The Friday Club

*invites you to join us
for a musical afternoon with
Edinburgh's own*



**Liz MacEwan
23rd September
1pm start**

The Friday Club is your local social
and activities club for 65+.

**Restalrig Lochend Community Hub
198 Restalrig Road South**

**Sing-a-long, dance along!
With tea/coffee and
biscuits served after
All for only £1!**



www.rippleproject.co.uk

Local churches' news

St Margaret's

Greetings

I hope all readers of The Speaker have been enjoying the sunny summer weather we have had. Summer often sees us taking the opportunity to relax and enjoy a break from our everyday routine; enjoying some 'down-time'. Whether you have been away or been enjoying a staycation, I hope you are feeling the benefit of taking a break. Late August/September see most church organisations beginning a new session of meetings or planned activities. Below are a number of events which you might want to participate in – you'd be most welcome at any of them. Our website lists more groups and events – why not take a look – stmargarets-restalrig.co.uk (and if any are of interest), again, come along.

One thing that I would like to share via The

Speaker relates to the siting of a defibrillator for public use at Marionville Fire Station. The Presbytery of Edinburgh and West Lothian has been encouraging churches to place these useful devices around the city, making such vital assistance in emergencies more readily available. A number of office bearers have been in discussion with Marionville Fire Station staff about placing a defibrillator on the exterior front wall of the station, for use by anyone needing a defibrillator if someone in the vicinity has had a heart attack. A defibrillator is used to provide a shock to the heart and to restore the heart's natural rhythm in the event of sudden cardiac arrest. When someone suffers from sudden cardiac arrest, every minute without CPR and defibrillation can reduce the chance of survival by

up to 14 percent. Those of you with sharp eyes will have noticed a yellow box has been attached to the front of the Fire Station.

The defibrillator is there for public use in case of a medical emergency. If you ever have to use it, a mobile phone call as you stand at the box housing the defibrillator, takes you through to a centre who give an access number for the box, the medical equipment and the instructions on how to use a defibrillator. The congregation of St Margaret's Restalrig and the staff at Marionville Fire Station are proud to provide this community facility knowing how vital these devices can be when needed.

Reverend John R Wells

Joint Messy Church

St Margaret's and Leith St Andrews will be holding a joint Messy Church on

Sunday 25th from 4pm – 6pm at Leith St Andrews Parish Church 410-412 Easter Road EH6 8HT. This is a free event for both adults and children. Dinner will also be provided. For more information or to volunteer to help with the event, email Fadz at flaoshe@churchofscotland.org.uk

St Margaret's Film Afternoon

St Margaret's will be hosting another free film afternoon event on Thursday 29th September 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 "Joseph and the Amazing Technicolor Dreamcoat" 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

St Margaret's Escape Room Challenge

On Sunday 2nd October St Margaret's will be hosting a free Escape Room Challenge for groups of 5-10 people. The Escape Room event will take place from 2pm to 7.30pm 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, for bookings, or to volunteer to help with the event please email Fadz at flaoshe@churchofscotland.org.uk

St Margaret's Christmas Fair

Great news. St Margaret's Christmas Fair returns this year! The date for your diary is Saturday 19th November between 11.00 and 14.00 in the McLaren Halls, 48 Restalrig Road South.

Willowbrae Parish Church

A Warm Welcome Awaits You at Willowbrae Parish Church!

1a Willowbrae Road, Edinburgh EH8 7DB
Much fun, music and magic were generated in Willowbrae Church Centre on a hot Friday on August, 12th, when those of us with fond childhood memories were treated to an indoor Sunday School Picnic - with all the trimmings! Not only did Mairi play and Bill compere the rousing renderings of "songs on

the bus" (eg "Ye Cannae Shove Yer Granny Aff the Bus!") but all of us seated in the hall received a brown paper bag full of delicious goodies, and there were hot Scotch pies to boot! Instead of the traditional races, there was exercise for the brain and general astonishment as Rev Bill Wishart and his two young assistants revealed socks, cards and coloured hankies - but none of the secrets! Even the unfortunate Rocky the Raccoon survived being

sawn in half! Much reminiscing and chat over tea and coffee was followed by weel-kent songs like "He's Got the Whole World in His Hand" accompanied by enthusiastic actions. After heartfelt votes of thanks to performers, creators and planners (and, of course, the superb catering team) we went out into the brilliant afternoon sunshine having been transported back in time for a wee while.

Sunday Service: 10.30am
Prayers before the service: 10.00am

Tel: 0131 661 8259 +
Voicemail

Find us and our activities on the website:
www.willowbraeparishchurch.org

For hall and church letting: see website and main telephone number.
email: office.willowbrae@gmail.com

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

Twitter: willowbrae

Instagram:
[willowbraeparish](https://www.instagram.com/willowbraeparish)

There are teas and coffees after the services and we have groups to suit all interests and ages, ranging from Babies and Toddlers to the monthly Soup Lunches, the Fellowship, the Knitting /Craft Group, Bible Studies and the choir.

Christ Church

September sees us starting back up some of our groups after the summer break. The Coffee Club are quick off the mark, meeting at 10am on Thursday 1st September. All are welcome to come along and have a chat, a cuppa and a cake, all free. Keep an eye on our Facebook page for more details about the future gatherings.

The Ladies Bible Study will be starting back up at the beginning of October. Last term they were looking at what the Bible says about how we help, advise and care for one another when we are going through difficult times, and this term they'll be recapping

before moving on to another Bible study. Again, check our Facebook page for more details.

On Sundays in our morning services we will be looking at Matthew's Gospel, chapters 8 and 9, on the subject of 'Kingdoms in Conflict'. In our evening services we will be looking at 'famous last words', not of important people, but of books of the Bible. And on 2nd October we will be marking our ninth anniversary as a congregation in Britwell Crescent, when our speaker will be Craig Anderson who is involved in starting a new church in Galashiels.

Silent Disco Fridays coming up!

We all love to boogie don't we? Even those of us who aren't natural flauters and exhibitionists can't resist a wee shake of the hips when a favourite tune comes on and no one is watching.

But what if I told you about the health benefits? Improved heart and lung function, increased strength, endurance, balance, and motor fitness, stronger bones and reduced risk of osteoporosis, better coordination, flexibility, spatial awareness and confidence, improved mental function, self-esteem and social skills, to

name just a few.

You don't need to go flat out in a gym to make big positive changes to your health and wellbeing, you just need to dance for an hour to music that you love. If I start my morning dancing around my living room with a tune banging in my head phones, I know it's going to be a good day. And we're all about having more good days at the Ripple, so that's why we're going to be throwing our shapes around at a monthly silent disco.

Don't worry too much about what that means, just come along with a

pal, a bottle of water and your dancing shoes, and we'll do the rest. Leaving with a smile on your face is guaranteed and it's free so please come and give it a try.

You don't need to book but if you want to be guaranteed a space you can call Cat on 07510 521759.

Friday 4th November
5.30-7.00

Friday 2nd December
5.30-7.00

Friday 13th January
5.30-7.00

Friday 2nd February
5.30-7.00

Friday 10th March
5.30-7.00

St Ninian's

St Ninian's Day is Friday, 16 September and we plan to celebrate our patron's feast day then and over the weekend. On Saturday afternoon an outdoor picnic and barbecue with games and trips down Memory Lane is planned. Events such as a joint Sunday Mass with the Polish congregation are still being worked on. It was on St Ninian's Day 12 years ago that Pope Benedict visited Scotland. More than 1600 years before, St Ninian was the first Christian missionary, successfully converting many Celts in the Galloway area. A few years ago parishioners paid homage by visiting Whithorn.

This year's Parish

Pilgrimage

Parishioners are rewinding up

to visit the "Land of the Prince Bishops" from 30th September to 2nd October. Only those who, in whatever way, come dressed as a bishop or a prince or a princess will be able to take their seats on the royal coach. To Holy Island on Lindisfarne on Friday, if not cut off by the tide. Although associated with St Cuthbert, it was St Aidan, poached from Iona, who founded the monastery in the 7th century. Next day Durham and its magnificent Norman-style Cathedral and Beamish Heritage Museum where thruppenny bits, sixpences, bobs etc are in circulation. On Sunday, Mass in Gosforth and then a rummage in Tynemouth Market before setting off for home.



Neighbourhood
Watch SCOTLAND



If you have been contacted by someone and you are concerned they may be trying to scam you:



Take time to think before making a decision. **Never feel pressured** into making a decision on the spot.

Don't give them any personal information, bank details, passwords or PIN numbers.

Don't transfer money or authorise payments that are unexpected. Your bank will **NEVER** ask you to move or transfer money.



Never click on links or call numbers provided in unexpected text messages

Verify the identity of any unexpected numbers. Never assume it is whom they say it is.

If you receive a suspicious text message you can forward it to **7726**.



Combine **THREE RANDOM WORDS** to create a password that is 'Strong enough and long enough'.

Ensure all devices have the latest software and app **UPDATES**.

Don't download any attachments or files in emails or click on any links.

You can forward suspicious emails to report@phishing.gov.uk

If you've been a victim of fraud, report this to Police Scotland on 101 or 999 in an Emergency.

Police Scotland advice on frauds

Sign up for NHW Scotland Alerts

Sign up for Scam Share Bulletin

Find local Approved Traders

www.scotland.police.uk/advice-and-information

www.neighbourhoodwatchscotland.co.uk

www.tsscot.co.uk

www.trustedtrader.scot/Edinburgh

01786 463 732

0808 164 6000

0131 513 9921

Magnesium the Miracle mineral

As we begin to learn with different strains, side effects and long-term effects of COVID, one that stands out and spoken about is 'long COVID'. The 10 most prevalent reported symptoms of long COVID are fatigue, shortness of breath, muscle pain, joint pain, headache, cough, chest pain, altered smell, altered taste and diarrhoea. Other common symptoms are cognitive impairment, memory loss, anxiety, and sleep disorders. Such symptoms can last for many months or longer after an initial COVID-19 diagnosis. One way of combatting symptoms is Magnesium which is now being considered as a supplement along with Vitamin D as beneficial to take during COVID-19 pandemic.

Why Magnesium?

1. Magnesium is needed for over 600 biochemical reactions in the body – absolutely essential to life.
2. At the centre of every chlorophyll molecule, in every green plant, there is a magnesium ion. Hence leafy green vegetables such as spinach and kale are a great source of this essential mineral.
3. The human body contains about 4-6 teaspoons of magnesium; 50 – 60% of this is found in bones and teeth. The cells of a healthy heart contain about 10 times the amount of magnesium found in blood.
4. Many conventional drugs interfere with magnesium absorption and retention in the body, including chemotherapy treatments, allergy and

asthma medications, some antibiotics, and diuretics.

5. Magnesium was first discovered outside the Greek city of Magnesia. In ancient times, it was used as a natural cure in the form of Epsom salts and as a laxative.

6. Without magnesium, the body can't produce energy, contract and relax muscles or make many vital hormones.

Magnesium and sleep are interconnected – if levels are too low, sleep disturbance can occur.

7. It has been estimated that up to 30% of a given population has subclinical magnesium deficiency based on serum levels, and magnesium deficiency can be as high as 80–90% in certain populations when utilizing magnesium load testing.

Symptoms of Magnesium deficiency

Magnesium deficiency is referred to as 'modern day silent epidemic' or an 'invisible deficiency' because it is difficult to detect in a clinical setting. Some signs of magnesium deficiency include quivery tongue, chronic and prolonged fatigue, poor sleep, poor recovery from exercise, muscle cramps/spasms, low immunity, anxiety and mood disorders, PMS, constipation and more. Some of the common health problems that may be associated with low magnesium are:

- Anxiety & panic attacks
- Depression
- Fatigue
- Sleep problems
- High blood pressure
- Nerve problems
- Blood sugar imbalance/

Diabetes

- Osteoporosis
- Blood clots
- Muscle cramps / spasms
- Headaches / Migraines
- PMS
- Infertility
- Preeclampsia
- Heart Disease
- Liver Problems
- Cystitis
- Asthma
- Raynaud's syndrome

Tips on including Magnesium in your diet

1. Increase magnesium-rich foods in your diet: Choose foods that are whole and unprocessed. Green leafy vegetables like spinach, kale, collard greens, beet greens; wholegrains, nuts, seeds and legumes are great sources of this vital mineral.
2. Keep alcohol, fizzy drinks and caffeine to a minimum: Alcohol can interfere with the body's absorption of vitamin D and other essential nutrients, which in turn can affect magnesium absorption. Fizzy drinks and caffeine are also associated with lower magnesium levels. Instead drink coconut water which is naturally rich in magnesium and other electrolytes to keep you well hydrated
3. Add magnesium flakes to your bath: Regular Epsom salt baths or foot baths are a good way to increase magnesium levels as the mineral is well absorbed into your body through your skin. Furthermore, a hot bath at bedtime is known to help you get into a restful state ready for sleep, imitating the rise and fall in body temperature which we experience during sleep.

4. Include bone broth in your diet: Bone broth is a rich source of magnesium along with many other essential nutrients. Always use organic, free-range meat or wild fish to make your broth.

5. Be careful with tannins (tea), oxalates (raw spinach) and phytic acid (wholegrains); These can all bind with magnesium, making it unavailable to the body, unless extra care is taken to neutralise some of these compounds during food preparation. Drink herbal teas, gently cook spinach and look for organic, stone ground, sprouted or sour dough wholegrain breads.

6. Minimise intake of refined sugar: Sugar consumption, especially from refined foods, can lead to increased excretion of magnesium from the body, therefore quickly depleting our stores needed for optimal health. Needless to say refined sugar is the four whites in food – table sugar, flour, rice, potatoes and all the cuisines made out of it.

7. Magnesium supplement Speak to your healthcare provider. Supplements are in the form of tablets, Epsom salts, powder and rub on. There are various forms of magnesium targeted for different symptoms.

Top 10 Magnesium-Rich Foods

These 10 foods contain high levels of magnesium per average serving. For maximum benefits, leafy greens are best served lightly cooked, and seeds / beans are highly nutritious – spinach, Swiss chard, beet greens, pumpkin seeds,



Ayesha Mir

M.Sc Nutrition and Dietetics) CNHC, mBANT

summer squash, turnip greens, soybeans, sesame seeds, black beans and quinoa.

Zesty Lime Black Bean Dip

Here's a recipe for a zesty dip that would be delicious served with grilled salmon, steamed spinach and a side serving of quinoa topped with sprouted seeds for a mightily magnesium-rich meal!

Ingredients

2 tins black beans, rinsed and drained
1 cup grated carrot
½ cup fresh lime juice (approx 2 limes)
¼ cup chopped spring onions
¼ cup chopped fresh coriander
1 teaspoon minced garlic
Freshly ground sea salt and black pepper to taste

Method

1. Add the beans to a food processor and blend until smooth
2. In a separate bowl, combine with the remaining ingredients, stirring well until mixed
3. Let stand for half an hour
4. Serve topped with sprouted seeds alongside grilled salmon, steamed spinach and quinoa to really boost the magnesium content.



Eat Well for Oral Health



We all know that getting access to an NHS dentist these days can be tricky and although we're recommended to visit at least every six months, many of us find it hard to do so. Because of this, it's all the more important that we do everything we can to look after our own teeth and our family's too, to prevent pain and complications. The good news is there's quite a lot we can do to help keep our confident smiles!

Edinburgh Community Food are delighted to be partnering with LINKnet Mentoring & NHS Lothian to offer a new project called Eat Well for Oral Health. The aim is to drive oral health improvements to those living in vulnerable

circumstances and affected by socio-economic and race inequalities across in Edinburgh and the Lothians.

Eat Well for Oral Health will help improve child, family and targeted communities' oral health by sharing healthy eating and nutrition knowledge and enhancing cooking skills and confidence using a community-based approach. Eat Well for Oral Health has a firm emphasis on empowering people to get well and stay well.

Edinburgh Community Food and LINKnet will be offering FREE 8 week cooking and nutrition courses throughout the year to help people gain confidence in cooking

nutritious affordable meals and providing oral health awareness information and advocacy support. Participants will learn how to:

- cook culturally appropriate nutritious meals to enjoy with others or take home
 - achieve a healthy balanced diet and reduce sugar intake.
- Participants also receive:
- support and expert advice on oral health for all the family
 - guidance and support to access an NHS Dentist
 - free accessible nutrition and oral health resources

The first session will take place from 25th August to 13th October at Dr Bell's Family Centre for those living in the EH6/EH7 area with a child under 5.

To find out more, please contact Jo Howie, Food and Health Development Officer at jo.howie@edinburghcommunityfood.org.uk or call 0131 467 7326.

Key dates and information for Leith Academy



We are early into the school year for 2022/23 having just returned on Monday 15th and youngsters on Wednesday 17th. We will keep readers updated with important news and updates, latest information can be found on our website [Home leithacademy.uk](http://Home.leithacademy.uk) or on our Twitter feed [@leithacademy](https://twitter.com/leithacademy)

2022	Reporting, Monitoring & Tracking
9 August	SQA results issued to pupils
15	Staff resume - In-Service Day
16	In-Service Day 2
17	Pupils resume
23	S1,4,6 School Photos
29	Interhouse Sports - Football
1 Sept	Parent Council
8-9	S1 Teambuild Activity Days
19	AUTUMN HOLIDAY MONDAY
w/c 26	European Day of Languages Activities
	S1 interviews with House Heads –
	Use of P7 Digital Profiles
	Maths Week Scotland
	S4-6 Track report 1 issued to parents
27	NHS - Flu vaccine program
28	Eve for Parents – How to pass your Nat
	Quals– 6.30pm start
w/c 3 Oct	S1/S2 Track report 1 issued to Parents
10	World Mental Health Day
12 tbc	Live N Learn – Yr groups/Target groups
13	S1 'settling in' Parents' Eve IN PERSON (4.30-6.30pm)
17-21 tbc	OCTOBER HALF-TERM HOLIDAY
24	In-Service Day 3
25	Pupils resume



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.

**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
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**

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

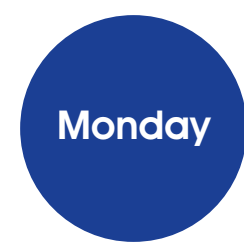
Friday 12pm – 1pm
9 September
14 October
11 November

Tommy Sheppard MP

Friday 1pm – 2pm
2 September
7 October
4 November

Cllr Joan Griffiths

Friday 12pm – 1pm
30 September
28 October
25 November



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.

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

Drop in information meetings 3 October, 31 October, 28 November, 12 December 2pm to 4pm. For more information call Frances McLennan 07479 284330 or email breatheeasy@theripple.org.uk



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.

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 7 & 21 September, 5 & 19 October, 2 & 16 & 30 November.

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.

Travelling Gallery Free art event

Reconnect Exhibition. 7 September.
10pm – 4pm. Gallery bus in carpark to rear of Hub. Open to all ages. Just hop on.

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. No booking required. £5 per class or £25 for block of 6 sessions. For more information call 07814 847755.



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.

Lochend Seniors Computer Group 50+ computer 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.

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. 23 September – Musical afternoon with Liz MacEwan 1pm start. Just pop in and join us.