



Barnton magazine

Promoting local organisations and informing residents

Sep 2026



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Barnton magazine

Sept 2026



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Christopher Cowdy

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COMMUNITY SURVEY...

Seasons are changing and we are now officially out of Summer. A major Holiday season is also over with schools now back and, though I didn't get away for a long break I did technically fly overseas to Northern Ireland. Many of you will have been lucky enough to have flown to more exotic climes and one of the benefits of modern life and technical progress is the accessibility of foreign travel. It is not without its drawbacks as many living in the area will testify given the increasing number of airplanes overhead, particularly during the night.

Cramond, Barnton and Cammo Community Council have been on the case for some years now and have launched an air noise survey that closes on 21st September. You can find more details on our "Things To Do" Feature (P11) and on the Community Council's Page (P24). Your responses

will help the Community Council to –

- Understand the community's views and concerns about night flights and their impacts on the community.
- Consider whether the Community Council should seek restrictions on night flights.

I therefore thoroughly recommend everyone take part in the online survey as the more views collected, the better informed the community response.

Regards

Christopher Cowdy
Editor

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USEFUL NUMBERS

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Here is a summary of some of the main articles reported by a range of media outlets online and that relate to our local area for Barnton, Davidsons Mains, Cramond, Cammo and Clermiston. I have also added some of my own pieces of interest.



Edinburgh News reported that staff, residents, relatives and members of the community came together at **Queens Manor care home in Barnton** for an afternoon of performances as part of the Edinburgh Fringe Cares Fest. Now in its 5th year, the Fringe Cares movement brings artists into care homes so residents can enjoy accessible performances in the comfort of their own homes.

North Edinburgh News also ran an article about **Queens Manor care home** that held



an open day in August allowing those looking for a care home to get guidance and support.

An article showcasing 24 **photos of life in Barnton** between 1963 - 2025 in **Edinburgh News** highlighted a strong Conservative presence - with MP James Douglas-



Hamilton in the 1992 General Election and Councillor Kate McKenzie in 2000 - along with other photos representing women in business, property redevelopment, police incidents, sport, active children, and the weather!

Entries into the Spice Awards 2026 included 21 from Edinburgh with **Davidsons Mains own Bangla Kitchen** included. The **Edinburgh**



News article says winners will be announced in September.

The Sunday Guardian

recommended good spots to watch the **Solar Eclipse and included Cramond Beach**: Cramond Beach as an option explaining its relatively open surroundings may provide a useful view toward the western horizon. **If anyone**



emails good pictures of their view I will try to publish them in the next issues.

Paramedics and coastguard crews, including a helicopter, were **called to Cramond Island** last month when a woman was injured after a fall according to **EdinburghLive**



Cramond also got a mention from the Leader of the City Council who was talking about how the new Tourist Tax will be spent. Some money will be used for regeneration projects to support local areas such as Portobello Promenade and **Cramond foreshore**.



Planned roadworks in the area

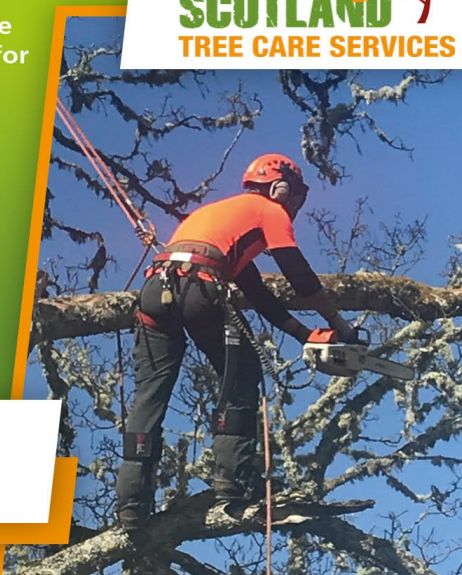
Street	Works	Dates
SILVERKNOWES ROAD	Carriageway reconstruction between Silverknowes Parkway & Marine Drive	1st Oct Until further notice
CAMMO ROAD	Temp lights at Cammo Gardens for development works.	Until Dec 2026

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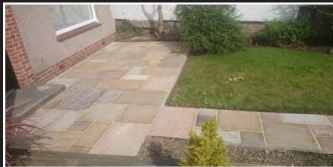
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Every month we publish a selection of things to do in the local area. This is usually found as a result of an online search and we may not have had time to verify all details are correct but we try to set out a good spread of interesting activities and local organisations. So if you see

Cramond Kirk Hall

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Lauriston Agroecology Farm

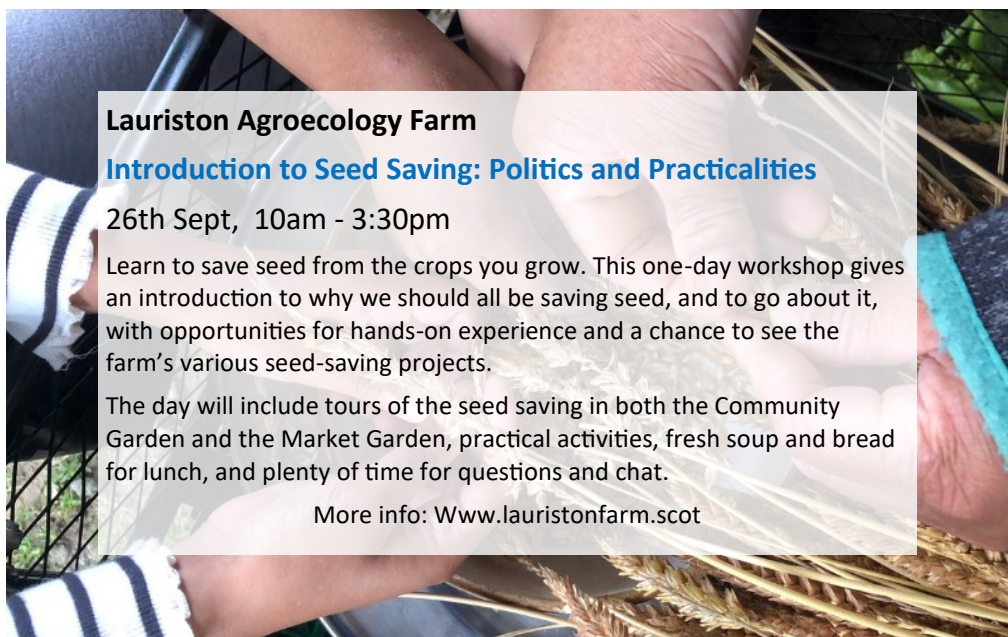
Introduction to Seed Saving: Politics and Practicalities

26th Sept, 10am - 3:30pm

Learn to save seed from the crops you grow. This one-day workshop gives an introduction to why we should all be saving seed, and to go about it, with opportunities for hands-on experience and a chance to see the farm's various seed-saving projects.

The day will include tours of the seed saving in both the Community Garden and the Market Garden, practical activities, fresh soup and bread for lunch, and plenty of time for questions and chat.

More info: www.lauristonfarm.scot



something of interest and want to join in, please do some of your own research and contact the organisation in plenty of time to make sure the event is still on and the details are accurate.

Online!

Cramond, Barnton & Cammo Community Council's NIGHT FLIGHTS NOISE SURVEY

Closes 21st September

The night time aircraft noise survey is now live and your views are very important. The survey (which takes no more than 3 minutes) is available on the webpage www.cramond-barnton.org and through the QR code.



Lauriston Castle

Shiver Me Timbers! Lauriston Castle Family Workshops

Sat 19th Sept, 10am

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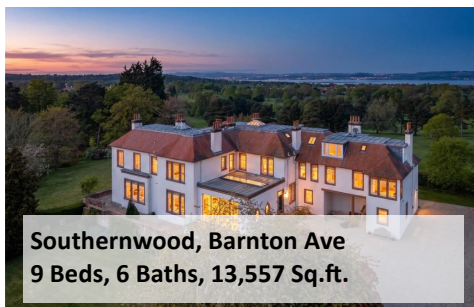
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- Separate studio above a detached garage
- Landscaped garden to sides and rear
- Outdoor kitchen with pizza oven
- Secure gated parking for up to 10 cars

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Offers Over £1,495,000



Southernwood, Barnton Ave
9 Beds, 6 Baths, 13,557 Sq.ft.

- Detached house
- Mature garden 1.557 acres
- Detached double garage
- Accommodation over 3 floors
- Reception rooms including billiard room
- Gated entry with extensive parking

Savills
Offers Over £4,800,000

2 OF THE SMALLEST

Barnton Park Ave
2 bed, 1st floor retirement flat - 701 Sqft

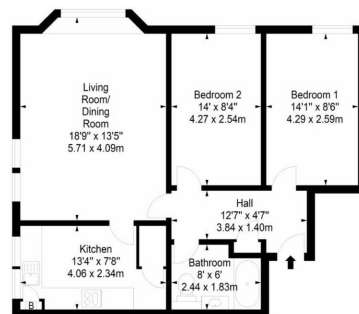
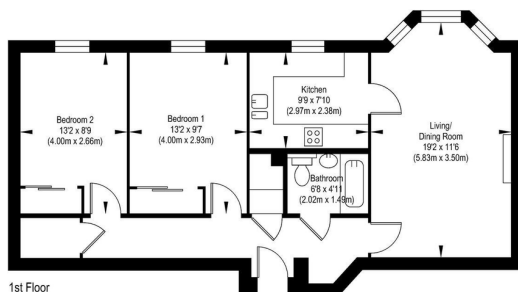


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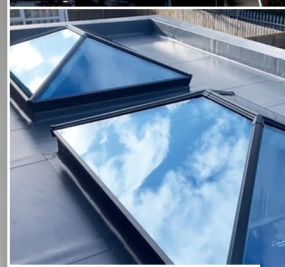
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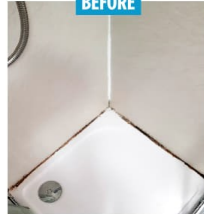
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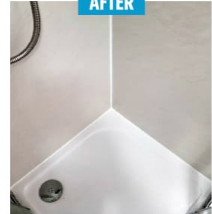
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- Commercial Leases
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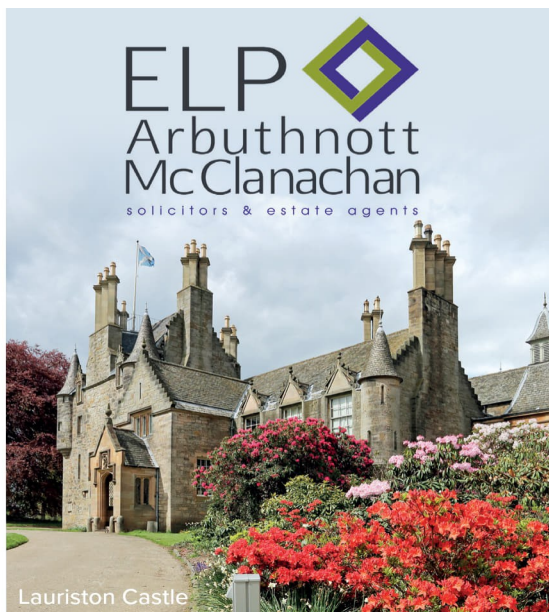
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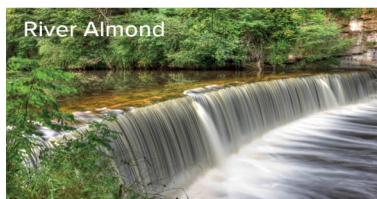
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TERM DATES

HOLIDAYS



Sep - 1 day	Oct - 6 days	Dec - 9 day
Jan - 3 days	Feb - 5 days	Mar - 2 days
Apr - 10	May - 3	June - 1 days
Jul - 22	Aug - 12	

Total: 74 days

Term 1 (86 days): Aug, Sep, Oct, Nov & Dec
Term 2 (56 days): Jan, Feb & Mar
Term 3 (48 days): April, May & June

Total: 190



2026/27

Sep		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						
Oct				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
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Jul			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
Aug					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		



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WE ARE LISTENING TO YOUR VOICE IN THE COMMUNITY

As an elected group representing the residents of Cramond, Barnton and Cammo in matters of local concern, our goal is to maintain and improve the local environment, in YOUR interest.

The Community Council will next meet on Thursday 17th September (7pm - 8.30pm) in Cramond Kirk Hall, 16 Cramond Glebe Road.

At least one City of Edinburgh Councillor will be in attendance & a Police report will be available for discussion.

If you wish to attend and qualify by living within our boundary area you are welcome. Your input is very important to the Community Council

The September Agenda will be available on the webpage www.cramond-Barnton.org nearer the meeting date.

Our main focus areas are;

BARNTON CONNECTIONS

<https://consultationhub.edinburgh.gov.uk/sfe/barnton-connections>

CBCCC is disappointed that, while recording strong community views on issues such as the loss of parking at Barnton Shops and the need to extend the cycle lane to Cramond Primary, CEC are disregarding these, whilst proceeding to the design stage.

CRAMOND CAMPUS (AMA)

<https://cramondcampus.org.uk>

AMA has held two pre-application consultation events in June and August. CBCCC's response to AMA's first stage consultation (see <https://www.Cramond-Barnton.org>) made several proposals for amendments to the proposals and highlighted

the need to ensure the long-term funding of sports and community elements.

NIGHT TIME AIRCRAFT NOISE SURVEY

The night time aircraft noise survey is now live - your views are very important to us. The 3 minute survey is available online at www.cramond-barnton.org and through the QR code. **Deadline 21st September**



OTHER PROJECTS

- Davidson's Mains Roundabout
- Silverknowes Road Closure
- Scottish Water (Cramond) improvements





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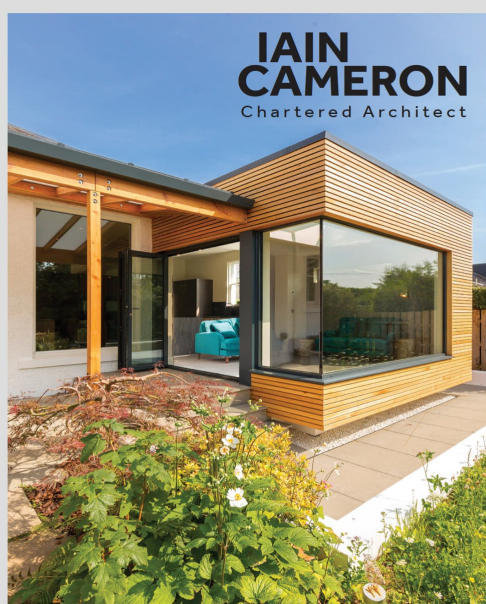
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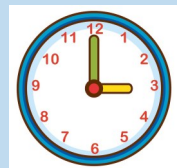
Mostly the Puzzle page hosts Brainteasers but I like to change things around from time to time. Last 2 months have been bus stop related and this month continues the theme.

Q1: What is the name of this Bus Stop?



Q2: What do Edinburgh Buses consider the fastest route from this Stop to 2 Waterloo Place?
(for a bonus point: why do I choose this destination address?)

Q3: How long should the fastest journey take?
(For a bonus point - How long does it actually take?)



Last month's answers:

Where are the Bus Stops?

A: Cramond Avenue

B: Clermiston Road

C: Barnton Junction



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Why a stretch goes a long way

As we age, our muscles tighten and range of motion in our joints decreases. This can impact even the most active lifestyle and hinder your normal day-to-day activities. Tasks that used to be simple, like zipping up a dress or reaching for a can off the top shelf, may become extremely difficult.

A regular stretching program can help lengthen your muscles and make daily activities routine again.

The word flexible comes from the Latin word flexus, which means "to bend." Flexibility is the degree to which an individual muscle will lengthen. Stretching increases flexibility, which will help you perform daily activities and reduce the risk of muscle, joint and tendon injuries. Stretching also improves circulation, increasing blood flow to the muscles. Increased blood flow provides more nourishment to the muscles and gets rid of more waste by-products in the muscle tissue itself. Improved circulation can also help speed up recovery time if you suffer a muscle injury.

What's more, stretching can help eliminate or decrease low back pain, one of the most common kinds of structural pain, affecting a large percentage of the population. Muscle tightness in the quadriceps, hamstrings, hip flexors, and low back muscles is a common cause of low back pain. Stretching these muscles will often eliminate the pain. Keep in mind that every joint is tied to another joint, so if one muscle is tight, it is going to affect another joint or muscle.

One of the greatest benefits of stretching is that you're able to increase your range of motion, which means your joints can move further before an injury occurs. Stretching after you exercise (at least after you've warmed up a bit) has proven to be much more effective than

pre-workout stretches, because by the time you've completed your workout, the muscles are "warm." Post-exercise stretching also helps reduce soreness, improves workout recovery, and ensures muscle and tendons are working properly.

There are no disadvantages to stretching - unless, of course, you do them improperly, which is actually easy to do if you don't know what you're doing. Here are a few tips to keep in mind before starting any stretching program:

DON'T bounce when stretching; hold your position for the specified time.

DON'T stretch cold muscles; always do some type of warm-up for at least five minutes: jogging in place, walking on a treadmill, light jump rope, etc.

DON'T overstretch. There should be a little discomfort, especially if you're not used to stretching, but it should not be painful.

DON'T stretch a muscle improperly. If you are not sure of the proper stretch or how to perform it, get some assistance from a professional.

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