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NOVEMBER ISSUE

Fun fact - The name November comes from the Latin word novem, meaning "nine," because it was the ninth month in the original Roman calendar before January and February were added.

It marks the transition between Autumn and Winter and, my goodness does it really feel like it. At the time of writting there has been a marked change in temperature, central heating has been fired up and I have even seen Christmas themed choclates on display in local shops.

If upu have not already done so, then you should consider geting your annual boiler serviced and I know a few good plumbers who can help.

Garden will also need some maintenance and as grass cuttinig slows, pruning, cutting back, moss treatment and raking take over. If that sounds like too much hard work, don't worry because, guess what? I know a few good people who can help. In fact, this month's magazine is chocker block with people who can help around the house, inside or out so please do give them a call. We do the hard work of fiinding good local business so you don't have to and the vast majority of our advertisers have been known to us for years so are dependable.

We aso have a good archive of reliable business who no longer advertise with us but that we are happy to recommned and have done so fairly recently. If you can't fnd what you are lookiing for within the pages of the magazine just drop me an email with your query and I will try to help as best I can.

The next issue won't be until January so, for now, keep warm and safe. Have a great Christmas and New Year and hopfully be in touch in January.



Christopher Cowdy
Editor

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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



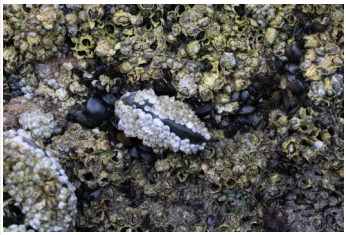
Blackhall library posted on Facebook that they were stunned when a member of the public spotted one of their books inside a shop... on the Isle of Wight! "That's a whopping 9.5hr drive and 487 miles away from Blackhall Library."

Edinburgh Live included an article about Climate Central that has an interactive map showing how land will change from now until 2150. They predict much of the East Lothian coast will become submerged and



report changes along Cramond and Queensferry. The areas shaded in red in the map show 'at risk' areas. It can be found online by searching "coastal risk finder".

Meanwhile, ***The Scotsman*** carried a different article about research at Heriot Watt suggesting Mussels are disappearing from Firth of Forth because of changing



conditions. The lab-based study was sparked by the sharp drop in mussel beds that were once common around Musselburgh and Cramond.

The area sometimes gets mentions in some unusal media outlets and Cramond was menioned in ***The Cumberland News*** that

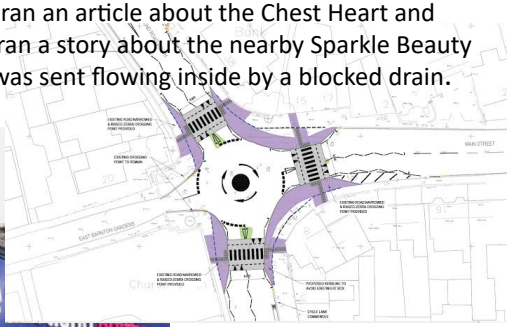
covered a story of **a woman from Cramond Bridge who was find £180** for failing to identify the driver of a Mitsubishi.

Edinburgh is to develop a series of urban nature pathways, similar to the Water of Leith Walkway, using the new Transient Visitor Levy (Tourist Tax). **Potential routes include Cramond Foreshore** , Pentland Hills and EICC according to the ***Edinburgh Inquirer***



Edinburgh Live reported on an incidemt **where a Council house in Clermiston suffered a collapsing bathroom ceiling** for the 2nd time. The tenant has had to be moved out again having been previously decanted from his home for 18 months while repairs to a leak and replacement bathroom and kitchen works were carried out.

Locals say the council's changes to Davidson's Mains roundabout that caused over 3 months of disruption not only made the roundabout more dangerous but have also caused flooding and damage to local shops. Edinburgh Reported ran an article about the Chest Heart and Stroke shop being flooded while Edinburgh Live ran a story about the nearby Sparkle Beauty Salon flooded after rainwater on the pavement was sent flowing inside by a blocked drain.





A 12-year-old boy is hoping to raise £10,000 for a charity as he prepares to release his 4th fundraising book according to an item on ***charitybox.co.uk***. Michael Doran spent a year researching and writing 'Things I Taught My Parents About Space 3' to support MS Society Scotland after watching his mum live with multiple sclerosis (MS) for more than 10 years. **The Edinburgh Academy pupil lives in Cramond** and has written and published 3 illustrated books for different charities in the last 6 years, raising almost £15,000.



MS Society Scotland

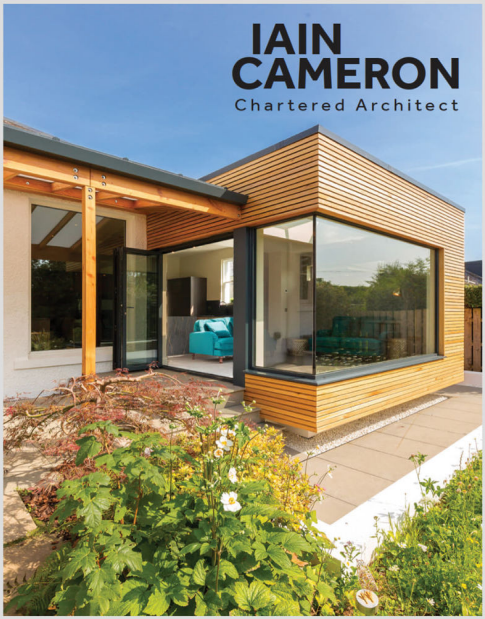
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IF YOU LIVE WITHIN THE BOUNDARY AREA, please join us at one of our meetings on the third Thursday of each month (except July, August and December) - you will be warmly welcomed.

The next meeting will be on
19th November
at
City Gates,
193 Whitehouse Road, EH4 6BU
19:00 - 20:30
(this is a one off change)

CURRENT AREAS OF FOCUS:

1. **IDEAS FOR CEC CITY PLAN 2040**

Suggestions can be emailed to planning@cramond-barnton.org and should focus solely on ideas for new or amended planning policies, proposals for built development, new/improved infrastructure, community facilities, or natural/built heritage conservation.

2. **CRAMOND CAMPUS - AMA.**

3. **BARNTON CONNECTIONS.**

4. **AIRCRAFT NIGHT - TIME NOISE SURVEY - THE NEXT STAGES**.

5. **SCOTTISH WATER (CRAMOND IMPROVEMENTS).**



For more information....

Folllow Cramond Barnton and Cammo Council on FACEBOOK

Visit www.cramond-barnton.org

Email info@cramond-barnton.org and join our mailing list for updates on items of interest.

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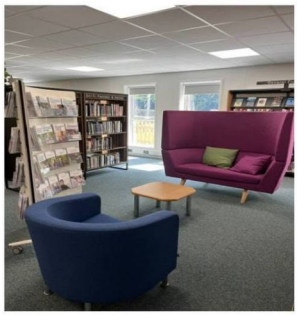
Blackhall Library

Macmillan Cancer Support returns to Blackhall Library in October

Wednesday 4th November, 11:30 - 13:30

If you need support, information or if you just want to chat, we're here to help. Leaflets and booklets on all aspects of living with and beyond cancer are available. If you are living with or beyond cancer or a loved one is, you can get help here. Talking about what you are going through can help.

For more info, email **macmillan.libraries@edinburgh.gov.uk**







Cramond Kirk

Remembrance Service

Sun 8th November, 10:30am





If you know of a local community event to promote, drop us a line.

Cammo Estate

Treecreepers Birdwatching group

15th November, noon - 3pm

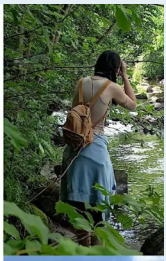




Explore the varied habitats including woodland, scrub and waterways with hope to see some less common species such as Tree Sparrow and Yellowhammer.

This group is aged 18-35 and every experience level welcome! The session structure and flow will be shaped by everyone to facillitate knowledge sharing and community. No dogs except guide & assistance dogs.

for more info, email thetreecreepers@outlook.com





Online webcast of Council Transport Committee

Barnton Connections

12th November, 10am - 5pm

This project is a Council initiative to improve active travel for the Barnton/Cammo area. A survey closed earlier in the year and the results along with some designs should be scrutinised at he next Transport Committee in November.

The report should be available from 5th November on the Council's website and the meeting will be live streamed and accessible to the public on the day.



Top tips for selling your home this Autumn



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It is that time of year again, with shorter days and temperatures dropping. Here are some tips to transform your home ready for selling this autumn and to show your property at its best:

Embrace autumn's mood with soft and low lighting, which can create a warm and comfortable amount of light throughout your home to complement its features. If your rooms have a dimmer switch, opt for lower settings to capture the cosiness of autumn's dark evenings. Candles are also a particularly nice addition to your rooms, grouped together and lit in time for viewings.

In other areas, a brighter light can work, so switch up your bulbs. New 'daylight' bulbs in the bathroom or kitchen can transform a space with a minimal amount of effort and allow prospective purchasers to see your home in all its glory. This is so beneficial on a dull autumn day.

Remember, though, that nothing lights a room better than natural light. For daytime viewings, pull the curtains open wide, roll up the blinds, and let that light flood in. This will also allow viewers to see the garden or views from the windows, which can be an important selling point.

Declutter rooms and touch up any paintwork that needs attention, including the entrance door. A newly painted door in an attractive colour will help your property stand out from the crowd.

As Autumn progresses our focus is switched from our gardens to our homes and it is important to show buyers how comfortable your rooms are, where they will be spending a lot of their time over the coming months. Sofas dressed with warm throws and cushions help to create a relaxed feel in the room, with rugs and candles adding to the ambience. Light your open fire or wood burner, turn on your heating if need be. Buyers can then visualise themselves living and relaxing in your home.

It is still incredibly important to maintain your garden if you are thinking of selling up. Even if you simply sweep and rake up all the fallen leaves, deadhead plants and do some weeding before people come to view your property. Spruce up your pots with winter flowering pansies and some evergreen plants to keep your entrance looking at its best and maybe even an autumn wreath on the door. Ensure your outside lights are working so that viewers can easily find their way to your door. First impressions are crucial!



For advice on preparing your property for market and a free pre-sale valuation please contact our estate agency department on **0131 312 7276** or email us at **property@elpamsolicitors.co.uk** and we will be delighted to help you.

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Term 2 (56 days): Jan, Feb & Mar
Term 3 (48 days): April, May & June

Total: 190

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



| | | |

Distribution of Duddingston magazine covers 6 Primary school and 2 High School catchments. I have given contact details for each including Phone number and websites, email, Twitter plus where they have a Facebook Page. There is a whole range of info available on their online Pages but let me know if you think any else specific should be mentioned here.

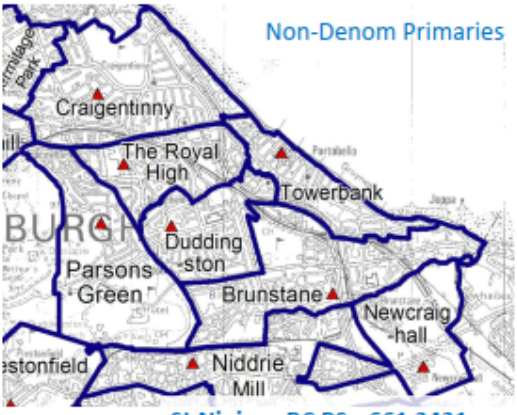
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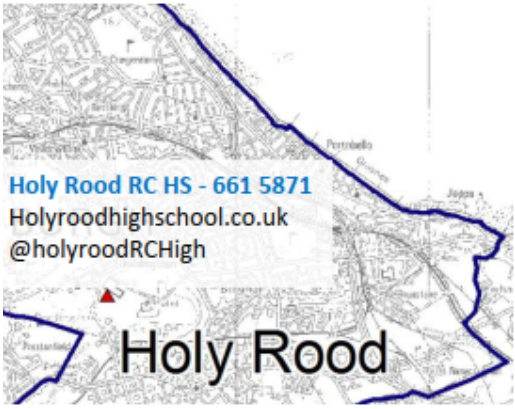
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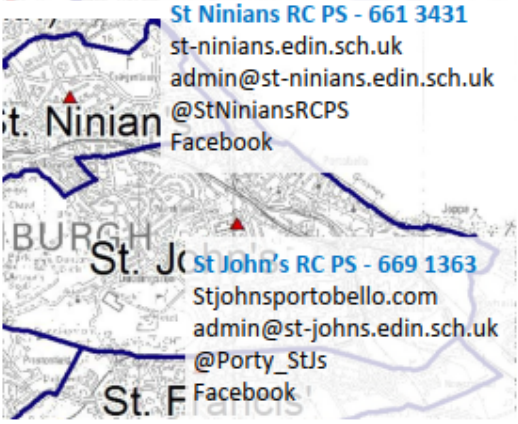
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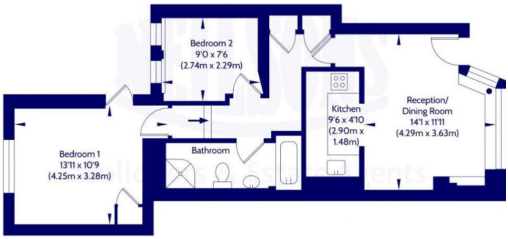
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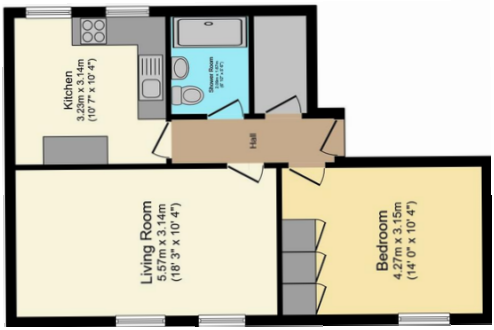
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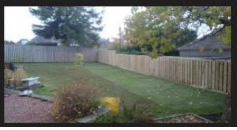
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Keep your Spine in Shape

Your spine is the backbone of your entire body – literally and figuratively. That means poor spinal health may negatively impact you from head to toe. How can you keep your spine in shape?

EXERCISES (to Do & Not to Do)

Some common exercises help promote spinal health in the form of proper posture while others promote poor posture and put the spine at risk. A strong core supports the spine, whereas a weak core can lead to pain and injury. To build the core, think bent-leg knee raises, stability ball exercises and other exercises that strengthen the core muscles (remembering to keep your spine protected at all times by avoiding rounding the back / neck). On the other hand, avoid exercises / movements that unduly stress the spine: slumping while sitting and bending forward immediately after sitting come to mind, as do exercises that make you prone to rounding your back (traditional sit-ups, toe-touches, etc.).

Please seek exercise advice from a qualified healthcare professional.

SLEEP MATTERS

Your sleep position and the overall quality of your sleep play a big role in spinal health. The ideal position for the spine during sleep places you on your back with a pillow underneath the knees. As you might imagine, lying on your stomach is the worst position. Your pillow and mattress also matter, so make sure you choose the right ones for you, or your spine will let you know with neck and/or back pain. (Talk to your healthcare professional for suggestions.)

NUTRITION ESSENTIALS

Believe it or not, certain foods promote a healthy spine (and vice versa). For example, adequate water intake is necessary to nourish not only the body's cells, but also the spinal intervertebral discs. As you might imagine, water helps keep the discs (and thus the spine) from getting stiff and becoming subject to injury. In addition, an anti-inflammatory diet is key to preventing back pain and other spine problems due to inflammation. Think foods such as omega-3 fish and lean proteins, fresh produce, avocado and olive oil while reducing intake of pro-inflammatory foods (most fast foods and processed foods, sugar-laden sweets, etc.).

CHIROPRACTIC CARE

No conversation about spinal health would be complete without mentioning chiropractic, an entire health care profession founded on the principle that a healthy, properly aligned spine may have far-reaching effects on the entire body. Research asserts chiropractic's effectiveness in treating back pain, neck pain and various other musculoskeletal conditions, and the goal of chiropractic care is to improve spinal health and help prevent pain from returning.

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