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Barnton magazine

Jan 2026



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Christopher Cowdy

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HAPPY NEW YEAR!

I hope you all have passed a very festive season and now ready to approach the year ahead with vigour.

As you may know, I am standing in the new constituency of Edinburgh Northern at the Scottish Parliamentary elections in May and this is likely to require a fair amount of energy. I am sure there will be more of this to come over the next few months.

Part of my political outlook is a belief in the importance of small business and this obviously ties in with the magazine. Although I only took over the Barnton magazine in 2022 I have been involved for almost 15 years with my first magazine published in May 2010 and have lost count of the number of businesses that have benefited from advertising with me.

Another part of my aspiration is to offer readers choice and I am therefore delighted when new business start to appear between the pages. This month I hope you will all welcome back the Capital Theatres who have taken the Front Cover

along with LIT Design opposite and Parkgrove Medical Centre on the Back Cover.

I am also keen to inform residents about local opportunities and issues. You may know I am elected to the City of Edinburgh Council and the magazine can tie in well with this. A good example is the Councils consultation on the "Barnton Connections" proposal. I always encourage residents to be interested in their area and encourage you to find out about this proposal and engage before it ends on 26th January. More of this on Page 4.

Many thanks to all for ongoing support over the years and if you have suggestions for improving content of the magazine, please do email in ideas.


Christopher Cowdy (Editor)

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www.edinburgh.gov.uk/barntonconnectionssurvey

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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.

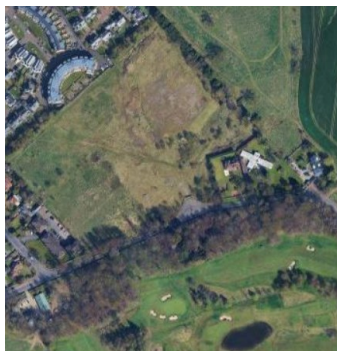
I don't see many local articles in **The Mirror** but they (among several news outlets) covered a story about a **Barnton resident who was ordered to trim their hedge** down to 15ft after neighbours brought an appeal to Scottish Government that the high hedge "materially diminishes" their properties amenity.



The **North Edinburgh News** ran a story about how car company Vertu Hyundai, Santa Claus and **Craigalmond Scout Group** teamed up in December to raise funds for Cancer Card and to help the Scout Groups expeditions.



Local residents feel let down 20yrs after being promised high quality sports facilities at



"Cramond Campus" by house builder AMA reports *The Edinburgh Inquirer*.

Business Insider magazine name checked Cramond in its November news when listing the top 6 things the American journalist likes to do in having moved to Edinburgh.



A trip to Cramond Island was in at No 2 after hiking in Pentlands and Blackford Hill.

The Scotsman published 45 photos from the 1950's & 60's. I found them fascinating snapshots of the area (even with annoying focus on my political

opponents!!) and though I can't publish them here I suggest everyone go online and search for **"Cramond Heritage in pictures"**.

Road Traffic accidents can cause mayhem, particularly at rush hour and this is exactly what happened when a Lothian Bus and lorries collided resulting in the

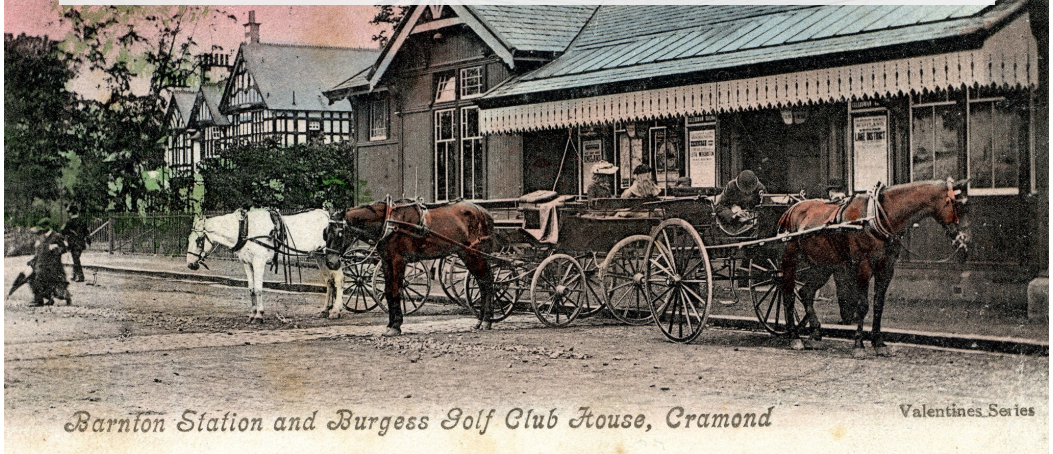


closure of the Barnton Junction according to an article in **Edinburgh News** in early December.

This was a few weeks after emergency services were called to **Clermiston Road** after a van and a bike reported in several outlets including **Daily Record**.

Here is a great photo from 1900s that appeared on my Facebook feed I thought would interest readers. It is from the "Lost Edinburgh" Page.

Barnton railway station was a suburban terminus, opened in 1894 as Cramond Brig and renamed Barnton in 1903. It closed to passengers in May 1951. The Royal Burgess Golfing Society of Edinburgh is widely recognised as the oldest organised golf club in the world. Public domain postcard



Some planned roadworks authorized by the City of Edinburgh Council

Silverknowes Rd between Silverknowes Parkway and Marine Drive is to be closed until further notice for road reconstruction

On 20th Jan, Whitehouse Road at Braepark Road will have 3 way traffic lights on 20th Jan for Scottish Water to repair a manhole.

From 16th Feb until 9th March, Cramond Rd South between Barnton Avenue and Quality Street (including Main Street roundabout) will have disruptions for road resurfacing.

Phase 1 - roundabout and all approaches closed.

Phase 2 - Cramond Road South closed.

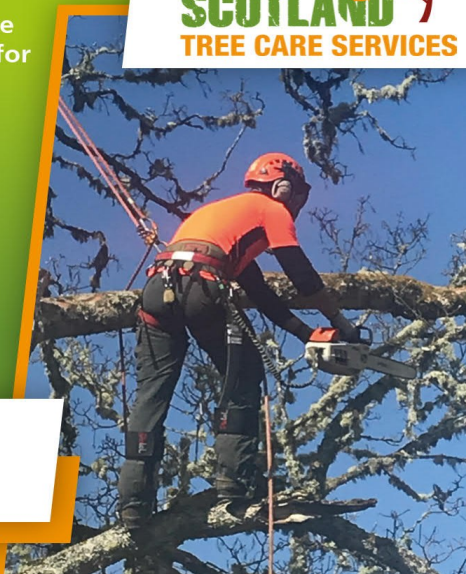


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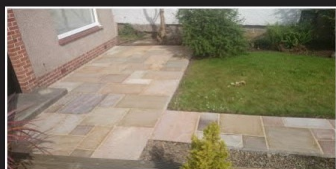
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Every month we publish a selection of things to do in the local area. This is usually found as a result of an online search and we may not have had time to verify all details are correct but we try to set out a good spread of interesting activities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

Cramond Kirk Hall

Ceroc Edinburgh

31st January, 7:30 - 11:30pm

Join the Ceroc Edinburgh crew for another top freestyle party night of dancing in the fabulous Cramond Kirk Hall. Gordon will have all of your favourite tunes.

Note there is no bar, water and juice will be provided.

Tickets for £15 can be booked online -

www.ceroc.com/30/14380/ceroc-edinburgh-january-freestyle

Silverknowes Esplanade

Cramond Big January beach clean

26th January, 11am - midday

Join the Marine Conservation Society conducting a clean up and survey to help gather data for the reduction of marine litter. They recommend you pack a rucksack with essentials like waterproofs, hand sanitiser, and perhaps some snacks and a drink (in a reusable bottle, of course). Under 16's must be accompanied by an adult who will be asked to sign a parental / guardian consent form on the day by the organiser.

**MARINE
CONSERVATION
SOCIETY**

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.

Cammo Estate

Edinburgh Southern Orienteering Club

Sat 17th January,

Orienteering is an exciting outdoor adventure sport which involves navigating around a course using a detailed map and sometimes a compass. The aim is to navigate between a set of control points and decide the best route to complete the course in the quickest time. It does not matter how young, old or fit you are, as you can go at your own pace.

For more information visit

www.esoc.org.uk



Lauriston Agroecology Farm

First Drop-in Gardening session of the year

15th January, 1-3pm

Come gently out of hibernation at the first drop-in gardening session of 2026 in the Community Allotments. You don't need experience of growing or plant knowledge to join in, and you don't need to book ahead. You can Drop-in any time during the opening hours and stay as long as you like, but if it's your first time, please try to come 10 minutes before start time on your first day (12:50pm) for a welcome and short induction.

For more info visit:

www.lauristonfarm.scot





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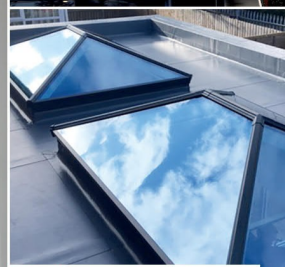
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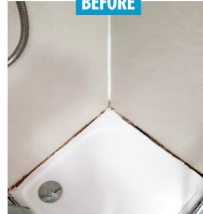


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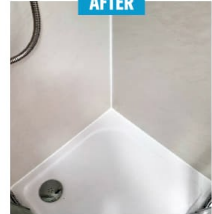
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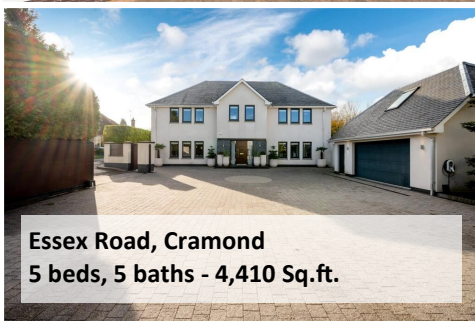
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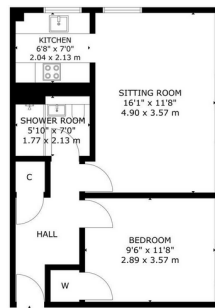
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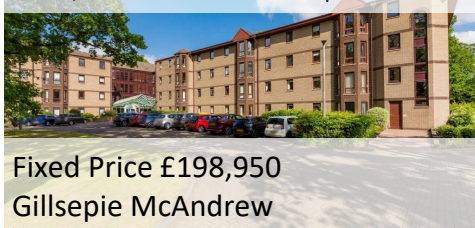
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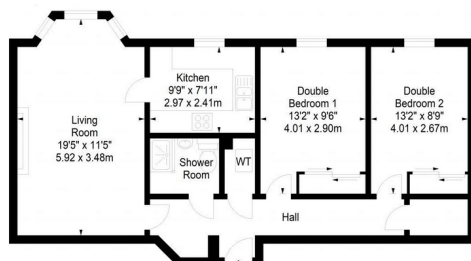
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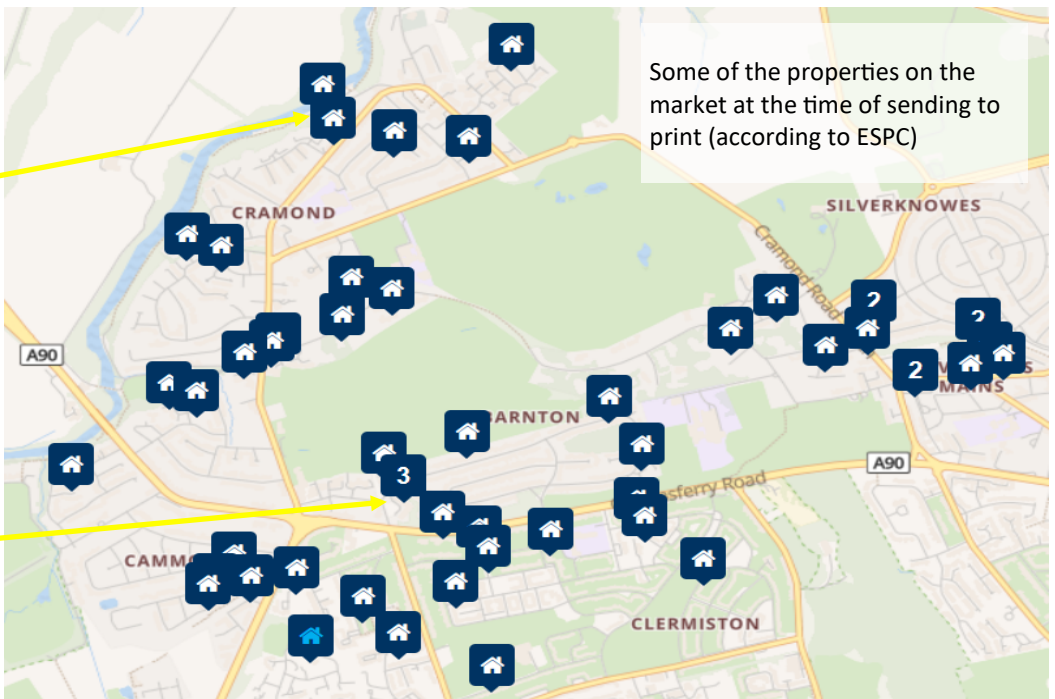
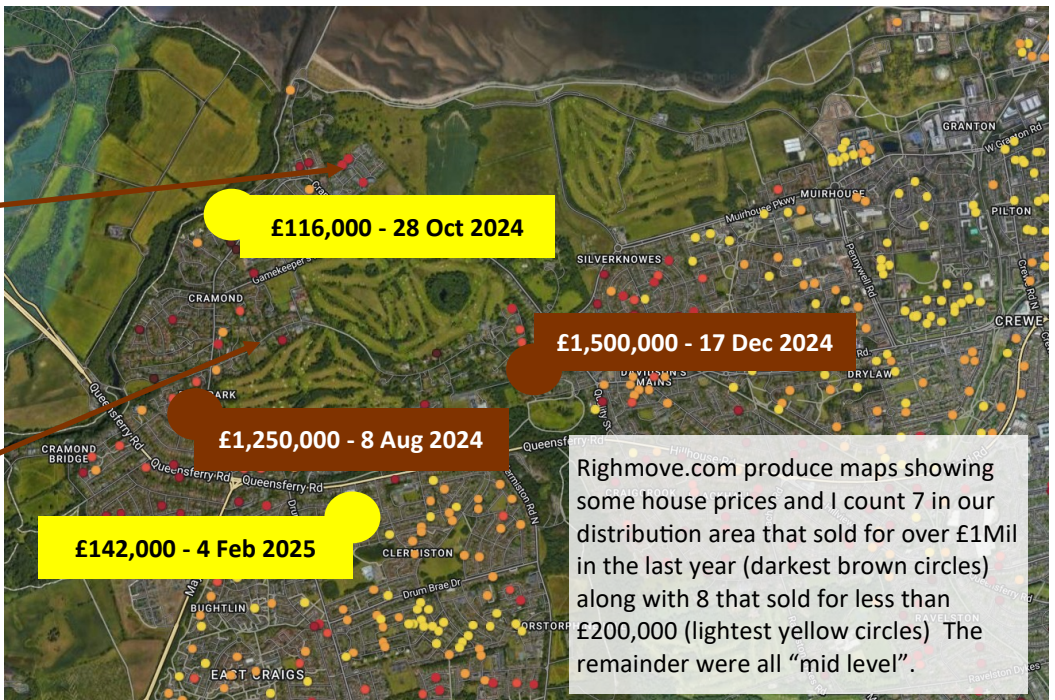


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TERM DATES



Autumn Term 1 (86 days): Wed 13th Aug -
Fri 19th Dec 2025

Spring Term 2 (58 days): Mon 5th Jan - Thur
2nd April 2026

Summer Term 3 (46 days): Tue 21st April -
Fri 26th June 2025

Total: 190

HOLIDAYS

- 15th Sep 2025 (1 day)
- 13th - 17th Oct (5 days)
- 22nd Dec - 2nd Jan (10 days)
- 16th - 20th Feb 2026 (5 days)
- 3rd Apr - 20th Apr 2025 (12 days)
- 4th & 5th May (2 days)
- 18th May (1 day)
- 29th June - 11th Aug (32 days)

Total: 68 days



2025/26

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Jan | | | | 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 | | | | |
| Feb | | | | | | | | 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 |
| Mar | | | | | | | | 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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| May | | | | | 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 | | | |
| Jun | 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 | | | | | | | | |
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| 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 | | | |
| 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 | | | | |
| Nov | | | | | | 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 | | | |
| Dec | | 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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The Community Council meets on 3rd Thurs of the month (except July, Aug and Dec), at 7pm, Cramond Kirk Hall, 16 Cramond Glebe Rd, EH4 6NS

If you wish to attend, please e-mail with name & address or a matter of relevance to the Community Council.

Latest available Meeting Minutes from 16th October (summarised)

Attendance - 8+

1. The Campus issues are scheduled to go to Planning Committee in January.
2. Edinburgh Airport Noise Advisory Board (EANAB) and Airspace Change Proposals. Consultations start on 20th October.
3. Edinburgh Association of Community Council (EACC) Members Forum discussed Community Planning Partnerships (CPPs) and Online Safety Act:
4. Outstanding Issues - • Boardwalk: Lack of planning consent & Equalities Act • Timber issues in Cramond Village.
5. Barnton Connections Project consultation from Nov 3rd until Jan 26th.
6. Road Department Up-dates - • Speed Limits: on Cammo Road to Lennie Gate and Cammo Walk • Improvements for

Cramond Walk crossings • Traffic Lights Queensferry Rd estimated @ + £300,000.

7. Community Grants Funds (CGF) / Participatory Budgeting (PB) - Grants of up to £5,000, to support community groups.
8. Planning Report: CBCCC sought refusal of a large new house on Cammo Crescent (The application has now been refused.)
9. Tram consultation is ongoing. CBCCC will not respond • Business plan cost @ £40Mil & build @£2-2.9Bil • Issues included tram length, platforms & Dean Bridge.
10. Bus Service (Cramond Meadows)
11. CBCCC's social media site needs updating



Next meeting: Thur 15th Jan, 7pm

www.cramond-barnton.org

Secretary: Ian Williamson

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Each question contains a number and some initials for a common phrase, or an item that has something to do with that number. The number is your best clue - think about things that start with those initials that involve that number!

EXAMPLE: 16 O. in a P.

Answer: 16 *Ounces* in a *Pound*

And remember...this game does not measure your intelligence, your fluency with words, and certainly not your mathematical ability. It will, however, give you some idea of your mental flexibility and creativity.

12 S. of the Z.



7 W. of the W.



9 L. of a C.



Last month's answers:

Q1: 5 **Fingers** on a **Hand**

Q2: 12 **Numbers** on a **Clock**

Q3: **A Stitch in Time Saves 9**



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Reduce your Stress Burden

Pay attention when people talk about the sudden onset of bizarre and unusual ailments. This is especially true at this time of year. The answer can be found in a little word with big implications: **stress**. Our bodies endure stress, which can be simply defined as anything that causes a reaction. There are three main areas in which we experience stress: physical, emotional and chemical. Stress involving any of these areas can affect us profoundly. Here are some of the common signs of stress, along with ways to reduce your stress burden.

STRESS SIGNALS

Unusual fatigue: Stress weighs on you physically, emotionally and mentally. It wears you down and drains you. Can't get out of bed in the morning? Stress may be what's keeping you there.

Sleeplessness: You may feel like sleeping for a day or two, but stress tends to keep you up at night.

Impulsivity: If you find your eating habits changing suddenly, you may be turning to comfort foods to deal with stress. The same is true with impulse buying, particularly when it involves items you don't really need.

Anger/impatience: Stress can make you short-tempered and easily roused to anger, even if your demeanour is normally calm, quiet and reserved.

Lack of concentration/forgetfulness: Stress usually occupies our mental time, so much so that we can have trouble remembering things or make more mistakes. Never forget your keys in the morning? When you're stressed, you just might.

Physical ailments: Back pain, neck pain and pain in general that doesn't have a clear cause (e.g., an injury) is often related to stress. The same is true for colds and flu; stress can lower your immune system, increasing your risk of developing illness.

WAYS TO REDUCE STRESS

Work it off: Find the time to exercise. Whether it's a quick trip to the gym, a peaceful run or a brisk walk with family or friends, exercise puts the focus somewhere else for a while. Biochemically, exercise has a big anti-stress benefit. It helps reduce levels of the stress hormone (cortisol) and increases your "feel-good" hormones, endorphins.

Get away from it: This can be challenging, but doing what you can to distract yourself can go a long way toward reducing stress. Schedule a holiday, visit old friends, take a long walk; whatever it takes to remove yourself from your stress environment.

Smile about it: It's much harder for stress to exist in a fun, laughter-filled environment, so put yourself in a position to smile when you're under stress. After all, laughter truly is the best natural medicine.

Talk about it: When you're stressed, your mind can be a continual stream of negative, overwhelming, stressed-out thoughts. Don't keep it all to yourself; sometimes the best way to reduce your stress is to vent about it and get a neutral perspective, rather than staying in a bottled-up, stressed-out state.

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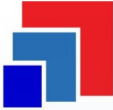


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