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Barnton magazine

Nov 2025



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Christopher Cowdy

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PROMOTING THE COMMUNITY

As I sat on September's City Council Education Committee, I was delighted to talk to a Deputation from Blackhall Primary School Parent Council. Delighted because I love to see people engaging to improve their community, but not so happy to see the sorry state of the school's playground.

Not long after this I went along to a Blackhall Community Council meeting, and got a much better sense of the energy at Community Council. Again, I loved that so many are engaging to improve their community.

I have not yet been to a Cramond, Barnton and Cammo Community Council meeting but plan to. I meantime I continue to support them by summarising their Minutes and promoting their work (see P4).

Some discussion is similar to most Community Councils across the city and, at the moment, it appears to be the City Council's consultation on a proposed tram extension from Granton to Little France. It is

open until 17th November and I strongly encourage all residents to engage with it, no matter what your views (see Page 9 for more info).

The most interesting part of the Blackhall Community Council meeting were answers from the 3 City Councillors when asked for their political party's position and reflected 3 different positions. The Conservative was emphatically against a tram extension. The Liberal Democrat left room for doubt, and the SNP want to wait for the Consultation results before committing.

As a sitting City Councillor, and Scottish Conservative candidate for Edinburgh Northern at next year's Scottish Elections, I encourage residents getting involved in how their city is run and if you want to join in the local energy, you should get along to the next Community Council meeting (info on Page 4).

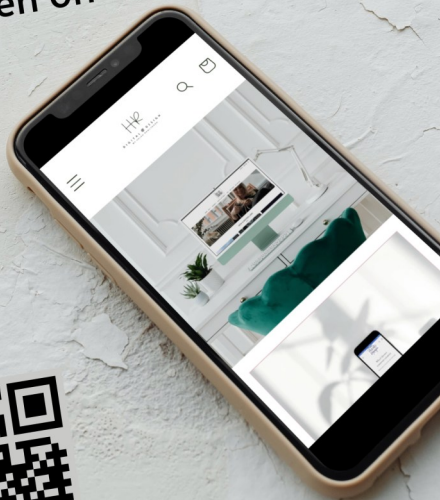
Christopher R Cowdy
Christopher Cowdy (Editor)

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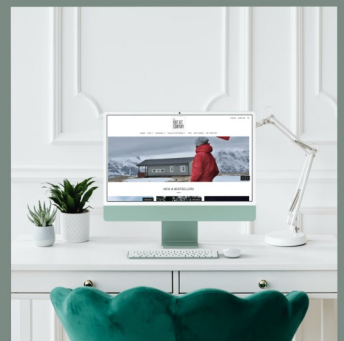
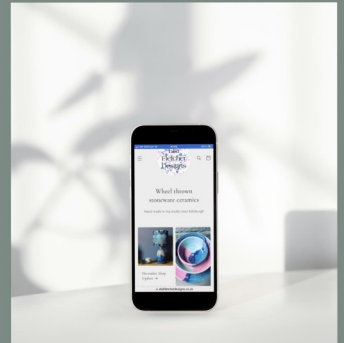
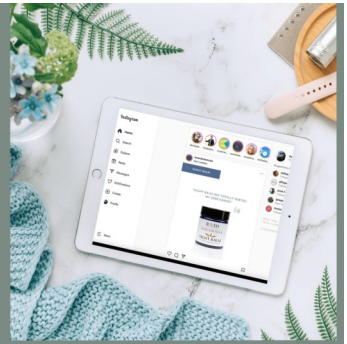
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The Community Council meets on 3rd Thurs of the month (except July, Aug and Dec), at 7pm, Cramond Kirk Hall, 16 Cramond Glebe Rd, EH4 6NS

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 18th September (summarised)

Attendance - 14+

Council Roles: It was noted that the Community Council currently lacks an official Secretary and Engagement Officer.

Key Areas of Discussion:

- Campus Development (AMA) - Community Buyout/Partnership Options:
- Barnton Junction Proposals
- Edinburgh Airport Noise Action Plan & Airspace Change
- Tram Consultation
- Next Steps & Actions
- Community Engagement & Admin: Website, Tech Training, Notice Boards
- Cramond Inn: contact with Crown Estate Scotland f community funding opportunities.
- Friends of Cammo:

Most recent Meeting Agenda from 16th Oct

1. Apologies
2. Minutes of 18th Sept Meeting
3. Update on AMA Campus
4. EANAB update re Airspace Changes
5. Police Report
6. Barnton/Whitehouse Rd Junction update
7. Someone to keep Social media updated
8. CGF & Participatory Budgeting
9. Councillors input
10. Discussion of general interest/concern
11. Cramond Inn



Next meeting: Thur 20th Nov, 7pm

www.cramond-barnton.org

Secretary: Ian Williamson

0131 476 3897

cramton17@gmail.com

Community Council boundary

Common Sense for a change >>>

Christopher Cowdy focus on Edinburgh Northern



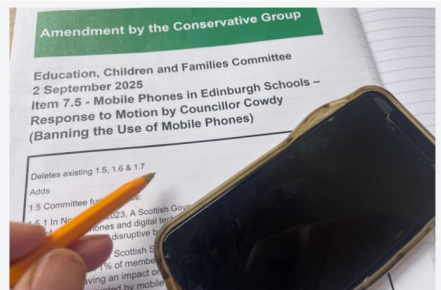
As well as standing at next year's Scottish Election, Christopher is the Education Spokesperson for the Conservative Group at Edinburgh Council and has been instrumental in driving positive change.

Being on the Committee and having 2 children go through state schools has allowed him to see how the good work of teachers is blighted by a dysfunctional system.

- The Curriculum for Excellence has often been criticised for lacking in knowledge based learning and Christopher has highlighted successes where schools have combined both the Curriculum and knowledge.
- Following high incidences of criminal gang feuds and Behaviours of Concern at an Edinburgh Northern school, Christopher persuaded the

Education Committee to consider a "Problem Solving Partnership" and, soon after, a Report came on ***Prevention, Early Intervention and Mitigation – getting it right through local partnership Working.***

- 71% of teachers report that mobile phone use affects pupil behaviour and over 90% that they distract in class. Christopher spearheaded a drive to have mobile phones banned in Edinburgh schools. With a striking similarity between Mental Health referrals and the rise of Social Media Christopher thinks we may



look back on this as a "no brainer, similar to the smoking ban".

Christopher says "All 3 of these could be rolled out on a National basis" and he is keen to use his experience at Council to bring real change for Edinburgh Northern families from the Scottish Parliament.

christopher@edinburghconservatives.org.uk



@CouncillorCowdy



@CouncillorCowdy



@CouncillorCowdy



Promoted by James Tweedie on behalf of Christopher Cowdy, both of 67 Northumberland Street Lane, EH3 6JG

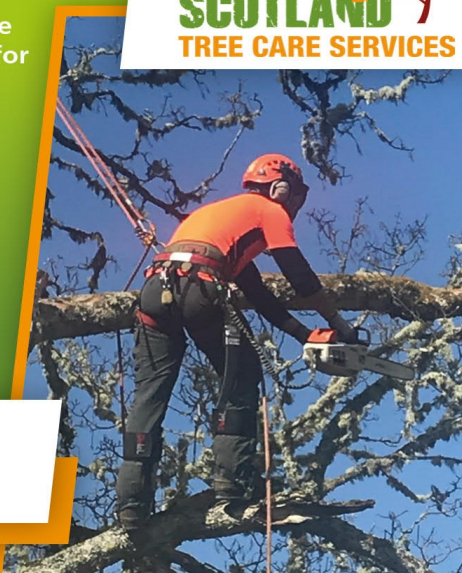
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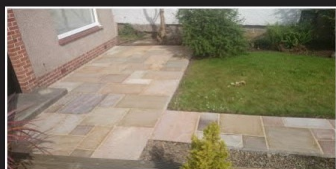
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Here is a summary of some of the main articles reported by a range of media outlets online and that relate to our local area for Barnton, Davidsons Mains, Cramond, Cammo and Clermiston. I have also added some of my own pieces of interest.



Cargifield School has been crowned 'best prep school in the UK' at the prestigious **Tatler magazine** Schools' Awards 2026.

Analysis of ESPC figures by **Edinburgh News** reports the area with the biggest rise in property price was South Queensferry/ Dalmeny, up by 12.5%, while the **biggest drop in house prices was in Cramond/ Barnton/ Cammo**, with the average 3-bed home there dropping in price from



£471,815 last year to £423,688 (10.2%).

In the meantime, **Scotsman newspaper** had an article

based on a report by CompareMyMove suggesting **Barnton, Cramond and Ravelston ranked 4th** highest number of people moving into the area. The average house price is £396,396 while the



average monthly rent is £1,661.

Country Life's Roger Morgan-Grenville celebrated the joys of wandering along the evanescent byways revealed by our tides in an article in September and mentions a visit to **Cramond Island for its native oysters**.

Cramond featured in another article, again in the **Edinburgh News**, about 11 quirky and interesting hidden gems in Edinburgh which are off the beaten track. It highlighted **Cramond Fort as an**



important site during the Roman occupation housing 1000 soldiers.



Meanwhile, **Edinburgh Reporter** highlighted the **Cramond Residence Carehome as making a bold investment** in its residence by unveiling a dedicated physiotherapy gym designed to help residents stay stronger for longer.

An Edinburgh local has slammed a dirt bike rider after they were filmed **racing across a Clermiston Park**. This was posted on **Yahoo News**.



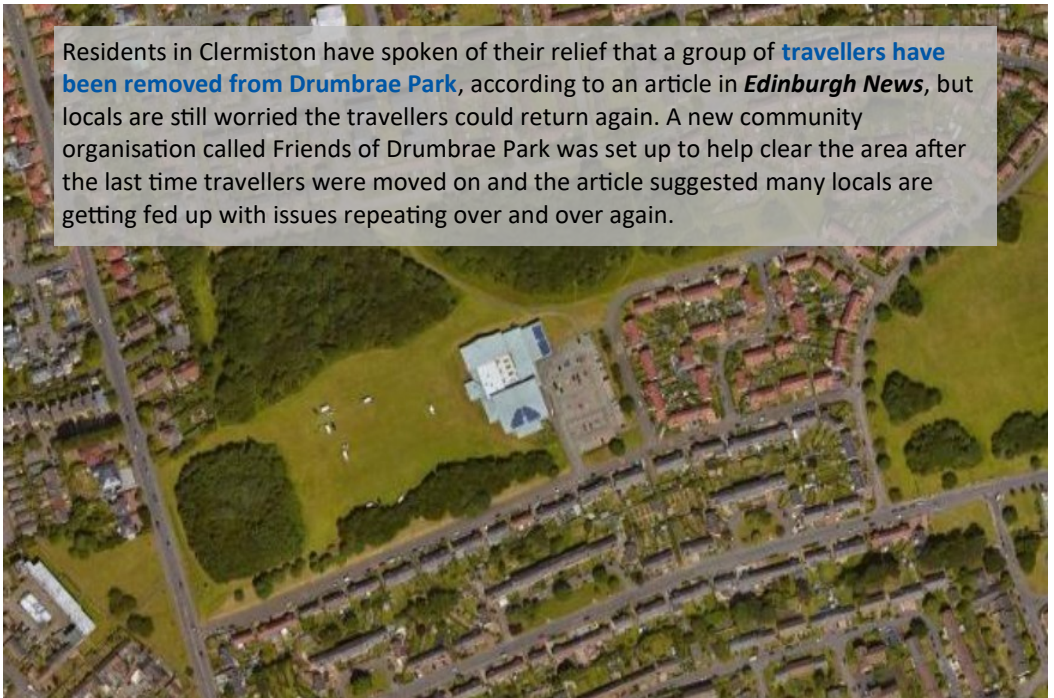
Proposed Tram Extension Consultation

Residents can give their views on the £3Billion project online or at in person drop-in sessions . Details of these sessions are also on the Consultation Hub and last day for comments is 17th November.

Just search online for “Edinburgh tram consultation”



Residents in Clermiston have spoken of their relief that a group of **travellers have been removed from Drumbrae Park**, according to an article in *Edinburgh News*, but locals are still worried the travellers could return again. A new community organisation called Friends of Drumbrae Park was set up to help clear the area after the last time travellers were moved on and the article suggested many locals are getting fed up with issues repeating over and over again.



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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

Cammo Estate Lodge

Friends of Cammo General meeting

Wed, 3rd December, 19:30

The next General Meeting will be held in The Lodge on Wednesday, the 3rd December at 7:30. Christmas refreshments will be provided!

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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.

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Fri 14th -Sun 16th November, 18:00 - 21:00

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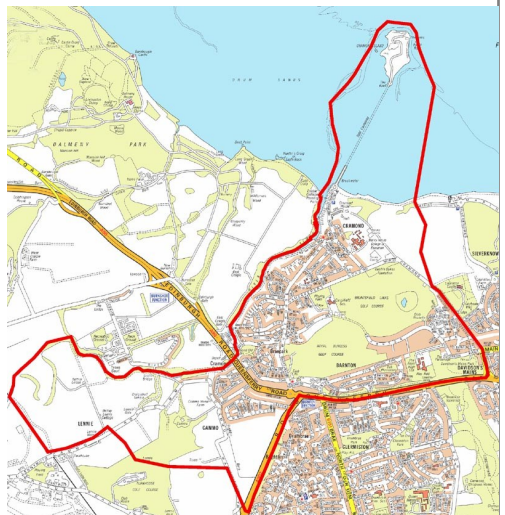
Cramond, Barnton and Cammo Community Council

Thursday 20th Nov, 7pm

The local authority has a duty to consult Community Councils on how local services are delivered and other issues affecting their neighbourhoods.

Cramond and Barnton Community Council has nine elected representatives; six nominated representatives proposed by local interest groups and five associate representatives.

If you are interested in getting involved you can contact the Secretary on cramton17@gmail.com





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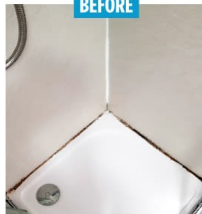


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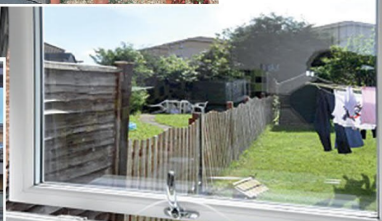
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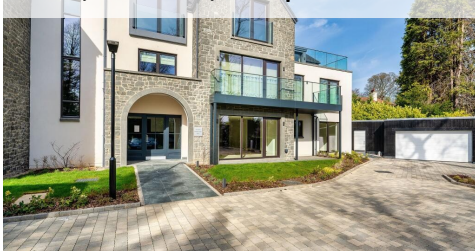
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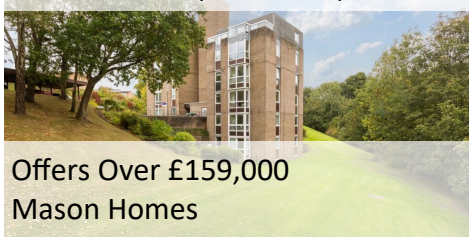


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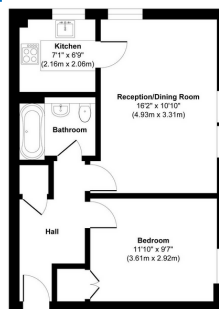


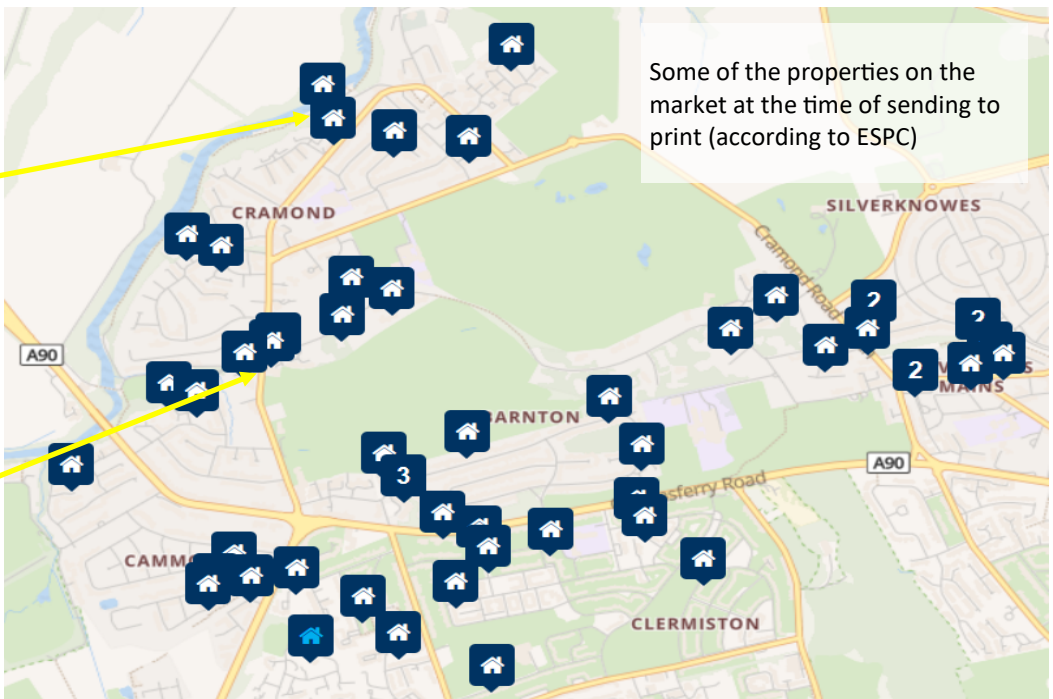
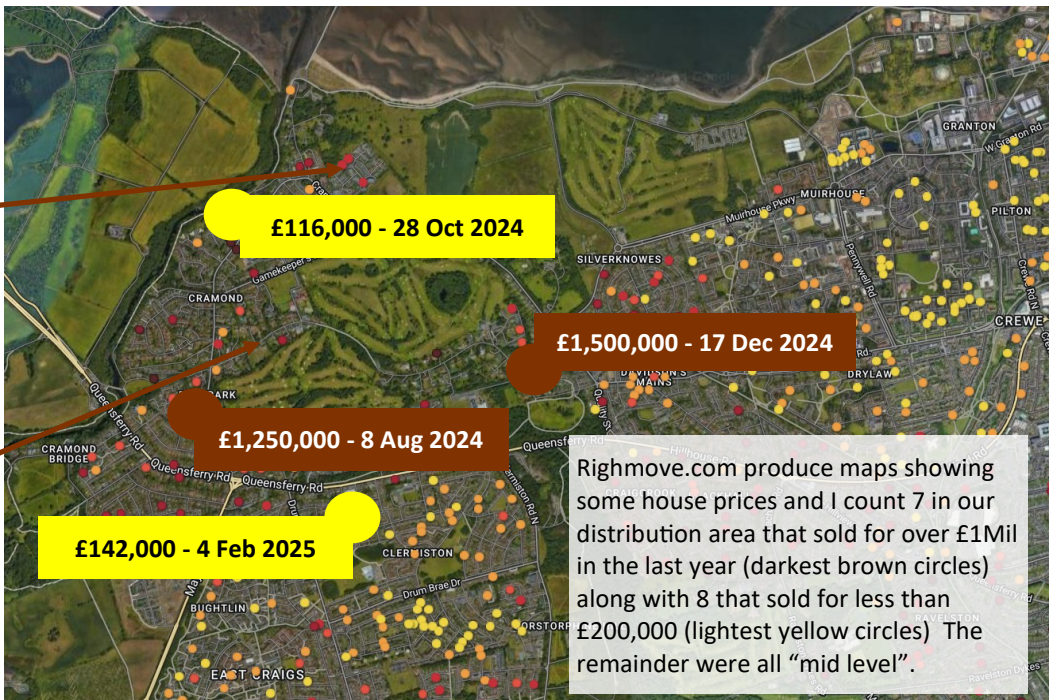
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Selling your home in winter

Selling your home at this time of year has some benefits. There is less competition with fewer properties on the market and there are only usually serious buyers at this time of year.



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We find that there can be an influx of enquiries just after new year, as this is a popular time to make plans for the year ahead. If you are considering selling in the winter months, here are some helpful tips on getting your home sale ready.

First impressions count

Stand back and look at your property from a buyer's perspective. Do you need to have the guttering cleared? If it rains at viewings, you don't want a leaking guttering putting people off. Does your front door need a fresh coat of paint? Maybe something eye catching to compensate for the lack of greenery/ planting in the garden due to the time of year. That said some winter flowering plants or ever green shrubs strategically positioned at the door will transform your entrance, as well as having good outside lighting for evening appointments. Make sure other maintenance is up to date such as clearing leaves away, cleaning pathways which will neaten the area immediately. If it is icy outside remember to make sure pathways are safe for guests.

On a cold and dull winter's day, one of the most important things you can do to ensure you capture the attention of potential buyers is to have an inviting atmosphere in your home. To step into a cosy, well-lit

home is very welcoming and uplifting. Having all internal doors open with room lights on, allows viewers to see the flow of the property. Remember that viewers first impressions are made within a few seconds, so it is important to make them count. It is more difficult to have our windows open in winter, bringing in fresh air, so a few diffusers or candles around the property is ideal. If you have an open fire or wood burning stove, it is always a good idea to have this on for the viewing because it is so welcoming and we are usually drawn to a warm fire.

It's the small touches that make the difference...

As with any time of year it is important to dress your home to show it at its best, so that buyers can visualise themselves living there. Keep your rooms clear from clutter, this will allow your viewers to concentrate on the space and how you have presented the room. To achieve this, try and find a balance between accessorising the room but not too personalised.

To summarise, the easiest way to test your home's flow is to put yourself in the shoes of your buyers. Take yourself outside of the property and enter it as if for the first time. How does it feel? The attention to detail will make such an impression on your potential buyers, so be sure to do all you can to make your property memorable.



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.

TERM DATES



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

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

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

Total: 190

HOLIDAYS

5th & 6th May (2 days)

19th May (1 day)

27th June - 12th Aug (33 days)

15th Sep (1 day)

13th - 17th Oct (5 days)

22nd Dec - 2nd Jan (10 days)

16th - 20th Feb (5 days)

3rd Apr - 21st Apr (12 days)

Total: 69 days



2025/26

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| 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 | | | | | |
| 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 | | |
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| 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 |
| Apr | | | 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 | | | |
| 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 | | | |
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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 | | | |
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| 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 | 31 | | | | |
| 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 | | |

Distribution of the Barnton magazine covers 5 Primary school and 4 High School catchments and I thought you might be interested in a brief overview. I have given contact details for each one including Phone number and addresses for 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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admin@clermiston.edin.sch.uk

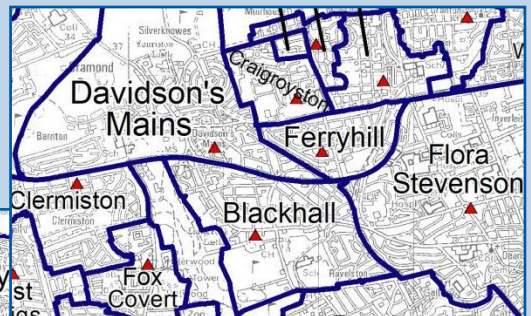
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Royal High Primary PS - 669 3200

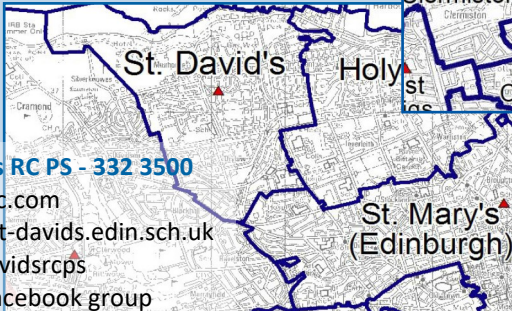
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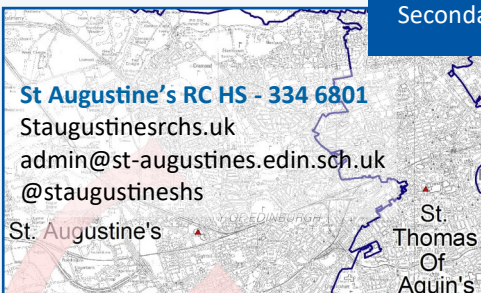
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Secondary schools

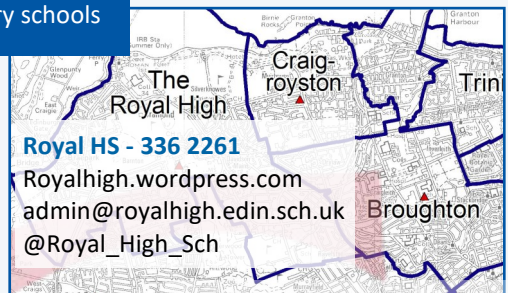
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EXAMPLE: 16 O. in a P.

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.

5 f. on a h.



12 N. on a C.



A S. in T. S. 9



Last month's answers:

Q1: 7

Q2: C

Q3: Gate 2



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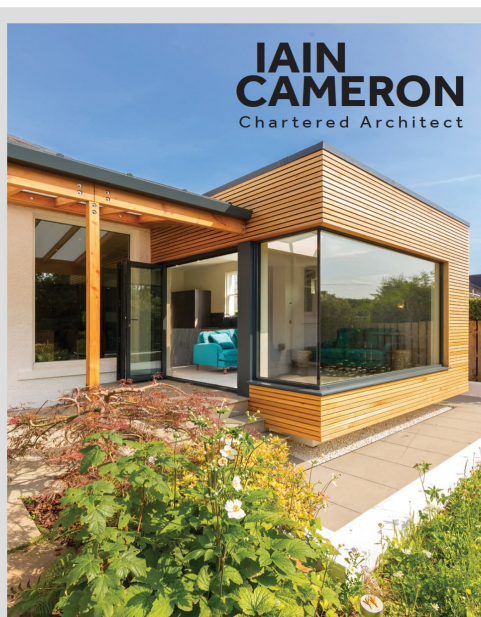
T: 0800 695 7575 (freephone)

T: 0131 603 8425

E: kenny@aquateccg.co.uk



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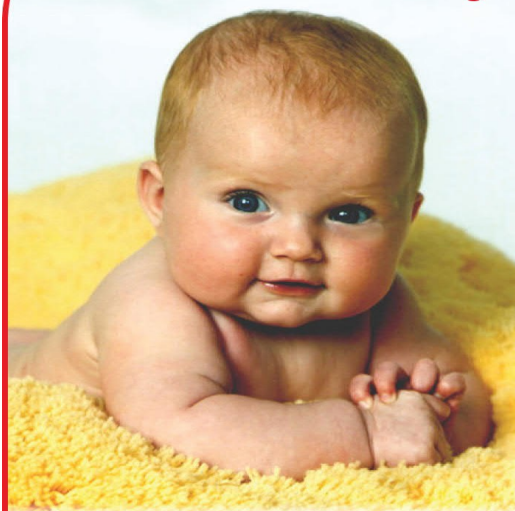
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Why a stretch goes a long way

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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Christmas at the Botanics returns, promising new lights, enchanting sounds and a touch of romance

Festive fans can get a head start on the season as tickets go on sale.

Now in its ninth year, the beloved light trail will bring winter magic, transforming the Royal Botanic Garden Edinburgh into an immersive world of light, colour, and festive cheer.

This year's trail will run for 35 nights, featuring three dedicated quiet nights.

New installations include:

Night Birds – featuring a flock

of five oversized birds that spread their neon-lit feathers to illuminate the night sky.

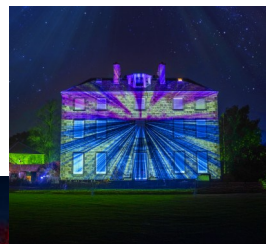
Heart Arch Walk – a tunnel of love made from large LED hearts that set the Christmas mood with a jolly red glow, making a perfect picture spot.

Laser Lights – displaying thousands of slowly rotating coloured beams that burst through fog adding a truly immersive experience.

Regius Keeper of the Royal Botanic Garden Edinburgh, Simon Milne said: "Each year, our trail organisers work tirelessly to transform our Garden into an exciting

nocturnal showcase, and this year is no exception.

Tickets for this year's show are on sale now. With limited slots and popular dates expected to sell out, early booking is strongly advised to avoid disappointment.



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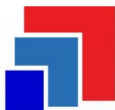
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