



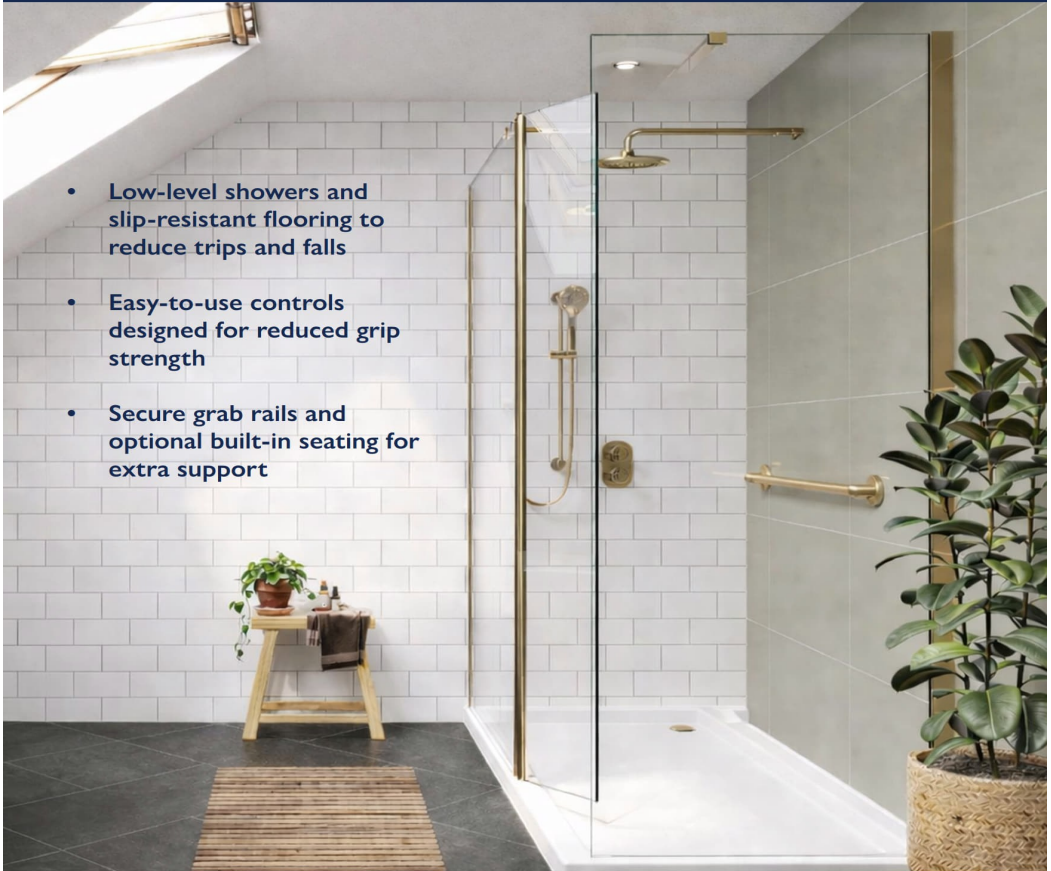
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Promoting local organisations and informing residents

July 2026

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July 2026



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## OUTDOOR WEATHER

As the summer motors on, the weather is generally improved, and our Community heads more outdoors.

Our news items include an event that took place around Cramond last month during Scottish Running Week, and the long running saga of what is to happen with the much loved Roseburn path continues. The Council's Transport Committee agreed to continue looking at options for a Tram extension though, controversially, the Convener of the committee refused to allow the Conservatives Motion to abandon the project completely to be heard.

Our "Things To Do" Feature continues the outdoor theme with another running event, an outdoor play and an invitation to do a bit of bird-watching so check out pages 11 & 12 for more information.

We are always on the look out to promote community

events and activities so, if you are part of a club or know of a group that could do with some publicity in our next issue for August, or later, please do email me with details.

For now, please do enjoy this issue and keep supporting the loyal, trusted and respected businesses and organisations that advertise with us month in and month out.

Regards

**Christopher Cowdy (Editor)**

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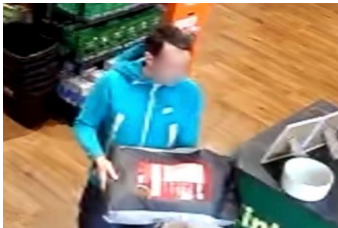
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Here is a summary of some of the main articles reported by a range of media outlets online and that relate to our local area for Barnton, Davidsons Mains, Cramond, Cammo and Clermiston I have also added some of my own pieces of interest.



Independent retailer Dofos Dog Food suffered a blow when 2 men walked into their Barnton store and upset staff by stealing a bag of dog food according to a report by EdinburghLive

Queens Manor care home in



Barnton have invited members of the local community to their monthly dementia café. Taking place every last Thursday, 10am – 12pm guests will have a chance to meet other carers supporting others living with dementia. Free to all, the dementia café at the home provides small respite and social support.

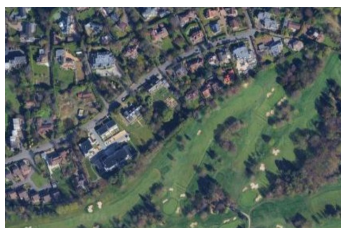
Scottish Running Week was 1-7th June and the Scottish

Athletics website mentioned West Edinburgh Running Club as one of the newest running clubs in the country, that organised a week of activities to celebrate. The highlight was an inter-club paarlauf and bake sale at Cramond Foreshore, with guest clubs



Portobello Running Club, Edinburgh Running Network and Davidsons Mains Running Club all battling it out for top spot.

Police raided a Barnton Avenue West home and discovered drugs, cash and other items but, reported Edinburgh News, no arrests



were made.

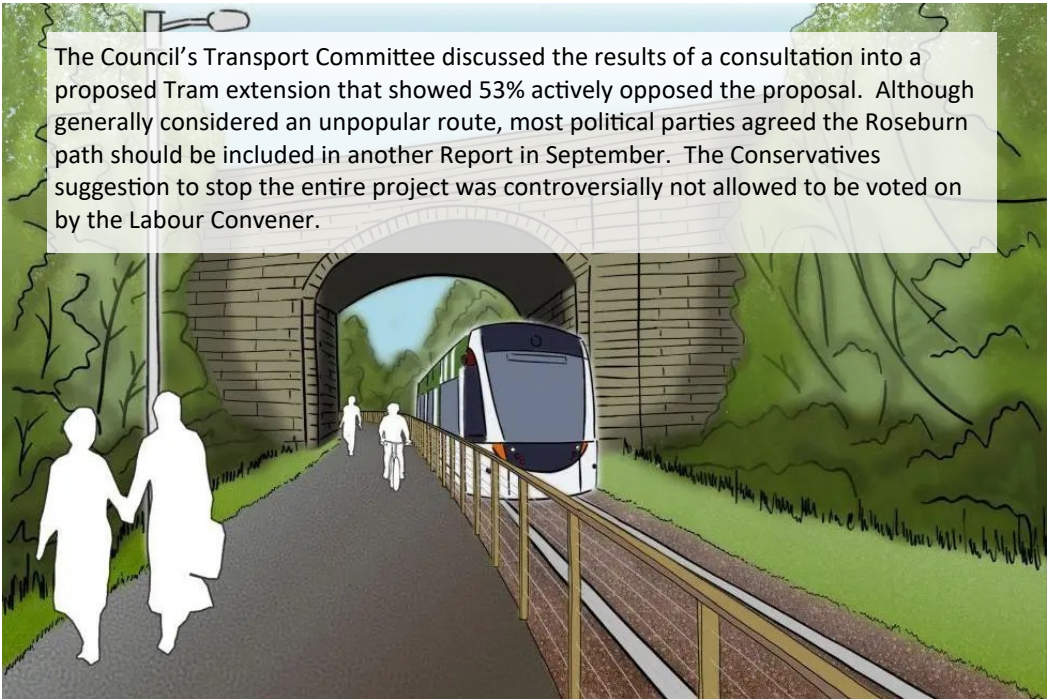
Meanwhile, upmarket estate agents, Savills, mentioned Barnton in their Edinburgh Blog saying - *“At £817,105, Barnton Avenue, widely regarded as one of Edinburgh’s most sought-after residential addresses, has recorded the highest average price since 2016, albeit from a relatively modest 62 transactions over the past decade. Defined by its curved, intimate street layout, the conservation area is characterised by large homes set well back from the road within generous, mature gardens, often screened by*



*high hedging.”*

Blackhall Library re-opened on 8th June at its temporary location next to Davidsons Mains Primary school. Their Facebook page already shows info for Bookbug and Friday craft-ernoon, so I hope to have more details soon.

The Council’s Transport Committee discussed the results of a consultation into a proposed Tram extension that showed 53% actively opposed the proposal. Although generally considered an unpopular route, most political parties agreed the Roseburn path should be included in another Report in September. The Conservatives suggestion to stop the entire project was controversially not allowed to be voted on by the Labour Convener.



Planned roadworks in the area

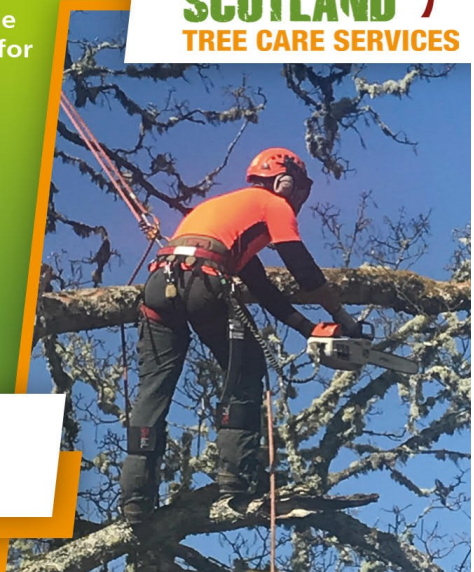
| Street             | Works  | Dates             |
|--------------------|--|-------------------|
| CRAMOND ROAD SOUTH | Temporary traffic lights for resurfacing between Barnton Avenue and Quality Street, to include Main Street mini- | Until end of July |
| CAMMO ROAD         | Temp lights at Cammo Gardens for development works.  | Until Dec 2026    |

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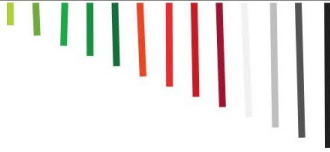
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Every month we publish a selection of things to do in the local area. This is usually found as a result of an online search and we may not have had time to verify all details are correct but we try to set out a good spread of interesting activities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

### Queens Manor Car Home

#### Dementia Cafe

Thursday 30th July, 10am - noon

Monthly groups offering support for those living with dementia or caring for a loved one.



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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**Thurs 23rd July, 14:30**

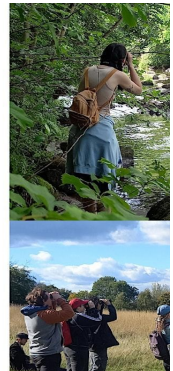
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## Preparing To Sell Your Home? Presentation Is Key Both Inside And Out

When it comes to selling a home, presentation has always mattered - but what buyers value most has evolved. Today, two areas that consistently shape first impressions and final decisions are the garden space and the interior presentation. Together, they tell a story about lifestyle, comfort, and the potential of a property.



### Is Your Garden Helping to Sell Your Home?

In recent years, demand for private outdoor areas has surged. Whether it's a compact courtyard, a balcony, or a generous lawn, buyers increasingly see these spaces as essential rather than optional. The appeal isn't about size alone—it's about how usable and inviting the space feels.

A growing trend is the idea of "bringing the inside out". Gardens are no longer just lawns or planted borders; they are extensions of the home. Thoughtfully arranged seating areas, soft lighting, outdoor rugs, and features like fire pits or pergolas can transform even modest spaces into appealing outdoor rooms. For buyers, this helps them imagine relaxing evenings, social gatherings, or quiet morning coffee in their

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future home. Even small touches - like well-placed planters, attractive seating or a tidy, freshly maintained lawn- can significantly elevate the perception of a space. And don't overlook the front of your property. The entrance sets the tone for everything that follows. A clean pathway, weeded borders, a freshly painted door, and a few carefully chosen potted plants can create an immediate sense of care and welcome.

### **Interior Presentation: Creating a Space Buyers Can Visualise Living In**

While the garden may draw buyers in, the interior is where decisions are made. Presentation inside the home should aim to create a sense of space, light, and possibility. Start with the basics: decluttering and depersonalising. Buyers need to imagine themselves living in the property, so overly personal items can be distracting. Display attractive ornaments, soft furnishings, plants and artwork. Neutral tones, clean surfaces, and well-arranged furniture help highlight the home's features. Lighting plays a crucial role. Maximising natural light by opening curtains and blinds instantly makes a room feel larger and more inviting. Supplement this with warm, well-placed artificial lighting to ensure every corner feels welcoming. Attention to detail matters. Simple updates - such as fresh paint, modern fixtures, or neatly presented flooring - can make a significant difference without major investment. Kitchens and bathrooms, in particular, benefit from a clean, well-maintained appearance, as these spaces often carry the most weight with buyers. Finally, think about flow. Each room should have a clear purpose, and the layout should feel intuitive. Even small adjustments to furniture placement can improve how a space is perceived.

### **The Lifestyle Factor**

Ultimately, both your garden and your interior should work together to present a cohesive lifestyle. Buyers aren't just purchasing walls and land - they're buying into the feeling of what it might be like to live there. A well-presented home with an inviting outdoor space stands out in a competitive market. It creates emotional engagement, helps buyers connect with the property, and can even influence the speed and value of a sale. If you're thinking about selling, take a moment to view your home through a buyer's eyes. A few thoughtful changes can enhance your property, which will help you achieve a successful sale.

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](mailto:property@elpamsolicitors.co.uk)** and we will be delighted to help you.

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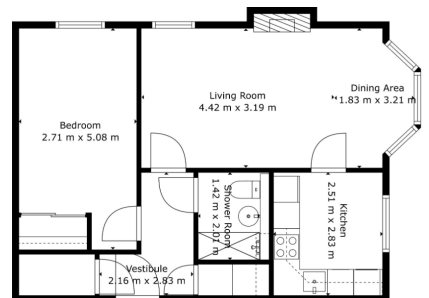
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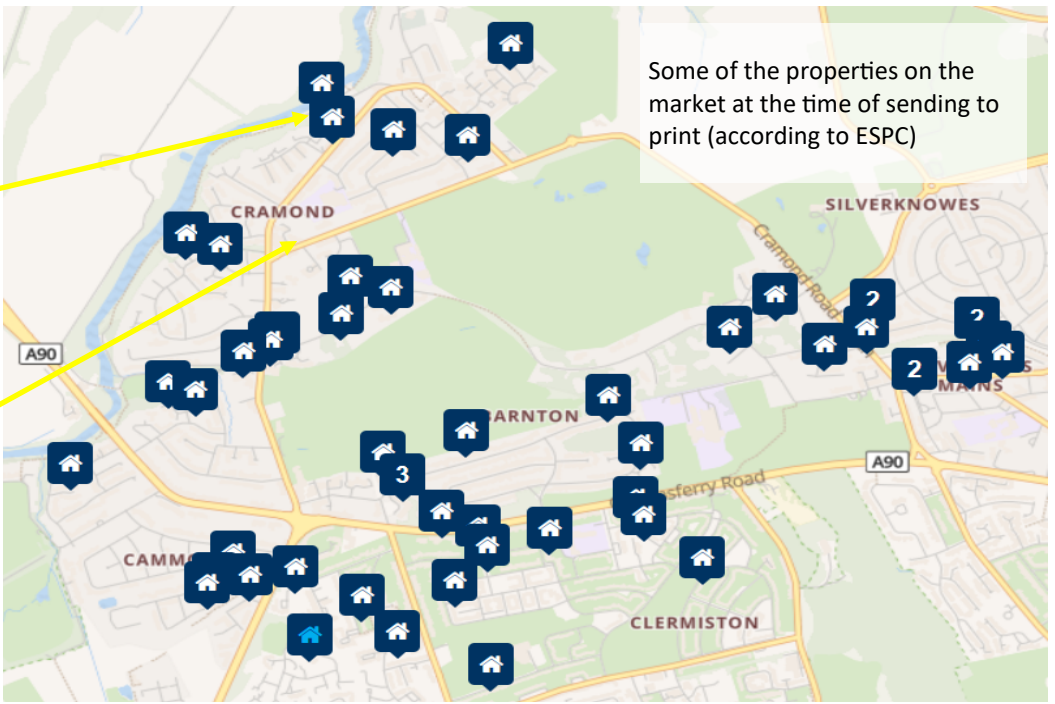
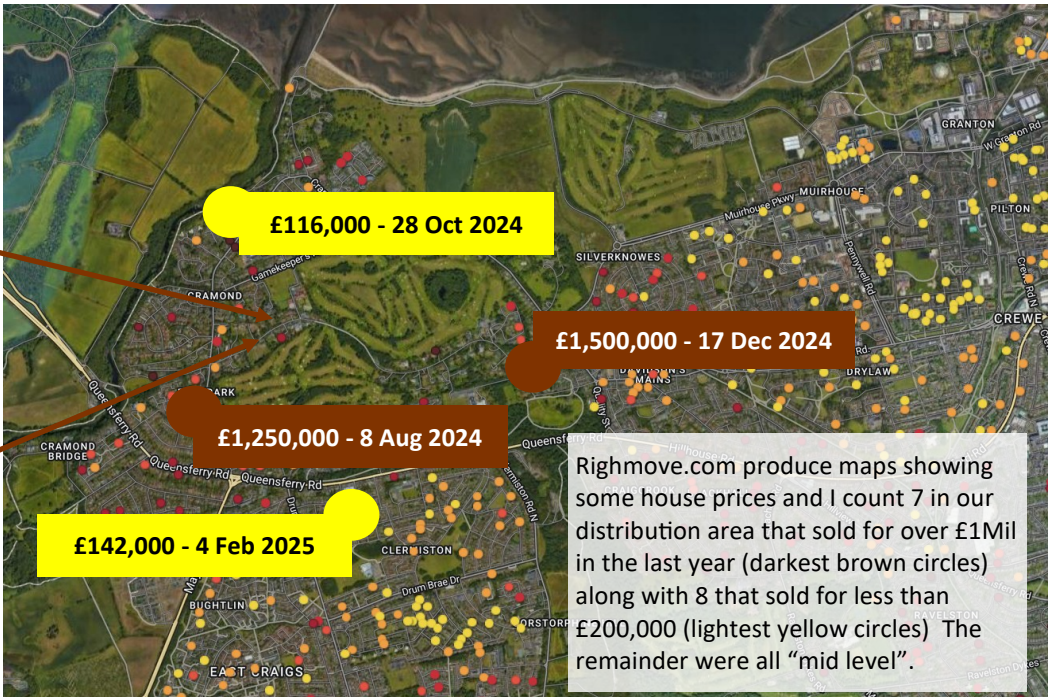


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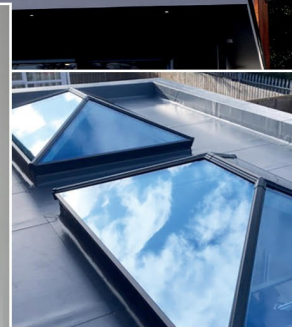
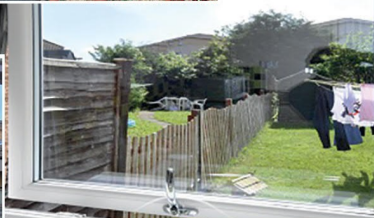
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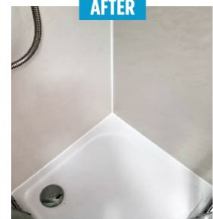
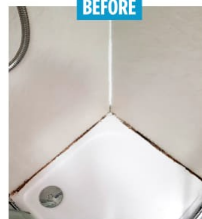
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- 4th & 5th May (2 days)
- 18th May (1 day)
- 29th June - 11th Aug (32 days)
- 14th September (1 day)
- 12th - 19th Oct (5 days)
- 21st Dec - 5th Jan (12 days)

- Spring Term 2 (59 days): Mon 5th Jan - Thur 2nd April 2026
- Summer Term 3 (46 days): Tue 21st April - Fri 26th June 206
- Autumn Term 1 (84 days): Wed 13th Aug - Fri 17th Dec 2026

**Total: 189**

**Total: 70 days**



2026/27

|     |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
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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 |
| Sep |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
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| Jan |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
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| May |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
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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.

### Davidsons Mains PS - 336 1184

DmainsPrimary.com  
admin@davidsonsmains.edin.sch.uk  
@MainsDavidson

### Flora Stevenson PS - 332 1604

theFloraStevensonPrimary.com  
admin@florastevenson.edin.sch.uk

### Blackhall PS - 336 1023

BlackhallPrimary.co.uk  
admin@blackhall.edin.sch.uk  
@BlackhallPS

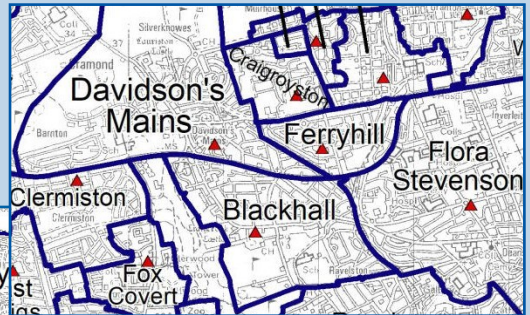
### Royal High Primary PS - 669 3200

admin@royalhigh-pri.edin.sch.uk

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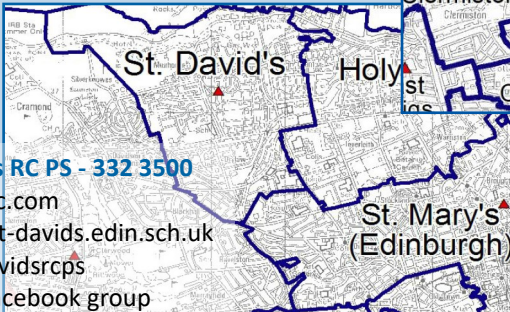
### Clermiston PS - 336 3361

Clermiston.edin.sch.uk  
admin@clermiston.edin.sch.uk



### St David's RC PS - 332 3500

Stdavidsrc.com  
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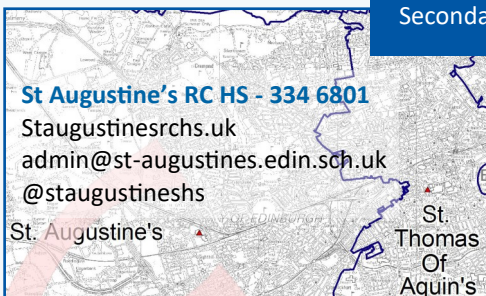
### St Mary's RC PS - 556 7128

St-marysrc-pri-edin.sch.uk  
admin@st-marysrc-pri.edin.sch.uk  
@stmarysedin  
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## Secondary schools

### St Augustine's RC HS - 334 6801

Staugustinesrchs.uk  
admin@st-augustines.edin.sch.uk  
@staugustineshs  
St. Augustine's

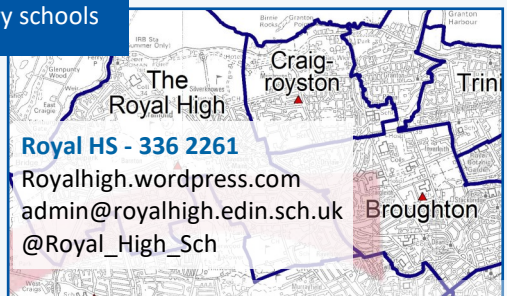


### St Thomas of Aquin's RC HS - 229 8734

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admin@st-thomasaquins.edin.sch.uk  
@thomasofaquins

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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.

**Notes from the May meeting:**

**Police Report**

Main issues included speeding, quad bikes, and youths throwing eggs at houses.

**Cammo Campus Development (AMA)**

Pre-planning public consultations on 24th June and 26th August, between 3:00 PM and 8:00 PM in Cramond Kirk Halls.

**Traffic, Roads, and Transport**

Scale of the Barnton Junction and Whitehouse Road project; Davidson's Mains roundabout; Timing of Whitehouse Road/Queensferry Road traffic lights & traffic queues; Construction signs on Cramond Road North pose a hazard on pavements and road.

**Aircraft noise survey**

CBCCC will conduct a survey over the summer to capture data on night flights.

**Community Funding and Surveys**

Grant McCulloch to apply for £5,000 available for local space improvements - Rather than

physical items, propose funding digital survey on aircraft noise & local improvements.

**Scottish Water Updates**

Drop-in event for planning application on 11th June. Hopeful for an active travel route from Cramond Road South to the Promenade.

**Other Business**

Continued delay of bike lanes on Silverknowes Road and re-opening to cars.

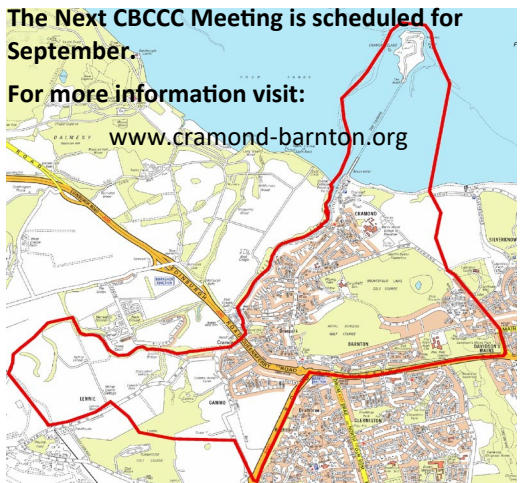
Members debated a regular farmers market on the Harbour/Promenade.

CEC retrospective planning application for the beach boardwalk. Concerns it was constructed over a conservation site.

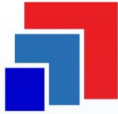
**The Next CBCCC Meeting is scheduled for September.**

**For more information visit:**

[www.cramond-barnton.org](http://www.cramond-barnton.org)



**Community Council boundary**



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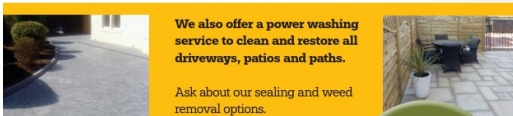
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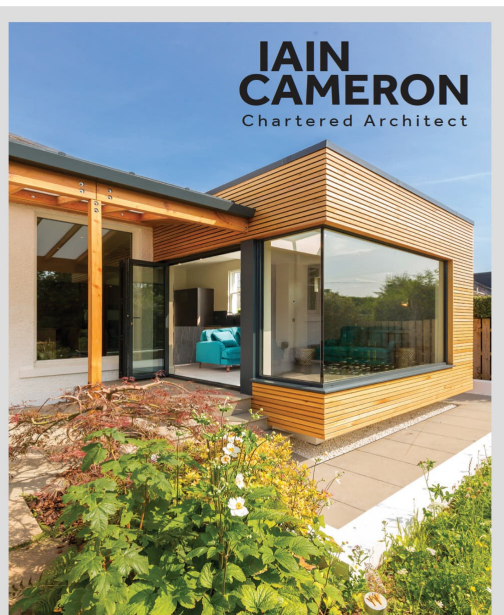
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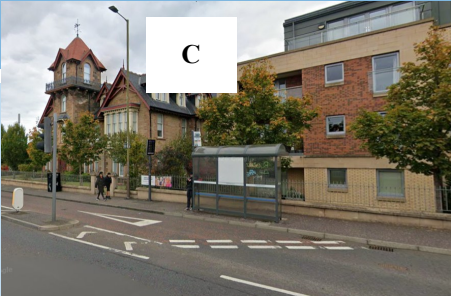
A



B



C



**Last month's answers:**

Where are the Bus Stops?

**A:** Craigmount Ave North

**B:** Cammo Terminus

**C:** Braehead Grove



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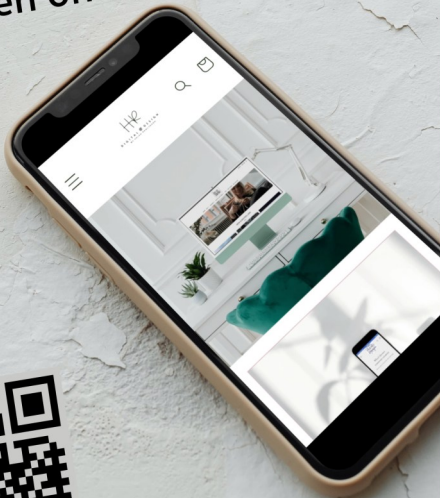
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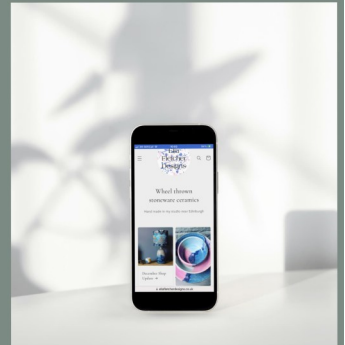
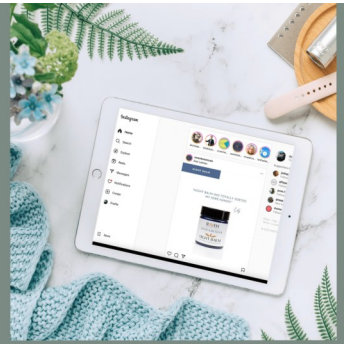
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## Reduce your Stress Burden

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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## Top Tips for a Healthy Separation

Separating can be stressful but there are ways to help manage the transition more smoothly.

### Get advice early

Speak to a specialist family lawyer as soon as possible, ideally before you separate, to understand your legal rights and obligations. Avoid major changes to living or financial arrangements, disposing of assets or signing documents until you've taken advice. Keep your family's long-term needs in mind.

### Look after yourself

Counselling can help you manage the emotional impact and make clear decisions.

### Put children first

Try to shield children from conflict. Separation can be confusing for them, and there are resources available to support both parents and children.

### Have your information ready

Your lawyer will need a full picture of your finances to advise on a fair outcome. Gather documents early and consider input from a financial adviser, as decisions made now can have long-term effects.

### Stay measured

Good communication supports effective co-parenting. Avoid negative comments about your partner, especially on social media, and don't send messages in anger. Review passwords for shared devices.

### Consider how to resolve matters

Be open to considering the options for adopting a constructive approach to reaching a negotiated agreement, which your lawyer will be able to give information on, including collaborative family law, mediation and traditional lawyer negotiation.

For clear and practical advice, contact the Family Law team at Aberdein Considine.

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# *Suffering?*

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