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Barnton magazine

May 2026



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Christopher Cowdy

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ELECTION FEVER

It is very possible many people will be fed up with hearing about the Scottish Election on 7th May. Not me!

If you don't know why not me then you've not been paying attention because I regularly post, throughout this magazine, that I am standing for the new constituency of Edinburgh Northern (of which only a small part lies within the magazine catchment).

Around mid April I was surprised when an old friend I hadn't seen for years was unaware of the Election and I wondered how. Then I was reminded of campaigning training where a room of 150 raised their hands when asked who thought they were ordinary people only to be disabused of the idea by the speaker. Apparently "ordinary people do not give up Saturday mornings to attend campaign training sessions". It seems only a tiny portion of the population are interested in politics, never mind living and breathing it in a bubble as most

candidates do and, in fact I have only had a few letters from readers about my political posts (not all of them entirely supportive!) so am sure there will be a collective sigh of relief that this will be the last mention because the Election will be past before many of you even get to read this.

One last word on it then. If you have not already cast your vote and looking for guidance - a Peach Vote for the Scottish Conservative party is a vote for commonsense, a thriving economy, better business & job prospects, with more money in your back pocket for a better standard of living.

As for what comes next, I'm not sure but here is a suggestion from Mr Google - "Recovering from a fever requires rest, hydration, and managing symptoms with medication. Avoid over-bundling and contact a doctor if symptoms persist."

Regards

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 Clermiston I have also added some of my own pieces of interest.



A cult film festival featuring a tribute to David Lynch returns to Edinburgh The 2026 SI-FAN Scottish Fantastic Film Festival will run from May 1-4, with venues including the Filmhouse, the Edinburgh Cinema and Video Society, and [the Barnton Bunker](#). - *Herald Scotland*.

A special 90th-anniversary Spitfire flypast over the Forth Bridges had to be rescheduled after low fuel forced the historic aircraft to abandon a planned route, leaving hundreds of spectators disappointed. [Enthusiasts originally gathered in Cramond](#) but had to return days later to enjoy the sight.



[The Maltings Exhibition Centre in Cramond](#) has opened its doors offering visitors a window into one of the most remarkable stretches of history in Scotland, stretching from 8,500 BC to the present day according to [North Edinburgh News](#). The Maltings



Exhibition Centre opens this weekend for its summer season, until the end of September. Admission is free, with a suggested donation of £3.50, and is open to visitors of all ages. Opening times are 2–5pm each Saturday, Sunday, and on public holidays.

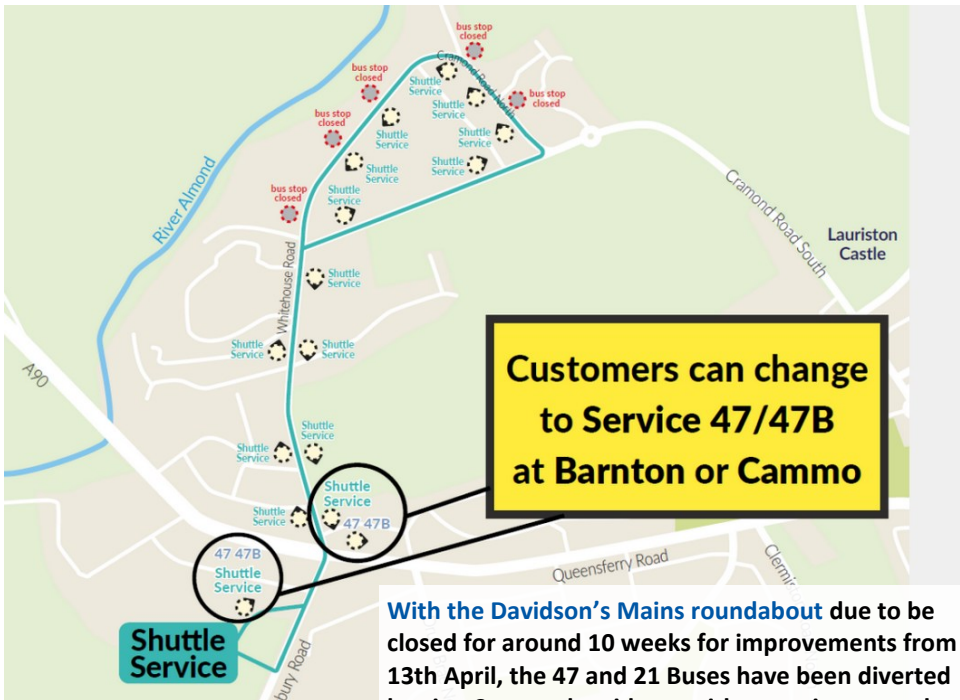
A huge emergency response raced to a crash on a major road on Wednesday evening. Around 8.30pm on March 18, police and [paramedics were on the scene at Cramond Brig](#). Pictures of the aftermath show a vehicle



smashed at the side of the road with what appears to be mangled traffic lights lying on top. *Edinburgh Live*

Andrew Pratt of [Cramond Boat Club](#), known to most as Drew, has been recognised with an RYA Scotland Impact Award*, celebrating more than forty years of remarkable service, quiet leadership, and unwavering commitment to helping others discover the joy of sailing. - Reported in [www.sail-world.com](#)





With the Davidson's Mains roundabout due to be closed for around 10 weeks for improvements from 13th April, the 47 and 21 Buses have been diverted leaving Cramond residents without a city centre bus service reports Edinburgh Live. A new, free free shuttle bus will however run 7 days a week, every 30 minutes between Cammo and Cramond, to allow connections via X47 47 & 47B

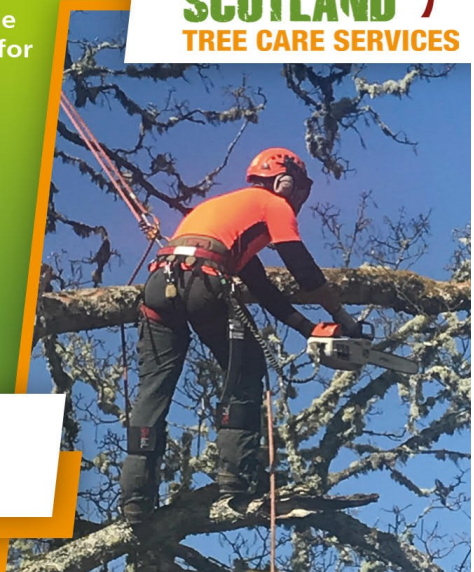


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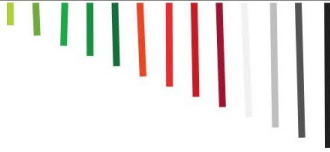
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Every month we publish a selection of things to do in the local area. This is usually found as a result of an online search and we may not have had time to verify all details are correct but we try to set out a good spread of interesting activities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

Corstorphine Hill Tower

Open to public

Sundays, May through September, 2-4pm

Volunteer numbers are running low, which means this popular weekly event may not be able to continue. If you would like to support and add to the pool of volunteers who kindly give a few hours as often as it suits them to help open the Corstorphine Hill Tower every Sunday from May then please email Friends Of Corstorphine Hill at:

fochcontact@gmail.com



Silverknowes Promenade

Cramond Association Community litter pick

Sunday 1st March, 10am

A focus on the stretch of Marine Drive above the Boardwalk Café. Meet at the roundabout above the Café, all equipment provided. Please wear a Hi Viz if you have one. Litter picks usually last for just an hour and offer a sense of satisfaction- everyone is welcome.



For more information and to get in touch with the Cramond Association
email: info@cramondassociation.org.uk **or visit:** www.cramondassociation.org.uk

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.

West Pilton Park

North Edinburgh Community Festival

Sat 16th May, 12:00 - 17:30

A free, family friendly festival with loads of activities, stalls, live music, workshops, food, parade, sports, skills and learning.



Old Cramond Brig

Edinburgh forage & eat

Sun 10th May, 2-5:30pm

Learn about, harvest, and taste the wild greens, flowers and fungi carpeting the riversides in spring. Find our two local species of wild garlic, edible common hogweed and learn how to safely distinguish them from toxic versions. Find out about foraging laws, ethics and safety and how to feed your body and soul by harvesting mindfully. Encounter around thirty species of edible wild greens and fungi and bring scissors and a basket to bring home a bunch of few flowered leek and other green treats after tasting wild food and drink samples to inspire your own creations.



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What will the Employment Rights Act 2025 mean for you?

Last year we published an article on the Employment Rights Bill. This Bill is now the Employment Rights Act 2025 (the 'Act') and introduces a number of new workplace rights. Some of these changes are already in force, but the majority will come into force throughout 2026 and 2027. Both employees and employers should be aware of how these changes might impact them.



Kirsty Ross,
Trainee Solicitor,
Employment Law &
Commercial

We wanted to let readers know the updated position on the points discussed in our previous article is as follows:

- **Unfair Dismissal** – it was proposed that the current two-year qualifying period to bring an 'ordinary' unfair dismissal claim would be removed completely, however, this proposal was changed before the Act became law. The two-year qualifying period is now being reduced to six months from 1 January 2027.

More surprisingly, the compensation cap for unfair dismissal claims which is currently the lower of 52 weeks' pay or £118,223 has been removed. This means that from 1 January 2027 some employees will be able to bring higher value unfair dismissal claims;

- **Paternity Leave and Unpaid Parental Leave** – Paternity Leave and Unpaid Parental Leave - the current length of service requirements to be eligible for these will be removed from 6 April 2026 and will become a 'day one right'. This is likely to provide better support to working parents;

- **Statutory Sick Pay (SSP)** – access to SSP is being improved and from 6 April 2026 it will become a right from the first day of absence. The lower earnings limit required to qualify will also be removed on this date;

- **Zero-hour Contracts** – 'exploitative' zero-hour contracts are not being banned completely, but there will be a duty for employers to offer certain workers guaranteed hours based on what they regularly worked over a reference period. This change is expected to be implemented in 2027;

- **Menopause** – larger employers will be required to produce 'menopause action plans' to assist employees and in an attempt to support gender equality. These plans will be voluntary from 6 April 2026 before becoming mandatory in 2027;



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- **Fire and Re-hire** – from 1 January 2027, terminating an employee's contract and re-engaging them on less favourable terms or dismissing them for failing to agree to a change in their contract will become grounds for claiming automatic unfair dismissal. An exception to this is where the employer's decision is related to financial difficulties;
- **Bereavement Leave** – bereavement leave will no longer be limited to parents following the loss of a child or pregnancy loss after 24 weeks. For example, the entitlement will be extended to those experiencing pregnancy loss before 24 weeks. This change will come into force in 2027;
- **Flexible Working** – employers will be required to state the statutory ground for refusal of a flexible working request and to explain why they believe the refusal is reasonable. This is already good practice but will change formally in 2027. However, employers will still have to be aware of potential discrimination claims, for example, as now and in the future simply following the Flexible Working procedures is not necessarily enough.

These are all important areas of employment law for both employers and employees, and it will be interesting to see how these matters develop.

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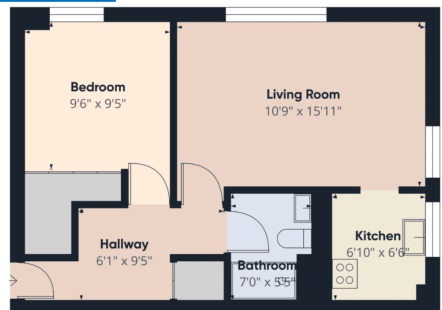
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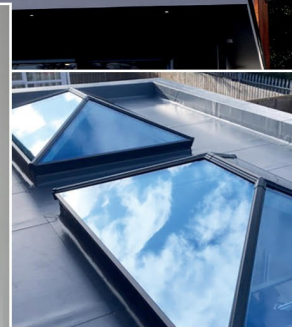
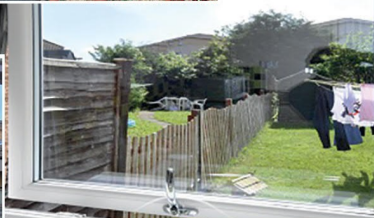
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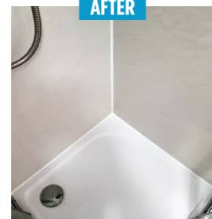
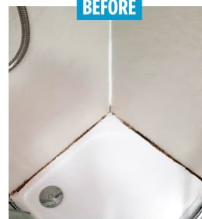
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Spring Term 2 (59 days): Mon 5th Jan - Thur 2nd April 2026

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

HOLIDAYS

- 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)
- 14th September (1 day)
- 12th - 19th Oct (5 days)
- 21st Dec - 5th Jan (12 days)

Total: 70 days



2026/27

May					1	2	3	4	5	6	7	8		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

Next meeting: Thur 21st April, 7pm

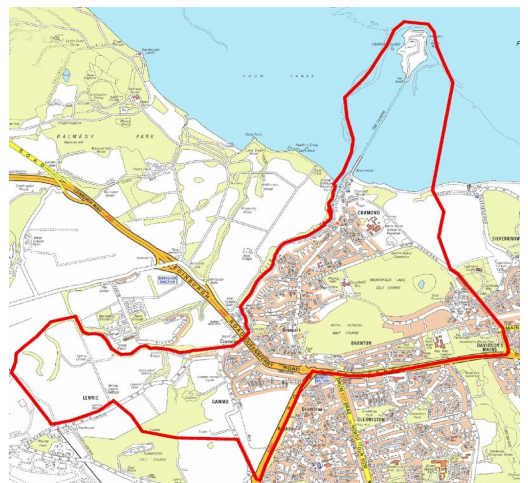
For more information visit:

www.cramond-barnton.org

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

Agenda from the March meeting

1. Police Report
2. Cramond Campus - update if any
3. Barnton Connections - update if any
4. New permanent local library –
 - i) The temporary one in Davidson Main opens this spring.
 - ii) To hear from Milly Leggett, Engagement & Participation Officer | Strategic Asset Planning | Place Directorate for overview of public engagement.
5. Salvesen Steps - Temporary steps have been removed and that permanent will be installed
6. Scottish Water Sewer Outfall project at Cramond foreshore - Cramond Car park - Issues with overnight parking and litter.
7. Councillors input
8. Matters of general interest/concern
9. Pub



Community Council boundary



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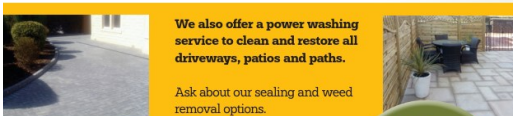
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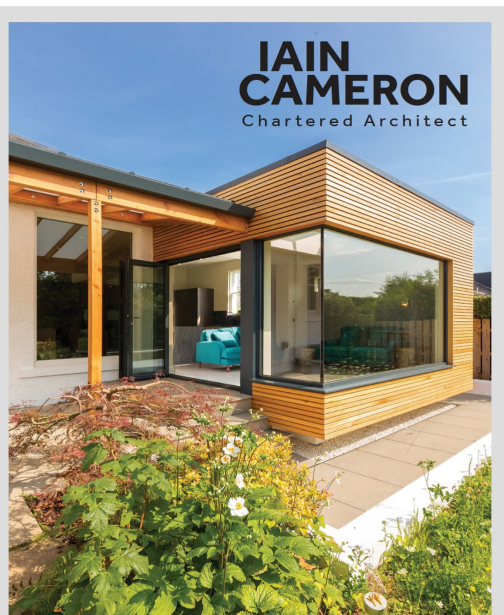
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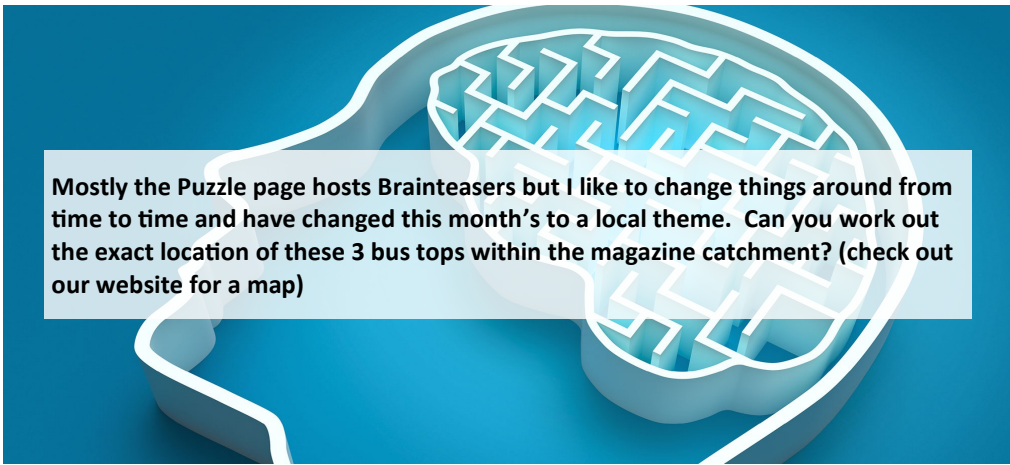
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Last month's answers:

Q1: What has a bottom at the top? - Your legs

Q2: What is faster, hot or cold? - Hot, because you can catch a cold

Q3: What can you put in a bucket to make it weigh less? - A hole



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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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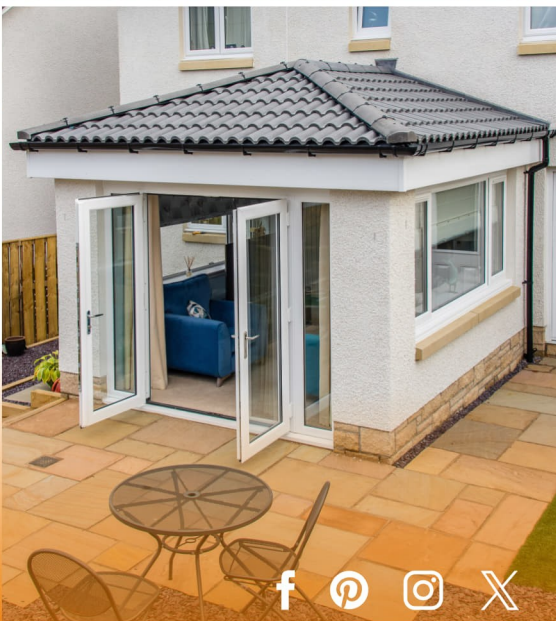
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