



Barnton magazine

Promoting local organisations and informing residents

Sep 2025

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Sep 2025



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PROMOTING THE COMMUNITY

At the time of writing, the good weather is still with us but that can change quickly. So to make the most of it I jumped on my bike and circumnavigated the new Edinburgh Northern Constituency for next year's Scottish Parliament. It took me along paths I have never been and gave a very positive reflection of the area. Cycling by Water of Leith, over Corstorphine Hill, through Barnton Avenue, along Silverknowes Promenade and past Newhaven Harbour was a delight.

There were some areas in need of TLC and an Unauthorised Encampment of travellers on Scottish Government land at Granton inspired a letter to Scottish Ministers asking what they are doing to prevent. I still await a response.

I also reported a couple of overflowing bins to the Council but all in all a lovely way to spend a sunny day. And big thanks to Derek from Blackhall Cycles - not an advertiser but now comes with my personal

recommendation having fixed my puncture at short notice.

What is the point of my telling you all this?

Firstly - to encourage making the most of opportunities to get out and about because it is good for the soul and Barnton is surrounded by beauty.

Secondly - to promote reporting of issues to the Council via their website. Whether it is overflowing bins, potholes, dog foul, graffiti or badly parked cars. Only if they know, can they do something about it. Same goes for reporting to the Police any anti-social or criminal behaviour. I raised this at Drylaw Community Council recently and the Police agreed.

Thirdly - to emphasise that local traders and businesses are the best and we should try to support them as much as possible.

Christopher Cowdy (Editor)

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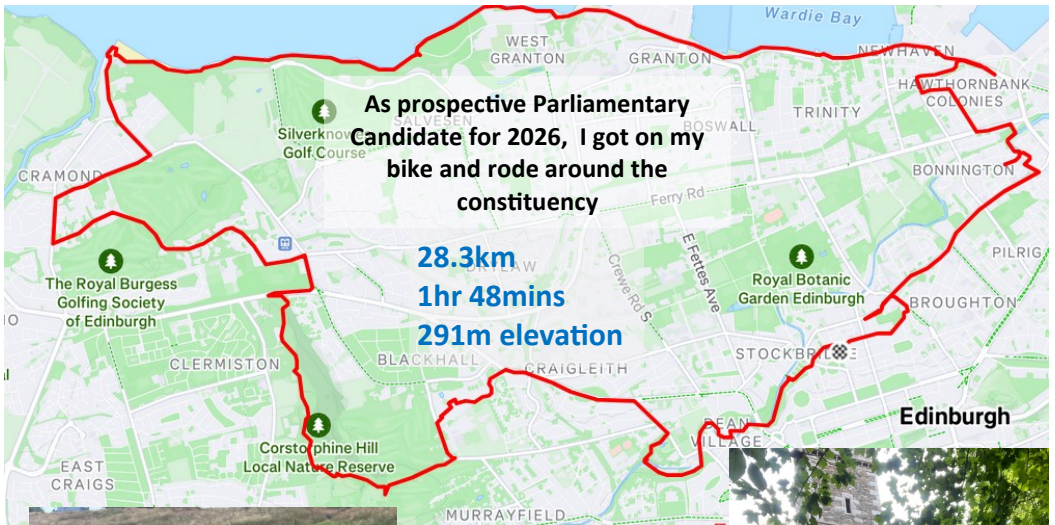
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The new Scottish Parliament Constituency of EDINBURGH NORTHERN





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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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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.

Bruntsfield Links Golf Club is facing the wrath of local residents over plans for a giant net locals say will block views of the Forth reports the **Edinburgh Reporter**



Guess what happened on a sunny day at **Cramond Island**?

5 of Edinburgh's best walks to escape the Fringe

1) Arthur's Seat/ 2) Hermitage of Braid/3) **River Almond Walkway** "there-and-back walk starts at Cramond Beach before joining the river path and turning at the Cramond Brig. Once you have returned, you can head out over to



Cramond Island. / 4) Torduff Reservoir/ 5) Queens Drive -

Daily Record

5 Day aways

1) Muiravonside Park, Falkirk/
2) Cammo Estate Cammo Estate is perfect for dog walkers. There are 18th century ruins for history lovers and it's great for



couples looking for a romantic walk. The park takes roughly an hour to complete and contains an old stable and impressive tower. Visitors can grab a seat in the cafe which offers drinks and snacks. / 3) John Muir Country/ Park 4)



Castlelaw Hill/ 5) Cramond Island. The site is extremely impressive, with spectacular views of the Forth Bridge. Defence structures were constructed during WWII to deter German ships.

Residents have complained about council "**failures**" at **Cramond Brig**, including bins



not being emptied and the bridge being neglected. - **Edinburgh News**



The driver of a bin lorry that killed school boy Thomas Wong on Whitehouse Road last year pleaded guilty to causing death by careless driving at Edinburgh Sheriff Court. Sentencing is due later this month according to **Edinburgh News**



Residents and guests at Queens Manor care home in Barnton enjoyed an afternoon of musical performances as part of the Edinburgh Fringe Cares Fest, now in its fourth year. The show included classical hits with some Jazz favorites and the event was opened by the Lord Provost.



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Edinburgh needs better funding from Scottish Government.

Edinburgh is expanding quicker than any other part of Scotland but the city council gets less funding from SNP Government than any other Local Authority. Edinburgh receives a block grant of £1,878 per person, compared to the Scottish average of £2,350 and, if this mis-match continues, we will be ill-equipped to plan and prepare for our expansion.

Edinburgh Northern is earmarked as a key part of the city's future housing need and though Granton is central to the plan there are other strategic sites around the area including the Royal Victoria Hospital and Police Scotland's Fettes office along with significant developments at Crewe Toll and Trinity.



With more housing comes a need for infrastructure of schools, GP surgeries, shops and transport which all comes at a huge cost. Even if the City Council has the vision and forward planning, Scottish Government must do more to help plan, build, and service expansion with proper infrastructure.



Scottish
Conservatives

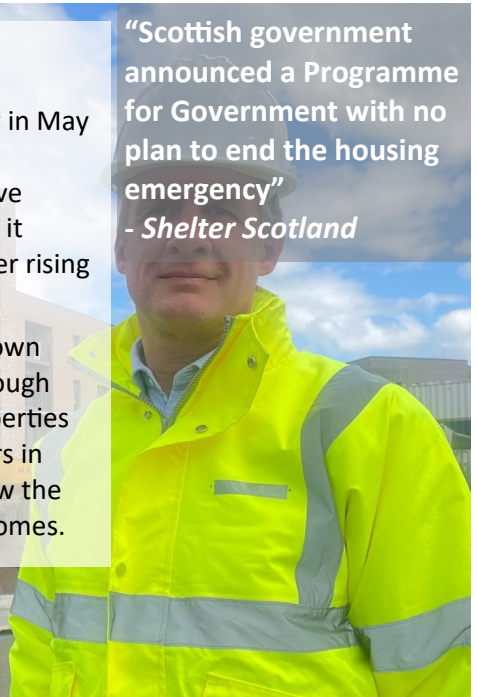
Christopher Cowdy
is standing for
Edinburgh Northern
at the Scottish
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in May 2026



Major new development areas



- Shelter Scotland



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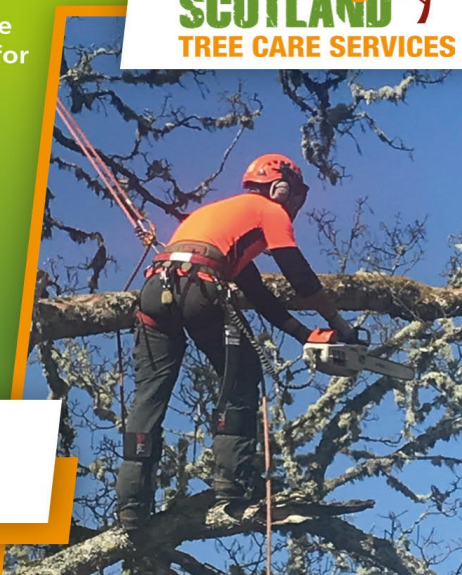
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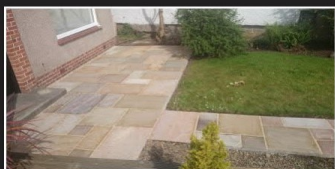
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Every month we publish a selection of things to do in the local area. This is usually found as a result of an online search and we may not have had time to verify all details are correct but we try to set out a good spread of interesting activities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

Cramond Promenade

Edinburgh Parkrun

Saturdays, 09:30am

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate, and it's free! but register online before you first come along and don't forget to bring a scannable copy of your barcode. If you forget it, you won't get a time. www.parkrun.org.uk



Lauriston Castle

Ghosts - Tales of Terror

27th September, 3-4:30pm

See the sights of the castle as never seen before – hear the history of the castle and ghostly tales of the city. Led by a professional tour guide, who knows what ghostly encounters you might experience.

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www.edhorrorfest.co.uk/lauriston-terror-tour

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.

Lauriston Farm

Community meal

Thurs, 25th Sep, 1-2pm

The farm have been looking for a way to do regular community meals at the Community Kitchen. This summer, they are trying it out with a pot of soup and a salad using their own veg, with some delicious Granton Garden Bakery bread, on the last Thursday of the summer months at 1pm.

If you want to get more involved, you can help by coming along to the Tuesday drop-in session in the same week, when they will harvest the veg and do some meal prep.

You can also bring something to share on the day if you feel like it (but absolutely not necessary). Everyone welcome, no need to book – just come along and eat.

They will be at the hand built Kitchen in the Community Garden and Allotments.



Barnton Park Lawn Tennis Club

The annual Mens and Ladies Club Championships finals day

Sunday 7th Sep, from noon



Step by Step Guide for First Time Buyers

Looking to buy your first home? As a solicitor estate agent, we are here to help you every step of the way.

Step one – Find a solicitor

It is a legal requirement to have a solicitor represent you when buying a home in Scotland and one of our highly experienced conveyancing solicitors will be able to provide you with a fee quote for buying a property. Once you are happy to progress, they will then register you as a client and guide you through the process, advise you and make offers on your behalf. As an ESPC Charter firm, we can offer you even more assurance. We are committed to offering you the very best of service, above and beyond what we are legally required to provide. Please contact us to find out more.

Step two – Get a mortgage in principle

A mortgage in principle is a document from a lender which tells you how much they may be willing to lend you to buy a property. This is an essential step so that you know what you can afford to buy and how much deposit you will require to progress with a purchase.

ESPC mortgages can help you with this. Their team of independent mortgage specialists can offer mortgage advice for first time buyers, as well as giving you up-to-date information on available support schemes for first time buyers. To learn more about this please visit espc.com.

Step three – Plan your budget

Now that you know how much a bank or building society may lend you, it's a good time to plan your overall budget.

Other costs to take into account when buying a property include:

- extra cash to bid over the Home Report value (your bank won't lend more than the property's Home Report value)
- Land and Buildings Transaction Tax (LBTT)
- legal fees
- removal costs
- furniture/essential items that you'll need to purchase
- any upgrading that needs to be done

Step four – Search for your first home

Now it is time to start your property search!

An ideal way to begin is to register with the ESPC where you will find hundreds of properties, ideal for first time buyers. You can filter your search for the type of property you would like.



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ESPC also lists many properties exclusively for 72 hours, so you can get ahead of other buyers and find your dream home before it's listed anywhere else. Sign up to My ESPC on the ESPC website to receive property alerts.

Step five – View properties

Start booking viewing appointments and look over the home report and sales schedule for each property before you attend (you will find these on the selling agent's website or the ESPC website, to download). Take a note of questions you would like to ask while you are at the viewing that aren't covered in the home report or schedule.

Step six – Note your interest

Once you have found the property you really want, your solicitor can formally note your interest with the selling agent and establish at that point how much interest there is from other people, how long it has been on the market and whether or not there is a closing date set (a closing date is a day and time that the selling agent has set to receive sealed bids for a property).

Step seven – Make an offer

You can make an offer without a closing date being set and your solicitor can advise you on recent sales in the area, including what percentage over home report valuation has been achieved, the contents of the home report and discuss what level you would like to offer at.

Step eight – Your offer has been accepted

Your solicitor will start the conveyancing process (the legal part of a purchase) and your mortgage advisor will take you through your mortgage application. This usually takes around 8 weeks until the settlement day.

Step nine – Arrange removals

Time to plan your removal company for the settlement date and start packing!

Step ten – Move in day

Your solicitor will tell you when the funds are through for your purchase and when you can collect the keys to your new home!

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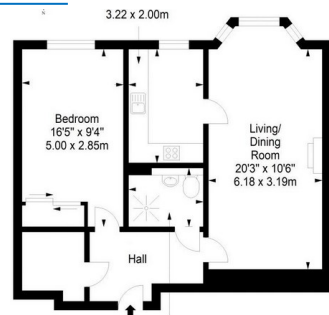


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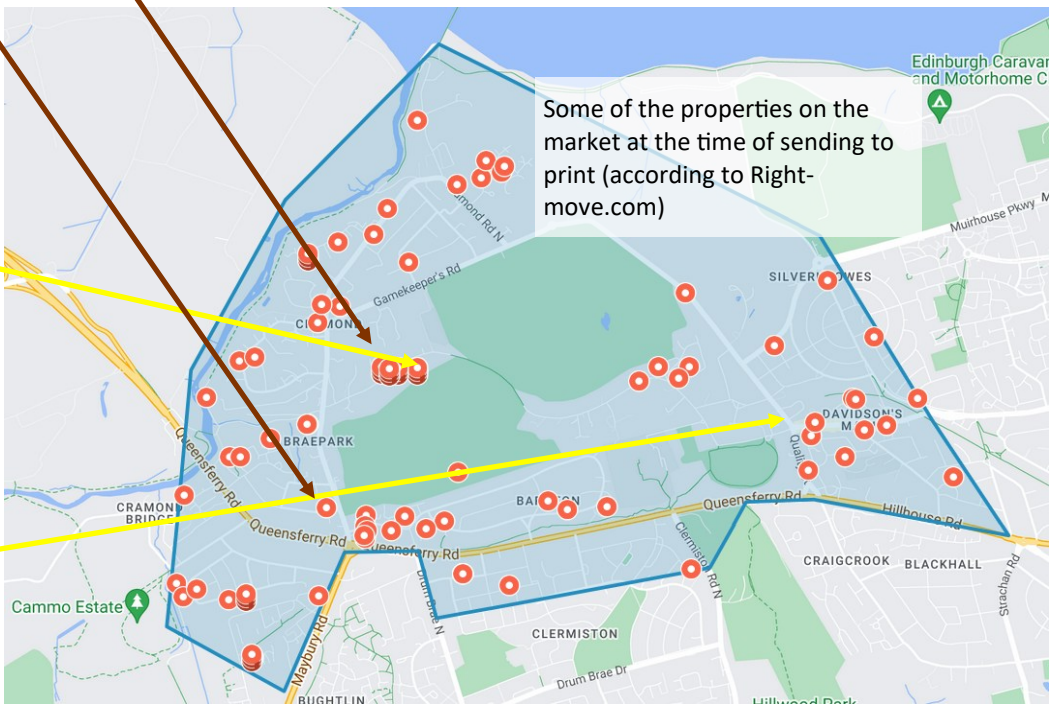
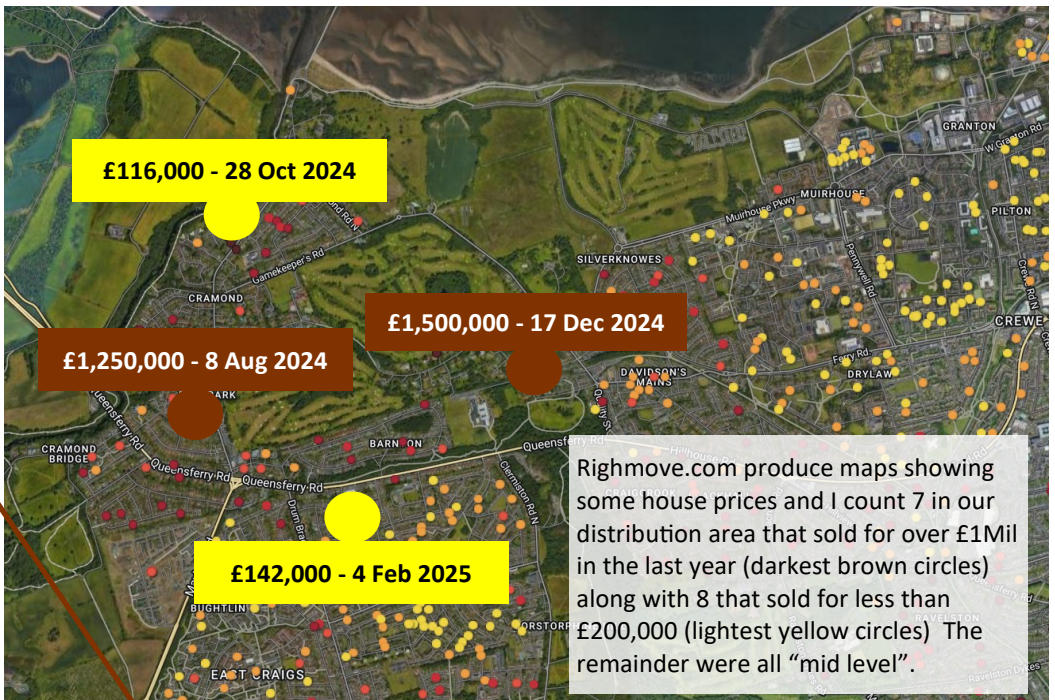


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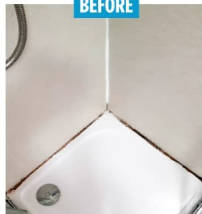


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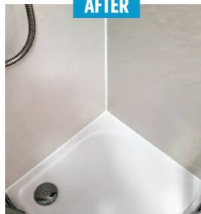
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TERM DATES



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

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

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						
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			
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
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					
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	W	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						
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		

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

Blackhall PS - 336 1023

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

Clermiston PS - 336 3361

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

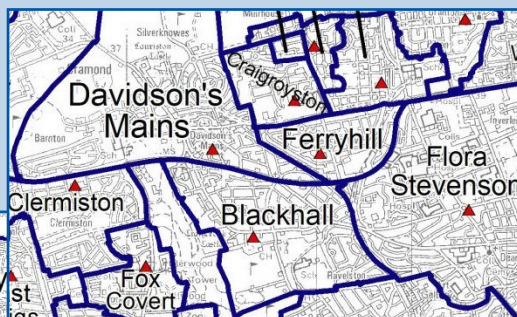
Flora Stevenson PS - 332 1604

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

Royal High Primary PS - 669 3200

admin@royalhigh-pri.edin.sch.uk

Primary schools



St David's RC PS - 332 3500

Stdavidsrc.com
admin@st-davids.edin.sch.uk
@saintdavidsrcps
Private Facebook group

St Mary's RC PS - 556 7128

St-marysrc-pri-edin.sch.uk
admin@st-marysrc-pri.edin.sch.uk
@stmarysedin
Facebook

Secondary schools

St Augustine's RC HS - 334 6801

Staugustinesrchs.uk
admin@st-augustines.edin.sch.uk
@staugustineshs

Royal HS - 336 2261

Royalhigh.wordpress.com
admin@royalhigh.edin.sch.uk
@Royal_High_Sch

Broughton HS - 332 7805

Broughton.edin.sch.uk
admin@broughton.edin.sch.uk
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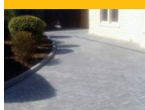
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**T. 0131 334 5613
F. 0131 334 3728**

Email: admin@philipbaldaccountancy.co.uk **Website:** www.philipbaldaccountancy.co.uk

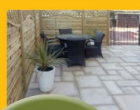


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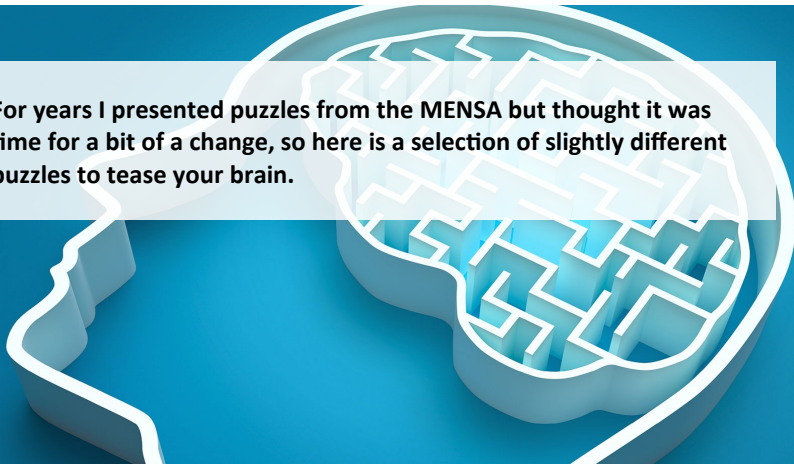
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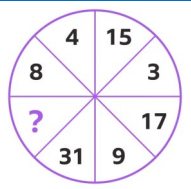
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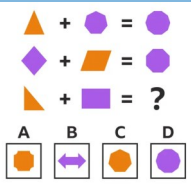
For years I presented puzzles from the MENSEA but thought it was time for a bit of a change, so here is a selection of slightly different puzzles to tease your brain.



Solve the puzzle to complete the wheel!



Spot the pattern to solve the puzzle!



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New Delhi	11:25 am	3
Cairo	11:35 am	4
Sydney	12:05 pm	2
Hong Kong	12:10 pm	1
Sao Paulo	12:15 pm	4
Budapest	12:15 pm	3

Last month's answers:

- Q1: What can you put in a bucket to make it weigh less? - A hole
Q2: What kind of running also means walking? - Running out of gas
Q3: **TRAVEL** = Travel overseas (over c's)

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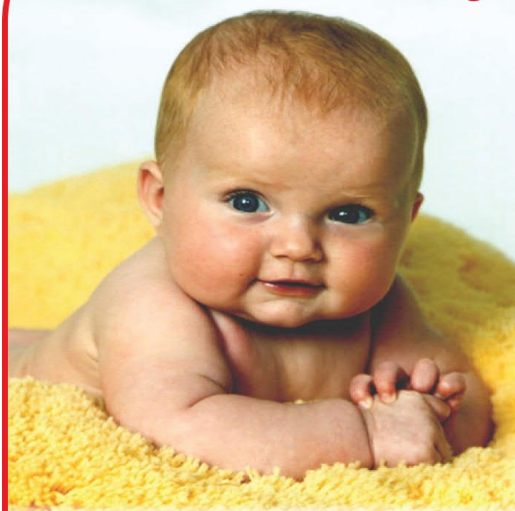
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Royal Infirmary	536 1000
Sick Kids	536 0000
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Parkgrove Surgery	312 6600
Barnton Pharmacy	339 3449
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NHS 24	111

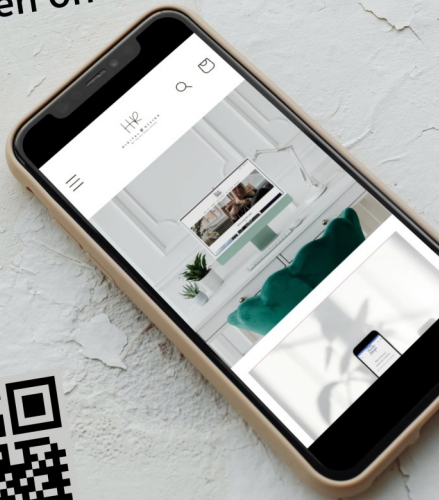
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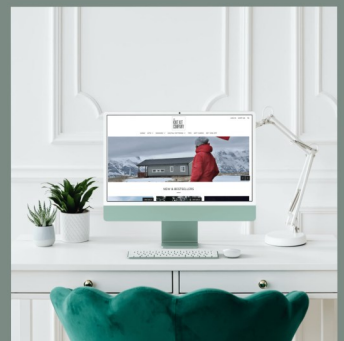
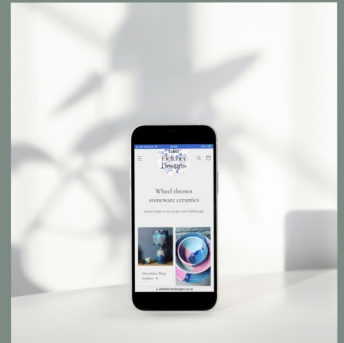
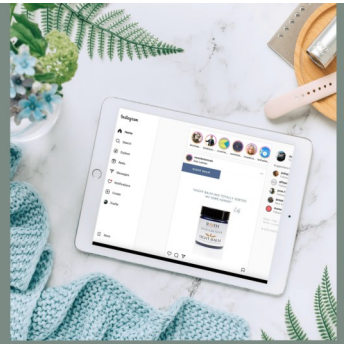
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