

## NEWS RELEASE

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### **Silent Night?**

With the Christmas and New Year party season upon us, it is likely that more people will be disturbed by unwanted noise from their neighbour's house. It may be the season of goodwill but it is easy for tempers to fray and for neighbours to fall out.

Edinburgh Community Mediation Service has been helping neighbours sort out their problems for over 12 years. Our trained mediators provide an environment that allows neighbours to talk to each other, helping them to reach an agreement between themselves.

Although most of the problems stem from excessive noise, we encounter a wide range of issues affecting neighbours and their relationships with each other.

Edinburgh Community Mediation Service has come up with some “sound” advice about how to avoid falling out with your neighbours at this – or any other time of year.

- > Let your neighbours know if you are having a party. You might even want to invite them!
- > You and your neighbours might agree a finishing time for the party.
- > Tell your guests to keep the noise down when arriving or leaving your home.
- > If you have neighbours downstairs, remember they may experience a lot of noise from footsteps on your floor. How about asking guests to take off their shoes?
- > Don't turn the music up too loud. There are maximum legal levels, depending on the time of day.
- > If your neighbour does complain about noise, listen politely to them and take steps to reduce it.

Follow these guidelines and you and your friends will be able to enjoy yourselves and still be on good terms with your neighbours in the New Year!

For help and advice about neighbour problems call:

Edinburgh Community Mediation Service on 0131 557 2101

or Email: [info@edincm.sacro.org.uk](mailto:info@edincm.sacro.org.uk), Web: [www.sacro.org.uk](http://www.sacro.org.uk)



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