

A huge welcome back to all of you who are able to join us for any activities in this first week of the new term. We hope to see anyone who can't make it this week sometime soon!

If you are new to the Grassmarket Community Project or have not attended for a while we would love to see you. If you have any questions about any of the member activities or generally how to get involved with the community please do get in touch.

You can email us at [info@grassmarket.org](mailto:info@grassmarket.org), call us on 0131 225 3626 or pop in and speak to our friendly, helpful and welcoming team of volunteer receptionists.



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## Our Finest Hour: Dunkirk and the Battle of Britain, Usher Hall, Wednesday 18<sup>th</sup> April 7:30pm

We have been offered some free tickets to a show at the Usher Hall this Wednesday! Presented by Kevin Whately and featuring the BBC Big Band, this should be lots of fun!!



Featuring songs popular during the Second World War period including: We'll Meet Again, The White Cliffs of Dover, A Nightingale Sang Berkeley Square and other favourites. If you would like to go please enter your name on the sign-up sheet and give a deposit of £2 to Hazel today or tomorrow. Only those who have signed up and paid the deposit will be able to go. You will get the deposit back on the night when you attend the show. This helps to ensure tickets are fully used by members who can attend.

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## Residential trips: Dunkeld Easter fun and summer opportunities!



Lots of fun was had at last week's residential trip to Dunkeld with plenty fresh air, good food and excellent company. The feedback is the trip was amazing! A big thank you to everyone who attended and to Mercat Tours who made the trip possible. There are some great photos from the trip, which have been posted on the GCP's Facebook page. You can see them here:

<https://www.facebook.com/pg/grassmarketcommunityproject/posts/>

The next residential trip is planned for Monday 4<sup>th</sup> to Saturday 9<sup>th</sup> June with CAMAS. The application process will be open on Friday 4<sup>th</sup> May. More information will also be made available at the next members meeting on 26<sup>th</sup> April.

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**Activities:** We are excited about one of the new activities starting this week. We welcome **Iona Geddes** to the GCP to facilitate a **stretching and core building** session on Tuesdays at 2:30 to 3:30pm. This is a great class for those who enjoy gentle exercise along with strengthening your core. Iona is a qualified personal trainer and will take into account individual needs, wants and goals when delivering these sessions.

The full activities programme for this term is now available in paper copy at the Grassmarket Centre, and online at: <http://grassmarket.org/wp-content/uploads/2018/04/Activities-Programme-April-June-2018.pdf>

The **drama group** desperately needs more members to join in. This year, for the first time, the GCP is putting on a show during the Fringe Festival, in partnership with Raised Voices. Rehearsals are weekly on Thursday at 5-8pm. We would love to see you there to help make this show a success. So please do get involved if you can!



Everyone is very welcome at the drama group. In particular the group would like some more ladies to join in if possible. A free trip to the bothy is on offer for members joining in to help.

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**Universal credit:** Are you receiving benefits in the form of universal credit?

As many of you may know, universal credit is a new benefit payment which is being phased in to replace six other benefits (child tax credit, housing benefit, income support, income-based jobseeker's allowance, income related employment and support allowance and working tax credit). Universal credit is being introduced in different areas at different times. We would like to know if any members are already receiving universal credit. If you are, would you be willing to attend a meeting to talk about your experience of the roll-out of universal credit? Please let Gillian know either by emailing her at [Gillian@grassmarket.org](mailto:Gillian@grassmarket.org) or calling 0131 225 3626 (please speak to Gillian, Graham or Hazel).

**Benefit support:** If you would like any support in claiming your benefits generally (any type of benefit, not just universal credit), you can come to our benefit support sessions, which are part of the wider ongoing programme of activities at the GCP. These are held on Mondays at 5-6:30pm, alongside the drop-in dinner, and on Thursdays at 1:30-3pm.