

There are lots of things happening for our members to enjoy here at the Grassmarket and elsewhere over the next few weeks – activities, concerts, films and courses. Please do take a look at these and join us for some great opportunities!

If you have any questions about the activities and events happening at the Grassmarket Centre please phone us on 0131 225 3626 or email us at info@grassmarket.org. Have a fantastic week!

THIS SATURDAY: Musselburgh River Esk Walkway, Saturday 15 September, 9:30am

A great gang are signed up to this walk on Saturday, but there are still spaces left if anyone else would like to come! The group will leave the Grassmarket Centre at 9:30am sharp on the day. Sign up sheet on reception.



THIS SUNDAY: Refugio, Greyfriars Kirk, Sunday 16 September, 7pm



A restful space, apart from the bustle and noise of everyday life. This short service provides an opportunity to engage in a short period of silence in the community of others, following a led reflection. It closes with communion bread and wine. It will last 35-45 mins altogether. Everyone welcome.

***FREE TICKETS*: 'A Concert of Hope', at St Cuthbert's Church, Thurs 20 Sep, 8pm**

We are really excited about this as it is being held in aid of the GCP! The GCP choir will be taking part as special guests and it will feature 'Street Requiem', which was written for people who died on the street. We have **free tickets** for GCP members who would like to come. Come along and support those who are homeless or vulnerably housed. Come along and support the choir and the GCP! Sign up at reception.



COMING SOON: Swing Dance sessions – 5, 12, 26 October and 2 November, 4-5pm

Come and have lots of fun learning to swing dance! This great new activity will be held in the Elsie Inglis room. All abilities welcome, adaptable for those with limited mobility.

COMING BACK: Spanish classes

Spanish classes will start again next week, on Thursday 20 September.

TWO GREAT NEW COURSES ON THE NEXT PAGE...

STRESS BUSTING Course with Hazel Lyons

What: 2 x Morning Workshops – learn amazing tips on **Beating Stress & Building Confidence**

Why: Learn important life skills to help you deal with stress better

When: The next two Tuesdays. **Tues 18th & 25th Sept**, both at **10.30am-1pm**.

Where: Edinburgh Seven Room, GCP

How: To sign up ask Graham: 0131 225 3626 / graham@grassmarket.org or at reception

DOOR SUPERVISION Training Course

What: 4 x All Day Workshops – learn about **Health & Safety, Conflict Management, Physical Intervention & Communication Skills**

Why: Learn important life skills, become a qualified Door Supervisor, work at GCP evening events

When: **Thurs 20th – Sun 23rd September**

Where: Lauriston Place (5mins from GCP)

How: To sign up ask Graham: 0131 225 3626 / graham@grassmarket.org or at reception

FILMS, FILMS, FILMS.... Including **Take One Action **Film Festival****



Ex Libris: New York Public Library, Wed 12 Sep, 6:30pm

Multi-award winning film that delves into the New York Public Library, discovering a world of devoted bibliophiles and beneficiaries across 92 branches. The film lasts 3h and 26m, and there will be an interval.



Blue Heart, Mon 17 Sep, 7pm

Combining stunning cinematography with a fantastic breadth of individual portraits, this sumptuous documentary chronicles communities fighting to save the last wild rivers of Europe.

This is part of a **film festival** by **Take One Action** over **12-23 Sep**. It explores stories, ideas and questions at the heart of positive social change. It includes some must-see titles, with stories of resilience, hope and defiance... Take a seat. Take a stand. For more info, visit:

<https://www.takeoneaction.org.uk/>



I, Daniel Blake, Tues 25 Sep, 7pm

SPECIAL SCREENING with Q & A. In partnership with Edinburgh University Social Work Department. Daniel Blake is a widowed carpenter who must rely on welfare after a heart attack leaves him unable to work. Despite his diagnosis, authorities deny Blake's benefits. As he navigates his way through the appeal process, he develops a bond with a destitute, single mother.