

### **TOMORROW – ANNUAL GENERAL MEETING – THURSDAY 6-7PM**

#### **Art Exhibition – Music Group & Choir Performances – New Room Opened - Refreshments**

Everyone is warmly invited to this annual event. Hear **presentations** on the past year and future plans, with opportunities to ask questions, contribute ideas, and enjoy performances and art by our fantastic **CHOIR, MUSIC & ART GROUPS**, the **Robert Owen counselling room** will be opened, **refreshments** will be served. We will also welcome a very special guest. **Kevin Robinson** has raised thousands of pounds for the GCP by taking part in the Kiltwalk, despite dealing with several rounds of cancer treatments. His efforts are incredible, join us in saying a huge thank you!

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Members receive a **free two course lunch** on any day they join in an activity or volunteer here at the GCP. In order to receive lunch it is important to sign up **before 11am** on the day you are attending, so the kitchen know how many people to cook for. You can sign up at reception or by calling 0131 225 3626 on the day. If you would like to know more about the community and how to join in, please call us on 0131 225 3626 or email [info@grassmarket.org](mailto:info@grassmarket.org).

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**CHOIR NOTICE** – Choir will happen as normal this Wednesday (5 to 6:30pm) and please can all the choir be here at 5pm on Thursday for a pre-AGM practice with special guest conductor Shelley Coyne. We are really looking forward to the AGM performance!

#### **NEW: Computer Gaming Group, Friday 4pm**

This week we launch a great new group, computer gaming. Whether you are an experienced gamer or completely new, everyone will be able to have a go and have great fun! It would be great to get a good group together to launch this new activity, so please sign up at reception.

#### **Art & Craft Group, Fridays, 2-4pm**

We are building a Piñata, a Mexican art craft made with Papier-mache and with sweets inside, to be part of the treats available for opening at the GCP Members Christmas lunch on Tuesday, 18th December at 1 pm. We look forward to seeing you on Friday from 2 to 4pm at the Art & Craft Group, to join in and help make the Piñata!



#### **THIS SATURDAY: GCP Craft Fair, 10am to 4pm, 1 December**

Get some Christmas shopping in early. Come to our craft fair. Stalls selling our beautiful woodwork and tartan gifts, and a variety of other items will also be here, including jewellery, needlework kits and other materials, Harris Tweed items and more...

## Conflict Resolution Training, Thursday 6<sup>th</sup> December 9.30am-4.30pm.

This training will be delivered by our very own Jonny Kinross, with help of two actors. The day will involve role playing exercises and group discussions to learn more about **Empathy and Listening Skills to manage Challenging Behaviour and Resolve Conflicts**. A really excellent opportunity for learning in a supported and fun group, everyone who completes the training will gain a certificate. The sign-up sheet for this exciting and fun training session is in the Activity Folder at Reception or email [graham@grassmarket.org](mailto:graham@grassmarket.org).

## Sleep in the Park, Edinburgh - Saturday 8<sup>th</sup> December

We have been offered free places for some members at this amazing event that raises lots of money for homeless people in Scotland. Whilst members WILL NOT BE SLEEPING OUT, you will need to endure the cold weather whilst you are there. Sleep in the Park may require some help from us, but there will also be time to just enjoy the gig which includes:

**Amy Macdonald, KT Tunstall, Irvine Welsh, Lulu, Admiral Fallow**

(acoustic), **Siobhan Wilson** and special guests to be announced... Speakers include **Josh Littlejohn MBE, Chris Hoy**. Hosted by **Fred MacAulay, Vic Galloway & Ewen Cameron**. What an amazing line up for an amazing event!!

For more info see: <https://www.sleepinthepark.co.uk/>

Please let me Jonny know if you're interested. We expect around four places to be available.

## Bereavement Service, 12 December, noon, at Greyfriars Kirk

This event will take place at Greyfriars Kirk for all members of the Grassmarket Community Project to come along and remember their loved ones, friends within our community we have recently lost and others that have passed away. If you did not manage to attend Jimmy Allen's funeral, we will remember him at this service too.

The service is an opportunity for reflection, thought and warmth. It will not be based in any particular faith. Whether you come to remember someone yourself, or to support others in our community, everyone is warmly welcomed to join.



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## Films..... Celebrating 70 Years of the NHS – Heal the Living, Mon 3 Dec, 7:15pm (Doors 7pm)



Three disparate sets of people are brought together when Claire (Anne Dorval) has to undergo emergency heart surgery. Bouli Lanners heads up the team of doctors who look to perform transplantation surgery to save Claire's life. A prospective donor comes up when a young man is seriously injured in a car accident, leaving his family having to make a difficult decision.

This gripping and emotional medical drama also stars Tahar Rahim and Emanuelle Seigner. It is screening to commemorate the 70th anniversary of the NHS. In French with English subtitles.