

REMINDER: FIRE ASSEMBLY POINT – if the GCP fire alarm sounds, please leave by the nearest fire exit and gather half-way up Candlemaker Row by the art shop, on the broader stretch of pavement. If you cannot use the fire escape routes due to mobility issues, there are 3 refuge points: Elsie Inglis room (lunch room), Robert Burns room (IT/classroom) and Edinburgh 7 Room (meeting room). Please make your way to the closest.

REMINDER: SIGN IN & 15 MINUTE RULE – to assist with health & safety we ask all members to sign in when they arrive for a class (please arrive no more than 15 minutes before), and sign out on leaving (no more than 15 mins after the class). Sign in sheets are used to ensure everyone's safety.

COME ALONG TO SOME FANTASTIC ACTIVITIES

The GCP activity programme is FREE for members. We cannot continue certain activities if there is not sufficient take up from members. The programme provides a really rich range of different activities for socialising, learning, developing skills and having fun! It would be great to see you at:

- **Discussion Group, Wednesdays at 2-4pm** – discussion ranges over a really wide range of topics, and everyone gets to suggest what might be discussed. If you would like to find out more please speak to Demi. This is a great activity to get to know people.
 - **Swimming, Fridays 10am** – set up after interest at members meetings, this group take a trip to the beautiful Warrander Baths in Marchmont. This historic Victorian swimming pool is lovely for those who want to swim lengths, or have a more leisurely paddle around.
 - **Inter Sci: Science Discussion, Tuesdays 6:30-7:30pm** – this is great for everyone: from those with no science knowledge to experts! For active engagement or simply listening to learn something new about interesting things that affect us all and the world around us.
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Discovering Community Together, 9-10 & 16-17 February

Come and join Pat Black, Elaine Boyd and Kim Ward on Saturday and Sunday this week- from 10am - 4pm upstairs in Grassmarket Community Project. We will be playing a game called Go Deep and everybody is welcome. We will play the game to have fun and discover more about each other, about our community and about what is in the area and what can we each do that will help us make a difference for ourselves and others.

People said at the last Go Deep workshop in Edinburgh “it helped me not feel so isolated”, “the power of togetherness and not division...I’ve made lots of friends.” If you want to find out more about it call Pat Black 07900 696 219. **We hope to see you there!**

