



**THIS WEEK (end Sun 14 April):**

- Today (Tues 9 Apr) in **Mindfulness** Hannah will focus on “forgiveness”. To find out more and focus on your health and happiness sign up at reception. 5-6pm, Robert Owen Room.
- Also today, **Richard’s book launch** at Greyfriars Kirk at 7:30pm. If you would like to come please email [events@birlinn.co.uk](mailto:events@birlinn.co.uk) to confirm, or let Gillian know ([gillian@grassmarket.org](mailto:gillian@grassmarket.org)). A GCP group will be leaving the GCP at 7:15pm to attend, if you would like to join us.
- After a fun first term, **Costume Photography** with George has finished until next term.

**NEXT WEEK (Mon 15 to Sun 21 Apr):**

- **What’s on?!** There are some great training courses and we are showing some great films! (See below.) Social enterprises and open door meal services are running as normal. The café will be open as usual, at which community members receive a 20% discount.
- **Weekly Activity Programme Break:** We are taking a break from the main members activity programme from Mon 15 to Sun 21 April. This means we can complete housekeeping and building maintenance tasks and give our fantastic volunteers a break.

**NEXT TERM:** will start on Monday 22 April. The new **programme summary overview** will be available from reception from today. Updated copies of the full programme will be available shortly. We don’t have many “rules” here at the GCP, but those we have are important primarily for the health, safety and comfort of us all. Please remind yourself of these and the information contained in some “Frequently Asked Questions” when you pick up your copy.

**TRAINING:**

Some really interesting and practical courses are available for members. Improve your own health and happiness and support others around you. If you would like to attend please sign up (at reception or call 0131 225 3626) or contact Graham ([graham@grassmarket.org](mailto:graham@grassmarket.org)). Everyone welcome.

<b>Date &amp; Time</b>	<b>Course</b>
Thurs 11 Apr, 4-6:30pm	<b>Mental Health Workshop: Introduction to Stress and Anxiety</b> Why do we get stressed? This one day course will consider this question and look at ways to cope or help others.
Mon 15, 9:30am-5pm Fri 19 Apr, 9:30am-5pm	<b>Scotland’s Mental Health First Aid Course</b> Over 2 days learn more about mental health and wellbeing, and how to help support others to receive the right help.

Date & Time	Course
Tues 16, 10am-4:30pm Wed 17, 10am-4:30pm Thurs 18, 10am-4:30pm	<b>First Aid Training Course</b> Over 3 days learn about First Aid including basic life support and CPR, how to deal with burns and scalds, first aid kits and more.
Thurs 16 May, 4-6:30/7pm	<b>Mental Health Workshop: Complex Trauma</b> What is complex trauma and why does it happen? Find out more about trauma, how it affects people and available support.
Thurs 23 May, 4-6:30/7pm	<b>Mental Health Workshop: Addictions</b> "The answer to my problems..." This day will look at how addictions affect people, recovery approaches and available support.

There are also certificate courses available from Virtual College that can be completed any time that suits you, provided you have access to internet facilities (e.g. during 3 weekly GCP IT sessions or at local libraries). To enhance your CV, learn new skills or just do something a bit different find out more from Graham ([graham@grassmarket.org](mailto:graham@grassmarket.org) or 0131 225 3626). Great variety available!

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**FILMS, FILMS, FILMS...** Our usual Monday evening film and other fun-packed entertainment!

**Sat 13 April, 10:30am**

**Kubo and the Two Strings**



One of the great animated films of recent years! Kubo is a young boy with a magical Japanese guitar, making a living in feudal Japan as a bard. His mother is wracked by grief for a lost family and Kubo grows up without any clear knowledge of his origins. This inevitably sets him on a collision course with one of the most powerful figures in the land. Featuring breathtaking stop-motion action sequences and some of the most inventive imagery outside of Bollywood fantasy cinema.

**Mon 15 April, 7:15pm**

**Menashe**



This rarely screened indie gem is the perfect film for the Passover period, providing a humane insight into religious orthodoxy. Set in New York, it tells the story of Menashe, a recently widowed Jewish man, who looks to regain custody of his 10-year-old son Rieven. Rieven has been assigned to the care of his Aunt and Uncle, by the head Rabbi, as Menashe must first remarry before he is deemed responsible enough to raise his son. In Yid-dish with English subtitles.

**Tues 16 April, 10:30am**

**The House With A Clock In Its Walls**

Jack Black and Cate Blanchett lead the cast as a warlock and witch helping a young orphan to unlock his own special gifts, before the evil Isaac Izard (Kyle MacLachlan) can catch up with him. Great freaky fun.

**Thurs 18 Apr, 10:30am**

**The Illusionist**

A film set in a version of Edinburgh from the 1950s, replete with Cameo cinema, tells the tale of a down-at-heel Parisian illusionist and how he rediscovers his mojo in Scotland, thanks to a girl called Alice. Deliberately toying with stereotypes of Scottishness and Tartanry, the film is an elegy to a by-gone era.

Pick up a full programme at our reception or check it out online: <http://grassmarket.org/listings/>