

## COMMUNITY NOTES:

**Our vision:** we believe in a world where people reach their full potential, feel positive about themselves, valued and connected to others and the wider community.

**Our mission:** we will create an inclusive person-centred environment where people feel empowered to develop skills, build positive relationships and enjoy an ongoing sense of belonging.

There are **loads of fantastic opportunities** in our community to make new friends and learn something new – come along and join in! **Please help us** ensure activities run smoothly and **arrive on time**. While we do allow arrivals up to 15 minutes late for an activity, please only do this when a delay is unavoidable and enter quietly. Late arrivals can be disruptive for others. Please **tell us if you cannot come** to a class you have signed up for, so someone else can attend instead.

You can **enjoy a free lunch** when you attend activities or volunteer. We need to manage lunches carefully so we don't waste food or money. So lunch **sign-up** sheets are made available **on the day**, from 9am to 11am. Please call 0131 225 3626 or add your name to the lunch sheet at reception if you are here. (If you text or email we cannot guarantee we will be able to sign you up.) Lunch is served at 1pm until 1:45pm, when kitchen volunteers on duty will tidy up before afternoon activities.

## RESIDENTIALS

### **CAMAS – meeting Wed 15 May at 4:30pm with Tommy**

This meeting is for all members and staff who are going to CAMAS this year. Come along to meet the Edinburgh University students who will be going too, hear what happens at CAMAS from people who have been before, find out about travel arrangements and what to bring with you when you go.



### **Mercat House, Dunkeld – sign up open to all members**

There are still spaces available on this residential, which is now open to all members. If interested sign up at reception or call 0131 225 3626. The group will leave the GCP at 2pm on Wed 5 June, return 5pm on Fri 7 June. The cost is £10, which includes food, board, transport and tuition on art and photography while you are there. You may need to share a room. It will be great fun!

## West Highland Way – one-night bothy trip

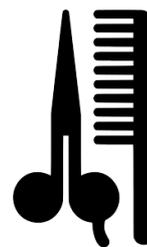
This week the West Highland Way group will be enjoying a one-night bothy trip in preparation of their exciting long-distance trek in June! This night will give the group a great chance to bond together and experience what it will be like being away together. Have a great time WHW team!!



## ACTIVITIES & EVENTS



**Walking Group** - Next walking group with Tommy is this Saturday. If you are interested in coming along please sign up at reception or call 0131 225 3626. Please remember to wear appropriate clothes and footwear. If you have any questions please ask!



**Hairdressers, Mon 27 May** - Members can come between 3-5pm and anyone joining the Open Door Meal from 5-5:45pm. Sign up at reception or call 0131 225 3626.

**Remember to check out our full programme** – lots of variety, learning and fun to be had!

[http://grassmarket.org/wp-content/uploads/2019/04/Activities-Programme-22-Apr-20-Jun.pub\\_.pdf](http://grassmarket.org/wp-content/uploads/2019/04/Activities-Programme-22-Apr-20-Jun.pub_.pdf)



## **Grassmarket “Open Garden Trail”, Sun 2 June, 2-4pm**

The Grassmarket Residents Association have extended an invite to us all to visit West Port Garden, Heriot Bridge and Greyfriars Herb Garden, St Columba's by-the-Castle Quiet Garden and the Scottish Wildlife Trust Reserve on Johnston Terrace and Granny's Green as part of this trail. Printed guides will be available from West Port, St Columba's and Heriot Bridge for you to follow at your own pace. This coincides with the second “Open Streets” initiative by Edinburgh Council, so there should be little traffic around and GRASS look forward to seeing many of you to make it a truly local event.

## FILMS, FILMS, FILMS...

We are very excited about next week's film! There is a Q&A afterwards, so this will be another busy event. There are 20 spaces for members, so please sign up at reception if you want to come.

**Mon 20 May, 7:15pm (Doors 7pm)**

**Final Ascent: The Legend Of Hamish MacInnes (2018)**

Legendary British mountaineer Hamish MacInnes has conquered some of the world's highest peaks, but in this wonderfully insightful documentary, MacInnes' late struggles with mental health are laid bare as perhaps the toughest challenges of his life. Final Ascent follows MacInnes in his battle to regain his freedom after having been institutionalised. It features touching reconnections with old friends, such as Michael Palin, as well as unfurling the memories of achievement that mental illness have imperilled.

