

[View this email in your browser](#)



grassmarket
community project

COMMUNITY BULLETIN

Issue: **15th June 2020**

Despite the COVID-19 lockdown we are here!

[Welcome to our weekly Community Bulletin](#) (now with 100% more sunshine)

We miss you all and thinking of you all
We hope to re-open this summer 🙌

Meanwhile...

Why not check out our amazing **on-line activities** on our website: www.grassmarket.org/planc

These include Coffee Breaks, from 1pm, (Now 7-days-a-week) here: <https://zoom.us/j/580465672>

You can safely connect with GCP friends **anytime** on Discord here: <https://discord.gg/NJJAKqg>

[We would love to hear from you!](#)

New Monday GCP Activity Groups

🐼 Scottish History Group - Taster Session 🐼

The GCP's Reading and Writing Tutor, Nick is starting a Scottish History Group
Join Nick next **Monday (22nd June) at 11am** for a Taster Session

[https://us02web.zoom.us/j/83206750029?
pwd=bjM2eU9qTUxMV1VhRnRsM3U2WnJKdz09](https://us02web.zoom.us/j/83206750029?pwd=bjM2eU9qTUxMV1VhRnRsM3U2WnJKdz09)

Meeting ID: **832 0675 0029** Password (online): **History** Password: **570185**



[Intersci Group](#)



[https://us02web.zoom.us/j/83521983017?
pwd=aFU4VEpITkMyMjRrNVFkaElyczNidz09](https://us02web.zoom.us/j/83521983017?pwd=aFU4VEpITkMyMjRrNVFkaElyczNidz09)

Meeting ID: **835 2198 3017** Password (online): **Atomic** Password: **839527**



GCP Picture House Group



Passionate about movies? Join Rohan & Ewan every Monday at 7.15pm

<https://us02web.zoom.us/j/89713086683>

Films to watch before next Monday (22nd) are:

'Good Vibrations' (only available until Saturday 20/06/2020)

<https://www.bbc.co.uk/iplayer/episode/b05569p9/good-vibrations>

'Welcome to the World'

<https://www.idfa.nl/en/film/5b75734b-4ca0-4f6d-b4cd-60b12dd328d0/welcome-to-the-world>

🔍 GCP's 10th Birthday Celebrations 🔍

Why not help us celebrate 10 amazing years of...
creating, nourishing and nurturing at the GCP

Our **10th Birthday Party**, on Zoom, is at **4pm on Tuesday 30th June!**

If you can join us online and would like a FREE party bag

Please email Catering Manager, Catherine Jones

email address: **catherine@grassmarket.org** or **info@grassmarket.org**

We are also looking for your fondest **memories** of the GCP

It can be anything from just a couple of sentences to a story or a poem

Maybe a drawing, photo or short video

Please send them to Judit Kotan

email address: **volunteer@grassmarket.org**

Greyfriars Kirk's 400th Birthday: 'Lockdown Bobby' Art Project - Coming Soon!

2020 is a year for landmark Birthdays!

Not only is the GCP 10 but Greyfriars Kirk turns 400!

To help celebrate, we are coming together to plan a new arts project

You can join in at home and try sculpting your own Greyfriars Bobby,
with the guidance of a talented sculptor. (materials provided)

It should be a lot of fun and its FREE!

Further details will be available soon. Watch this space!

📖 Open Book Trust – Online Groups 📖

Open Book Trust have online groups everyday this week from either
10am-11am or 11.30-12.30pm

Coffee Breaks – Monday to Sundays 1pm- 1.30pm

<https://zoom.us/j/580465672>

Meeting ID: **580 465 672** Password (if online): **Coffee** Password (if dialing in): **954 214**
(Note from **Sun 21st June** (Longest Day) Coffee Breaks time changes from 1pm to **10am**)

MONDAYS**Scottish History (Taster Session) with Nick at 11am**

[https://us02web.zoom.us/j/83206750029?
pwd=bjM2eU9qTUxMV1VhRnRSM3U2WnJKdz09](https://us02web.zoom.us/j/83206750029?pwd=bjM2eU9qTUxMV1VhRnRSM3U2WnJKdz09)

Meeting ID: **832 0675 0029** Password (if online): **History** Password (if dialing): **570185**

Positive Mental Health with Mike at 2pm

<https://zoom.us/j/764588318>

Meeting ID: **764 588 318** Password (if online): **Health** Password (if dialing): **510 153**

Intersci with Amelia & Sophie at 6pm

<https://us02web.zoom.us/j/83521983017>

Meeting ID: **835 2198 3017** Password (if online): **Atomic** Password (if dialing): **839 527**

GCP Picture House Chat with Rohan & Ewan at 7.15pm

<https://us02web.zoom.us/j/89713086683>

Meeting ID: **897 1308 6683** Password (if online): **Film** Password (if dialing): **460229**

TUESDAYS**Guitar Lessons with Tomas at 11am**

<https://us02web.zoom.us/j/89459256233>

Meeting ID: **894 5925 6233** Password (if online): **String** Password (if dialing): **416330**

Mindfulness & Meditation with Urzula & Hannah at 5pm

<https://zoom.us/j/751008818>

Meeting ID: **008 818** Password (if online): **Mind** Password (if dialing): **362 520**

WEDNESDAYS**Open Book with Jess at 11.30am**

<https://zoom.us/j/136710657>

Meeting ID: **136 710 657** Password (if online): **Read** Password, (if dialing): **840 020**

Choir with Morgan at 5pm

<https://zoom.us/j/777286151>

Meeting ID: **777 286 151** Password (if online): **Sing** Password (if dialing): **792 454**

Community Catch Up with Mike at 2pm<https://zoom.us/j/995551544>Meeting ID: **995 551 544** Password (if online): **Catch** Password (if dialing): **479 011****FRIDAYS****Creative Writing with Isela & Jess at 11am**<https://zoom.us/j/774347404>Meeting ID: **774 347 404** Password (if online): **Write** Password (if dialing): **430 751****Art with Judit at 2pm**<https://zoom.us/j/91777818830>Meeting ID **917 7781 8830** Password (if online): **Picture** Password (if dialing): **725 259**

Joining Activities

Please join us on our on line activities, coffee breaks and discord whenever you can. **Please be mindful that these need to be positive experiences for everyone on line** and they are often short (in the case of coffee breaks) and therefore unable to deal with complex issues or disputes you may have with services or neighbours or anyone. Please contact Mike on mike@grassmarket.org for longer term one-to-one support. Do not use the coffee breaks if you're really angry as we wont be able to support you on their effectively in a 30 minute catch up with many other people on line– call us instead. It is also important that people **do not use offensive language or aggressive behaviour on line even if not direct at group members** – people feel unsafe. The Grassmarket team will 'mute' people if this occurs or temporarily exclude them from activities – to support the wider group and vulnerable members who seek a safe and supportive space to catch-up and engage with others.

FACE MASKS Still available to all our members

Thanks to the amazing Anne Duthie & Leena Patel, we can now offer you **FREE** homemade washable masks! They really help reduce the risks of infection (if used properly). Just email Graham@grassmarket.org and he will post them out to you for **FREE!**

* Note: Follow Government and health guidelines - nothing, not even a mask is as good as **social distancing** and not making unnecessary contact or engaging in group activities

And Finally...lots of things to get involved in and places to turn!

If you want some one to one support, contact: mike@grassmarket.org

If you are interested in Reading, podcasts about reading and other things reading then get involved in (click) [Open Book Unbound](#)

If you are interested in Science and Science Chats and other things science then get involved in (click) [InterSci Chats Mondays 6pm](#)

If you are interested in Exercise and Fitness then try (click) [HASfit](#) videos - they have hundreds of routines to choose from a few minutes beginners up.

Do not feel alone - keep in contact with people that care about you.

If you would like a call from time to time or would like more information on what we do at the GCP please call **0131 225 3626** or text **07860 021 262** or email info@grassmarket.org



Copyright © 2020 Grassmarket Community Project, All rights reserved.

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

