



Weekly Bulletin - Stardate 260221

The News, Views & Pews of our community activities and programme details - Not long now !

NOT LONG NOW

In this second full lock down **DO NOT BE ALONE !** Text **07860 021 262**
Email info@grassmarket.org Call **0131 225 3626** option 1 For support

Its only 45 sleeps now until we hope, subject to a few checks and balances, to re-open or partially re-open for in-person face to face activities. We can do this and we can do it together. Safely.

Please see below the many ways you can connect with the project and with the people that care about you and are always pleased to see you between now and Easter.

Please stay safe and stay connected.

*** * ACTIVITIES OF THE WEEK * ***



This **Saturday 27th February** join our monthly
Mindfulness & Meditation at 4pm

with Ursula and Hannah - feel the connection and sense of peace. Let your worries

[https://us02web.zoom.us/j/89061804453?
pwd=bHp2N2hwaUt3bE8zYVE5bFhEVEc5dz09](https://us02web.zoom.us/j/89061804453?pwd=bHp2N2hwaUt3bE8zYVE5bFhEVEc5dz09)

Meeting ID: 890 6180 4453 Passcode: **Mind**

Coffee Anyone?



Join us for a blether ! Off load your troubles, have a heart to heart or share some stories.

Every Monday 1.30-2pm and Friday 10-10.30am

<https://us02web.zoom.us/j/89800410215>

Meeting ID:898 0041 0215 Passcode: **Cuppa**

Sad news



Birnam Hill, Perthshire) this week, one of our members, who passed away last Tuesday due to Cancer.

He will be missed and never forgotten especially as Ian prepared food for our members, volunteers and staff up to 5 days a week for the last 7 years - he baked over 3,500 loaves for our cafe and members lunches and served 20,160 meals in our lunch room. He loved the friends he made at GCP. He taught bread making to many of our members and his Bread was delicious.

Ian was one of, if not the, oldest Member we took up Birnam Hill, Perthshire as part of our wonderful Christmas breaks we organise every year at Mercat House, Birnam, Dunkeld. Ian loved the project and most recently gave up a half day to share his experiences with students on the University of Edinburgh's Social Work course. There will be a remembrance service for Ian and all those we have lost at Greyfriars once restrictions are lifted and in-person events are permitted. Our thoughts are with the family and friends of Ian Brake and with everyone at the Grassmarket Community Project who cared for Ian and for the staff who cared for him in at the NHS and the GCP in particularly in the last year.

Ian Brake RIP 1948-2020

Thanks to everyone that came to our Members meeting last Wednesday. It was great to see you. Our next one is back to the last Thursday of the month **Thursday 25th March at 3.30pm.**

Dont forget we can provide FREE delicious meals if you ask - Wednesday and Thursdays pick up or a [sit down meal every Wednesday evening](#) at 5pm - **DONT MISS OUT** contact catherine@grassmarket.org

Accessing our online activities below may prove difficult for you - we understand. Dont worry however as we can help - **we can train you, supply you with a FREE device** (eg a phone or laptop) **and FREE internet access at home** so you can connect to the many activities below FREE. Everyone will love to see you and many of them will help you stay in routine, be creative, develop skills, sleep better and take good care of yourself. contact mike@grassmarket.org

Grassmarket Centre-Based Activities

Thursdays

11am-1pm & 2pm - 4pm – **IT Skills** (with Kevin & Derek)

Note: COVID 19 Guidelines when in the Grassmarket Centre

• Keep 2m social distance, **ALWAYS** wear a mask when not on a blue sticker &

- Group size limited to six members per activity
- Follow both downstairs and upstairs one-way systems
- If upstairs, you can only use the fire exit to go downstairs

Grassmarket Outdoor Activities

Tuesday 10-11am – **Walking [in pairs]** (South) (with Dennis & Janet in Meadows)

Wednesday 11am-1pm – **Herb Garden Group** (with Trudi & Tom)

Thursday 10-11.30am - **Walking [in pairs]** (The Frozen North) (with Jonny in Victoria Park) - **bring your own cup if you want fresh coffee !**

Grassmarket Online Activities

These links are not changing until after 12th April at least (also found on www.grassmarket.org/planc)

Mondays

11am-12 midday – Scottish History (with Nick)

<https://us02web.zoom.us/j/82687543879>

Meeting ID: 826 8754 3879 Passcode: **PAST**

•

1.30-2pm – Coffee Break

<https://us02web.zoom.us/j/89800410215>

Meeting ID:898 0041 0215 Passcode: **Cuppa**

•

7.15pm – Cinema Chat (with Rohan & Ewan)

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

Meeting ID: 897 1308 6683 Passcode: **Film**

Tuesdays

11am-1pm – Guitar (with Tomas)

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

Meeting ID: 894 5925 6233 Passcode: **String**

•

2pm-3.30pm – Discussion (with Derek & Jodie)

[Note this is both online and in person – a ‘hybrid’ and you can join by either means]

Wednesdays

10am-11am **Yoga** (with **Bethany**)

<https://us02web.zoom.us/j/82258261738>

Meeting ID: 822 5826 1738 Passcode: [contact [Mike@grassmarket.org](mailto:mike@grassmarket.org)]

•

11am-1pm **Cooking** (with **Jonny**)

All ingredients supplied free (collection only)

<https://zoom.us/j/96476039645>

Meeting ID: 964 7603 9645 Passcode: [contact catherine@grassmarket.org]

•

11.30am-12.30pm **Open Book** (with **Jess**)

<https://us02web.zoom.us/j/136710657>

Meeting ID: 136 710 657 Passcode: **Read**

•

2pm-4pm **Well Being** (with **Hazel**)

<https://us02web.zoom.us/j/85792998914>

Meeting ID 857 9299 8914 Passcode: **Health**

•

5-6.30pm – **Choir** (with **Morgan**)

<https://us02web.zoom.us/j/777286151>

Meeting ID: **777 286 151** Passcode: **Sing**

Thursdays

5-6pm – **A Wee Breather** (Relaxation) (with **Corrinna**)

<https://us02web.zoom.us/j/84597234673>

Meeting ID: **845 9723 4673** Passcode: **Calm**

Fridays

10-10.30am – **Coffee Break**

11am-1pm – Creative Writing (with Isela)

<https://us02web.zoom.us/j/774347404?pwd=WFBrYUpoSHdqWFNZcU9Cd0lnMWMxdz09>

Meeting ID: 774 347 404 Passcode: **Write**

Saturdays

The last Saturday of every month

4pm - **Mindfulness & Meditation** (with Ursula & Hannah)

<https://us02web.zoom.us/j/89061804453>

Meeting ID: 890 6180 4453 Passcode: **Mind**

You must be a member to attend any on line or in person activity – contact **Mike** on mike@grassmarket.org or text **07860 021 262** to join or go to: [join](#)

Any Time Activities & Links

Science Chat Podcast with Jess, Kiani, Stephanie, Isla, Marina & Sophie

New episode each week at <https://bit.ly/2KshiH2>

Grass Cuttings Podcast with Jonny our CEO and the Grassmarket Community Project Members, Volunteers, staff, partners and funders <https://grassmarket.org/news/grass-cuttings-podcast/>

Chat on Discord – a virtual place to talk and hang out – 7 days a week - to join contact Mike or Jonny for the link.

Copyright © 2021 Grassmarket Community Project, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

