



Weekly Bulletin - Stardate 28.05.21

We are open !

[under strict health & safety controls]



Key info in this Bulletin includes:

We are open - see below and to attend activities you must book with mike@grassmarket.org or text [07545 527 541](tel:07545527541) - Please don't risk being turned away because we are full.

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The Thursday Walking Group is now changed to a Sunday (SEE BELOW FOR MORE DETAILS)

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The CINEMA is open to everyone with a screenings of The Hustler (1961) on Monday 31st May at 17.30

And a screening of Airplane!(1980) on Wednesday 2nd June at 19:30

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We have a special service for the Members we have lost – Thursday 3rd June 10.30am Greyfriars Kirk all welcome (sign up essential)

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We have a Volunteer event – if you have volunteered for the Grassmarket in the last year please join us as we celebrate the contribution you make – Thursday 3rd June -6pm

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We finish this week's bulletin with a poem -a beautiful Nepalese greeting relevant to Volunteers and the difference they make and feel.

[All details below](#)



WE INVITE YOU TO JOIN US IN A
SPECIAL 'REMEMBERING' GATHERING
OF OUR COMMUNITY AT **GREYFRIARS KIRK**
10.30am - THURSDAY 3RD JUNE

To remember those Members we have recently lost at the Grassmarket including:
Agnes, Anne Marie, Douglas and Ian.

To celebrate their lives and the huge impact they have had upon us.

There will be a chance to share a short story, poem, thought or cherished memory
as part of this service.

Please note due to COVID-19 restrictions we must know in advance if you would
like to attend [by not telling us you run the risk of being turned away]

You must inform mike@grassmarket.org or text him on 07545 527 541 confirming
your name and that you would like to attend this special service.

Lets give these wonderful people a good GCP send off and let their family and friends know how much they meant to us and how important they meant to our community.

- IMPORTANT -

DO NOT BE ALONE ! Text [07860 021 262](tel:07860021262) Email info@grassmarket.org or Call [0131 225 3626](tel:01312253626) option 1 For support.

THE DAYS AND WALKS JUST GOT BIGGER, BETTER & LONGER !

We have decide to run a couple of months of weekend walks (2 a month) to support people looking for a more substantial walk and day out as well as Members or volunteers who volunteer or work.

The first 2 are:

Sunday 6th June – departing 10am returning 6.30pm

Greenock Cut



Sunday 20th June – departing 10am returning 6pm

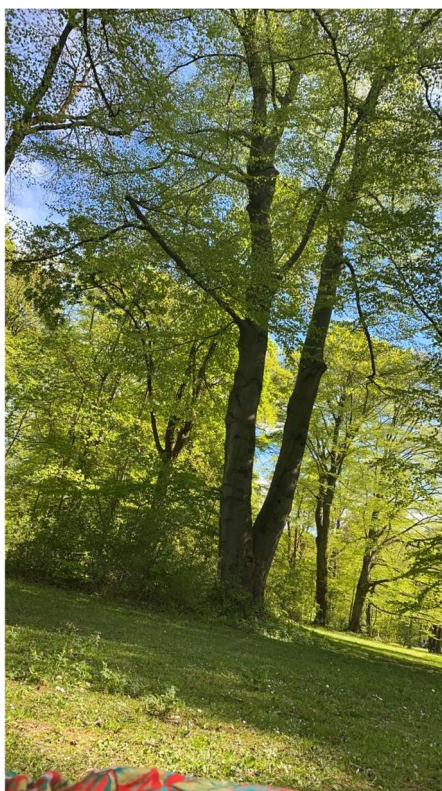
Auchmore & the Falls of Dochart – Killin



A full FREE packed lunch is provided. Booking is essential

A deposit of £3 is payable for a place – this is fully refundable on the day if you turn up on the day

Note due to COVID-19 rules this is restricted places on the minibus so book early to avoid disappointment.



This coming **Saturday**, join Hannah for another mindfulness session online. We'll explore a summer meadow together, dive into some easy breathing exercises and, as always, generally just have a good time together. Hopefully see you there!

Join via zoom: <https://us02web.zoom.us/j/89061804453> password **Mind**

Volunteer Celebration Event



Thursday 3rd June 6pm

Join us for a Volunteer Celebration Event

Come along in person (terms and conditions apply) or on line via zoom

This is our chance to show you how much we appreciate the time you have put in over the last year.

Volunteers founded, sustained and have built our Charity. This last year more than ever Volunteers have proved critical to the well being of many of Edinburgh's most vulnerable and the survival of our community.

Some join us for our Volunteer awards, some Pizza if you're coming in person and some amazing fact sharing about the contribution Volunteers like you make !

Note – this one is for anyone who volunteers but only if you volunteer in the project.

Please register if you intend on coming

<https://us02web.zoom.us/meeting/register/tZYlf-utrDwsGN3g3hXHhqbixGD91ATpUOZu>

This is a registration link and closes about an hour before the event– it sends you the connection link – so enrol/confirm as soon as possible. Thanks.

Wednesdays Health & Wellbeing class, 2-4pm will focus on:

Food & Exercise for a Healthier Life

Members will learn about different food groups, identify how good their diet is & how to improve it, how to 'eat' their stress away and the benefits of exercise and sleep advice.

Classes & activities: below are all the details including access passwords for all activities until Sunday 27th June



REMEMBER IF YOU CANT GET HOLD OF MIKE

OR A MEMBER OF THE GRASSMARKET TEAM

PLEASE CALL ONE OF THE SUPPORT LINES FOR MENTAL HEALTH

Breathing Space: **0800 83 85 87** (6pm – 2am 7 days)

Samaritans: call FREE **116 123** (24 hour – 7 days)

or use their free webchat real person service <https://webchat.samaritans.org/>

or call NHS 24: **0845 4 24 24 24**

Or speak to a trusted contact or your GP.

WALKING GROUP



Tuesdays

Walk 1 - 10am **The Meadows** (usual meeting place) for 1.85 mile walk

Walk 2- 10am **Holyrood Park** (meet at Commonwealth Pool) for a 3.5 to 5 mile walk

- note it really helps if you notify Mike as to which walk you're coming on - also note **Walk 2 is harder and involves hills and some off-road/tracks**



Grassmarket Community Picture House

An Open Door to Great Cinema for Everyone in the heart of Edinburgh

THE UK COMMUNITY CINEMA OF THE YEAR 2019

screens

The Hustler (1961) - Monday 31st May - 5.30pm



and

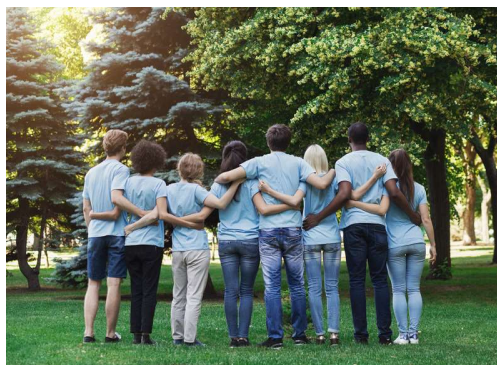
Airplane!(1980) - Wednesday 2nd June - 7.15pm



Full details of our FREE programme and FREE booking [here](#).

**** Poem of the week ****

FOR VOLUNTEER WEEK & OUR VOLUNTEERS:



Namaste

I honour the place within you

Where the entire world resides

I honour the place within you

of hope, of light, of truth, of peace

I honour the place within you
Where when you are in that place within you
And I am in that place within me
There is only one of us...

Explanation for above verse:

Nepalese greet each other every day with this beautiful greeting, which translated from Hindi into English is the above and this is what Volunteering, greeting our Members, at the Grassmarket communicates every day, every activity and every time we meet.

SPRING TERM 2 - Programme

Accessing our online activities below may prove difficult for you. We understand. Don't worry. 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 - OPEN NOW

Mondays

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

Tuesdays

11-1pm & 2pm to 4pm - **Tartan Skills** (with Marta)

Wednesdays

11-1pm - **Reading & Writing** (with Nick)

2pm-4pm - **Health & Wellbeing** (with Hazel)

Thursdays

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

10am-5pm - **Tartan Enterprise** (with Marta)

Fridays

11am-1pm & 2pm - 4pm – **Art** (with Trish)

10-1pm & 2pm to 4pm - **Woodwork** (with Jon)

Note: COVID 19 Guidelines when in the Grassmarket Centre

- **Keep 2m social distance, ALWAYS wear a mask** when not on a blue sticker & use hand-gel dispensers
 - **One at a time for using the toilet** (toilet sanitised after each use)
 - **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**
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Grassmarket Outdoor Activities - STARTING NOW

Tuesday 10-11am – 2 x **Walking** (with Dennis & Janet) in Walk 1 Meadows or Walk 2 Holyrood Park

Wednesday 11am-1pm & 2-3.30pm – **Herb Garden** Group (with Trudi & Tom)

Saturday 10.30-12.30pm - Gardening Group

NB There is a short walk involved with steps

Sunday 6th June & Sunday 20th June - Walking Group (with Jonny)

Refundable deposit of £3 required to secure place

FREE WATERPROOF PONCHOS FOR ALL OUR WALKS - CONTACT

Mike@grassmarket.org



Grassmarket Online Activities

These links can 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](https://us02web.zoom.us/j/82687543879) Passcode: **PAST**

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1.30-2pm – Coffee Break

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

Meeting ID: [898 0041 0215](https://us02web.zoom.us/j/89800410215) Passcode: **Cuppa**

Tuesdays

11am-1pm – Guitar (with Tomas)

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

Meeting ID: [894 5925 6233](https://us02web.zoom.us/j/89459256233) Passcode: **String**

Wednesdays

10am-11am Yoga (with Bethany)

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

Meeting ID: [822 5826 1738](https://us02web.zoom.us/j/82258261738) Passcode: **[contact Mike@grassmarket.org**

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

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

Meeting ID: [136 710 657](#) Passcode: **Read**

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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**

7.15pm – **Cinema Chat** (with Rohan & Ewan)

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

Meeting ID: [897 1308 6683](#) Passcode: **Film**

Fridays

10-10.30am – **Coffee Break**

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

Meeting ID: [898 0041 0215](#) Passcode: **Cuppa**

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

<https://us02web.zoom.us/j/774347404?pwd=WFBrYUpoSHdqWFNZZcU9Cd0lnMWMxdz09>

Meeting ID: [774 347 404](#) Passcode: **Write**

2pm-4pm - **Baking Class** (with **Maureen**)

Email catherine@grassmarket.org

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](tel:07860021262) to join or go to: [join](#)

Saturday 4pm - **Mindfulness Session** (with **Hannah**)

<https://us02web.zoom.us/j/89061804453?pwd=Z2FPY2wyMTVJK1pRUk1xOEIwWVBxZz09>

Passcode: **Mind**

Any Time Activities & Links

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

This week it is a story closer to home - about a brand-new gravity battery that's based in Leith.

Here is the link:

<https://youtu.be/KHjhbmaRXCU>

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

There is such a thing as a A free lunch every day 1pm - **Monday to Friday** for anyone attending classes or volunteering that day. **BOOKING IS ESSENTIAL**
This initially will be a frozen meal (as we cant afford waste and last year people booked and didn't show) to take away (its still healthy but) or you can request we heat it up and you can eat with us.

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Grassmarket Community Project
86 Candlemaker Row
Edinburgh, Midlothian EH1 2QA

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