



Weekly Bulletin - Stardate 15.10.21

[We are open !](#)

[under strict health & safety controls
& in a temporary venue]



Key info in this Bulletin includes:

We are open - see below, to attend activities you **must** book.

By phone 0131 225 3626 and press option 1

By email mike@grassmarket.org

By text [07545 527 541](tel:07545527541)

Please don't risk being turned away because we are full.

Temporary Move

-

Clothes donations

-

Open Book events

-

Future members meeting dates

-

Weekend walks

-

A poem for Autumn

-

Autumn Programme

-

[All details below](#)

- IMPORTANT -

DO NOT BE ALONE ! Text [07860 021 262](tel:07860021262) Email

info@grassmarket.org or Call [0131 225 3626](tel:01312253626) option 2 for support.



The Autumn Programme has started!

Remember that you must book to take part in the activities programme.

By phone 0131 225 3626 and press option 1

By email mike@grassmarket.org

By text [07545 527 541](tel:07545527541)

Please don't risk being turned away because we are full.

WE'VE MOVED [TEMPORARILY]



We have moved out of our Grassmarket Centre premises, 86 Candlemaker Row, so we can build a new pavilion on the Courtyard and we're moving into our new temporary homes:

**ACTIVITIES, CLASSES & LUNCHES: Augustines United Church, 41
George IV Bridge, Edinburgh EH1 1EL**



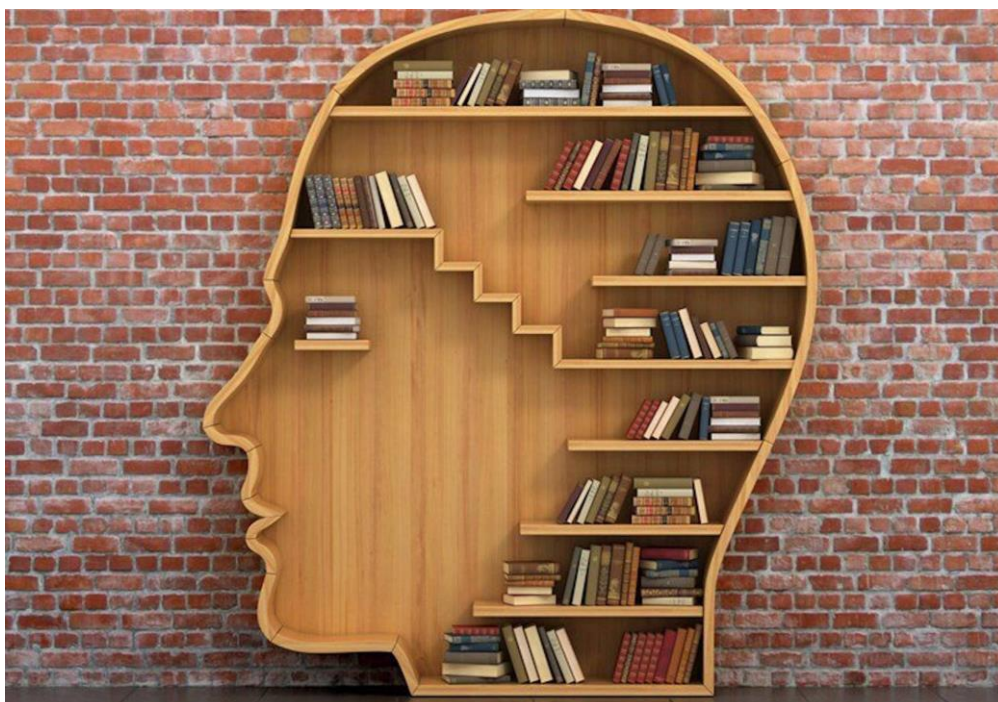
OPEN DOOR MEAL (DROP IN) & CINEMA: **Coffee Saints**, Little King St,
Edinburgh EH1 3SP

Our offices will be based at the Greyfriars Charteris Centre. Our Woodwork team will continue upstairs in their workshop – Members can only access and leave via the back (Kirkyard door)

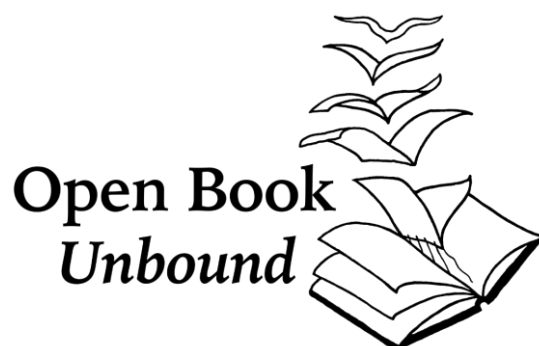
Note – our telephone number remains the same and our postal address remains the same.

Thank you to all Members, Volunteers and Staff for their patience. We'll move back and reopen in our centre in March 2022

Open Book events



Public Zoom groups running **THIS** week:



Wednesday 20th October: 11:30-12:30pm

Paisley Shared Reading Group

[Sign up via Eventbrite here](#)

Thursday 21st October: 6-7pm

Open Shared Reading Group

[Sign up via Eventbrite here](#)

الأول ت شرين 22 جمعة

Friday 22nd October: 1-2pm

العربية بال لغة الأم شركة القراءة

Arabic Shared Reading Group

[هنا سجل](#)

[Sign up here](#)

PLEASE NOTE:

If you would like to take part in any of these sessions you need to **sign up via Eventbrite.**

IMPORTANT INFO - The Zoom link joining details are on the **Eventbrite Booking Confirmation** that you will receive when you book - scroll down to the **Additional Information** section and click.

Members Halloween Party!



Come and join us after the Members Meeting on **Friday the 29th of October** from 5pm to 7pm for a spooktacular Halloween Party with games, music, dancing, and snacks! There will be prizes for the best costumes, so dress up, come along, and have some fun. It's free to join but you must book

your spot beforehand. Email Mike to sign up and start planning your costumes,
see you there...if you dare!



JANET COATS MEMORIAL PRIZE

Submit your work for the Janet Coats Memorial Prize 2022!

For this year's Janet Coats Memorial Prize, Paisley Book Festival are looking for short poems that tell great stories of today's Scotland. They could be in the old narrative style, mini-epics of heroes and great deeds. They could be in the Scottish tradition of ballads of love or loss. Or they could be contemporary Scottish tales of journeys, chance meetings or intriguing characters. At their best, they should draw an audience to the hearth on a cold February evening.

We would like to read, hear and see your poetry on the theme of **Scotland's Stories**.

Deadline: **14th November 2021**

Prize: **£850!**

[Find out more and submit your work](#)



Festival of Science, Wisdom & Faith, Greyfriars Kirk, 22-24 October 2021

There are those who say that science supersedes religion, rendering faith redundant. But reverence for the natural world, finding the answers to help humans flourish and sustain the earth community, in all its diversity, are spiritual pursuits and many scientists attest urgent questions cannot be answered by science alone.

As we look forward to the 26th UN Climate Change Conference in Glasgow this November, join Greyfriars Kirk, the Royal Society of Edinburgh and other guests for a weekend of events that celebrate what happens when experts and those interested in a variety of fields seek knowledge and truth together.

Time Travel with Greyfriars Kirk and the Royal Society of Edinburgh, Fri 22 Oct
9:30pm

Three short sessions explore some of the people and events over the last 400 years that helped change humanity's understanding of the world, and continue to have an impact today:

Witches of Scotland: "17thC Scotland: What it was like to be of that time, that place"
Stuart Monro, FRSE: "James Hutton: Enlightenment thinker with a legacy for the present day"

Rebekah Widdowfield: "RSE Futures Commission: Debate and dialogue, academic and all of us"

A Sustainable World: Great Questions Lead to Great Works, Sat 23 Oct, 4-6:30

Do scientific knowledge or faith make us wiser? How do we determine what questions to ask and explore? Three talks explore how we can anticipate challenges and seek a sustainable world for all:

Prof. Wilson Poon, FRSE: "Educating 21stC Scientific Citizens in Wisdom"

Prof. Liz Grant, FRSE: "Fundamental to Flourishment: The Science & Practice of Compassion"

Alastair McIntosh: "Climate Science & Healing of the Nations"

Special Worship Service, "We cannot do anything against the truth", 2 Cor. 13
Sun 24 Oct, 11am

Find out more and book your space here: greyfriarskirk.com/festival-of-science-wisdom-and-faith

[Share Your Video: How is the Climate Crisis Impacting You?](#)

GLOBAL CITIZEN®

Create a video for The world's biggest climate message – will you take part?

If you would like any help with making your short video message or using the GCP's equipment please speak to one of the Grassmarket team.

[ACTION ALERT](#)



Callum Shaw / Unsplash

In less than three weeks, leaders will meet for the world's biggest climate summit, so I'm sending them the world's biggest climate message: a video from every country on the planet urging leaders to take action – and I need your help!

The COP26 summit in Glasgow could be the last big chance for world leaders to commit to protect our planet and our future. **I'll be there in person and I want you to bring your voices with me** to the heart of their decision making, with a huge globe map showing that the world wants action now.

[Are you in? Record your video to be a part of our global map!](#)

From living with pollution, experiencing extreme weather, flooding and nature loss to the anxiety about our planet's future, your story needs to be heard.

[By raising awareness about the local impacts of climate change, we can send a message to those in power that the world stands united in demanding urgent climate action - send a video message!](#)

Take a few minutes to record yourself answering the three simple questions below and then [click here to upload your video to our site.](#)

1. *What's your first name and what country do you live in?*
2. *How is climate change impacting your life or community?*
3. *What is your message to world leaders?*

UPLOAD YOUR VIDEO



[What Is COP26 — and Why Is this Summit a Critical Moment For Leadership on the Climate Crisis?](#)

[Everything you need to know about climate summit coming to Glasgow November.](#)

READ MORE



Take Part in BBC Radio 5 Live's 'Read Out Loud' Challenge
What are the words that matter most to you?

It could be something that's made you laugh, something that's made you cry, or something that captures a moment in your life. It could be the ticket stub from your first date or a programme from your first football match. It may be a story about your life that you've never had the strength to say out loud before. Whatever it is, we want you to **READ IT OUT LOUD** and send it to us along with a bit about why it's so important to you.

Our Tuesday walking Group needs you!



Join us for our walk around the Meadows on a Tuesday 10am-11am, we meet at the benches to the playpark by the tennis court. It would be great to see more friendly faces there!

It is really helpful if you can let us know you are coming

Members Meetings for the rest of this year



Friday 29th October 3.30pm – on line or in person
Tuesday 30th November 3.30pm – on line or in person

No members meeting in December (Christmas lunch instead date to be confirmed)

Weekend walks

Rosslyn Chapel and Roslin Glen



Sunday 7th November 10am (meet/depart Chamber St Museum, Public Transport)

Rosslyn Chapel and Roslin Glen

[Note this is easy short walk but some parts are muddy and the terrain sometimes a wee bit uneven – lunch and transport included]

This needs no introduction. Its beautiful. Its local. Its steep in history and it was made even more famous recently by the film the Da Vinci Code

Gorebridge Circular Walk



Sunday 5th December 10am (meet/depart Chamber St Museum, Public Transport)

Gorebridge Circular Walk.

[Note this is moderate walk 8 miles generally flat with some very short ups and downs

and some parts are muddy and the terrain maybe uneven – lunch and transport

included]

This walk takes in some of the amazing history of Scotland's famous Gunpowder works where we visit the ruins of Scotland's first industrial gunpowder mills which started production in 1794.

Opportunities

Research Project



ReFresh: is a bespoke pathway to boost your confidence, learn new skills and gain practical work experience in a workplace setting. This includes 1:1 support, group work sessions and qualifications – SQA level 3 & 4 and access to an Adult Achievement Award.'

The program is a combination of practical and written work and focuses on developing confidence, interpersonal skills, communication and teamwork skills. Individuals will learn how to put these skills into practice within Fresh Start's practical services – the Warehouse and PAT testing service, Garden, Community Kitchen, Homewares Shop and Fresh Start Pantry.

Next steps: To discuss potential referrals or to arrange an appointment.

Contact **Duncan** at Fresh Start: 0131 4767741 or by mobile: 07525324181,
email Duncan@freshstartweb.org.uk

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



When Great Trees Fall

By Maya Angelou

When great trees fall
in forests,
small things recoil into silence,
their senses
eroded beyond fear.

When great souls die,
the air around us becomes
light, rare, sterile.

We breathe, briefly.

Our eyes, briefly,
see with a hurtful clarity.

Our memory, suddenly sharpened,
examines,

gnaws on kind words
unsaid,
promised walks
never taken.

Great souls die and
our reality, bound to
them, takes leave of us.

Our souls,
dependent upon their nurture,
now shrink, wizened.

Our minds, formed
and informed by their
radiance,
fall away.

We are not so much maddened
as reduced to the unutterable ignorance
of dark, cold caves.

And when great souls die,
after a period peace blooms,
slowly and always
irregularly. Spaces fill
with a kind of

soothing electric vibration.

Our senses, restored, never
to be the same, whisper to us.

They existed. They existed.

We can be.

Be and be

better.

For they existed.

-Maya beautifully captures grief, the impact that the loss of those we love has upon us.

Classes & activities: below are all the details including access passwords for all activities until Friday 17th December

WALKING GROUP



Tuesdays

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

- note it is really helpful if you notify Mike if you're attending the walk



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

A Dry White Season - Tuesday 19th October - 7.30pm



Please note the change of day and venue!

The temporary venue for the community picture house will be at Coffee
Saints

Little King St, Edinburgh EH1 3SP

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

Autumn TERM 4 - 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



Augustines- Based Activities - OPEN NOW

Mondays

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

2pm - 4pm - **Numeracy** (with Evelyn)

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)

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 Augustines

- **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 eight (8) 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** (with Dennis & Janet) at the Meadows

4:30pm - 6pm - **Choir** (with Morgan)

(In good weather-outside at Kirk yard and if weather isn't good- indoors
at **Augustines United Church**)

Wednesday

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

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

1.30-2pm – Coffee Break (with Tommy)

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

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

11 am Scottish History (with Nick)

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

password available upon request

7.15pm Cinema Chat (Rohan and Ewan)

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

password available upon request

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 **Breath, Move, Relax** (with **Lhamo Bethany**)

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

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

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

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

Meeting ID: [136 710 657](https://us02web.zoom.us/j/136710657) Passcode: **Read**

Fridays

10-10.30am – Coffee Break (with Tommy)

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

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

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

<https://us02web.zoom.us/j/774347404?pwd=WFBBrYUpoSHdqWFNZcU9Cd0lnMWMxdz09>

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

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](#)

Any Time Activities & Links



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



Intersci Podcast- details to be confirmed

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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