

May 2022



grassmarket  
community project

## MONTHLY BULLETIN

SPOTLIGHTING OUR MEMBERS,  
ACTIVITIES & THE GCP  
COMMUNITY

### **Choir Cancelled This Week – No Choir on Tuesday, 3 May**

Unfortunately, the Grassmarket Choir will not meet this week on the 3rd of May due to Morgan having a conflict. Choir will be back as normal next Tuesday, 10th May. Our apologies for the short notice.

### **In This Bulletin**

Poem of the Month

–

'Heart & Home in the Old Town' Spotlight

-

Makers Market for Mental Health

-

New Pre-Apprentice Opportunities

Monthly Walks: Now 2x Per Month!

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Wild Swimming

-

May Members' Meeting

-

Wellbeing Resources

## **Poem of the Month**

### *Human Family*

I note the obvious differences  
in the human family.  
Some of us are serious,  
some thrive on comedy.

Some declare their lives are lived  
as true profundity,  
and others claim they really live  
the real reality.

The variety of our skin tones  
can confuse, bemuse, delight,

brown and pink and beige and purple,  
tan and blue and white.

I've sailed upon the seven seas  
and stopped in every land,  
I've seen the wonders of the world  
not yet one common man.

I know ten thousand women  
called Jane and Mary Jane,  
but I've not seen any two  
who really were the same.

Mirror twins are different  
although their features jibe,  
and lovers think quite different thoughts  
while lying side by side.

We love and lose in China,  
we weep on England's moors,  
and laugh and moan in Guinea,  
and thrive on Spanish shores.

We seek success in Finland,  
are born and die in Maine.  
In minor ways we differ,  
in major we're the same.

I note the obvious differences  
between each sort and type,  
but we are more alike, my friends,  
than we are unlike.

We are more alike, my friends,  
than we are unlike.

We are more alike, my friends,  
than we are unlike.

—Maya Angelou

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### 'Heart & Home in the Old Town' Spotlight



## Heart & Home in the Old Town

I wanted to say a big thank you to all the groups that were involved in the Heart and Home event at St Cecilia's Hall. I was so proud of the Grassmarket groups. Some of these members thought they would not be able to stand up in front of a big crowd, but everyone did! What an achievement. The choir gave an amazing

performance with excellent singing. The creative writing pieces were very good, with some great stories read out. Tomas and the guitar group were also very good. The beautiful pictures by the art group and Frank's wonderful painting of Robert Burns were fantastic. Also, his excellent playing on the grand piano while people were eating really added to the atmosphere in such a beautiful venue. I enjoyed John's DJing--Great choice of songs! Thanks to Paul from Invisible Cities who gave us a good speech about the history of the old town. It was wonderful to hear all these other fantastic acts performing such a variety of different types of music and stories. Also, a big thanks to Johnny for giving his speech about the Grassmarket Project and the important 1 minute silence for Ukraine. Very moving!

'Heart & Home in the Old Town' was extra special, and I will never forget this memorable event. Well done to you all. You're all stars!

*-Hazel (Health & Wellbeing Tutor and Event Organiser)*

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# MAKERS MARKET

IN SUPPORT OF MENTAL HEALTH

10am-4pm Sat 28th May

Charteris Centre, The Pleasance EH8 9RR

Local artists and makers, Silent Auction,  
Coffees, Homebakes and Music. Free Entry



Coco Counselling in Communities

[www.cocoed.org.uk](http://www.cocoed.org.uk)

By supporting this event you will be helping  
to make counselling accessible to all



## Recruiting for New Pre-Apprentices!



The *Grassmarket Community Project* and *Oot the Box Edinburgh* are currently recruiting for new pre-apprentices! If you know anyone aged 16–25 who would be interested in gaining education, training, and work experience in one of our social enterprises, then please pass on this news. A pre-apprenticeship includes 16 paid hours of work and work-related training per week and a free bus pass.

Our pre-apprenticeships are tailored to the interests and learning needs of each individual, and include accredited training, on-the-job assessment, and an enhancement of life skills! No experience or qualifications in woodwork or catering is needed.

If you have any questions or would like to refer a young person to this programme, reach out to Derek at [derek@grassmarket.org](mailto:derek@grassmarket.org) or 07858 916 341.

Interested in what *Oot the Box* is up to? Follow them on Twitter: [@oottheboxedinb1](https://twitter.com/oottheboxedinb1) and Instagram: [@oottheboxedinburgh!](https://www.instagram.com/oottheboxedinburgh/)

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## **Monthly Walks - 22nd/27th May**

To prepare for the West Highland Way, we will now be offering two walks per month. You can attend one or both and do not need to be going on the West Highland Way trip to join:

### **Sunday, 22nd May- Peebles Neidpath Railway Walk**

Meet at 10am outside of the Museum of Scotland, Chambers Street.

### **Thursday, 27th May - Hermitage Brae**

Meet at 11am at the Grassmarket Centre.

For all walks, please wear comfortable shoes and bring layers in case the weather is cold/rainy. We will be taking the bus for most walks, so please be on time. We cannot wait if you are late.



## Wild Swimming - Saturday, 21st May



Fancy a swim outdoors? Join Alex, GCP volunteer and stellar swimmer, for wild swimming on **Saturday, 21st May**. You will be provided with a warm changing robe and wet shoes. We also light a fire and enjoy some hot tea and coffee post-swim!

For more information, such as the time and location, please phone 0131 225 3626 (opt. 1) or email [info@grassmarket.org](mailto:info@grassmarket.org). **You must book your place.** Be advised that cancellations may occur due to poor weather.

## May Members' Meeting

**Thursday, 26 May from 3:30-5pm at the Grassmarket Centre**



As always, please join us to hear updates about the Grassmarket Community Project, give your feedback and suggestions, and engage in a bit of fun!

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## Wellbeing Resources

Great resources to support your health and wellbeing.



**Sexual & Reproductive Health:** Looking for information about contraception? Interested in getting screened for sexual transmitted infections? Wanting to learn more about HIV prevention? The CHALMERS Centre can help (if you live in Lothian). Their [website](#) contains some great resources and you can make an appointment to speak to a specialist.

**Free Online Yoga for All Levels:** Check out [Yoga with Adriene](#) on YouTube for over 500 yoga videos ranging from quick 5 minutes practices to hour long yoga sessions. Feeling stressed or anxious? Try [Yoga for Anxiety & Stress](#). Having trouble sleeping? Try [Wind Down Yoga](#). Needing a bit of calm? Try [Yoga to Calm your Nerves](#). Have limited mobility? Check out this list of [seated and wheelchair based classes](#).

**Taking Care of Your Mental Health:** Edinburgh-based charity *Health in Mind* specialises in services to support young people and adults to improve their mental health. Health in Mind organises counselling, one-on-one peer

support, support groups for people dealing with a variety of challenges. Exact services vary based on where you live. To find out more, check out the [Health in Mind website](#).

**CONTACT US**  
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