Get2gether’s November 2022 newsletter

# **Front Cover**

Joanne is on the cover. The photo was taken at ATIK in August 2022. She is smiling, wearing glasses, pink lipstick, sparkles on her face and a white t-shirt with a blue design.

This newsletter reminds us that 100% of our events are free this month.

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For this month’s cover story, we had the pleasure of chatting to long-time member—Joanne! She shared her passions, future plans and fave get2gether memories. Come along to Joanne’s in person event! (p.6)

In response to the impending cost of living crisis, get2gether wants to reassure members that events with us will continue to be affordable, accessible and fun. This month, all of our events are free!

The get2gether team wishes you a warm and safe winter,

For her full goodbye post, click here: [get2gether blog](https://get2gether.org.uk/blog).

## **Staff Team**

· 07551 125 726 is Mojca’s number, Mojca is our Director.

· 07858 318 643 is Rosy’s number, Rosy is our Events Coordinator.

· 07876 865 349 is Clare’s number, Clare is our Course Coordinator.

· 07867 179023 is Ella’s number, Ella is our Comms & Events Coordinator.

· 07934 804703 is Alison’s number, Alison is our Administrator.

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From our Ambassadors

## **Natalie (she/they)**

It’s pumpkin spice latte season, so grab yourself a cup and head to our events this November.

We’ve got our hybrid AGM coming up this month, all about Wellbeing. I’m going to be talking about my get2gether journey and how it changed my life.

Join me for our Winter Wonderland event!

This year get2gether are speaking at the Loveabilities festival. Come along and support us!

## **Stephan (he/him)**

Open that irn bru and drink to all the fun stuff happening this month!

Join me and Colin for a chill Sunday morning at the museum.

St Andrew's day is just around the corner. How will you be celebrating? For me it will be with a

good old fashioned irn bru.

Last, but by no means least Thoughts and Feelings is turning 2 years old and to celebrate

this we are having free cream teas at Bridgend!

Until next time stay safe and have fun ciao for now.

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There is a picture of the November 2022 calendar.

We have online events, and in person events. There are two types of in person events:

1. Wide scale in-person events in Edinburgh and the Lothians. Booking not required.

2. Smaller in person events in Edinburgh and the Lothians. Booking is required.

Most of our events are free. Sign up to events of your choice today by sending an email to office@get2gether.org.uk.

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**Share Your Thoughts**

**Wednesday, 2nd of November, 10.30-12pm.**

This is an online event

We want to know about the difference that get2gether makes in your life and are running a series of focus groups to find out.

This month we are looking at Emotional Wellbeing and Resilience. Come along and

share your thoughts!

**Location**: Zoom

## **TYT: Wellbeing**

**Tuesday 8th of November 7pm — 8pm**

This is an online event.

This Test Yourself Tuesday is all about Wellbeing!

Written by Josh (as pictured) and hosted by DJ Robbie.

Come along and put your wellbeing knowledge to the test!

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## **Art in the City**

**Friday, 4th of November**

This is a Small & Cosy In-person event.

Join member Joanne for a cuppa and slice of cake at Fruitmarket café, followed by a trip to City Art Centre. We’ll be heading to the New Acquisitions exhibition to see some paintings, photography, prints, drawings and sculptures.

**Location:** Fruitmarket Gallery & Café, 45 Market St, Edinburgh, EH1 1DF.

**Meeting:** Outside Fruitmarket Gallery.

**Cost:** Free/ bring £5 for refreshments.

**Contact Ella** on 07867 179023

Take bus 3, 30, 33, 37 to get there.

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## **Morning at the Museum**

**Sunday, 6th of November, 10am -12pm**

Small & Cosy In Person event

Enjoy a calm and relaxed visit to the museum, with reduced stimuli for visitors with sensory needs. There will also be drop-in crafts activities available. Resources such as sunflower lanyards, visual stories, sensory maps and sensory kits are available.

**Location:** National Museum of Scotland, Chambers St, Edinburgh, EH1 1JF.

**Meeting:** The Tower Entrance (accessible entrance to the museum.)

**Cost:** Free

**Contact Rosy** on 07858 318 643

Take bus 2, 3, 29, 30, 31, 33, 37, 14 to get there.

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## **Martial Arts Evening**

**Saturday 12th of November 4pm — 5pm**

This is an online event.

Interested in martial arts? Want to learn some kung-fu trivia? Come along to Lewis’s Martial Arts evening and explore its true meaning.

**Monday Magic: Skillshare**

**Monday 14th of November 2pm — 3:30pm**

This is an online event

As energy prices and cost of living are increasing, we want to help our members navigate this crisis and forward plan for the winter. Come along for this important skillshare with Sarah and Mairi.

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## **AGM**

**Thursday, 10th of November 4pm-6pm**

This is a Big & Bold in person event.

Meet with get2gether’s Board of Trustees for our Annual General Meeting.

Hear from members who will share their stories on how get2gether has enhanced their wellbeing.

This year’s AGM is hybrid—join us either online or in person!

**Location:** Rowan/ Almond Room, Thistle Centre of Wellbeing, 13 Queen’s Walk, EH16 4EA.

**Meeting point:** By Thistle Reception by the sofas.

**Cost:** Free

**Contact Rosy** on 07858 318 643

Take bus 2, 14, 30 to get there.

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## **EFP: Money Advice**

**Friday, 11th of November, 2-4pm**

Big & Bold In-person event

As energy prices and the cost of living continues to rise, we would like to provide members with the opportunity to get advice on coping with this ongoing crisis.

Join us as we get money advice from the Edinburgh Food Project, then we will head to Grassmarket Café for refreshments.

**Location:** St Columba’s by the Castle, 14 Johnston Terrace, Edinburgh, EH1 2PW.

**Meeting Point:** By the main entrance to St Columba’s.

**Cost:** Free/ bring £5 for refreshments.

**Contact**: Rosy 07858 318 643

**Take bus**: 49, 14 or 5

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**Books, books, books!**

**Tuesday, 15th of November, 2pm-4pm**

This is a Small & Cosy In-person event

**Location:** National Library of Scotland, George IV Bridge, Edinburgh, EH1 1EW.

**Meeting point:** By the main entrance to the National Library of Scotland.

**Cost:** Free

**Contact:** Ella 07867 179023

Take bus 7, 8, 49 or 14 to get there.

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## **Mindfulness in Space**

**Wednesday, 16th of November, 5-7pm**

This is a Small & Cosy In-person event.

We’re bringing mindfulness into space! (sort of). Join Steve from Change Therapy for a Mindfulness session at Dynamic Earth!

Come along and be centred and calm amongst the stars.

**Location:** Dynamic Earth, Holyrood Road, Edinburgh, EH8 8AS.

**Meeting point**: Outside the main entrance to Dynamic Earth.

**Cost:** Free

**Contact Clare** on 07876 865 349

Take bus 35 to get there.

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## **LGBTea: Trans Identities**

**Friday 18th of November 2pm — 3:30pm**

This is an online event.

In honour of Trans Day of Remembrance, we want to celebrate trans voices and have open discussions. Come along and chat about trans identities in this safe space. Open to all genders and sexualities!

## **Seated Exercises**

**Wednesday 23rd of November 2pm — 3pm**

This is an online event.

Seated exercises are an effective way to help you stay active, and all you need is a chair!

Enjoy this movement with Katrina’s company and just do as much as you can. Try it out!

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## **Movie Monday**

## **Monday, 21st of November, time to be confirmed (Ella will contact you closer to the time)**

This is a Small & Cosy In-Person event.

Fancy a FREE movie night in the company of the best gang in town?

DJ Andy will see you in the Filmhouse Café Bar before the show!

Time and film TBC.

Get in touch with Ella to secure an accessible space.

**Location:** Edinburgh Filmhouse, 88 Lothian Rd, Edinburgh, EH3 9BZ.

**Meeting Point:** Inside at the Café Bar.

**Cost:** Free. Bring card for refreshments.

**Contact Ella** on 07867 179023.

Take bus 10, 11, 1, 36, 16 or 34 to get there.

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## **2 Years of Thoughts & Feelings**

Tuesday, 22nd of November 3pm-4:30pm

This is a Small & Cosy In-Person event.

Ambassador Stephan first introduced ‘Thoughts & Feelings’ sessions two

years ago! We’re celebrating with a trip to Bridgend Farmhouse Café, including free cream tea!

**Location:** Bridgend Farmhouse Café, 41 Old Dalkeith Road, Edinburgh, EH16 4TE.

**Meeting Point:** Outside the main entrance to Bridgend Farmhouse.

 **Cost:** Free. Donation Optional

**Contact Ella** on 07867 179023.

Take bus 33, 49, 24, 38 to get there.

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## **Winter Wonderland**

**Thursday, 24th of November 2pm-3:30pm**

This is a Big & Bold In-Person event.

Capture the wintery magic at the Botanics with Ambassador Natalie! We’ll be snapping nature pics, strolling through the gardens and heating up with a hot drink and refreshments. Create some winter memories with us!

**Location:** Royal Botanic Gardens, West Gate, Arboretum Place, EH3 5NY.

**Meeting point:** Outside West Gate entrance.

**Cost**: Free/ bring £5 for refreshments.

**Contact Rosy** on 07858 318 643

Take bus 8, 23, 27 to get there.

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## **Movember**

**Friday 25th of November 7pm — 8:30pm**

This is an online event.

Movember is all about raising awareness of men's health issues, such as prostate cancer,

testicular cancer, and men's suicide. Member Josh will be hosting this wonderful space along with DJ Coffee playing tunes for everyone to celebrate men’s health!

## **LoveAbilites**

**Monday 28th of November 4pm — 5:30pm**

This is an online event.

Our very own Mairi, Kaz, Natalie and Damian will be taking part in LoveAbilities, a virtual

sex and disability festival. Come along to hear their panel on body positivity and self-love.

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## **TYT: Pub Quiz!**

**Tuesday, 29th of November, 7.30 - 9.30pm**

This is a Big & Bold In-person event

Fancy a pint and a pub quiz with the best quiz team in town? Want to test your quiz knowledge? Join Colin and Lewis for a TYT at Hector’s—it’s going to be quiztastic!

**Location:** Hector’s, 47-49 Deanhaugh St, Edinburgh, EH4 1LR.

**Meeting point:** Inside, seated at the round table by the accessible toilets.

**Cost:** Free/ bring money for drinks.

**Contact:** Ella 07867 179023

Take bus 24, 29, 36 or 42 to get there.

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# **Love Language**

**Wednesday 30th of November 7pm — 8:30pm**

This is an online event.

Kaz and Mairi are back to talk about Love Languages! How do you express love to the

people in your life? Come along and learn more about yourself and others!

We can’t wait!

There is an advert for the DJ Feel Good Collective, you can book them by emailing office@get2gether.org.uk

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# **Member Spotlight**

 We interviewed get2gether member Chris

“I’ve been with get2gether for over 8 years now and I like going to ATIK and seeing familiar faces.” Chris (he/him)

**1.** **Who are you and how did you discover get2gether?**

My name is Chris and I live in my own flat in Haddington in East Lothian. I have worked for the East Lothian council for the last 20 years. I found out about get2gether through a friend of mine.

**2.** **What has been your favourite get2gether event you’ve attended?**

My favourite get2gether events are the ATIK club nights. I enjoy volunteering and welcoming people on the doors. I’ve been with get2gether for over 8 years now and I like going to ATIK and seeing familiar faces, as well as meeting new people and new members.

**3.** **What’s your favourite thing about get2gether?**

Meeting new people and making friends.

**4.** **What are your interests outside of get2gether?**

l like going cycling with an organisation called ‘Beyond Boundaries’. I also enjoy tending to my garden and volunteering in my spare time. I like other things that keep me active too like going to the gym and paddleboarding.

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## **Wheel of Emotions**

Write down a memory or create a piece of art for each emotion. Let the emotion fill you up inside and express your creativity.

The emotions are

Angry

Happy

Scared

Excited

Sad

Proud

When you’re done, take a picture and send it to office@get2gether.org.uk.

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## **Building Healthy Relationships**

Fancy learning more about body positivity and self-love? Why not come along to our LoveAbilities panel on the 28th of November? (more info on page 17)

 **Question**: · What is Body Positivity?

 **K:** It is different for everyone! For some people it’s being confident with yourself, loving yourself for who and what you are - trying not to be bothered about other people's opinions. For

others its self-love, self care, wearing the clothes & jewelry I love.

For others it’s being around your disabled community & friends, feeling respected and owning your disability.

· **S:** It is about not hiding yourself; not hiding your sexuality, gender, disability. Self-love is very linked with body positivity. You need to know that you deserve to be your truest and most

authentic. It is a big project everyday to love yourself.

Crew2000 Digital Drop-In is still open! Email dropin@crew2000.org.uk or DM (Direct Message) Crew’s Instagram account @Crew\_2000.

## **Back page**

Your membership is free thanks to our funders: The Robertson Trust, RS MacDonald, National Lottery Community Fund, Scottish Government, OSCR.

Our events are 100% free this month, we believe socialising should be accessible for all!