Get2gether’s October 2022 newsletter

# Front Cover

Katrina is on the front cover, the photo was taken at ATIK in August 2022. She is smiling, wearing a sparkly hairband, pink lipstick and and a pink and white tshirt.

This newsletter reminds us that ATIK is back on 27/10/22 and the theme will be Halloween!

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This month we are saying goodbye to our longstanding ambassador, Katrina, who is moving on to pursue her dream of working with children with additional support needs. Katrina will be at the Karaoke Disco saying goodbye to all our members!

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

Interested in becoming our new Ambassador? Go to page 18 for more info! - the get2gether team.

## 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 finally spooky month! And I look forward to seeing you all this October. Get2gether is reaching double digits! Help us plan our 10th anniversary party! Have your dating skills at the ready for a night of matchmaking for our Big Date Night. It’s time to get your broomsticks out and fly on over to our ATIK Halloween Party. There’ll be some spooky surprises in store!

## Stephan (he/him)

October is here and it's going to be spooktacular! Thoughts and Feelings is back and this month it is on Loneliness, we would love to see you there. Also, we have a spooky Night at the Theatre on Halloween itself. If you are looking to practice your dating skills then come along to our Big Date Night, because love is all you need. It’s ATIK month, so why not come along to the best Halloween party in town! Have fun and see you guys soon.

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There is a picture of the October 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](mailto:office@get2gether.org.uk).

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## Autumn Fête with The Health Agency

**Wednesday, 5th of October, 1-3pm.**

This is a Big & Bold In-person event.

Calling all South West Edinburgh members! Why not come along to The Health Agency’s Autumn Fête? There will be food, face painting, music, a raffle, massages, yoga, wellbeing taster sessions and much more!

**Location**: Wester Hailes Healthy Living Centre, 30 Harvesters Way Edinburgh, EH14 3JF

**Meeting Point**: Outside the entrance for Wester Hailes Healthy Living Centre.

**Cost:** Free

**Contact Ella** on 07858 318 643

Take bus 30 to get there.

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## Ghost Tour in South Queensferry

**Thursday, 6th of October, 2-4pm**

This is a Small & Cosy In-person event.

Join get2gether’s previous director Marion and Coordinator Rosy for a ghost tour of South Queensferry! Tour includes a trip to the Witches Burial Grounds, ending with a trip to the Little Bakery for cake and £5 palm readings from the wonderful Topaz Rose.

**Location:** Priory Church, South Queensferry, West Lothian, EH30 9RB

**Meeting:** Outside Priory Church.

**Cost:** £5 Palm reading + money for coffee/cake!

**Contact Rosy** on 07858 318 643.

Take bus 43 to get there.

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## Feed the ducks with Philip and Lewis

**Saturday, 8th of October, 2-4pm**

This is a Small & Cosy In-person event.

Come and join member Philip and sessional staff Lewis for a quacking time down by the canal! What’s more relaxing than feeding the ducks? Then, we’re heading to an accessible café for chats and a hot drink!

**Location:** Costa Coffee, 48 Earl Grey St, Edinburgh, EH3 9BN.

**Meeting:** Outside the entrance of Costa.

**Cost:** Free/ bring money for a drink.

**Contact Ella** on 07867 179023

Take bus 2, 47B,11, 36, 47, 124, 16, 24 or 10 to get there.

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## Monday Magic— Skillshare

**Monday 10th of October 2pm — 3:30pm**

This is an online event.

This month’s skillshare is led by David, Insight’s paid digital project assistant! He will be sharing his teamwork skills—why not come along?

## TYT: Halloween Edition!

**Tuesday 11th of October 7pm — 8pm**

This is an online event

Ready to discover some terrifying trivia? Come along and scare yourself silly at our horrifying Halloween quiz!

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## 10 Year Anniversary Planning Group!

**Wednesday, 12th of October, 2-4pm**

This is a Small & Cosy in person event.

get2gether is almost 10 and we want YOU to help us celebrate in style! Interested in party planning? Want to have your say? Then why not sign up to be a part of our planning group?

**Location:** Coffee Saints (Grassmarket Café) 86 Candlemaker Row, Edinburgh, EH1 2QA.

**Meeting point:** Outside Grassmarket Community Project main entrance.

**Cost:** We suggest £10 for refreshments

**Contact Rosy** on 07858 318 643

Take bus 41, 23, 2, 45 or 27 to get there.

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## Mindfulness Online!

**Thursday 13th of October 3pm — 4pm**

This is an online event.

Steve from Change Therapy is hosting an online mindfulness session that looks at breathing and calming your mind - great for your body, mind and soul.

## Big Date Night

**Friday 14th of October 6pm — 8pm**

This is an online event.

We love Big Date Nights here at get2gether! Come and practice your cheesy chat up lines, woo someone cute, or enjoy some good chat in the bar with Natalie and Stephan! Open to all genders and sexual orientations!

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## TYT: Pub Quiz!

**Tuesday, 18th of October, 7.30-9.30**

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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## Downs With Love

**Wednesday, 19th of October, 7.15 - 9pm**

This is a Small & Cosy In-person event.

Enjoy theatre and romance? Then why not book your ticket to see ‘Downs With Love’? A wonderful play about love and disability.

**Location:** The Studio at Festival Theatre, 22 Potterrow, Edinburgh, EH8 9BL.

**Meeting point**: Outside the main entrance of The Studio.

**Cost:** £9.00 per ticket to be paid in advance.

**Contact Ella** on 07867 179023.

Take bus 42, 51, 30, 33, 2, 3, 41, 31, X95 or 47 to get there.

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## Thoughts & Feelings: Loneliness

**Thursday 20th of October 5pm — 6:30pm**

This is an online event.

Have you ever wanted to talk about the feeling/emotion of loneliness but have felt scared to open up? Then come along and talk in a safe space amongst friends!

## LGBTea: Counselling

**Tuesday 25th of October 2pm — 3:30pm**

This is an online event.

Come along to our LGBT drop-in session about counselling! Claire from LGBT Health and Wellbeing is coming to talk about counselling, who it is for and how it can impact on mental health and wellbeing.

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## Movie Monday: Fright Night

**Monday, 24th of October, time to be confirmed (ella will contact you closer to the time)**

This is a Small & Cosy In-Person event.

Fancy a free Fright Night in the company of the best gang in town? Andy and Ella will see you in the Filmhouse Café Bar before the show! 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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## Let’s Talk About Sex: Snogging

**Wednesday 26th of October 3pm — 4:30pm**

This is an online event.

Join Kaz and Mairi to chat about everything snogging-related! How do you initiate a kiss? How do you ask someone if they would like to kiss? How can kissing turn into something more? Come along and join in the conversation!

## Halloween Night at the Theatre

**Monday 31st of October 6:30pm — 8:30pm**

This is an online event.

Fancy a spooktacular Night at the Theatre? Then join us on zoom for a spooky show on Halloween! Dress up and bring your snacks—it’s going to be spooktastic!

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## Halloween Party @ ATIK

**Thursday, 27th of October from 8pm-12am**

This is a Big & Bold In-Person event.

Our Flagship ATIK Club Night is back! Come along, wear your spookiest outfit and celebrate Halloween with us! Our DJ Feel-Good Collective will be spinning some chilling tunes, and the dancefloor will be spooktacular!

**Location:** ATIK, 3 West Tollcross, Edinburgh, EH3 9BP

**Meeting point:** Queue outside ATIK Main Entrance.

**Cost** is £7 for members, carers go free.

**Contact Rosy** on 07858 318 643

Take bus 47, 24, 23, 27, or 16 to get there.

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## Member Spotlight

We interviewed get2gether member Scott Meldrum.

“You get to make new friends at get2gether. Since I joined my social life has improved.” Scott (he/him)

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

My name is Scott and I found out about get2gether 9 years ago in October 2013 a drop-in centre at Lochend. A friend of get2gether called Jessie told me about it. I then went to my first get2gether event with get2gether’s old director Marion at a pub on the Royal Mile.

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

I enjoy the popular Karaoke Discos and ATIK club nights. I went to a Life Drawing event with get2gether, but when we got there we saw that it had been cancelled. But we all went out for a drink instead. It was a very nice warm social evening.

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

You get to make new friends at get2gether. Since I joined my social life has improved.

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

I like playing pool and watching films. I have been to some of the Movie Monday Pop-Ups. I went to the one in June and we saw Elvis. I liked it a lot. I hope get2gether hosts some game nights too.

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## Face Your Fears

We are challenging YOU to face your fears! Write down a fear you have. What will you do to challenge it?

I am afraid of:

I will face my fears by:

## get2gether advertisement for a new Ambassador

**Closing date:** 11th of October 2022

We are hiring an ambassador with lived experience of disability, who is friendly and approachable, enthusiastic and offers new ideas. The pay is £10.40 per hour, you will work 9 hours per week. Contact [admin@get2gether.org.uk](mailto:admin@get2gether.org.uk) for more information.

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## Building Healthy Relationships

Fancy learning more about sex and relationships in a safe space? Why not sign up for our next Let’s Talk About Sex course? Email [rosy@get2gether.org.uk](mailto:rosy@get2gether.org.uk) for more info

**Question**: What is vaginismus?

* **K:** Vaginismus is a condition that happens when the vagina shuts down, making penetration impossible or very difficult. It can feel like a wall. The person can be okay with other things like kissing, hugging, handjobs, but perhaps when it comes to penetration or something entering the vagina - the person tenses up.
* **S:** In a nutshell, you have an incident, perhaps pain which leads onto fear. What can break that cycle is creating safety and boundaries in the relationship, breaking it down into small steps. Vaginismus and being nervous are very similar and the treatments are the same. It’s all about communication, taking small steps, listening to each other, not scaring yourself, being gentle with yourself - which will lead to a more positive sexual experience!

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

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See you at ATIK for our Halloween Party! On the 27th of October from 8pm-12am.

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