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**A 1ST and 2ND FOR LOCHEND RESTALRIG AND CRAIGENTINNY**

**Saturday the 16th of October and Sunday the 17th** sees a 2 day open house for all local people at The Ripple Project with a focus on what you can do for yourself to and what you can do for others.

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**Saturday 16th October**

**THE RIPPLE WELLBEING DAY**

This is our second annual wellbeing day, put together by our wellbeing co-ordinator Cat Robertson. She has organised a menu of activities that people can come and join in with ALL FOR FREE.

Available on the day

Silent Disco

Sing in The City

Capoeira

Drumming

Group Mindfulness

Creative writing

Art Workshop

Hypno/reiki

Reiki

Massage

Reflexology

Kinetic Chain Release

NO NEED TO BOOK – turn up from 9am til 4pm – The Ripple, Lochend and Restalrig Community Hub, 198 Restalrig Road South, EH6 6DZ – for further information email [catriona.robertson@theripple.org.uk](mailto:catriona.robertson@theripple.org.uk) or call 0131 554 0422

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**Sunday 17th October**

**LCR STANDS UP – VOTING DAY**

LCR Stands Up is an opportunity for people to decide, by voting, which local projects should receive money through what’s known as Participatory Budgeting (PB).

Everybody aged 8 and above who lives, works, volunteers, or studies in Restalrig, Lochend and Craigentinny can vote.

A total of £16,000 is available from a number of different funders who believe that local people should make decisions about money that is spent in their area.

PB comes in all shapes and sizes, but basically it looks like this:-

1) People think of ideas of what would make the lives of local people better

2) People who live and work in the area vote for the idea they would like to see happen

3) The ideas with the most votes get funded

You can find out more about the applications to vote for after the 19th September here <https://www.rippleproject.co.uk/lcr-stands-up>

**TO VOTE** – turn up from 10am til 4pm – The Ripple, Lochend and Restalrig Community Hub, 198 Restalrig Road South, EH6 6DZ

If you want to find out more please contact Tristan Green at The Ripple on:-

Mobile – 07547 794 604

Email – Tristan.green@theripple.org.uk

The Ripple – 0131 554 0422

