

Spit It Out

SPRING PROGRAMME

March - May 2024



ABOUT

The Spit It Out (SiO) community is all about coming together and sharing creative ways to heal and support our mental health, whether through arts, performance, activism, nature, or self-exploration. Community and learning spaces make a huge change to the way we view and support ourselves and others. Creating SiO, we wanted to shatter the prejudices that once you have experienced trauma, you are broken and are no longer welcome in everyday society. We imagined a day where sharing our difficult experiences would become easier, allowing us to help each other heal.

Spring is back and we are so excited to share our new programme with you! A chance to learn, explore and connect with others. Our trauma-informed spaces are open to anyone who wishes to share, learn and grow. All events are Pay As You Can or free, donations welcome. If you have any accessibility needs, please contact us and get in touch if you have any questions.

We are so excited to share these events with you!

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|--------------------|--|
| Aye Share | Music, spoken word, poetry, performance art, and our ceilidh! Let's listen, cry, dance and laugh together. |
| Aye Breathe | An inclusive & non-judgmental place to slow down and reconnect with nature, your body and breath. |
| Aye Connect | A monthly open invitation for our community to get together for games & interesting conversations. |
| Aye Thrive | An exploration into mental and physical wellbeing using creativity as a vehicle for change. |
| Aye Right | Talks, workshops and free resources dedicated to learn together about activism and community care. |

MARCH

THU

07

AYE RIGHT: RESISTING RACIAL CAPITALISM

18:30 - 20:00 | Online

The second part of the Racial Capitalism 101 series focuses on resistance and the following questions: 1. How can movements against colonialism help us understand the role of internationalism in shaping resistance to racial capitalism? 2. How Black Marxism fuses anti-racist and class struggles in the 20th century. 3. How abolitionist struggles against police, prison, border and military power provide contemporary alternatives to racial capitalism today.

SAT

09

AYE BREATHE: YOGA FOR MENOPAUSE WITH ANGIE

12:30 - 14:00 | Salisbury Centre

This is a great chance to explore all things menopausal and meet other women who are also on this rollercoaster ride! Angie will open up the space to focus on a few different aspects of menopause, and the possible effects it can have on our mental health and wellbeing. Ending the practice with a deep relaxation.

SUN

10

AYE THRIVE: VISUALISING THE LANDSCAPE: ECO-POETRY AND ZINE-MAKING

12:00 - 15:00 | Scottish

Storytelling Centre

Share your climate anxieties in this experimental space to write and draw the landscape. Join in some guided exercises to prompt eco-poetry and turn your words into a collaborative zine. No experience of writing poetry or zine-making is necessary, we will show you how.

MARCH

SAT

16

AYE BREATHE: MUDDY MOUNTAINS FOREST SCHOOL FOR ADULTS

*10:00 - 14:00 | meeting point
Midmar drive | The Hermitage of
Braid*

An introduction to green woodwork: we will look at some of the tools we use during a forest school session, explaining their main purpose and the different procedures to use them safely and effectively. Attendees will be able to explore and play with the different tools and wood and try any ideas depending on their interests and skills.

MON

18

AYE RIGHT: CINECLUB WITH WAVERLEY CARE

*18:30 - 20:00 | Spit it Out
Community Room*

Join us for a surprise movie night followed by a group discussion to talk about stigma, myths and sexual health with Waverley Care, Scotland's HIV and Hepatitis C charity. Our Transformative Justice Group is a place to share knowledge and needs for living in a more just world.

TUE

19

AYE THRIVE: WHAT A PICKLE! PARTY WITH SARAH

18:30 - 20:30 | August 21

For those who have never been to a pickle party, here is your chance! Stretch your current culinary comfort zone and learn how to spice up and preserve vegetables for consumption later in the year. Gain some food knowledge and feel self-assured in the kitchen. Veg and pickle juice will be decided on the day! Bring along a mason jar (or 2!).

MARCH

SAT

23

AYE BREATHE: YOGA AND MEDITATION WITH SAMPURAN YOGA

10:00 - 13:00 | Salisbury centre

Join Sam for a heartwarming hour of dynamic yoga flow, followed by a peaceful 30-minute guided meditation. There will then be the opportunity to enjoy some comforting tea and homemade treats while connecting with others.

TUE

26

AYE CONNECT: CLOTHES SWAP

18:00 - 21:00 | August 21 Coffee House

Do clothes keep piling up in your drawers, wardrobes, and suitcases...? Then we have the perfect evening planned for you. Come meet other icons and swap clothes with them at August 21 our

fave local cafe. Bring pieces you once loved but no longer wear, find unique items in other people's wardrobes, and meet wonderful humans in the process.

SAT

29

AYE SHARE: TOKEN WHITE BOY FUNDRAISER

19:00- midnight | Leith Cricket Club

All the ticket sales from this event will go towards the Spit it Out Festival 2024. The Festival sees us supporting over 100 creatives from intersectional marginalised backgrounds and we are so happy these good guy allies have given us their time and talent for free to help us raise funds to pay our festival collaborators. Come join us for a night of good music & dancing for a good cause!

APRIL

01-19

SIO TEAM WELLBEING BREAK

We are taking a little break for our mental health!

FRI 19

AYE SHARE: FUNDRAISING CEILIDH!

19:00 - 22:00 | Assembly Roxy

You know we love a good ceilidh at SiO!!! Come join us for a dance with our resident ceilidh band Collateral Dramage, an auction, a raffle and a beautiful Gaelic BSL performance from Evie Waddel.

MON 22

AYE THRIVE: ALL HANDS ON DECKS

18:00 - 20:00 | Lost in Leith

A queer space for those curious about DJing with little or no experience. We will be going through the basics of the equipment and the elements that make a good DJ with a chance to have a spin for yourself!

TUE 23

AYE RIGHT: IMAGINING RADICAL FUTURES THROUGH FUNGI WITH MAYMANA AREFIN

18:00 - 19:30 | Online

This workshop is specific for BIPOC participants. In this creative writing workshop, fungi enthusiast Maymana Arefin (@fungi.futures) will introduce us to the mycelium threads connecting fungi and social justice. All levels of knowledge are welcome!

APRIL

TUE

23

AYE CONNECT: STITCH AND BITCH

18:00 - 21:00 | August 21 Cafe

Join us for a Stitch and Bitch session where you can bring your unfinished embroidery, crochet, knitting and other thready projects! We will provide a cosy atmosphere for you to relax and chit-chat.

THU

25

AYE THRIVE: ALL YOURS X WHICH PERIOD PRODUCTS ARE BEST FOR ME?

18:00 - 20:00 | Online

Come on a whistle-stop tour of disposable and reusable period products as we openly discuss how to comfortably manage your flow, spot signs of toxic shock syndrome and raise awareness about period health for those who bleed.

SAT

28

AYE BREATHE: SWIM & SNAP

10:00 - 12:00 | Wardie Bay

Join Cara as she gently guides you through the art of exploring film photography on land and in the waters of Wardie Bay. Cara will generously provide the group with waterproof cameras, creative prompts and prop. Afterwards, you're invited to take an optional dip in the sea.

MON

29

AYE RIGHT: TJ GROUP

**18:30 - 20:00 | Spit It Out
Community Room**

A place to share knowledge and needs for living in a more just world. The reading for this session will be a section of *The Wretched of the Earth* by Frantz Fanon.

MAY

SAT

04

AYE THRIVE'S BIG BEACH CLEAN

*Tide times dependent /
Wardie Bay*

We are continuing our Beachwatch membership with the Marine Conservation Society (MCS) to clean and survey 100 metres of Wardie Bay. All data gathered contributes towards tighter restrictions on plastic waste. Picnic provided!

04 -05

AYE BREATHE: CAMPING TRIP

Join Kate and Ellis as they lead an introductory camping trip designed to assist those who've longed to experience the great outdoors or return to camping but faced barriers like cost, lack of equipment, limited knowledge, or simply a desire for a supportive camping community.

FRI

10

AYE SHARE: CABARET NIGHT

19:00 - 22:00 / TBC

Continuing on our fundraisers for the SiO Festival 2024 we have a fun variety show with performances from singing, pole dancing, drag, clowning and more!!!

SAT

11

AYE THRIVE X EDINBURGH TOOL LIBRARY: BUILD A PLANTER

10:00 - 13:00 / Tool Library

Join us at Edinburgh Tool Library, Custom Lane Workshop, for a beginner's introduction to woodwork and the use of hand and power tools

MAY

SUN

12

AYE BREATHE: HIP HOP DANCE WORKSHOP WITH TONY

12:00 - 13:30 | *Dance Base*

Discover the art of hip-hop, popping, and locking with Tony Thrills. This beginner-friendly class blends funky styles from the 70s, boogaloo from the 80s, and hip-hop grooves from the 90s.

WED

15

AYE RIGHT: TJ GROUP WITH CREW 2000

18:30 - 20:00 | *Spit It Out Community Room*

A place to share knowledge and needs for living in a more just world. This session we will read and talk about the Know Your Rights Booklets with Crew 2000, the national harm-reduction charity

SAT

18

AYE BREATHE: NATURE JOURNALING

10:30 - 12:30 | *Blackford Hill*

Join us for a foraging and nature journaling workshop at the Hermitage. During this workshop you'll learn basic plant and fungi identification.. After a small break, we'll go over some simple drawing techniques and start to explore them more closely.

TUE

28

AYE CONNECT: TURN A NEW LEAF

18:00 - 21:00 | *August 21 Cafe*

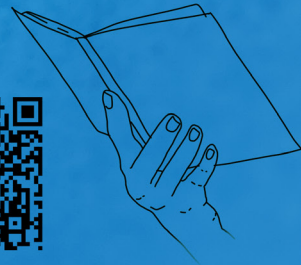
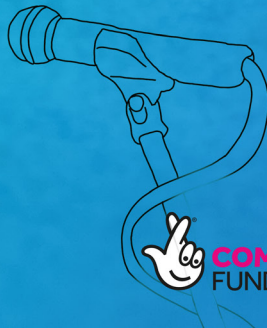
Bring along paints and give new life to old pots! Have an abundance of cuttings? Pop them in water to exchange with others and receive new varieties for your room all the while meeting fellow plant lovers!

Spit It Out

Aye Thrive

**FREE WORKSHOPS
FOR THE COMMUNITY
BY THE COMMUNITY**

**EVERY MONTH @ SUMMERHALL
MORE INFO ON SPITITOUTPROJECT.COM**



SUMMERHALL
Open Minds Open Doors




Foundation Scotland
Scotland's Community Foundation

Spit It Out

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