

Creative voices at Capital Theatres

DementiArts

A photograph of Michelle Burke, a woman with short reddish hair, wearing a black patterned jacket and a red apron with a Santa Claus pattern. She is holding a large red bowl filled with a dark, chunky mixture, possibly a stew or soup, and is looking intently at an elderly man with white hair and glasses who is seated in front of her. The background is slightly blurred, showing other people and a Christmas tree, suggesting a festive indoor setting.

Eat up!

**Michelle Burke
cooks up a storm
on care homes tour**



Welcome to Winter 2024

Well, dear readers, here we are. How is it nearly spring 2024? More to the point, how was the bagpiper on my street STILL playing Auld Lang Syne last night at 2am just as we managed to get our one-year-old back off to sleep? Burns Night was weeks ago! I'm told I'll look back fondly upon these days; right now my baggy eyes would take some convincing!

The good news is, while you're all cooied down as the rain beats the windows, we have some exciting news to share: over the next two months we have not one, but TWO brand new Capital Theatres dementia-friendly events to introduce to you. The first, **Comfy Ceilidh**, will see you dancing from the repose of your own seat, accompanied by a live ceilidh band with moves called by our very own dancer extraordinaire Lucie! Our first Comfy Ceilidh was a sell out, but stay tuned as we're hoping to announce more dates soon. Then, I'll be launching **The Hobby Box** – Capital Theatres very own show-and-tell forum where we'll celebrate a much-loved item of yours in a different art form each week. So get those dancing shoes and treasured objet d'arts by the front door ready!

Be sure to visit our website or call us on **0131 529 6000** to book.

As for the last few months? Well, they've been a bit of a blur! A big highlight was my and Lucie's attendance at the UK's first ever **Dementia Arts Festival** in Inverness, which tied in with the famous **100/6000 dementia conference**. And who can forget tootling around the Christmas tree with the tots from Hope Cottage Nursery at **Mistletoe & Jam**? Meanwhile, I've been busy assembling the elements of our group-written graphic novel, **My Wonky Brain**, which follows the dementia journey of the remarkable Willy Gilder. Funded by **bold**, the book launch is set for 24th February – another one to book when you drop by the Box Office.

As usual, last quarter, we had our usual **Tea & 'Jam', Brew & Blether, Songwriting Sprint** and **Focus Group** sessions, as well as our intergenerational storytelling, **Gather Round**, and rounding off the year with our stellar **care home tour** (see Cover Story)!

As always, all our events are free and are listed at the back of this edition along with other dementia-friendly events taking place across the Lothians until 1st April. So pick that pine needle out the back of the sofa, throw those remnant orange peels on the fire, and enjoy the journey of the following pages.

Alex and the Creative Engagement Team

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Please feel free to drop me, or Lucie, a line if you require further information, would like to subscribe to this magazine, or would just like a wee chat about our programme.

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Cover image: The Christmas Box. Photo by Greg Macvean.



I Don't Believe it!

They say you are linked to everyone in the world by no more than seven individual acquaintances. Never was this more purely demonstrated than through the stories recounted at Screen Memories, where participants brushed shoulders with everyone from Vivien Leigh to Al Capone!

The catch-phrase made famous by Richard Wilson in his role as Victor Meldrew in "One Foot in the Grave" could easily be applied to some of the stories that volunteers with Screen Memories have heard over the past few years. Some of the stories we have heard are simply incredible and we would like to share some of them.

In an Arran day centre, we were looking at stills and discussing *Gone with the Wind*. Although one of the members had lost his sight, he loved listening to the names being mentioned. It transpired that he had danced with Vivien Leigh and gave a vivid description of his dancing encounter with "Scarlett O'Hara" at an officers' mess near Winchester during the war. He found the star charming and very down to earth and recalled what he described as "her alabaster skin complexion."

One man at a Glasgow care home had been an aspiring child star in the Golden Age of Hollywood and his mother had taken him to California in search of fame and fortune. He recalled getting into trouble for pulling Shirley Temple's pig-tails but his best story related to transport. He remembered getting a lift back to their hotel with his mother on a particularly wet and stormy day. Mother and son were soaked to the skin when a large vehicle slowed down to offer them a lift. The limousine was impressive and the owner was a smartly dressed man by the name of Al Capone!

On the island of Eriskay, the attendance at the Screen Memories session was one of the biggest ever in proportion to the size of the population. We had prepared a lot of material on the original *Whisky Galore* film and hoped that some of the islanders would recall the making of the 1949 Ealing classic. The stories of the filming were amazing and the tensions between the Barra and Eriskay "extras" were the stuff of legend. One of the ladies asked if we could freeze the film and she pointed out many of the islanders, including herself as a young girl. She told of the ceilidh scenes and how she had to help with some of the dance moves, to assist the star Joan Greenwood.



In Perth, one of the ladies seemed to be spending a very long time looking at one of our Screen Memories cards. A memory had been triggered and she began to tell a story of a teenage trip to the South of France in 1956. "I know him. I have spoken to him." She said as the room fell silent. She had been on holiday in Nice and was sitting in a café with some school friends when an American man came over, curious to find out what the strange accents were. After explaining that they were from Scotland, he had asked her name. She said her name was Margaret Kelly. "Are you here for the wedding, then?" he enquired. They all laughed and confessed that it was pure chance that their visit was coinciding with the marriage of Prince Rainier and Grace Kelly. She had remembered the American and the dimple in his chin. His name? Kirk Douglas.

It was another holiday memory that was triggered by one of the still images. A lady recalled a pleasant conversation with a "white-haired old man" sitting on a park bench at Nairn beach. He was watching his young wife and their children playing on the sand. They had a long chat and he apparently came up to the Moray coast quite often for the peace and tranquillity. It transpired that his name was Charlie Chaplin and the family often stayed at the Newton Hotel in Nairn, renting out the entire second floor.

Our final collection of stories came from an Edinburgh care home where some of the residents recognised a former neighbour. It was a still from Dr. No that started the conversations and suddenly the stories emerged. One lady remembered him when he went to Tollcross Primary School, while one of the men knew him as Tam the milkman. He told another story of a visit by the James Bond star to his Edinburgh roots, when one of his former mates recognised him and the opening line of the conversation went something like this. "Hello Tam, haven't see you for ages. What have you been up to?"

Screen Memories was started in 2015 and is a registered Scottish charity which uses stills, trailers, extracts, and newsreels to trigger memories of film and vintage television for those living with dementia and other longer-term memory issues. Sessions are held in day care centres, hospitals and community settings and have taken place from Shetland to Stranraer with many points in between. To book a free session just e-mail Michael White on mike@screenmemories.org.uk or text 07706 334909



A Carer's Story

While this magazine typically celebrates the positives to be found in a life with dementia, this unfortunately is not always the case. In a change to Ann's usual Hidden Lives account, this quarter we hear the heart-rending anonymous account of an unpaid carer struggling with the enormity, isolation and guilt-laden thoughts associated with their role.

There are times where if I'd been asked to write about my caring experiences, I may have been able to talk (a little) about the privilege, satisfaction, and fulfilment of this role. Limited times, but times, nonetheless.

However, this appears not to be one of those times. I've had many failed attempts at starting this and always end up giving up in despair at the sheer negativity involved.

I long for the time I can accept this position with love, duty, gratitude, anything really to stop the feeling of burden which then results in guilt & shame. I do read of people who accept the role with grace, but it's no lie, nor secret, that I am struggling just now.

Today I am exhausted, overwhelmed, frustrated, and irritated, like most days I suppose.

The vanishing items that there is a daily hunt for; this week it has been the elusive hearing aid and the roll of bin bags but can be anything you care to think of! The hours spent (wasted) looking for items that invariably turn up days later when we aren't looking for them (wish I knew all the hiding spots) or are gone into oblivion forever!

The endless repeated questions.

Agreeing on something but doing the opposite

The endless undoing what I do.

The reminiscing stories where the facts change depending on mood.

The moving things around.

Saying one thing and doing another.

Not eating the meals that are there.

Eating ALL the food that was meant for a few days.

And the just not knowing what will need to be dealt with on any given visit.

The hardest part is that my loved one appears completely rational, can hold a conversation, and has ideas and opinions, looks to be understanding and agreeing with things – and I get continually sucked in and duped every time, expecting things to get followed through. Is it wishful thinking? I don't know? But I am forever exasperated.

At the present time these situations can be humorous, and we can laugh at some of the antics, but that's not always the case and can be interspersed with violent and angry outbursts.

There is just always something to deal with, it's constant, no let up. Fear or dread at what is happening when I'm not there and worry of what the next 'crisis' may be.

I'm only one person – dealing with two lives yet getting to 'live' neither. Going through the motions in survival mode, acutely aware that this is my only chance on this earth, and the worst thing – not knowing how long it may go on. Actually, that's not the worst thing, it's knowing it will get a lot harder yet and the toughest bit is still to come!

I have to work (two jobs now) to earn a living. No one to support me. But when I think of what help would be ideal, I realise that the sort of support I long for doesn't exist. Help with the emotional clinginess and neediness, the knowing her inside out that would help with that. Someone who knows her routine and her habits back to front, when she needs clean clothes, someone who can run along there in an instant when she rings to say her TV won't go on or anything malfunctions (heating, hot water, fire, medication dispenser, alarms – the list goes on) and the biggest part – do her thinking and decisions for her. At times now I feel I can't even do my own thinking anymore. I've been feeling lately like I'm losing my sanity and frankly it's terrifying. My physical health is also suffering.

But onwards and upwards because that help does not exist and even the help that is apparently available falls short on every level.

Doctors that don't care, CPN's that never call back and social workers intent on ticking boxes and in our case removing the tiny little bit of care we had.

I feel guilty and shameful even writing this, almost like it's a betrayal.

I know I am loved and appreciated, I am told frequently and thanked regularly and I know I must recognise that. (Long may it continue).

Why can I not appreciate the situation like some do, as an opportunity for closeness and memory-making? Or do these people perhaps sugar-coat things, are they honest, who knows?

I do see that we have had spells of memory-making and good times, but these times are frequently outweighed by the stresses and overwhelm.

Who knows if that will change – but I keep my fingers crossed and my mind open.



A Show for the Road

As we settle into a new year, star and writer of our dementia-friendly care homes tour Michelle Burke reflects on what makes theatre on the move so magical...

I have collaborated with the Capital Theatres' wonderful team on their Care Settings Theatre Tour many times over the years and it's such a fantastic project. The joy of bringing the theatre out to care settings and connecting with people in their own environment takes away the stress of travel and brings the arts to people who otherwise may not have access. It brings together a community where staff, residents, family, and members of clubs can experience and enjoy a show together.

We create a real sense of occasion through the performances. We bring a pop-up set, which is adaptable, so we can make it work in any room or space and it adds a bit of magic.

Part of our remit, for this commission, was to include a sensory box that could be delivered to all the care settings in advance of the performance. I collaborated with director Gerda Stevenson



and pianist James Ross to create this show and we decided to make the sensory box the main focus...and so began The Christmas Box.

We had so much fun creating this show; our aim was to make it playful, engaging and varied with the ability to adapt to each audience. Our set and the items in the box really brought the show to life and sparked conversations, stories, and songs from people in the audiences. I love it when the audience become part of the performance and we respond by making space for lots of participation.

In the making of this show, we workshopped our ideas over Zoom and in person with a focus group from the Festival Theatre. This group is made up of people with lived experience of dementia and their loved ones. Their invaluable feedback on our ideas for storyline and choice of repertoire shaped how we then developed the show thereafter, and was all the better for it.

The plot line of the show centres around Christmas disasters. I am hosting dinner in Edinburgh for my family after being in bed for a few weeks with the Chicken Pox! Nothing is ready, so we set about making a cake! Sure, what could possibly go wrong?



A Novel from the Heart

Last summer, a group of children and people living with dementia illustrated a graphic novel. The brainchild of dementia activist Willy Gilder and PhD student Valeria Lembo, I (editor Alex) take a look at “My Wonky Brain” and how it hopes to break down dementia stigma for young audiences.

As I write this, the first graphic novel about dementia, illustrated by children and adults alike, is spooling through a Glaswegian printing press ready to become a reality*.

Generously funded by the University of Edinburgh’s **bold** project, I was surprised by the challenges and pleasures connected with co-convening this idea. On the one hand, this was perfect for me, I thought: words, sentences and – well – magazines are my bread and butter. “We’ll get seasoned conversationist Willy Gilder (a former BBC journo) to tell of his diagnosis experiences, get the kids to listen; they’ll draw up some pictures, and, as they say, ‘Fanny’s your aunt, Bob’s your mother’s brother.’”

The reality was quite different. We quickly discovered that a few chats and a table of pencils doth not make a graphic novel with a coherent plot. What’s more, some of the younger participants were quiet, pensive, reluctant and difficult to bring into conversation. Dementia is not your typical subject of conversation for a group of S3 mates at breaktime, after all. Then there was the issue of how to structure the novel. What age would it be aimed at? Would the images be arranged in rows, like in a comic, or have one big page each? Would it be first person or third?

Fortunately, we had some great people on hand: a comic expert (Maria Stoian) and theatre practitioner Adam Robertson. Adam was able to break the ice and get us talking, while Maria



educated us in the art of storytelling through grids and comic strips. One of the most memorable moments saw the children asking Willy questions about his fears via a series of anonymous questions, while Gerry, who also lives with dementia, drew a picture of Mr Gilder as a Formula One racing driver!

And so it was that one day, Valeria delivered to my desk a stack of pictures, off-cuts, captions and interview quotes and told me to go away and make a novel. Several days elapsed with me becoming very closely acquainted with the Festival Theatre office printer, plus multiple days of chopping and changing and... voila! My Wonky Brain was born!

Here's what some of the participants had to say:

Willy's thoughts on the project:

This project has given me the opportunity to share my story with you people, who've asked me the most searching questions. It's been a delight to be challenged, and to have a chance to explain how a diagnosis of dementia has affected my life. My brain disease has compromised my verbal memory but left my visual memory intact. Here are, literally, some of my visual memories.

Valeria's thoughts on the project:

It was such an honour to work on this ambitious project and I hope this can inspire more people and groups to write and illustrate their stories about dementia. I am deeply grateful to Willy and Gerry for sharing their stories and to the young participants for their curiosity, listening, engagement and creativity.

If you would like a copy of My Wonky Brain, please email me at alex.howard@capitaltheatres.com and I'll get one sent out to you.

*For legal reasons this may not be true, but I can't think of another one, can you?



A Soup-er Winter Warmer!

There's nothing like a good nutritious soup on a cold winter day. Stock up on nutrients and iron with this fabulous Chinese soup recipe from Michael Cheung. Mike lives with dementia, so you can be sure all his recipes follow a straightforward, dementia-friendly format.

Chicken Noodle Soup Recipe

Ingredients:

- x2 packet of chicken-flavoured instant noodles eg. Bachelors
- Small cooked chicken breast (finely sliced)
- x3 mushrooms thinly sliced
- x1 spring onion, chopped (use green bits for garnish, white bits for the soup)
- x2 teaspoons of soy sauce
- x1 teaspoon oyster sauce (optional)

Method:

To make the stock, add the amount of water recommended by the instant noodles. Then add the chicken flavouring from the packets.

When the stock is boiling, add the dried noodles, sliced mushrooms, spring onion. Simmer for 6 mins – until noodles are soft.

Add the chicken and soy sauce. Bring to boil, serve, garnish with green spring onion.



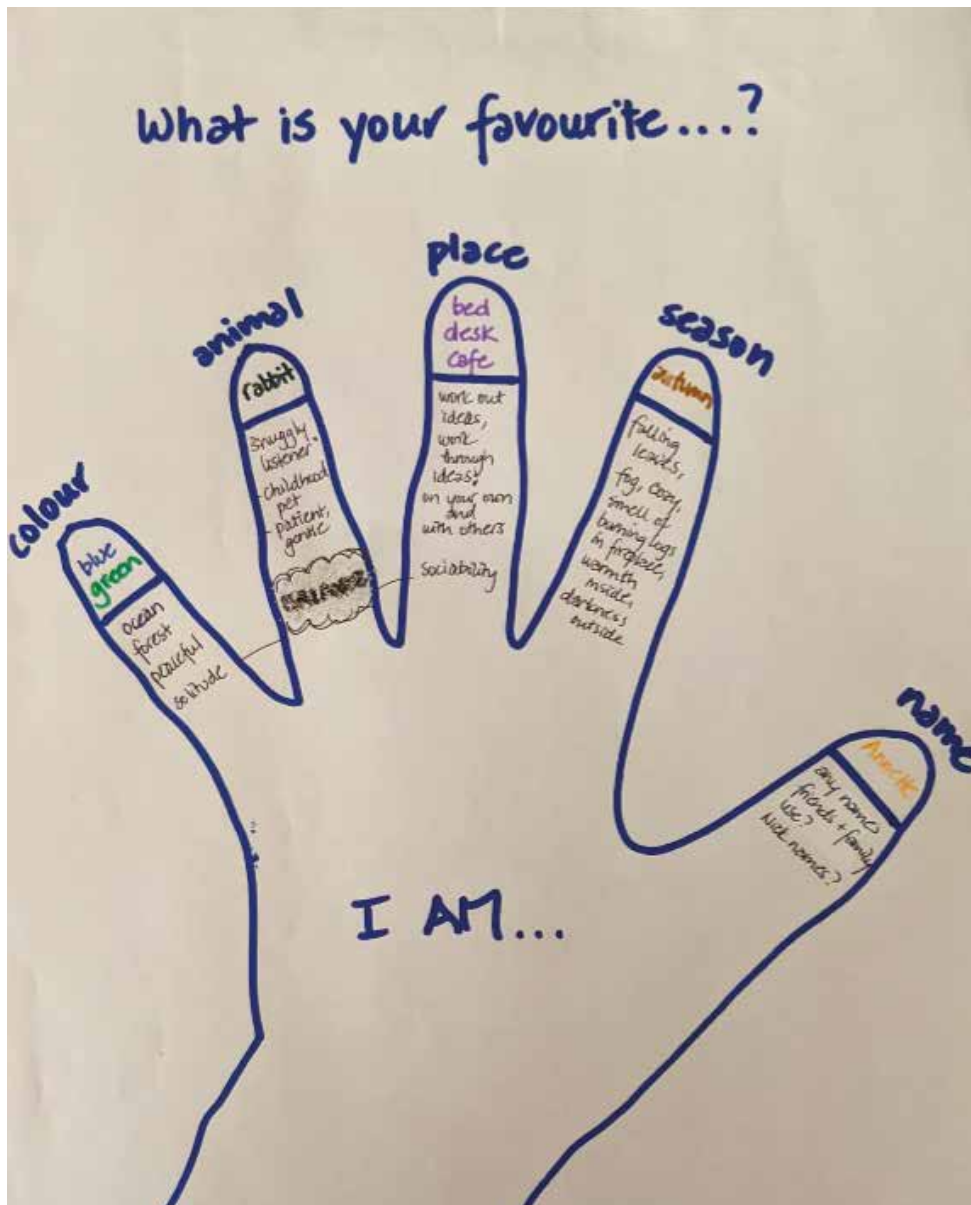
A Student's View

Last month, we were delighted to welcome 20-year-old Edinburgh College student Anesa for a placement on our dementia-friendly programme. With a passion for helping people live more creative lives, Anesa reflects here about attending her first Capital Theatres Tea & 'Jam' and the importance of removing the stigma around dementia.

I am Anesa Howard, a BA acting student studying at Edinburgh College. This year I am on a placement hosted at the Festival Theatre in Edinburgh, volunteering for the dementia programme. My time spent here has been captivating as I meet a community that is bright, vibrant and welcoming. Being a part of the Festival Theatre's events has been amazing. I have joined in Songwriting Sprint, Tea and Jam and Together in Song, and have been amazed how much music and community can come together and create such amazing creations and environments. The other week I was given the pleasure of experiencing Mistletoe and Jam where we had our usual audience but were also joined by a local nursery who had no problem throwing themselves into the festive party! Seeing this connection between two different communities was heartwarming: it shows how fun life can be if we all come together no matter our age, generation or ability.

Being a part of this kind of work, and being in a community that has so much stigma centered around it, is both inspiring yet devastating. It reminds us how much society can sideline people living with dementia, leaving them cut off from personal artistic development. But after seeing and experiencing for myself how amazing and provoking intergenerational art can be, I would love to see how in the future, we could develop this type of work. The important thing, for me, would be using age, ability and life experience, music and freedom to create new ideas and not relying on strict rules and ideals.

On a personal level, during Tea and 'Jam', I enjoyed songs from the past that I would never have got to experience had I not been a part of this event. It would be a shame to lose out on such experiences because of stigma that is unwilling to be broken.



Our Feelers Are Fragile

Sometimes our contact with nature provoke epiphanies that help us understand dementia that little bit better. Here Annette B talks about her bold journey, and how her clay snail “Sniggy” made her realise that ‘Our feelers are fragile and we all need a trusted companion in life.’

As a former family carer for a parent with mixed dementia (complicated by several debilitating chronic conditions), I witnessed that space between silence and speech – both in my mother and in myself, and between the two of us. And so, I have become interested in learning about the experiences of advanced dementia.

During my explorations, I came across the online **bold** (Bringing Out Leaders in Dementia) course and joined Cohort 8 via Zoom, as described in the last issue of DementiArts. For six weeks, I looked forward to “Flourishing Fridays,” when I had the opportunity to get out of my mind, into my body, and into the world around me.

Each week we received an envelope with instructions to make something and suggestions for reflections, which focussed on our bodily senses* to explore our relationship with the world around us.

Poetry & Identity: “This is Me” (Week 1)

One of the first activities we did was a hand poem, something anyone – young or old – can do. It is important for people to know who we are, especially if we are not able to use words one day. Trace your hand on paper and ask yourself five “what is” questions, then ask yourself what kinds of emotions and images your answers evoke. Combine them into phrases to form a poem.

As a form of reflection, we had several opportunities to try our hand at composing a haiku (Japanese poetry form) based on syllables per line (5-7-5). No rhyming or punctuation needed! Can be done individually or collaboratively! Here’s an example:

writing a haiku

blending optimism with

love and delight

Collage & Comfort: “A Tree of Words in a Forest of Phrases” (Week 3)

I started a collage portraying a tree of words, and I’m still working on it. Like any relationship, this collage became an ongoing process. As the dementia progressed, I noticed how comforting familiar phrases were to my mother in our increasingly fragmented conversations. I often repeated her parental words of insight or quirky comments, whenever appropriate. She would nod with approval and affirmation. We all need to hear familiar, personal and positive phrases for a sense of certainty, security and comfort; only then can we FLOURISH** – whether we have dementia or not.

Clay & Companionship: “Sniggy the Snail” (Week 5)

We were also given some clay, to help us transfer and transform our thoughts in our minds into an external object. We sensed the give-and-take nature of our touch as we moulded and shaped our objects, becoming aware of how touch might affect others when we interact with them. As you can see from the photo, my sculpting talents resulted in a basic sausage snail. As you can also see, one of Sniggy’s tentacles broke off during one of his journeys, creating a challenge for him to navigate this world on his own. So, he was happy to find a co-traveller in Sheldon the Snail*** who values the sparkly dust Sniggy picked up on his shell during his explorations.

Our feelers are fragile and we all need a trusted companion in life – whether we have dementia or not.

Footnotes:

* See Agnes Houston’s useful findings and insights in Think Dementia, Think Sensory: ed.ac.uk/files/atoms/files/houston_a_report_2016_final.pdf (or listen to Agnes at youtube.com/watch?v=VH_QpmH_lhU)

** See James McKillop’s poetic explanation of this term, on page 13 of Issue 17 of DementiArts.

*** For a photo of Sheldon the Snail, see Figure 1 on page 14 of Issue 17 of DementiArts.

Annette B was a family carer for about 10 years and is in favour of relationship-based, side-by-side companionship with people travelling along the winding road of dementia, because life is about doing and being with people (not only doing things for people). She volunteers as a family partner/advisor for community engagement health care organisations, where she contributes her Lived Experience perspective to scholarly work and provides feedback on health policy, educational materials, etc. She is also on a course in psychology in Edinburgh and loves being part of the bold community.



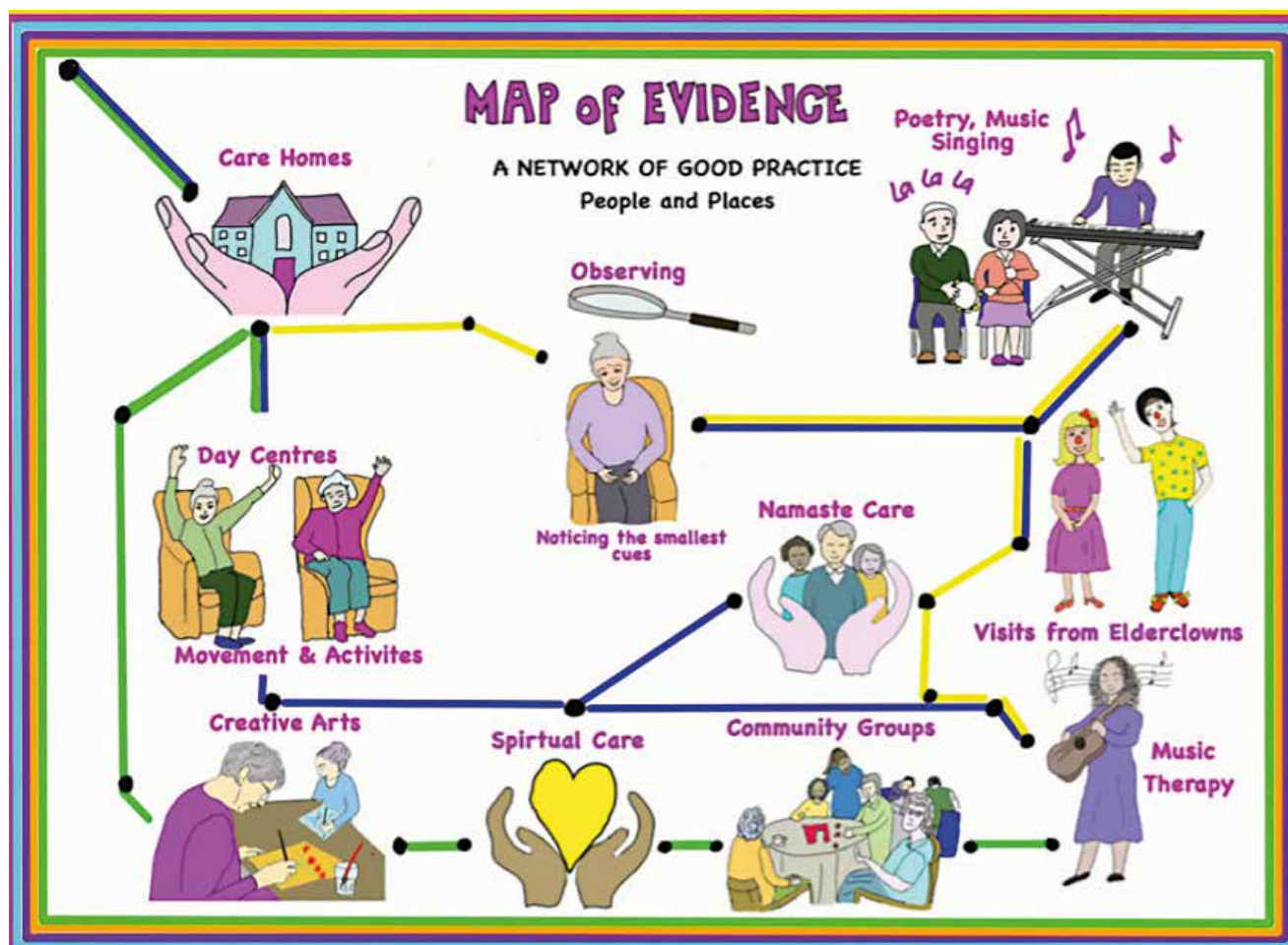
Exploring Ways to Include People with More Advanced Dementia as Co-Researchers Through the Arts

In this quarter’s ECRED feature, Dr Greenwood reflects how far dementia inclusivity in research has come in recent decades.

Our 4th and final workshop of INCLUDED Exploring Ways to Include People with a More Advanced Dementia as Co-Researchers through the Arts took place on Friday 10th November 2023. The purpose of this final workshop was to think about the practical next steps that we could take to develop our work in this project.

We reflected on how much more inclusive dementia research had come in recent decades as our perceptions of personhood, what it means to communicate and our ability to show agency had developed. This reflection brought with it a sense of hope and possibility as we thought about more developed philosophical understandings of what is possible in terms of people with advanced dementia being co-researchers as we continue to ask questions and challenge assumptions about how we traditionally communicate and understand each other.

The final session of the workshop was dedicated to thinking about how we could translate our learning, into a piece of research that would be appealing to funders and acceptable to ethics committees. It was clear that there are a number of steps that need to be taken before we can develop a research project with people living with advanced dementia as co-researchers, primarily



around gathering evidence about how we can understand what is meaningful to people living with a more advanced dementia. We agreed that there is a wealth of knowledge and experience that exists in making meaningful connections and understanding what is meaningful for people with a more advanced dementia outside of academic research.

This knowledge exists in carers, family members, friends, care staff, activities co-ordinators and many other people who have regular close contact with the person with advanced dementia. Importantly it exists within people living with a more advanced dementia.

This series of workshops has significantly challenged current restrictive structures and process that exclude people living with a more advanced dementia as co-researchers. The learning and ideas that have emerged from our discussions has been inspiring and encouraging and the INCLUDED project team are looking forward to developing a strategy towards how we can continue to progress our journey of exploration into how we can include people with a more advanced dementia as co-researchers.

Dr Frankie Greenwood is deputy director at ECRED (Edinburgh Centre of Research on the Experience of Dementia, University of Edinburgh) and a social science researcher specialising in the lived experience of dementia. She has a specific interest in exploring ways to amplify the voices of people with a more advanced dementia who no longer communicate using words. She is interested in how creativity and the arts open up opportunities for people to tell their own stories. Frankie is the project lead on the INCLUDED project, and also a member of the bold (Bringing Out Leaders in Dementia) team, also at University of Edinburgh. Frankie has worked with people living with dementia in community and care home settings since 2008 and continues to do so through music workshops and hosts a dementia inclusive drop in café in her local area.

Matinée Idols

Inspired by the great stories in Michael's Screen Memories article, I thought it'd be a good idea to test our silver screen knowledge. If you can guess ALL these stars, you definitely deserve a glass of bubbly!



Picture 1

This Hollywood stunner married Richard Burton twice



Picture 2

This suave chap once starred in "The Story of G.I. Joe"



Picture 3

This superstar who was also the wife of Prince Ranier III



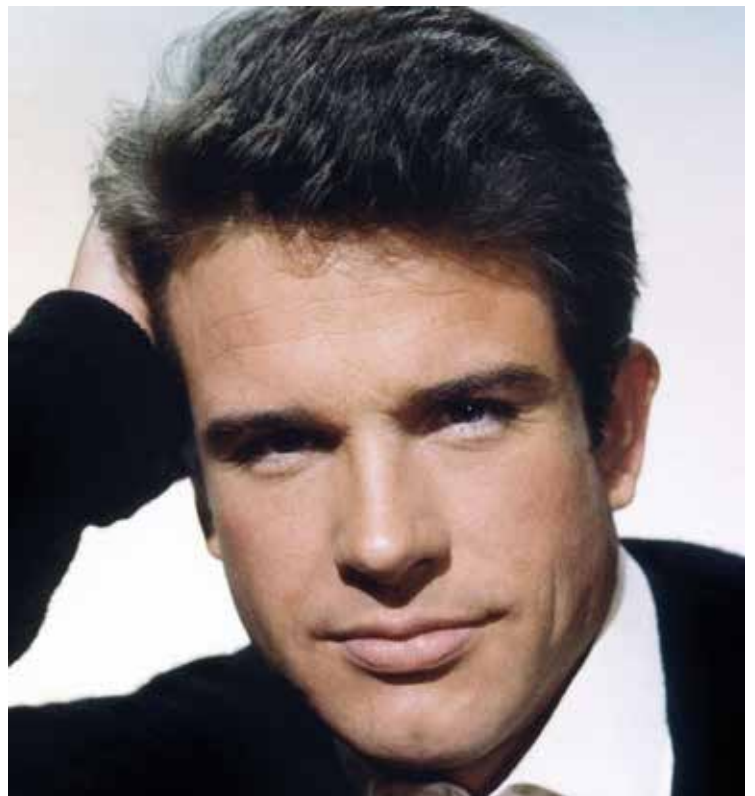
Picture 4

This dapper fella famed for his deft portrayal of moody, sensitive young men



Picture 5

This Texan famed for her performance of Singing in the Rain



Picture 6

This steely-gazed stallion, well known for his appearance in Bonnie & Clyde

Answers on p21



**Today in Art Corner,
James McKillop MBE
shares his photo gallery!**



A Cosy Poesy

In this quarter's Poetry Corner, James McKillop MBE shares his latest six-word poems.

Be BOLD

Be BOLD challenge the Status Quo
 What's not been tried before now
 Is all the more reason to
 Get your thinking cap know how
 You say we can't when we
 Did it all those years ago
 People are just realizing our worth
 When they watch our ideas grow

His Final Pleas

His final, last pleas, don't shoot,
 I have two children at home
 The rifleman, alas, was quite deaf
 The shots rang out he fell

The Wife

The wife is always the last
 To hear of her husband's relapse
 The husband, on the other hand
 Doesn't mind, so long, as the
 Dishes are, washed clean, and stacked

Cake

A slice of cake is nice
 And two are that much better
 And when it comes to three
 It's time to start once again

Page 19 Matinée Idols Photos Answers

Picture 1 Elizabeth Taylor

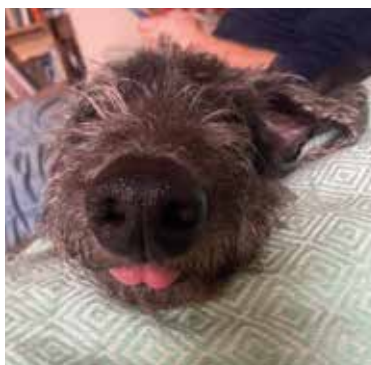
Picture 4 Montgomery Clift

Picture 2 Robert Mitchum

Picture 5 Debbie Reynolds

Picture 3 Grace Kelly

Picture 6 Warren Beatty



Welcome to Pet Corner!

In this quarter's Pet Corner, meet chicken-loving Hoots, so called because of her smashing hooter. Belonging to the sister of legendary Capital Theatres Digital Manager Allan Ramsay, her presence in the office never fails to bring unbridled joy.

Name Hoots. Also responds to: Hooter; Hootsie; Dinky Doo; Bean; Stare-y McLairy; Steve.

Age 1 year and 8 months.

Humans Parents: Sunniva and Robbie. Secondary caregiver/best friend: Allan.

Descriptions Hoots is a Bedlington whippet, with a grey, scruffy coat, big brown eyes and a prominent nose deserved of her nickname, Hooter.

Nature Hoots is a kind and friendly pooch, who likes to make pals everywhere she goes. She has even been known to make friends with cats. Hoots enjoys big walks and even bigger runs, and visiting beaches, forests, heather covered hillsides and especially, the Capital Theatres' offices. Her excitable noises (somewhere between an "awoo"/growl/cruise ship crooner) can be heard when a new opportunity for fun or friend-making has been found or when bacon is in sight. At night, she enjoys curling up and dreaming of chicken (with her tongue out for good measure) and planning what ca-Hoots she can get up to next.



Fancy a holiday to meet a Spanish llama? Alpaca suitcase!

Never one to pass a four-legged friend by without channelling their thoughts, this quarter Paul Shaw returns with a new fluffy friend – the great former president of the Thornhill trekking centre.

Hola, I'm Barack-a-llama. How are you? I live in the Alpaca trekking centre between Thornhill and Kippen near Stirling. Spanish is my native language but I've picked up a few good Scots words like dreich and glaikit. Dreich is the weather here most of the time unlike my native South America where it's always dry. I'm friends with most of the animals on the farm. There's all sorts, like owls and eagles, rabbits and guinea pigs, peacocks and cockerels, geese and rheas, alpacas and guanacos but I'm the superior one, just can't help looking down on that scruffy, noisy rabble! They all know not to mess with me mind, else they'll get a good spit in the face.

Glaikit is a good description of the trekkers who take me out for a walk. I say take me out, but I'm in charge. They haven't a clue what they're doing if I'm honest. The guy in the photo is a typical example. Before we head off on the walk I give them a good stare in the eyes so they know who's boss and not to mess with me. I lead the treks, always in the front of the silly alpacas who stop to nibble grass far too often for my liking. It annoys me a lot, this hanging around, but I've managed to find a good way of calming down. I take my walkers around in 3 small circles whilst they have a tight hold of the rein to try to stop me moving forward. This gets them so dizzy that when I stop they are wobbly on the spot. I then give a good stare hard in the face. It's ever so funny, they think I'm going to spit. That would be a good laugh, but as crazy as a couped up cockerel, as my trekking days would surely be over. No more fun and games with the trekkers. Anyway, hope to see you down here soon. You can't miss me, I'm the stand-out good looking one. Adios.

Receiving a new dementia diagnosis can be a daunting time. We're lucky in Edinburgh to have a host of dementia-friendly services and activities right on our doorsteps. In this calendar, we've done our best to list all such events taking place over the next quarter across the city and Lothians. Big or small, online or in person, in galleries or gardens... if it's happening over the next few months, you'll find it here.

All the events listed below are both free and certified dementia-friendly. Events highlighted in blue are Capital Theatres events that take place, here, at the Festival Theatre. Please note: as well as their events listed below, National Galleries Scotland run some excellent dementia-friendly sessions on an ad hoc basis. For more information on these, contact Meg Faragher on MFaragher@nationalgalleries.org

To book Capital Theatres' events, please call 0131 529 6000 or visit capitaltheatres.com
Creative Engagement Co-Ordinators (Dementia-Friendly):
Alex Howard alex.howard@capitaltheatres.com
Lucie Jeffrey lucie.jeffrey@capitaltheatres.com

February 2024



Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

Dunbar Leisure Pool. Contact Michael on mhuddleston@alzscot.org



Tea and 'Jam'

11am – 12:30am (last Monday of the month)

Festival Theatre. To book, please call 0131 529 6000 or visit capitaltheatres.com



Cameo Cinema DF Screening

11am – 1pm (every last Monday of the month)

Cameo Cinema. To book, please call 02072 947908 or visit picturehouses.com/cinema/the-cameo



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

Tynecastle Stadium. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947

February 2024



Forget Me Notes Zoom Choir

4pm (every Monday)

To book, contact Paul on paul@foregetmenotes.org.uk or 07588 894 587



Broxburn / Uphall Memory Café

10am – 11.30am (every 4th Tuesday)

Rock Partnership Centre, EH52 5LH. For time & information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Let's Sing: Dementia Singing Group

11am – 12.30pm (every Tuesday)

Fisherrow Centre, Musselburgh. Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888

February 2024



27

Heart for Art

11am – 1pm (every Tuesday)

Morningside Parish Church. Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



27

Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday)

Eric Liddell Centre. Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277



27

Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

Tynecastle Stadium. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



27

Palm Café Balerno

2.30pm – 4pm (every last Tuesday)

St Joseph's Centre, Balerno. For more information, please contact Kay Latimer 0131 449 6186.



28

Bo'Ness Dementia Café

10.30am (every Wednesday)

Richmond Park Hotel. For time & information, contact 01324 559480 or email falkirkservices@alzscot.org.



28

Porty Promenade Walk

10.30am (every Wednesday)

Meet at Swimming Centre Café. For more info, contact Active Communities on 0131 458 2260.



28

Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

February 2024



28

Liddell Lunch Lions

12pm – 2pm (every Wednesday)

Eric Liddell Centre. For more info, contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277



28

Livingstone Memory Café

1.00pm – 2.30pm (every 2nd and 4th Wednesday of the month)

1 Grampian Court, EH54 6QF. For time & information, contact Cherie Raby on CRaby@Alzscot.org or call 07786406668



28

A Brew and Blether

2pm – 3:30pm (last Wednesday of the month)

Festival Theatre. To book, please call 0131 529 6000 or visit capitaltheatres.com



28

Fairmilehead Singing Group

2pm – 4pm (every 2nd and 4th Wednesday [ex. July])

Fairmilehead Parish Church Hall. Contact Alison on 0131 336 4475



28

Chair Yoga

4.30pm – 5.30pm (every Wednesday)

Online event. Book at 0131 315 2151 or email admin@northedinburgharts.co.uk



29

Union Canal Walking Group

10am (every Thursday)

Meet at Fountainbridge Square. For more information, contact Fiona on 07706580147



29

Choir in the Park

1.45pm – 2.45pm (fortnightly on Thursdays)

Saughton Park Glasshouse. To book, contact the Forget Me Notes on paul@foregetmenotes.org.uk or 07588 894

March 2024



Liddell Lyrics

11am – 12 noon (every Friday)

Eric Liddell Centre. Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277



Ashbrook Music Memories

11am – 12pm

492 Ferry Road, EH5 2DL. To book, contact the Forget Me Notes on paul@foregetmenotes.org.uk or 07588 894 587



Together in Song

2pm – 3.30pm (every 1st Friday of the month)

Festival Theatre. To book, please call 0131 529 6000 or visit capitaltheatres.com



Ashbrook Music Memories

11am – 12pm

492 Ferry Road, EH5 2DL. To book, contact the Forget Me Notes on paul@foregetmenotes.org.uk or 07588 894 587



Bold Celebration

10am – 5.30pm (drop in)

Scottish Storytelling Centre. Contact Scottish Storytelling Centre on 0131 556 9579 to book a free spot



Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

Dunbar Leisure Pool. Contact Michael on mhuddleston@alzscot.org



Hibs Football Memories

10.45am – 12.45pm (Every 1st and 3rd Monday)

Easter Road Stadium. Contact Margaret on mags@hiberniancf.org

March 2024



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

Tynecastle Stadium. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Forget Me Notes Zoom Choir

4pm (every Monday)

To book, contact Paul on paul@foregetmenotes.org.uk or 07588 894 587



Let's Sing: Dementia Singing Group

11am – 12.30pm (every Tuesday)

Fisherrow Centre, Musselburgh. Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888



Heart for Art

11am – 1pm (every Tuesday)

Morningside Parish Church. Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday)

Eric Liddell Centre. Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

Tynecastle Stadium. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



The Teatime Club

5pm – 7pm (every 1st & 3rd Tuesday)

St Thomas' Church, Glasgow Road. Contact Georgia on 0131 478 7784

March 2024



DF Focus Group

10.30am – 12noon

Festival Theatre. To book, please call 0131 529 6000 or visit capitaltheatres.com



Bo'Ness Dementia Café

10.30 am (every Wednesday)

Richmond Park Hotel. For time & information, contact 01324 559480 or email falkirkservices@alzscot.org.



Porty Promenade Walk

10.30am (every Wednesday)

Meet at Swimming Centre Café. For more info, contact Active Communities on 0131 458 2260.



Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org



Liddell Lunch Lions

12pm – 2pm (every Wednesday)

Eric Liddell Centre. For more info, contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277



North-West Edinburgh Singing Group

2pm – 3.45pm (every 1st and 3rd Wednesday)

Drylaw Parish Church Hall. Contact Ali on 0131 467 9354



Chair Yoga

4.30pm – 5.30pm (every Wednesday)

Online event. Book at 0131 315 2151 or email admin@northedinburgharts.co.uk

March 2024



Union Canal Walking Group

10am (every Thursday)

Meet at Fountainbridge Square. For more information, contact Fiona on 07706580147



Forget Me Notes: Choir at Gorgie

4pm – 5pm (fortnightly on Thursdays)

Salvation Army Hall, Gorgie Road. To book, contact the Forget Me Notes on paul@foregetmenotes.org.uk or 07588 894 587



Liddell Lyrics

11am – 12 noon (every Friday)

Eric Liddell Centre. Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277



Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

Dunbar Leisure Pool. Contact Michael on mhuddleston@alzscot.org



Songwriting Sprint

2pm – 3.30pm (every 2nd Monday of the month)

Festival Theatre. To book, please call 0131 529 6000 or visit www.capitaltheatres.com



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

Tynecastle Stadium. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Forget Me Notes Zoom Choir

4pm (every Monday)

To book, contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

March 2024



Let's Sing: Dementia Singing Group

11am – 12.30pm (every Tuesday)

Fisherrow Centre, Musselburgh. Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888



Heart for Art

11am – 1pm (every Tuesday)

Morningside Parish Church. Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday)

Eric Liddell Centre. Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

Tynecastle Stadium. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Bo'Ness Dementia Café

10.30 am (every Wednesday)

Richmond Park Hotel. For time & information, contact 01324 559480 or email falkirkservices@alzscot.org.



Porty Promenade Walk

10.30am (every Wednesday)

Meet at Swimming Centre Café. For more info, contact Active Communities on 0131 458 2260



Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

March 2024



13

Liddell Lunch Lions

12pm – 2pm (every Wednesday)

Eric Liddell Centre. For more info, contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277



13

Livingstone Memory Café

1.00pm – 2.30pm (every 2nd and 4th Wednesday of the month)

1 Grampian Court, EH54 6QF. For time & information, contact Cherie Raby on CRaby@Alzscot.org or call 07786406668



13

D-Café Tranent

2pm – 3.30pm (every 2nd Wednesday)

The Fraser Centre, EH33 1AF. Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org



13

Fairmilehead Singing Group

2pm – 4pm (every 2nd and 4th Wednesday [ex. July])

Fairmilehead Parish Church Hall. Contact Alison on 0131 336 4475



13

Chair Yoga

4.30pm – 5.30pm (every Wednesday)

Online event. Book at 0131 315 2151 or email admin@northedinburgharts.co.uk



14

Union Canal Walking Group

10am (every Thursday)

Meet at Fountainbridge Square. For more information, contact Fiona on 07706580147



14

Choir in the Park

1.45pm – 2.45pm (fortnightly on Thursdays)

Saughton Park Glasshouse. To book, contact the Forget Me Notes on paul@foregetmenotes.org.uk or 07588 894

March 2024



Liddell Lyrics

11am – 12 noon (every Friday)

Eric Liddell Centre. Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277



Ashbrook Music Memories

11am – 12pm

492 Ferry Road, EH5 2DL. To book, contact the Forget Me Notes on paul@foregetmenotes.org.uk or 07588 894 587



Armadale Memory Café

11.00am – 1.00pm (every 3rd Friday)

Armadale Community Centre. For time & information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

Dunbar Leisure Pool. Contact Michael on mhuddleston@alzscot.org



Hibs Football Memories

10.45am – 12.45pm (Every 1st and 3rd Monday)

Easter Road Stadium. Contact Margaret on mags@hiberniancf.org



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

Tynecastle Stadium. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Forget Me Notes Zoom Choir

4pm (every Monday)

To book, contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

March 2024



Let's Sing: Dementia Singing Group

11am — 12.30pm (every Tuesday)

Fisherrow Centre, Musselburgh. Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888



Heart for Art

11am – 1pm (every Tuesday)

Morningside Parish Church. Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday)

Eric Liddell Centre. Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

Tynecastle Stadium. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



The Teatime Club

5pm – 7pm (every 1st & 3rd Tuesday)

St Thomas' Church, Glasgow Road. Contact Georgia on 0131 478 7784



Bo'Ness Dementia Café

10.30 am (every Wednesday)

Richmond Park Hotel. For time & information, contact 01324 559480 or email falkirkservices@alzscot.org



Porty Promenade Walk

10.30am (every Wednesday)

Meet at Swimming Centre Café. For more info, contact Active Communities on 0131 458 2260

March 2024



Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org



Liddell Lunch Lions

12pm – 2pm (every Wednesday)

Eric Liddell Centre. For more info, contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277



Sunflower Café, Palmerston Place

2pm – 3.30pm (every 3rd Wednesday)

Palmerston Place Church. For more information, phone 0131 220 1690



North-West Edinburgh Singing Group

2pm – 3.45pm (every 1st and 3rd Wednesday)

Drylaw Parish Church Hall. Contact Ali on 0131 467 9354



Chair Yoga

4.30pm – 5.30pm (every Wednesday)

Online event. Book at 0131 315 2151 or email admin@northedinburgharts.co.uk



Union Canal Walking Group

10am (every Thursday)

Meet at Fountainbridge Square. For more information, contact Fiona on 07706580147



The Hobby Box

11am – 12.30pm (Session 2 or 4)

Festival Theatre. To book, please call 0131 529 6000 or visit capitaltheatres.com

March 2024



21

Forget Me Notes: Choir at Gorgie

4pm – 5pm (fortnightly on Thursdays)

Salvation Army Hall, Gorgie Road. To book, contact the Forget Me Notes on paul@forgetmenotes.org.uk or 07588 894 587



22

Gallery Social (Do Ho Suh: Tracing Time)

10:30am – 12pm (every 4th Friday)

Modern One Gallery. Booking essential. Please contact learning@nationalgalleries.org or call 0131 624 6410



22

Liddell Lyrics

11am – 12 noon (every Friday)

Eric Liddell Centre. Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277



25

Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

Dunbar Leisure Pool. Contact Michael on mhuddleston@alzscot.org



25

Tea and 'Jam'

11am – 12:30am (last Monday of the month)

Festival Theatre. To book, please call 0131 529 6000 or visit capitaltheatres.com



25

Cameo Cinema DF Screening

11am – 1pm (every last Monday of the month)

Cameo Cinema. To book, please call 02072 947908 or visit picturehouses.com/cinema/the-cameo



25

Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

Tynecastle Stadium. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



25

Forget Me Notes Zoom Choir

4pm (every Monday)

To book, contact Paul on paul@forgetmenotes.org.uk or 07588 894 587

March 2024



26

Broxburn / Uphall Memory Café

10am – 11.30am (every 4th Tuesday)

Strathbrock Partnership Centre, EH52 5LH. For time & information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



26

Let's Sing: Dementia Singing Group

11am — 12.30pm (every Tuesday)

Fisherrow Centre, Musselburgh. Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888



26

Heart for Art

11am – 1pm (every Tuesday)

Morningside Parish Church. Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



26

Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday)

Eric Liddell Centre. Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277



26

Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

Tynecastle Stadium. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



26

Palm Café Balerno

2.30pm – 4pm (every last Tuesday)

St Joseph's Centre, Balerno. For more information, please contact Kay Latimer 0131 449 6186



27

Bo'Ness Dementia Café

10.30 am (every Wednesday)

Richmond Park Hotel. For time & information, contact 01324 559480 or email falkirkservices@alzscot.org



27

Porty Promenade Walk

10.30am (every Wednesday)

Meet at Swimming Centre Café. For more info, contact Active Communities on 0131 458 2260

March 2024

27

Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

27

A Brew and Blether

2pm – 3:30pm (last Wednesday of the month)

Festival Theatre. To book, please call 0131 529 6000 or visit capitaltheatres.com

27

Liddell Lunch Lions

12pm – 2pm (every Wednesday)

Eric Liddell Centre. For more info, contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277

27

Livingstone Memory Café

1.00pm – 2.30pm (every 2nd and 4th Wednesday of the month)

1 Grampian Court, EH54 6QF. For time & information, contact Cherie Raby on CRaby@Alzscot.org or call 07786406668

27

Fairmilehead Singing Group

2pm – 4pm (every 2nd and 4th Wednesday [ex. July])

Fairmilehead Parish Church Hall. Contact Alison on 0131 336 4475

27

Chair Yoga

4.30pm – 5.30pm (every Wednesday)

Online event. Book at 0131 315 2151 or email admin@northedinburgharts.co.uk

28

Union Canal Walking Group

10am (every Thursday)

Meet at Fountainbridge Square. For more information, contact Fiona on 07706580147

29

Meet at Fountainbridge

11am – 12 noon (every Friday)

Eric Liddell Centre. Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277

Useful Numbers

Alzheimer Scotland National Office

160 Dundee Street, Edinburgh EH11 1DQ.

Phone 0131 243 1453

email alzheimerscot@alzscot.org

Alzheimer Scotland Early Onset

Support and information for people supporting individuals with Early Onset dementia.

Call 0131 551 9350 or email

EdinburghServices@Alzscot.org

Dementia Dog Project

Contact Nadia Sutherland on

07771 358843 or nsutherland@Alzscot.org

Dementia Helpline 0808 808 3000

The 24 hour Dementia Helpline is free and confidential, and you don't even have to give your name if you prefer not to.

Call at any time for information, signposting and emotional support, or email helpline@alzscot.org

Edinburgh, Midlothian & East Lothian

Dial-A-Ride: 0131 447 9949

Dial-A-Bus: 0131 447 1718

Email: edinburgh@handicabs.org.uk

Edinburgh Service

This Service is for individuals who have a diagnosis of dementia, their families and carers. We offer information, support and a range of activities.

Contact Paula Frame or Debbie Rae for more information on 0131 551 9350 or EdinburghServices@Alzscot.org

Herbert Protocol Forms

Form used to assist police in finding missing persons with dementia.

email PC Yocksan Bell at

Yocksan.Bell@scotland.police.uk

LifeCare - extra years of zest

Various registered day clubs, activities and an outreach service across Edinburgh.

For more information contact 0131 343 0940

Movement for Memories

Designed to support people living with dementia to be active.

Contact Edinburgh Leisure on 0131 458 2260

Regional Dementia Advisors

Michael Huddleston (East/Mid Lothian):

0131 654 1114

Caroline O'Hara (Edinburgh): 0131 551 9350

Cherie Raby (West Lothian): 01506 533 114

Vintage Vibes

Vintage Vibes is a service tackling isolation and loneliness among the over-60s.

For more information call 0131 343 0955 or email hello@vintagevibes.org.uk

VOCAL

A local organisation helping carers of people living with dementia.

Call 0131 622 6666, or email centre@vocal.org.uk

West Lothian

Dial-A-Ride: 01506 633 953

Dial-A-Bus: 01506 633 336

Email: bathgate@handicabs.org.uk

West Lothian Dementia Resource Centre

Tel: 01506 533 108 or email

WestLothianServices@Alzscot.org
