

Creative voices at Capital Theatres

DementiArts

Hat's the way to do it!

Stories and skills shared at all-new intergenerational event, "Gather Round" More on page 8!





Welcome to Spring 2024

Spring: the time of year when we traditionally shake the rug out the window and dust down the back of the sofa. Or if, like me, you'd sooner read a book and listen to the robin chirruping in the garden as the cobwebs multiply, then that's fine too! After all, there's plenty of "spring cleaning" to be done of one's spirit in the making new routines, new interests and new friends...

To be honest, at Capital Theatres, we've been doing both the above! Not only have we freshened up our foyers with vibrant new paint colours, but the dementia-friendly programme has piloted more brand-new events perhaps than ever before.

Lucie's **Comfy Ceilidh** went down an absolute storm, with smiles and seated sashays all round, with surprise treats from Festival Theatres' own Pab Roberts and Izzy Sivewright along with music from the Jiggy Stardust Ceilidh Band (see Lucie's article on page 4). A little later, I raided the museums of Edinburgh to bring you **The Hobby Box**, with a smorgasbord of items that sent our nostalgia sensors a-tingling, along with our brand-new "**Museum of Unusual Objects**." That week, we hosted the launch of our new book, **My Wonky Brain**, together with our friends at **bold Scotland**. This is the first graphic novel written and illustrated by and for people living with dementia, together with children aged between 12 and 17. The book even made the pages of **Scottish National**, with (hopefully) another print run on the horizon. More about that on page 12!

Meanwhile Abby, our fabulous new King's Heritage Manager, has been busy putting together a panel of people with lived experience to help design a new **dementia outreach offer for the King's Theatre** with a first meeting this month, while Lucie and I welcomed a team from the **Scottish Parliament** looking for tips on how to build their own dementia-friendly visitor offering down at Holyrood.

Oh, and of course there's been **Screen Memories**, making their debut **Brew & Blether** appearance, **Tea & Jam, Together in Song**, our final **Gather Round** intergenerational storytelling event, all while Lucie works at spring-cleaning the much-loved **Songwriting Sprint**, into the newer, fresher **Picture a Song**.

And all this since January! Phew! So come join me in ignoring the cobwebs and head into the following pages packed full with recipes, games, stories of those with lived experience, features, and of course our famous quarterly events diary.

Happy springtime, readers!

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 photo: Greg Macvean



Photos: Greg Macvean

Comfy Ceilidh with Lucie Jeffrey

There's a marked difference between fellow dementia-friendly co-ordinator Lucie and I: while Lucie can glide and spin and pirouette, I have all the movement grace of a camel performing dressage. Here Lucie reflects on her debut delivery of Comfy Ceilidh, which is already being demanded back after its January pilot. By Lucie Jeffrey

Comfy Ceilidh was inspired by my love of dance. I could dance before I could walk and my parents quickly realised they should send me to ballet classes. Since then, I have never looked back! When I joined Capital Theatres and met the amazing dementia community, I heard of the demand for more movement opportunities. Having a background in dance allowed me to think about how we could bring a unique offering to the community whilst ensuring accessibility and enjoyment for all. We had trialled some gentle chair dances last year to ceilidh tunes and it was a very special moment seeing everyone getting involved to the familiar Scottish tracks. This gave us the inspiration to make Comfy Ceilidh its own unique event.



In the event itself, we had Kenny, Ian and Roddy join us from Jiggy Stardust Ceilidh Band, a very talented group. As participants arrived at Comfy Ceilidh, they were greeted by familiar Scottish tunes being played live. We had participants dancing, before they had made their way into the room!

Comfy Ceilidh sees familiar ceilidh routines adapted to a seated offering. As we started off into the first dance, I was delighted to see everyone getting involved, be it a simple toe tap at the back, or the full out highland fling from the table at the front. The energy in that room was contagious! A lot of us are very familiar with ceilidh music and this event allowed those who love ceilidh dances the opportunity to get involved and be creative. The standout moments for me, though, were when the participants led their own movements. If that wasn't enough, we also had Scottish poetry from Pab and singing with Izzy, which was interspersed amongst the dances, allowing folk to catch their breath. It was joyous to see the community getting so involved.

This was our first go at this event, but my hope is to continue bringing opportunities to keep the community creatively participating and active. Dance is a universal language that we all speak, you might just not know it yet...

I hope to see you at our next Comfy Ceilidh!

For news about all Capital Theatres dementia-friendly events, whether old or new, remember to sign up to our designated dementia-friendly mailing list at capitaltheatres.com/take-part/dementia-friendly-work

Helen

Sometimes the most unassuming of Ann's interviewees have the most remarkable stories. Never was there a better example of this than in Helen – Ann's subject for this quarter's Hidden Lives – who has dined with captains, played for the Edinburgh Women's All Blacks and rubbed shoulders with the Danish Royal Family.

By Ann Burnett

Helen is a modest lady, sure that she has nothing of interest to talk about until chatting reveals that not only did she go to school with the Queen of Denmark's mum, she also played basketball for Scotland. Add to that her love of travel, particularly cruising, and you have a very interesting lady indeed.

Helen was born in Port Seton in East Lothian and went to school in Prestonpans where one of her classmates and great pals was Etta Horne. John Bellany, the artist, was another classmate. Helen and Etta went all the way through school together and Etta was the Gala Queen in 1954. After Etta married, she and her husband emigrated to Tasmania where they brought up their family, one of them being Mary, now Queen of Denmark.

After Helen left school she worked in Sibbald's travel agency in Edinburgh and no doubt her love of travel was stimulated there. She was tall and slim and a friend suggested to her that she should try out for the local ladies basketball team but Helen wasn't keen.

She says, 'I'd say, no, I'm not the type. I'm not the least bit sporty.'

However, she joined the Edinburgh All Blacks, where she played pivot, the centre position. There were five in each team and their uniform was, unsurprisingly black tops and shorts. They trained at the Pleasance under their coach, Ken Johnston, who also played and coached the men's team. Wednesday was training night with matches at the weekend. They played against teams from Glasgow, Aberdeen and Inverness and each half of the match was twenty minutes in length. Players weren't allowed to travel with the ball, having to bounce it as they moved but any player could score. Those who were tall like Helen had a distinct advantage in getting the ball in the basket.

Helen stands up to show off her height, about 5ft 7", tall for a girl in the 1960's. Even in her 80's, Helen stands straight and proud.

After Helen married in 1973, she didn't play so much and eventually retired from the sport but she and her husband developed another mutual interest – travel. Package holidays were booming in the 70's and 80's and they travelled far and wide. They were very fond of the Greek islands, particularly Crete and the resort of Riccioni which they visited several times. But cruising became an especial favourite. They visited the Mediterranean, the Canaries, the Norwegian fjords and the Caribbean, sailing to the various destinations and enjoying the freedom to see so many places without the necessity of having to pack up and move on all the time. Another of her favourite countries was Singapore along with Hong Kong which she visited on a cruise in South East Asia.

But now that time has passed and she has moved into a home, with many lovely memories to share with other residents and staff. She is still bright and cheerful and loves talking about her life.



TIME-OUT FOR THE ALL BLACKS

IN 1958 the Pleasance Gym in Edinburgh became the home of a new club, the "All Blacks". Since then the club have become one of the leading Scottish women's teams, despite the fact that they have so far never won a major trophy.

Dogged by bad luck, they made three national women's cup finals and were National League runners-up on four occasions.

Ken Johnston—the popular coach who took over the squad in 1961—has definite ideas on changing this and it looked as though he might pull off the National League trophy this season.

The club were defeated in the cup competition semi-finals by the Dundee Swifts.

Ken, the fourth coach for the club, was preceded by Mike Bateman, Pete Duncan and Roddy Wilson.

Ken, a Scottish international of some repute, takes his job seriously and claims that coaching girls is in many ways easier than men—in that they are more willing to accept a coach's instructions.

There are now only three of the original "All Blacks" with the 11-strong club, but Ken has high hopes for many of his most recent members.

The captain, 27-year-old Mrs. Florence Grievie, is a P.E. teacher and has been with the club since its formation. Playing at forward, her early playing experience was obtained with Auld Reekie. An extremely fast moving 5' 5", she has won two international caps.

Secretary

Mrs. Sheila Anderson, a 5' all-rounder, is an original All Black and also gained her early experience with Auld Reekie. Being in the Civil Service, Sheila is a natural for the club secretary's job which she holds.

Rae Gorman is a hard-driving forward and has represented Scotland on seven occasions. A bachelor girl, she works with the National Coal Board and helps Ken with statistics.

Helen Wilkie—the girl who impressed Jack Gardner—has only been with the club four months but is already a regular starter. A real "fighter", she plays guard or forward with equal ease and is a member of the current international pool. She previously played with the Shooting Stars.

Janice Cairns, a 5' 10 1/2" university student, completes the first five line-up. Only 18, Janice started playing this year but has already shown great promise at centre, and has already been bitten by the B.B. bug.

Christine Redpath, the third member of the original squad, is a seasoned international with eight caps to her credit. A versatile all-rounder, also from the Auld Reekie school, Christine has, she claims, become a little rusty.

Whilst this is not evident in her play, motherhood and appendicitis are the reasons, according to Christine. Dad (also a keen player) and Mum have high hopes for junior in later years.

The most "swinging" member is Sheila Cambell who, with her husband, Alex, has won many live competitions. They were Butlin's National Champions 1957, British live finalists in 1960 and Wills National Champions in 1960.

To complete the line-up of this talented and attractive team, there are six pretty Misses: Helen James, Margaret Hood, Sheila McBain, Maureen Carlyle, Wilhelmina (Billy) Smith and Carole Orme.

Carole, incidentally, is the only Sassenach in the team and returns to Aldershot this month. An extremely promising player, she will no doubt be snapped up by the Aldershot Shooting Stars.

According to coach Johnston, this 5' 8" centre, who is only in her first year, will probably make international level very shortly.

Ken Johnston with Chris Redpath, Rae Gorman, Florence Grievie, Janice Cairns and Helen Wilkie. Below: Rae Gorman.

BOUDICCA

9th June 2015

Cabin 9015

Dear Mr. & Mrs. Munro Swan,

The Captain would be delighted if you would join him for Pre-Dinner drinks in the Neptune Lounge at 7:45pm. Then afterwards, for Dinner at the Captain's Table in the Tintagel Restaurant

Upon arrival in the Neptune Lounge for the Captain's Cocktail Party at 7:45pm, may we ask you to kindly present this invitation to our Hostess.

Kind regards,

Sanya Pifong
Maitre' d'Hotel

Sten Ronny Jensen
Captain Sten Ronny Jensen
Master

RSVP: Please contact reception extension no. 5000



Wise Ones and Wee Ones Unite!

Gather Round was Capital Theatres' foray into the world of intergenerational storytelling. Bringing together the tots from Hope Cottage Nursery with the attendees of the Currie Meeting Place, here event storyteller Claire McNicol reflects on what makes sharing stories across the generations so magical...

By Claire McNicol

The Robin cam to the wren's nest
And keekit in and keekit in,
O weel 's me on your auld pow,
Wad ye be in, wad ye be in.
Ye 'se ne'er get leave to lie without,
And I within, and I within,
As lang 's I hae an auld clout
To row you in, to row you in.

This Burns poem captures the welcome at the heart of intergenerational work. The tiny wren tells her friend the robin that as long as she has an auld clout (an old cloth) to wrap him up he will always be welcome in.

The poem reminds me of an old Irish story called the Half Blanket, which tells a similar story but from another perspective. A young couple live on a farm with the young man's father. The three get along famously and when a wee baby is born, the old man is delighted to have a grandchild to play with. But somehow the young farmer does not take to fatherhood one little bit: he becomes weighed down by the responsibility and the lack of sleep and he turns from a sunny character into an awful grump. And who does he take out his discontent on but his auld da?

The auld fella could hardly breathe without getting a telling off! He did his best to stay quiet and melt into the background but it did no good. One night the young man said to his wife, "I can stick him no longer and we don't need another mouth to feed alongside the baby. Take down that blanket and give it to my father for I am putting him out on the road."

The young woman tried to reason with her husband, but he was having none of it. Then in amongst the commotion a wee voice rose up from the cradle,

"Mammy don't be giving my Granda the whole blanket, keep back half of it, for I will need that in a few years' time when I put ma da out onto the road." Well from that day and hour the young man got a hold of himself and began to show his father love and respect and tenderness and the household became harmonious once more.

We know that many older people are living with loneliness and several of our older participants at Gather Round told us that these sessions either meet a longing for grandchildren they don't have or are too far way for them to see.

I spent swathes of time in my teens listening to my grandmother telling me family stories. In his novel "Waterlands" Graham Swift describes the need that adults have to pass on their stories, particularly "the most haunting stories of all the fairytales of their own lives." As I grow older these family fairytales have helped me make sense of my own life by means of plotting DNA in our family story.



Photos: Greg Macvean



M from the Meeting Place told me she spent a lot of time with her great aunt when she was a little girl. Her aunt used to take her to the cemetery and talk to the Headstones. As a little girl she did not really understand and thought her aunt's behavior a bit strange. "But now" said M, "I will go and see my husband (in the graveyard) and tell him about our time here together today." I was very moved by M's story as it captures what children learn from their elders just by observing. Things that don't make sense at the time but make sense many years hence when we reach that stage in our own life. Wee M was learning from her Great Aunt that we can still talk to people we love once they are gone. Given that living with loss is one of the greatest challenges of getting older, how wonderful to learn how to do that by osmosis at such a young age.

I have had the privilege to work alongside the Creative Engagement Team at the Festival Theatre delivering a series of intergenerational story and song sessions with a group of children from Hope Cottage Nursery and a group of older people from the Meeting Place in Currie.

We first met in June 2023 and since then have had a session in December, January and February of 2024. There has been an immense amount of joy and laughter in the room as you will see from the photos taken by Greg MacVean; a picture truly says 1000 words. The sessions are founded on a strong sense of Welcome. We sing a "hello song" welcoming everyone in the room by name. It's seemingly simple but faces young and old light up when they hear their own name.

The adults arrive first and over a cuppa we chat and get to know each other better. I ask for suggestions of favourite rhymes and songs. Elsie suggested we sing, "There was an old woman who swallowed a fly" and she lead the group sing-a-long. This is what we are aiming for, a ceilidh, which I host and everyone contributes to.

For this to have heft, we are looking to maximize the interaction between the adults and children. There is also real value in the whole group experience; singing together creates a sense of community and connectedness. When Paddy chose "Twinkle, Twinkle" as her favourite rhyme, one little boy burst out spontaneously "That's my favourite too!"

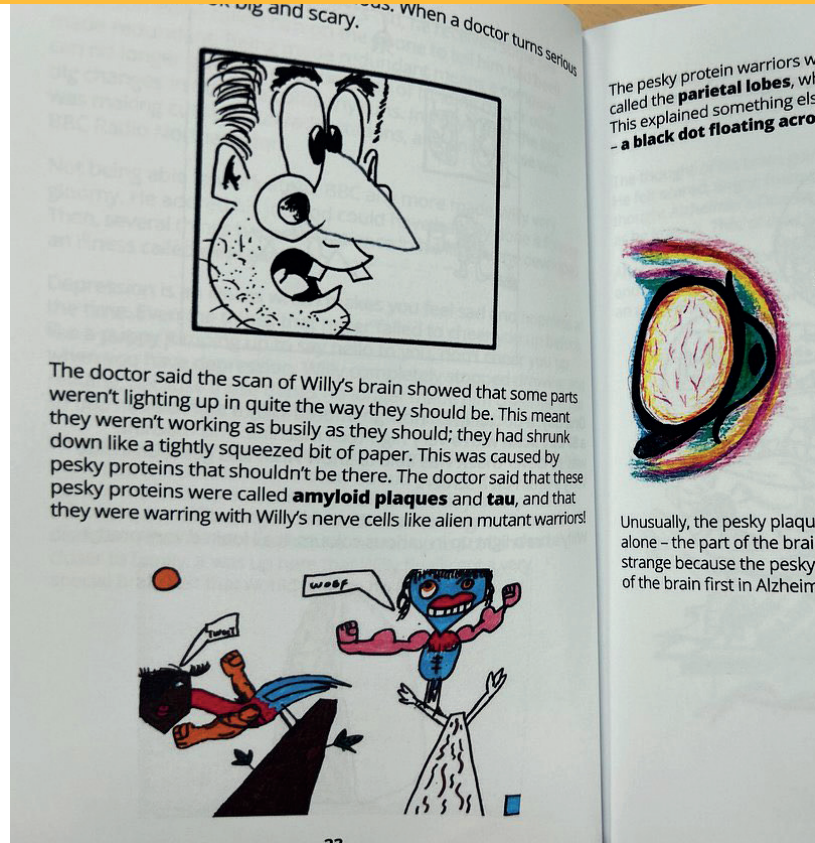


In one of our sessions, we devised a game of Animal Snap, which facilitated “a spark” of connectedness between the children and adults. Each child in the circle has a farm animal card for example a sheep and as we sing Old MacDonald “with a baa baa here and a baa baa there”, the child with the sheep card searches for an adult with the matching card. The adult guides the child by making a baaing sound and when the child finds the SNAP and collects the card both adult and child “baa” in unison. Great fun!

Our paired work culminated in a clapping rhyme “A sailor went to sea sea sea.” We were keen to explore ways of including touch in the session and whereas a rhyme like “Round and Round the Garden” feels too intimate for children and adults who don’t know one another well, a clapping rhyme fits the bill perfectly. This rhyme involves lots of eye contact and facial expressions as well as touch.

To conclude our last session, we passed around a wee teddy bear and each child and adult reflected on our time together. The grown-ups said, “this feels like a family” and “we hope we can come back”, while the wee ones said they enjoyed their “Morningtown Ride” when they lay down as the wise ones sang and wafted them to sleep under colourful veils in every colour of the rainbow.

“Train whistle blowing,
 Makes a sleepy noise,
 Underneath the blankets go all the girls & boys
 Rocking, rolling, riding
 Out across the bay
 All bound for Morningtown
 Many miles away”



A Story about the Head, Written from the Heart

Writing a novel isn't easy, particularly if you plan the narrative to be written and illustrated by 15 or so individuals aged between 12 and 70, some of whom live with dementia. Willy Gilder, Valeria Lembo and myself were determined to make it happen, however, even if life and illness got in the way... By Alex Howard

My Wonky Brain follows the life of Willy Gilder, who lives with dementia. The idea came from a conversation between Valeria Lembo, a PhD candidate, and Willy himself, both of whom love the graphic novel as a form. With funding secured through a **bold** mini commission and Capital Theatres onboard as a partner, they invited me to join the project as the novel's editor and workshop convener-turned-wisecracker. I loved Willy and Valeria's idea of a pioneering title with multiple writers and illustrators, and I knew just the graphic designer (Capital Theatres' own Jane Grieg!) who'd make the book look great on the page.

When we started the project, it was tremendously difficult for Valeria to pin down all the different individuals involved. Dementia is a mercurial beast, and some days you can feel better than others. Similarly, with packed school schedules, sporting fixtures and homework, the children's diaries were unyielding. But we eventually landed on four workshop days and worked with professional comic artist Maria Stoian to understand how graphic novels work.

Willy is a dab hand at interviews, probably thanks to his experience working for decades as a journalist for BBC Radio Northampton. Not one to take his dementia diagnosis lying down, Willy has turned his passions to dementia activism, art, adviserships and has even reassumed his seat behind the mic on our Capital Theatres dementia-friendly podcast, *All The World's A Stage*.

I have always been awe-inspired at Willy's determination to bombard his diagnosis with creativity, optimism and a desire for better depictions of the dementia experience. What took me by surprise, though, was the interest expressed by the children involved in the project and their thirst to learn more about the various ways Willy's dementia manifested itself. Getting to know pupils Ailsa Tully, Gracie Irvine, Robbie and Murray Dickson and

ere attacking a part of Willy's brain
 which help you see and judge space.
 e strange that Willy was experiencing
 ss his eyeline.

inside of an eye

es were leaving Willy's **hippocampus**
 n that makes new memories. This was
 plaques usually liked attacking this bit
 er's Disease.



Gabriel Hutchison was a delight – their pictures and astute interview questions made my editorial of the final manuscript very straightforward. We were also joined by Gerry King – another gentleman living with dementia with an equally unquenchable thirst for bettering the disease's public perceptions – and Gerry was even able to supply some cracking illustrations himself (see image of Willy as an F1 racing driver below!)

Overall, I hope, as I'm sure Willy and Valeria do, that My Wonky Brain goes some way towards challenging dementia stigma. Equally, we hope others will build on our work: at the back of My Wonky Brain, we have included a "how to" section, examining our methodology, complete with tips on how to conduct intergenerational work, together with thoughts on how we would go about things differently next time. Below are some quotes from Valeria and Willy, along with a reflection from one of the novel's co-illustrators, 13-year-old Gracie Irvine, a pupil at the Edinburgh Steiner's school:

"It was a great joy to coordinate this project and see it getting real, from the early days when I approached Willy and Alex with the idea of realising a graphic short novel on dementia, through the making process during our workshops until today where we are going to hold the printed book for the first time. What struck me the most was the great exchange I witnessed between participants with dementia and the young participants. Exchanges like this show how important Intergenerational work is and that dementia can be approached with curiosity and creativity, rather than stigma."

Valeria Lembo, project leader

"I think [the book's] excellent and if somebody picks this up and has a flick through and maybe learns something that is all for the better [...] The children came out with some pretty searching questions about what I was feeling and how I felt about the future and that was the basis for them drawing pictures and teasing out key things in my life."

Willy Gilder, book's inspiration, co-illustrator

"I learnt a lot volunteering to be part of this project. Dementia is not all about not remembering things, it's also about different parts of the body - mostly the brain - that can be affected by dementia. It was fun, because it wasn't all grownups doing it."

Gracie Irvine (aged 13), co-illustrator

To express interest in a printed version of My Wonky Brain for yourself, your day centre or your care establishment, please contact me at alex.howard@capitaltheatres.com

Speak Gently

Our Poetry Corner entry this time round was chosen by Claire McNicol, the storyteller for our Gather Round event, to symbolise what she believes to be a guiding principle rooted at the heart of intergenerational work: gentleness.

by David Bates

Speak gently! — It is better far
To rule by love, than fear —
Speak gently — let not harsh words mar
The good we might do here!

Speak gently! — Love doth whisper low
The vows that true hearts bind;
And gently Friendship's accents flow;
Affection's voice is kind.

Speak gently to the little child!
Its love be sure to gain;
Teach it in accents soft and mild: —
It may not long remain.

Speak gently to the young, for they
Will have enough to bear —
Pass through this life as best they may,
'T is full of anxious care!

Speak gently to the aged one,
Grieve not the care-worn heart;
The sands of life are nearly run,
Let such in peace depart!

Speak gently, kindly, to the poor;
Let no harsh tone be heard;
They have enough they must endure,
Without an unkind word!

Speak gently to the erring — know,
They may have toiled in vain;
Perchance unkindness made them so;
Oh, win them back again!

Speak gently! — He who gave his life
To bend man's stubborn will,
When elements were in fierce strife,
Said to them, 'Peace, be still.'

Speak gently! — 't is a little thing
Dropped in the heart's deep well;
The good, the joy, which it may bring,
Eternity shall tell.



A Crispy Cantonese Classic

As the weather warms, so the salads take the place of the broths and soups. Here dementia activist and chef Mike Cheung assembles a deliciously fresh Asian salad that pays homage to his Chinese roots...

Ingredients

- 2 carrots (grated)
- 1 red pepper (finely diced)
- 2 celery stalks (finely diced)
- ¼ medium red onion (finely diced)
- ¼ cup parsley (chopped)
- 2 tablespoons toasted sesame seeds
- Optional: ¼ cup roasted peanuts, almonds, or cashews

For the dressing

- 2 tablespoons of sesame oil
- 1 tablespoon of lemon juice
- 1 tablespoon of honey
- 2 teaspoons of soy sauce
- 1 teaspoon of grated ginger
- 1 small clove of garlic (grated)
- Pinch of salt

Method

Combine all the dressing ingredients in a small bowl and whisk them together. Add the remaining ingredients to a medium-sized bowl. Pour over the dressing and toss to coat.

Serve with naan or poppadoms (optional). Yum!



Dementia Friendly Canalside Activities

I often walk along the Union Canal with our toddler. Little did I know of the Canalside Trust and the great work it does for Fountainbridge communities living with dementia and social isolation. By Fiona Lough

Every Thursday at 10am, our Canalside Walking Group sets out from Fountainbridge Square at the beginning of the Union Canal and enjoys a walk in the local area for about 1 hour.

Our walk is open to the whole community: adults of all ages are welcome to join in every week or whenever they can. People might come along because they enjoy walking, enjoy the local area, have long-term health conditions, have been advised to exercise, enjoy nature or like company on a walk.

We are a Dementia Friendly Health Walk, led by trained volunteers and aim to be accessible and inclusive for people living with dementia, and carers. We are part of the Paths for All Health Walk Network, pathsforall.org.uk. Group walking is a great activity for many people living with dementia. The fresh air and exercise are good for the brain and walking side by side in a friendly group is a relaxed way of making social connections.

After our walks we usually have refreshments for those who are able to stay a little longer. Sometimes we do special walks with a theme such as history, literature, sketching or heritage.



What people say about our walks:

"I always enjoy our walks!"

"It is good to get to know people of different ages."

"Whoever you walk with, you can just chat to them."

"Something new every week."

"It's nice meeting with a group making new friends seeing the outdoors just discovering new things and learning about your area."

Being by the canal, surrounded by nature and enjoying fresh air and bird song, is so good for health and wellbeing. For those who may not be able to join a walking group then a cruise on one of our canal boats is an alternative way to enjoy this special blue and green environment. Our canal boat the Lochrin Belle has a lift and is wheelchair accessible. With a toilet, kitchen and heating on board she has already been a comfortable way for groups like Dementia Friendly Pentlands and Care4Carers to enjoy the canal environment. Our skipper and volunteer crew would love to welcome aboard more groups like these.

We hope to see you by the Union Canal soon!

To join the walking group, or to find out more about the great work of the Fountainbridge Canalside Community Trust, visit fctt.scot, or email Fiona at Fiona@fctt.scot



Age Never Hinders at Dementia-Friendly Cinders!

As anyone who works at the Festival Theatre café will tell you, the Haddington Singing Group are partial to a trip to the ballet... not to mention an afternoon tea! Here Ann Burnett reflects on their most recent outing to see Scottish Ballet's Cinders where a cheeky dance workshop was bundled into the fun....

By Ann Burnett

Scottish Ballet's production of Cinders! was coming to the Festival Theatre and the Haddington Singing Group were going! Despite the baltic weather, we all wrapped up and made our way in the Handicabs bus to Edinburgh.

It's a new take on the Cinderella story, this time with a male lead. Cinders works in a shop owned by Mrs Thorne whose three children tear up his invitation to the Ball held by the Princess Louise. With help by the spirits of his parents, he goes to the Ball and dances with the princess, but at midnight he has to leave, dropping a shoe as he does so. Back at the shop, the remaining shoe is destroyed by the children so the princess won't find Cinders, but of course she does and all ends happily.

But first stop for our group was a glorious afternoon tea in the upstairs foyer. (You may be realising that the group is partial to an afternoon tea.) Then to a meeting with cast members and photos to



remember it by. A charming young man and his elegant partner were very friendly and obligingly posed with members of the group.

Meanwhile I was attending a ballet workshop along with other DementiArts magazine stalwarts, Willy Gilder and Mike Cheung. First we saw some of the costumes actually being worn in the performance. They were quite stunning and beautifully made and what surprised me was the weight of one in particular – a magnificent red and black ball dress worn by the dancer playing Mrs Thorne. How she could dance carrying that weight astonished me!

Then we were taken through a series of ballet moves focusing on the upper body. Fortunately we remained seated while we swung our arms through the five basic ballet positions and copied (or tried to) the moves made by the dancers. Like many little girls I had gone to ballet classes and I was pleased I could remember some of the moves, even though I couldn't quite get myself into the right positions.

I joined my singing group for the performance in the theatre with a full-scale orchestra playing Prokofiev. It was all beautifully danced by the Scottish Ballet members and deserved the generous applause they received.

The audience was full of little girls wearing their princess dresses who skipped and twirled along with the dancers on the stage. It was a relaxed performance so nobody minded if they ran up and down the aisles closely followed by their parents. People could move about as they wished, or even watch outside in the foyer if they found it too difficult to remain seated.

It was a very enjoyable outing for us all and thanks to the Festival Theatre for making it possible.

Pour Painting & Possibility: “Salt, Sparkles, and Six Pieces of String”



Colliding primary colours lead to evocative crimsons and taupes in this quarter’s bold feature, with Annette B using the randomness of running colour to reflect on life’s uncertainties...

At the end of the bold course, I participated in Suzie Beresford’s research project. As described on pages 14-16 in the last issue of DementiArts, we each created a collage to represent our bold journey.

I did a pour painting without words, because often we have no words for the complexity of our experiences. The six pieces of string are equal in length, each representing a week of bold blethering and get-togethering, communicating and community-building. Sometimes the strings connect, sometimes they just end up as loose strands, for later.

I used the back of a freebie poster, sprayed water on it, then randomly dropped blobs of yellow, blue, and red paint onto it. I turned the paper six times to the right and six times to the left, letting the primary colours collide until I was happy with the new colours. Using a spoon handle, I scraped in some loops to represent the cul-de-sacs of life.

I then added salt and sparkles, because that’s what we do in life: cry and shine, in the darkest and lightest moments of our being. It is the process of doing and being with others that holds creative opportunities for joy on our journey, sometimes by the wayside, in unexpected corners – whether we have dementia or not.

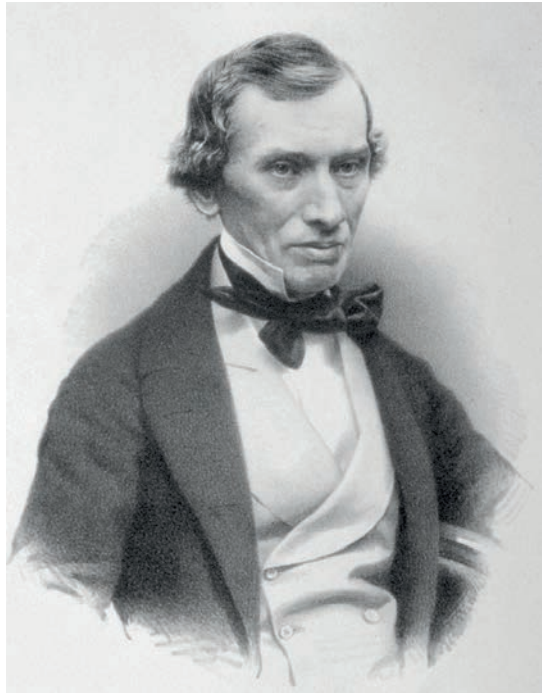
Annette B was a family carer for about 10 years and is in favour of relationship-based, side-by-side companionship with people travelling along the winding road of dementia, because life is about doing and being with people (not only doing things for people). She volunteers as a family partner/advisor for community engagement health care organizations, 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.

For Art Corner this quarter, I simply had to showcase the dazzling mix of crafts, colours and cartography that was displayed as part of the bold project's fifth anniversary party at the Scottish Storytelling Centre.



Scottish Pioneers

OK, I'm going to say it... Capital Theatres has done some pretty pioneering work this quarter, what with publishing the first community-written graphic novel about dementia, with our friends at bold. Below are some Scottish pioneers (much greater than us, it must be said). Can you guess all six?



Picture 1

The son of a Glasgow textile manufacturer, born 1805, who worked on the separation of colloids and crystalloids (as you do!) which, in turn, paved the way for the modern dialysis machine...



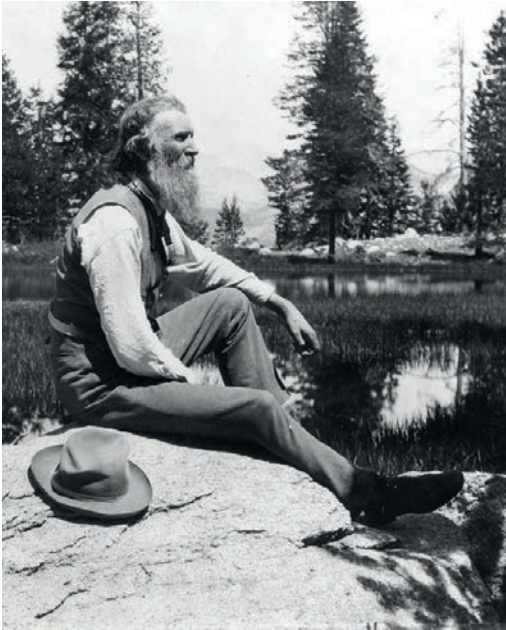
Picture 2

An Edinburgh-born solicitor who published Heart of Midlothian and Waverley



Picture 3

This dapper chap, generally considered to be the father of modern sociology and a former resident of Sciennes Hill House just off Causewayside!



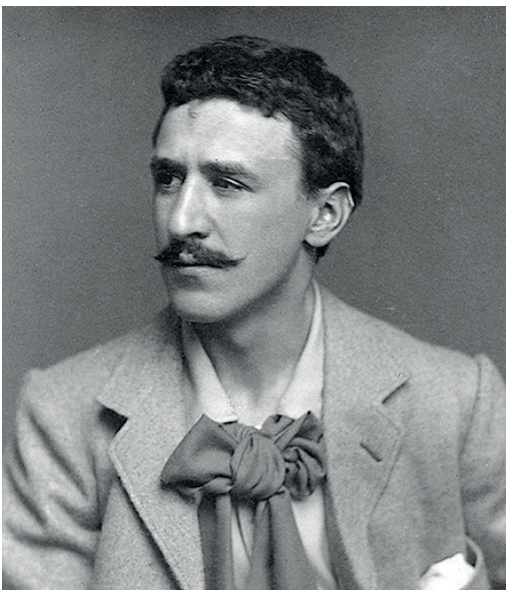
Picture 4

An outdoorsy kind of chap, responsible for the formation of numerous national parks, who once undertook a 1,000 mile walk from Indiana to Florida! A famous Scottish coastal path is named after him.



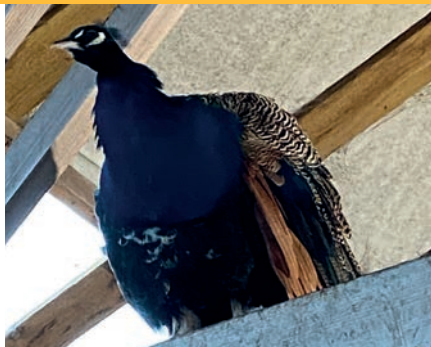
Picture 5

This chap who rocks a salmon-coloured turban sensationally well, responsible for the rise of empiricist thought around the time of the Scottish Enlightenment.



Picture 6

This wonderfully moustached chap widely credited as the foremost leading practitioner of the British Art Nouveau style. Example of his stained-glass designs are seen all over Edinburgh!



Feathers Ruffled and True Colours Shown in Dunblane Farm Yard Stand-Off

Brace yourself for Paddock Turf Wars! After Barak-a-Llama's self-loving accent in DementiArts 18, Mr Peacock responds with a searing denunciation of his farmyard rival, even resorting to using his arch-enemy as – ahem – target practise... By Paul Shaw

Well hello there, I'm Mr Peacock and aren't I just gorgeous, a picture of perfection, an artist's dream, a vision of beauty? I can't help being so good looking but someone's got to bring class to this barn; it's much needed when you have the likes of spit-loving Barak-a-llama living here. I read the dribble he wrote in your last magazine. For preening pretty feather's sake, what planet is he on! Does he really believe he's good looking? Someone should tell him to look in a mirror to see the mud on his bottom and bits of straw stuck to his mouth. I tend to keep well clear of the grumpy, miserable so-and-so but that superior expression of his just eggs me on. So when I'm high up on the rafters and smelly poops happens to be walking below, I hit him with a runny mix of last night's food. Down it falls, plop plop plop, such a big target it's impossible to miss. He hasn't a clue what's hit him, such poop-tastic fun!

My favourite time of the day is when the lovely farm lady feeds me meal worms, my absolute favourite. They are so yummy, but I can't relax because those crazy cockerels will be close by; any distraction and the pesky blighters with their practiced pincer movements will be in as quick as a randy rabbit. No-one else is going to get my worms, absolutely no one I tell you! I'll get their horrible necks wrung if they're not careful, that would bring a dramatic end to their doodle-doo-doo racket for sure.

Hope you guys like the picture of lovely me on the tractor, it's a good spot to preen and show off my good looks. I'm like a film star on the red carpet, the centre of attention, lots of oohs and aaahs amongst the admiring glances and flashing cameras, the tilt of my head and spread of my wings is irresistible. Hollywood next?

Paul lives in Dunblane with his wife Claire who manages the Alpaca Trekking Centre between Thornhill and Kippen 3 days a week from where these tales are based. He is a volunteer driver and consultant with Dementia Friendly Dunblane supporting the team with social media and general administration tasks including helping the city become a recognised dementia friendly community in 2022.

Search for the Music!

Find the musical terms hidden within the grid. Can you get all 8?

M	U	S	I	C	A	W	Z	P	A	W	N	Y	H
T	E	H	S	Q	P	M	B	W	E	D	A	R	A
F	O	L	S	V	A	I	I	Z	X	A	B	N	R
T	R	E	O	P	M	V	H	G	H	L	R	G	M
W	E	O	N	D	O	P	Y	E	H	L	C	K	O
D	R	Q	G	F	Y	U	I	Z	Y	A	Y	N	N
T	T	C	H	I	R	A	O	O	I	B	V	U	Y
C	R	E	S	C	E	N	D	O	T	W	O	L	L
C	H	Z	T	H	O	U	R	O	B	V	X	T	H
U	Y	U	I	R	R	P	I	T	E	M	P	O	M
S	T	P	O	Y	L	L	R	A	U	U	N	I	I
V	H	G	B	I	O	Y	D	G	S	Z	X	S	W
G	M	M	N	B	G	O	O	E	L	D	D	R	W
Y	R	C	H	O	R	D	E	L	Y	O	P	P	L

Music

Melody

Crescendo

Tempo

Rhythm

Song

Legato

Harmony

Those Were the Days Answers

Picture 1 Thomas Graham (1805—1869), **Picture 2** Sir Walter Scott (1771—1832),

Picture 3 Adam Ferguson (1723—1816), **Picture 4** John Muir (1838—1914),

Picture 5 David Hume (1711—1776), **Picture 6** Charles Rennie Mackintosh (1868—1928).



Welcome to Pet Corner!

Double-trouble this quarter with a dual appearance from Ragdoll pair Tilly & Kev, the fur-babies of Capital Theatres' King's Heritage Manager, Abby Pendlebury.

Name Tilly and Kevin.

Tilly's Nicknames: Jellybean, Jelly belly, Tills, Squiggles

Kev's Nicknames: Kevie Bean, Teddy Bear, Kevie, Puffin

Age 7 Months

Humans Abby and Dave (Favourite: Abby)

Descriptions Tilly and Kevin are Ragdoll Kittens with white fluff, grey ears, and big blue eyes. Tilly has a pink nose and Kevin has a grey nose.

Nature Tilly and Kevin arrived in Scotland last December. From the same litter, they are very bonded twins who cannot stand to be away from one another. Tilly was the runt of the litter, and while she is noticeably smaller than Kevin, she is fierce and fast, holding her own in early morning wrestling matches. She plays fetch and her favourite toy is a pink cotton ball. Kev follows in Tilly's footsteps and is a bit of a copy-cat never missing an opportunity to jump somewhere he is not supposed to. Kevin loves to play in boxes and his favourite toys are anything with bells. The more noise, the better. These best buds can often be found on the windowsill birdwatching or cuddling up to mom and dad on the couch. In January, Kev and Tilly made their Capital Theatres debut by visiting the dressing rooms for staff snuggles.

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

April 2024



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)

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

April 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



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 1st & 3rd Tuesday)

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



The Teatime Club

5pm - 7pm (every 1st & 3rd Tuesday)

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



Canalside Greenspace Group

10.30 — 12.30pm (every Tuesday)

Fountainbridge Green. Contact Fiona on Fiona@fctt.scot or 07706580147



North-West Edinburgh Singing Group

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

Drylaw Parish Church Hall. Contact Ali on 0131 467 9354

April 2024



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



Chair Yoga

4.30pm - 5.30pm (every Wednesday)

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



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



Union Canal Walking Group

10am (every Thursday)

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



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 894 587

April 2024



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



Royal Residencies

2.30pm - 4pm (roughly every month)

Holyrood Palace. Book at rct.uk or call 0303 123 7324



Bookroom Barber

Appointment only

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



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



Ashbrook Music Memories

11am (every 1st & 3rd Friday)

492 Ferry Road. To book contact the Forget Me Notes on paul@forgetmenotes.org.uk or 07588 894 587



Dunbar Outdoor Activity Group

10.30am - 12 noon (every Monday)

Dunbar Leisure Pool. Contact Michael on mhuddleston@alzscot.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

April 2024



Forget Me Notes Zoom Choir

4pm (every Monday)

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



Music & Memories

2pm - 4pm (various days)

Cluny Hall. To book contact Jacqui Lindsay on 07834 364 628 or pastoralassistant@morningsideparishchurch.org.uk



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



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



Canalside Greenspace Group

10.30 - 12.30pm (every Tuesday)

Fountainbridge Green. Contact Fiona on Fiona@fcct.scot or 07706580147



Happy Harmonies

1.30pm - 2.30pm (every 2nd & 4th Tuesday)

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



Bo'Ness Dementia Café

10.30 am (every Wednesday)

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

April 2024



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



Chair Yoga

4.30pm - 5.30pm (every Wednesday)

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



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



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



Fairmilehead Singing Group

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

Fairmilehead Parish Church Hall. Contact Alison on 0131 336 4475



Union Canal Walking Group

10am (every Thursday)

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

April 2024



12

Liddell Lyrics

11am - 12 noon (every Friday)

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



12

Cameo Cinema

10.30am (every second Friday)

Cameo Cinema. Call 02072 947908 to book.



15

Dunbar Outdoor Activity Group

10.30am - 12 noon (every Monday)

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



15

Hibs Football Memories

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

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



15

Forget Me Notes Zoom Choir

4pm (every Monday)

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



15

Gentle Exercise Class

2pm - 4pm (various days)

Cluny Hall. To book contact Jacqui Lindsay on 07834 364 628 or pastoralassistant@morningsideparishchurch.org.uk



16

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

April 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



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 1st & 3rd Tuesday)

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



The Teatime Club

5pm - 7pm (every 1st & 3rd Tuesday)

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



Canalside Greenspace Group

10.30 - 12.30pm (every Tuesday)

Fountainbridge Green. Contact Fiona on Fiona@fcct.scot or 07706580147



North-West Edinburgh Singing Group

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

Drylaw Parish Church Hall. Contact Ali on 0131 467 9354

April 2024



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



Sunflower Café

2pm – 3.30pm (every 3rd Wednesday)

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



Chair Yoga

4.30pm - 5.30pm (every Wednesday)

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



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



Union Canal Walking Group

10am (every Thursday)

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

April 2024



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 894 587



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



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



Music & Memories

2pm - 4pm (various days)

Cluny Hall. To book contact Jacqui Lindsay on 07834 364 628 or pastoralassistant@morningsideparishchurch.org.uk



Ashbrook Music Memories

11am (every 1st & 3rd Friday)

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



Dunbar Outdoor Activity Group

10.30am - 12 noon (every Monday)

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

April 2024



22

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



22

Forget Me Notes Zoom Choir

4pm (every Monday)

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



23

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



23

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



23

Heart for Art

11am - 1pm (every Tuesday)

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



23

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



23

Canalside Greenspace Group

10.30 - 12.30pm (every Tuesday)

Fountainbridge Green. Contact Fiona on Fiona@fcct.scot or 07706580147

April 2024



Happy Harmonies

1.30pm - 2.30pm (every 2nd & 4th Tuesday)

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



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



Chair Yoga

4.30pm - 5.30pm (every Wednesday)

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



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



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

April 2024

24

Fairmilehead Singing Group

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

Fairmilehead Parish Church Hall. Contact Alison on 0131 336 4475

25

Union Canal Walking Group

10am (every Thursday)

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

25

The Hobby Box

11am - 12.30pm

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

26

Liddell Lyrics

11am - 12 noon (every Friday)

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

26

Gallery Social (Before & After Coal)

10:30am - 12pm (every 4th Friday)

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

29

Dunbar Outdoor Activity Group

10.30am - 12 noon (every Monday)

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

29

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

29

Forget Me Notes Zoom Choir

4pm (every Monday)

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

April 2024



29

Tea and 'Jam'

11am - 12.30pm (last Monday of the month)

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



29

Music & Memories

2pm - 4pm (various days)

Cluny Hall. To book contact Jacqui Lindsay on 07834 364 628 or pastoralassistant@morningsideparishchurch.org.uk



29

Gentle Exercise Class

2pm - 4pm (various days)

Cluny Hall. To book contact Jacqui Lindsay on 07834 364 628 or pastoralassistant@morningsideparishchurch.org.uk



30

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



30

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



30

Heart for Art

11am - 1pm (every Tuesday)

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



30

Palm Café Balerno

2.30pm - 4pm (every last Tuesday)

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



30

Canalside Greenspace Group

10.30 - 12.30pm (every Tuesday)

Fountainbridge Green. Contact Fiona on Fiona@fcct.scot or 07706580147

May 2024



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



Chair Yoga

4.30pm - 5.30pm (every Wednesday)

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



Choir in the Park

1.45pm - 2.45pm (fortnightly on Thursdays)

Saughton Park Glasshouse. To book contact the Forget Me Notes on paul@forgetmenotes.org.uk or 07588 894 587



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



Union Canal Walking Group

10am (every Thursday)

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

May 2024



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



Style & Society

2.30pm - 4pm (roughly every month)

Holyrood Palace. Book at rct.uk or call 0303 123 7324



Bookroom Barber

Appointment only

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



Liddell Lyrics

11am - 12 noon (every Friday)

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



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



Together in Song

2pm - 3pm

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



Ashbrook Music Memories

11am (every 1st & 3rd Friday)

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

May 2024



Dunbar Outdoor Activity Group

10.30am - 12 noon (every Monday)

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

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



North-West Edinburgh Singing Group

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

Drylaw Parish Church Hall. Contact Ali on 0131 467 9354



Gentle Exercise Class

2pm - 4pm (various days)

Cluny Hall. To book contact Jacqui Lindsay on 07834 364 628 or pastoralassistant@morningsideparishchurch.org.uk



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



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

May 2024



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 1st & 3rd Tuesday)

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



The Teatime Club

5pm - 7pm (every 1st & 3rd Tuesday)

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



Canalside Greenspace Group

10.30 - 12.30pm (every Tuesday)

Fountainbridge Green. Contact Fiona on Fiona@fctt.scot or 07706580147



Happy Harmonies

1.30pm - 2.30pm (every 2nd & 4th Tuesday)

Eric Liddell Centre. Contact Gus at harrowerg@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



Bo'Ness Dementia Café

10.30 am (every Wednesday)

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

May 2024



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



Chair Yoga

4.30pm - 5.30pm (every Wednesday)

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



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



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



Fairmilehead Singing Group

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

Fairmilehead Parish Church Hall. Contact Alison on 0131 336 4475



DF Focus Group

10.30am - 12noon

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

May 2024



Union Canal Walking Group

10am (every Thursday)

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



Liddell Lyrics

11am - 12 noon (every Friday)

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



Cameo Cinema

10.30am (every second Friday)

Cameo Cinema. Call 02072 947908 to book.



Dunbar Outdoor Activity Group

10.30am - 12 noon (every Monday)

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

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



Music & Memories

2pm - 4pm (various days)

Cluny Hall. To book contact Jacqui Lindsay on 07834 364 628 or pastoralassistant@morningsideparishchurch.org.uk

May 2024



14

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



14

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



14

Heart for Art

11am - 1pm (every Tuesday)

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



14

Canalside Greenspace Group

10.30 - 12.30pm (every Tuesday)

Fountainbridge Green. Contact Fiona on Fiona@fctt.scot or 07706580147



15

Bo'Ness Dementia Café

10.30 am (every Wednesday)

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



15

Porty Promenade Walk

10.30am (every Wednesday)

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



15

Craigie Hotel Morning Meet Up

10.30am - 12 noon (every Wednesday)

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

May 2024



Chair Yoga

4.30pm - 5.30pm (every Wednesday)

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



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 894 587



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



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



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

May 2024



Ashbrook Music Memories

11am (every 1st & 3rd Friday)

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



Dunbar Outdoor Activity Group

10.30am - 12 noon (every Monday)

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

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



North-West Edinburgh Singing Group

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

Drylaw Parish Church Hall. Contact Ali on 0131 467 9354



Gentle Exercise Class

2pm - 4pm (various days)

Cluny Hall. To book contact Jacqui Lindsay on 07834 364 628 or pastoralassistant@morningsideparishchurch.org.uk



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

May 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 1st & 3rd Tuesday)

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



The Teatime Club

5pm - 7pm (every 1st & 3rd Tuesday)

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



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



Canalside Greenspace Group

10.30 - 12.30pm (every Tuesday)

Fountainbridge Green. Contact Fiona on Fiona@fctt.scot or 07706580147



Happy Harmonies

1.30pm - 2.30pm (every 2nd & 4th Tuesday)

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

May 2024



North-West Edinburgh Singing Group

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

Drylaw Parish Church Hall. Contact Ali on 0131 467 9354



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



Sunflower Café

2pm - 3.30pm (every 3rd Wednesday)

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



Chair Yoga

4.30pm - 5.30pm (every Wednesday)

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



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

May 2024



22

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



22

Fairmilehead Singing Group

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

Fairmilehead Parish Church Hall. Contact Alison on 0131 336 4475



22

Signs of Aging

9.30 - 11am

Caredean House EH13 9PN. Call 0131 516 9156 or email leona.thompson@careuk.com



23

Union Canal Walking Group

10am (every Thursday)

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



23

The Hobby Box

11am - 12.30pm

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



24

Liddell Lyrics

11am - 12 noon (every Friday)

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



24

Gallery Social (Old Edinburgh)

10:30am - 12pm (every 4th Friday)

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



27

Dunbar Outdoor Activity Group

10.30am - 12 noon (every Monday)

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

May 2024

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

Forget Me Notes Zoom Choir

4pm (every Monday)

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

27

Tea and 'Jam'

11am - 12.30pm (last Monday of the month)

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

28

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

28

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

28

Heart for Art

11am - 1pm (every Tuesday)

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

28

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

Canalside Greenspace Group

10.30 - 12.30pm (every Tuesday)

Fountainbridge Green. Contact Fiona on Fiona@fcct.scot or 07706580147

May 2024

28

Porty Promenade Walk

10.30am (every Wednesday)

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

29

Craigie Hotel Morning Meet Up

10.30am - 12 noon (every Wednesday)

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

29

Chair Yoga

4.30pm - 5.30pm (every Wednesday)

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

29

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

29

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

30

Union Canal Walking Group

10am (every Thursday)

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

31

Liddell Lyrics

11am - 12 noon (every Friday)

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

31

Music & Memories

2pm - 4pm (various days)

Cluny Hall. To book contact Jacqui Lindsay on 07834 364 628 or pastoralassistant@morningsideparishchurch.org.uk

June 2024



Dunbar Outdoor Activity Group

10.30am - 12 noon (every Monday)

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

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



North-West Edinburgh Singing Group

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

Drylaw Parish Church Hall. Contact Ali on 0131 467 9354



Gentle Exercise Class

2pm - 4pm (various days)

Cluny Hall. To book contact Jacqui Lindsay on 07834 364 628 or pastoralassistant@morningsideparishchurch.org.uk



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



Let's Sing: Dementia Singing Group

11am - 12.30pm (every Tuesday)

Fisherrow Centre

June 2024



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 1st & 3rd Tuesday)

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



The Teatime Club

5pm - 7pm (every 1st & 3rd Tuesday)

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



Canalside Greenspace Group

10.30 - 12.30pm (every Tuesday)

Fountainbridge Green. Contact Fiona on Fiona@fctt.scot or 07706580147



North-West Edinburgh Singing Group

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

Drylaw Parish Church Hall. Contact Ali on 0131 467 9354



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

June 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



Chair Yoga

4.30pm - 5.30pm (every Wednesday)

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



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 894 587



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



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



Romantic Scotland

2.30pm - 4pm (roughly every month)

Holyrood Palace. Book at rct.uk or call 0303 123 7324

June 2024



Bookroom Barber

Appointment only

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



Liddell Lyrics

11am - 12 noon (every Friday)

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



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



Together in Song

2pm - 3pm

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



Ashbrook Music Memories

11am (every 1st & 3rd Friday)

492 Ferry Road. To book contact the Forget Me Notes on paul@forgetmenotes.org.uk or 07588 894 587



Dunbar Outdoor Activity Group

10.30am - 12 noon (every Monday)

Dunbar Leisure Pool. Contact Michael on mhuddleston@alzscot.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

June 2024



10

Forget Me Notes Zoom Choir

4pm (every Monday)

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



10

Songwriting Sprint

2pm - 3pm

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



10

Music & Memories

2pm - 4pm (various days)

Cluny Hall. To book contact Jacqui Lindsay on 07834 364 628 or pastoralassistant@morningsideparishchurch.org.uk



11

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



11

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



11

Heart for Art

11am - 1pm (every Tuesday)

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



11

Canalside Greenspace Group

10.30 - 12.30pm (every Tuesday)

Fountainbridge Green. Contact Fiona on Fiona@fcct.scot or 07706580147

June 2024



Happy Harmonies

1.30pm - 2.30pm (every 2nd & 4th Tuesday)

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



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



Chair Yoga

4.30pm - 5.30pm (every Wednesday)

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



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



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

June 2024



Fairmilehead Singing Group

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

Fairmilehead Parish Church Hall. Contact Alison on 0131 336 4475



Union Canal Walking Group

10am (every Thursday)

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



Liddell Lyrics

11am - 12 noon (every Friday)

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



Cameo Cinema

10.30am (every second Friday)

Cameo Cinema. Call 02072 947908 to book.



Dunbar Outdoor Activity Group

10.30am - 12 noon (every Monday)

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

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

June 2024



North-West Edinburgh Singing Group

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

Drylaw Parish Church Hall. Contact Ali on 0131 467 9354



Gentle Exercise Class

2pm - 4pm (various days)

Cluny Hall. To book contact Jacqui Lindsay on 07834 364 628 or pastoralassistant@morningsideparishchurch.org.uk



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



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 1st & 3rd Tuesday)

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



The Teatime Club

5pm - 7pm (every 1st & 3rd Tuesday)

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

June 2024



18

Canalside Greenspace Group

10.30 - 12.30pm (every Tuesday)

Fountainbridge Green. Contact Fiona on Fiona@fcct.scot or 07706580147



19

North-West Edinburgh Singing Group

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

Drylaw Parish Church Hall. Contact Ali on 0131 467 9354



19

Bo'Ness Dementia Café

10.30 am (every Wednesday)

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



19

Porty Promenade Walk

10.30am (every Wednesday)

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



19

Craigie Hotel Morning Meet Up

10.30am - 12 noon (every Wednesday)

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



19

Sunflower Café

2pm - 3.30pm (every 3rd Wednesday)

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



19

Chair Yoga

4.30pm - 5.30pm (every Wednesday)

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

June 2024



Choir in the Park

1.45pm - 2.45pm (fortnightly on Thursdays)

Saughton Park Glasshouse. To book contact the Forget Me Notes on paul@forgetmenotes.org.uk or 07588 894 587



Comfy Ceilidh

11am - 12.30pm

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



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



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



Liddell Lyrics

11am - 12 noon (every Friday)

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



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

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21

Ashbrook Music Memories

11am (every 1st & 3rd Friday)

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



24

Dunbar Outdoor Activity Group

10.30am - 12 noon (every Monday)

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



24

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



24

Forget Me Notes Zoom Choir

4pm (every Monday)

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



24

Tea and 'Jam'

11am - 12.30pm (last Monday of the month)

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



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

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

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25

Heart for Art

11am - 1pm (every Tuesday)

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



25

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



25

Palm Café Balerno

2.30pm - 4pm (every last Tuesday)

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



25

Canalside Greenspace Group

10.30 - 12.30pm (every Tuesday)

Fountainbridge Green. Contact Fiona on Fiona@fcct.scot or 07706580147



25

Happy Harmonies

1.30pm - 2.30pm (every 2nd & 4th Tuesday)

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



26

Bo'Ness Dementia Café

10.30 am (every Wednesday)

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



26

Porty Promenade Walk

10.30am (every Wednesday)

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



26

Craigie Hotel Morning Meet Up

10.30am - 12 noon (every Wednesday)

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

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26

Chair Yoga

4.30pm - 5.30pm (every Wednesday)

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



26

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



26

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



26

Fairmilehead Singing Group

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

Fairmilehead Parish Church Hall. Contact Alison on 0131 336 4475



27

Union Canal Walking Group

10am (every Thursday)

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



28

Liddell Lyrics

11am - 12 noon (every Friday)

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



28

Gallery Social (Vermeer in Edinburgh)

10:30am - 12pm (every 4th Friday)

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



28

Music & Memories

2pm - 4pm (various days)

Cluny Hall. To book contact Jacqui Lindsay on 07834 364 628 or pastoralassistant@morningsideparishchurch.org.uk

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
