



'Hale and Hearty, Sir!'

Volunteer Sheila takes the pulse of participant wisdom at Capital Theatres.

More on page 10



Welcome to Spring 2025

Spring has sprung! The daffs are out, the birds are chirping, and Graham our resident usher-turned-gardener is excitedly looking for new buds in the Festival Theatre's courtyard flowerbed. There's hope in the air (and frankly what a *relief* after that gusty, endless winter we've all just lived through.) Did you lose any roof slates? I hope not!

But it's not just the crocuses offering a fresh new look – check out our new re-brand! Over the coming weeks, you'll see a fresh colour palette rolled out at Capital Theatres with some exciting changes happening in our spaces and on our website; and this all-new DementiArts design is its first outing. As usual, we put accessibility front and centre, so do consider joining our **Focus Group** where we'd welcome your feedback on this and the wider dementia-friendly programme.

Now to business. This year kicked off with a cracking **Burns Celebration**, bringing together music, poetry and dance in a fantastic celebration of auld Rabbie Burns. This came shortly after the largest ever **DementiArts** print run (welcome to our new subscribers!) before which the cast of Mary Poppins made a supercalifragilistic appearance at **Together in Song**. A wonderful workshop run by **Scottish Ballet** treated our Focus Group members, while **The Hobby Box** unleashed a new stock of mysterious vintage items that got us young'uns scratching our heads (shoutout to Ann who successfully identified a Victorian tenement key by weight and feel alone) **Tea & Jam** was every bit as jive-tastic as usual, with Gus leading us on keys, while **Picture A Song** saw us exploring the musical secrets of the Sherman brothers. As usual, it was a joy for Gus and I to share these events with you.

As for this copy of DementiArts? Well, in addition to the usual quiz and famous calendar, we have a carers theme with a lead article by our much-loved volunteer Sheila. Ann's Hidden Lives is on a mini-break as a care home flu outbreak put paid to her usual visits; but fear not as two fabulous guest features come from Edinburgh Zoo's dementia-friendly programme and the Dementia Unmuted Festival. Playlist Corner spotlights our very own techie Graham Raith, while Jan Brown reveals the inspiration behind her highly-anticipated dementia-friendly show **Raven Tales**, coming to us at the Festival Theatre on April 18th (get your tickets now!)

And if that wasn't enough, we found a Time Capsule at the King's Theatre dating back 119 years. Read all about it on page 8. Phew!

That's all for me. Have a peaceful Spring and we hope to see you soon.

Alex Howard, Editor and dementia-friendly co-ordinator

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Lots to see and do in April, May and June

Back page has our list of useful numbers.

Cover credit: Marie and Daniel at The Hobby Box in February.



Nordic Noir with Feathers?

In April, a fabulous raven-themed show will be swooping into the Festival Theatre. Here, the show's creator Jan Brown talks about the inspiration behind staging a truly dementia-friendly show, replete with folklore, Norse mythology and canny birds. We're sure it'll be a rav-en success (see what I did there?)

Community and a professional storyteller. When members of the Meeting Centre were tasked to review Fringe shows last summer Jan took their comments to heart and started writing her own dementia inclusive show *Raven Tales*.

"Our reviewers shared that when music was played over the top of the actor's voice that it was difficult to follow the story narrative. They also missed having an interval with the chance to chat and recap over a cuppa and that they preferred a relaxed café style performance."

Jan has always specialised in sharing stories from different points of view, celebrating the neuro-diverse, and offering a perspective from those who have 'lost' their voice or aren't heard. Having recently returned from living in Shetland, where she worked as a Dementia Advisor, Jan spent three long winters reading Nordic crime dramas and Scandinavian sagas and became drawn to the dark.

Reading Scandinavian myths and legends Jan came across 'Huginn and Muninn', the Norse god Odin's pet ravens. Their names translate as 'Thought and Memory'. Odin would lay awake at night worrying about the



Photo credit: Andy

safe return of his ravens: "I worry about Huginn, but I worry about Muninn more." This got Jan wondering how many characters in famous plays or myths might have been living with dementia. King Lear's declining relationship with his daughters...? Don Quixote tilting at windmills...? Lemminkainen's forgetful mother in the Finnish Kalevala...?

Interested in developing stories in which the main character is potentially living with undiagnosed dementia, Jan teamed up with musician Toby Hawks. Toby has spent time in Scandinavia and plays a range of interesting string instruments including the Hardanger Fiddle and the Shetland Fiddle. Finding the right tunes and songs to help our 'story-heroes' retain control of their life, Jan and Toby together created a unique event as part of the 'Go-Local' community strand of the Scottish International Storytelling Festival.

Last year the theme of the festival was 'Building Bridges'. Sharing stories and enjoying music and singing can build and mend neurological pathways and bridges in our brain. Raven Tales also celebrates the building of bridges within local communities so that people, with living experience of dementia, can still access and enjoy inclusive storytelling and music events.

Tickets to Raven Tales are going quick! Be sure to secure yours by calling the Capital Theatres box office on 0131 529 6000 or visiting capitaltheatres.com

Playlist Corner



“At a wedding, party, anywhere, the first few bars [of ‘Mustang Sally’] will have me up on the floor!”

Meet Graham, the theatres’ ‘Head of Electrics.’ If there’s a bulb on the blink, Graham’s your man. But today, he’s kindly set aside his voltmeter to reveal to DementiArts his all-time favourite tracks. From the Playhouse to Portobello, Graham’s Playlist for Life spans 50 years of stirring songs and showbusiness in the capital, with a spot of air-trumpeting thrown in. By Graham Raith

Which song reminds you of your hometown?

As a Hibs fan, “Sunshine on Leith” is an obvious choice, however going back a little further and more obscure, “Ain’t No Surf in Portobello” by The Valves always makes me smile and remember summer holidays when we used to go to my Granny’s flat on Marlborough Street in Portobello and spend much of our time on the beach and prom at Porty! That was in the late 60’s and early 70’s. Portobello beach was beginning to run down but still had a trampoline park, the amusements and a fun fair. We had a lot of fun there. But no surf despite the song’s double negative!

Which song reminds you of your childhood?

Another weird one perhaps – “Cherry Pink and Apple Blossom White”! We had an old 78 record of it which we played on our record player in our bedroom (me & my younger brother) and danced around playing pretend trumpets! I grew up watching old movies on Saturday mornings, like Road to Zanzibar with Bob Hope and Bing Crosby, all that stuff which always had big band or swing music in them. I loved it then and still do now.

Which song takes you back to a special memory in your life?

“Brighton Rock” by Queen – my first job in theatre was as an usher at the Playhouse in Edinburgh. Queen was one of my first concerts, I’d not long turned 16 I think. The theatrical presentation along with the great music made me realise and appreciate the power of performance. Playing it live, Brian May did an extended guitar solo on a mirrored stage extension and had the crowd in his thrall. I remember even the St Andrew’s Ambulance team were in listening and they seemed far too old to be enjoying that sort of music to a young ingenu like me! And here I am almost 50 years later still enjoying being part of bringing that to people.

Which song always gets you dancing and/or singing along?

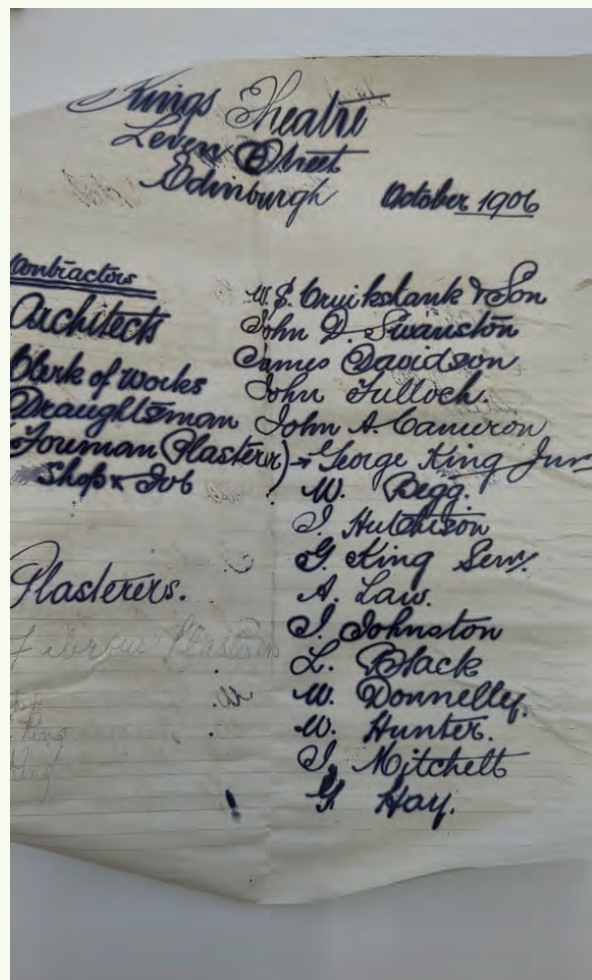
“Mustang Sally” by The Commitments. A great version of the song, from a great movie. It’s got a hip-swinging beat but also a lot of breakouts and accents that lend themselves to some expressive moves. I’ve been doing Ceroc dance for a few years now, which is a social jive-based dance style, and this is a great track to do those moves to. But at a wedding, party, anywhere, the first few bars will have me up on the floor!

Which song reminds you of someone special?

“The Man with the Child in His Eyes” by Kate Bush. My first love (many, many years ago!) told me this was my song. We were both at University, and she was the first girl who I felt “got” me. Although we split up after a couple of years, and I was broken-hearted, I still have fond memories of her and the times we had. I’m afraid we lost touch with each other, I’d love to know how she’s getting on now. I’ve loved and lost a few times since – life is full of love and some disappointments, I’ve always believed love is there for us all, and find myself at this ripe old age embarking on another adventure with an amazing lady who I have to say “gets” me more than anyone I’ve ever met.

Have you thought about making a playlist for a loved one living with dementia? Visit playlistforlife.org.uk for advice on how to create The Soundtrack of your Life or email rebecca@playlistforlife.org.uk

Time Capsule



A Secret In Her Crown

Imagine my shock when I came into work to discover a 119-year-old time capsule on my colleague Abby's desk! Found in the plaster crown atop the King's Theatre's proscenium arch, the capsule has now been opened to reveal a haunting memento to our beautiful theatre's history.

The bottle was discovered above the proscenium arch by photographer and historian Mike Hume in December, during ongoing renovations. Upon its discovery, King's donor Mike and the Capital Theatres team identified that the piece of paper inside the bottle was dated to 1906, the same year the King's Theatre opened.

In December 2024, the Scottish Conservation Studio removed the plaster seal and bottle top but could not remove the scroll of paper without potentially damaging it. Finally, in February 2025, the base of the bottle was carefully removed by Laura Clair, a Glass Technician from the Edinburgh College of Art, to safely access its content. Dated to October 1906, just two months before the King's opened its doors to the public, the bottle contained a list of contractor names. It gives details of the architects, draftsman plasterers and journeymen (or apprentices) who worked on the construction of the theatre.

As the only surviving operational theatre by Kirkcaldy based-architects Swanston and Davidson, their names appear first on the list. The Swanston Family have donated some of their grandfather's artefacts to The People's Archive. These include tools used by John D. Swanston, and a catalogue of images of the plaster moulds which feature in the King's rich interior, such as the cupids which grace the front of the boxes. A postcard featuring a photograph of J. D. Swanston in uniform during the First World War as captain of the Black Watch has also been donated to the King's Theatre archive by his family. Other names on the note include plasterer George King Senior, and apprentice plasterer George King Junior – a father and son team.

Abby Pendlebury, Heritage Engagement Manager at Capital Theatres, said: "We knew we had something really special when the bottle was uncovered. For 119 years, the bottle was waiting behind the crown – something that every audience member has seen since the theatre first opened in 1906. The significance of the message is that the list of names ranges from managers and directors to draughtsman, architects, and plasterers – people working on the site who were so proud of what they had built. There is pride and ownership in this note. Now we have the histories of those who made 'the people's theatre,' which we will proudly share as part of the King's origin story in The People's Archive and through new displays at the theatre when it reopens."

The hidden glass bottle, the note inside and Swanston's postcard will be included in The People's Archive – a comprehensive digital platform offering access to programmes, photographs, playbills, press articles and oral histories all about this much-loved Edwardian theatre. With over 2,700 items, this searchable catalogue, launching in April 2025, will enable users to immerse themselves in the history of the King's Theatre through diverse research projects, ranging from genealogy articles to model boxes and costume design.

Supported by Scottish Government, City of Edinburgh Council, The National Lottery Heritage Fund and Historic Environment Scotland, The People's Archive is part of Capital Theatres' ongoing commitment to preserve and promote Edinburgh's rich and important theatre heritage for future generations.

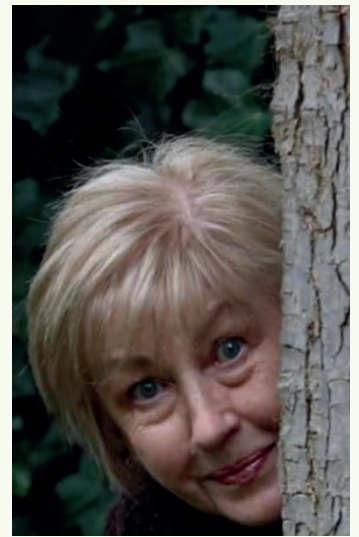


“I have learnt to take a deep breath and just listen very carefully”

Gus, Lucie and I couldn't do what we do without our dementia-friendly volunteers. From ensuring all arrive safely, to talking and topping up biscuits, volunteers like Sheila are vital for the smooth running of our events. Here, Sheila reflects on what she's learned while volunteering at Capital Theatres over the last eight years. By Sheila Godman

About 8 years ago one of my first “assignments” as a volunteer for the Festival Theatre Dementia Friendly events was to bring an old lady in a wheelchair up to an Event which was being held in the Events Rooms. She was tiny, and in her beautiful pale pink cashmere cardigan she reminded me of a delicate piece of porcelain. I was informed that her name was Jean (aged 103), and that this was the first time that she had decided to have a day out from the Care Home in 6 years. Wow! After the Event was over, I waited with Jean until she could be carefully transported back home in the Handicab. Up until that moment Jean had not spoken, but now I was aware of a small voice telling me a little bit of her life story.

When a special moment like this happens I have learnt to take a deep breath and just listen very carefully! Jean proceeded to tell me that she had been born and brought up in Aberdeen, but had left to come to Edinburgh when she was in her early twenties. She had secured a position as a book-keeper for a firm in



George Street. I had visions of Jean staying in a sedate Boarding House for professional ladies – similar to that frequented by the teachers in *The Prime of Miss Jean Brodie*. She had never married, perhaps as a result of that generation of fine young men who tragically lost their lives in the First World War. However, Jean's purpose in sharing her story was to tell me that after working for her Firm for some time she decided that to make herself more financially secure she would enter the property market. This was very successful, and over time she became the owner of a not inconsiderable portfolio of residential property. Sadly I never met Jean again, but I think that she was satisfied that she had passed on a bit of useful advice, as well as gently letting me know that she was so much more than just an old lady in a wheelchair. Bless you, Jean, I have not yet succeeded in becoming a Property Magnate, but I will never forget you.

I always think that there is something exciting about walking through the front doors of a Theatre – as though one has stepped into a world where anything is possible, and magical things are about to happen. I love to watch the faces of our Dementia friends when they arrive, full of expectation, and possibly recalling good and happy times long gone by. It is our job as volunteers to ensure that each visit is full of fun and laughter, as well as lending a sympathetic ear and of course a hug or two! A cup of tea and a biscuit or three is also very important! I hope that carers also feel that we are there for them too, and that we are always happy to chat or to help if we can.

I could not write this article without giving a mention to the Café Bar and Front of House Staff for their unfailing help and friendship to all our Dementia Community folks as well as the volunteers. Nothing is too much trouble, and they play a huge part in making all that happens in the Theatre such a success.

After one of the Relaxed Scottish Opera performances one of our Dementia community was heard to say "Well, I probably won't remember a bloody thing about this tomorrow, but I've had a wonderful time today!"

And that just about says it all!

Culinary Corner



The Childhood Favourite!

Last week, I was delighted to attend Mike & Jim's dementia-friendly lunch club. As always, I was struck by Mike's passion for cuisine, an interest which he's cultivated in spite of his dementia. Here, he offers his take on his very own childhood favourite: Pineapple Fried Rice

Ingredients:

- Small tin of pineapples (if these are sliced, cut them into small chunks)
- Boiled rice – 200g
- Small packet of cooked prawns
- Lardons or smoked bacon – 100g
- 1 egg
- 2 dessertspoons of soy sauce
- 1 dessertspoon of oyster sauce
- 1 small red pepper (chopped)
- Spring onions for garnishing

Method:

1. Brown the onions in a frying pan for about 2 minutes. Then add the bacon and cook for further 2 minutes.
2. Add the cooked prawns, and the egg. Mix well with the above ingredients.
3. Add the pineapple chunks and stir fry until the rice is thoroughly warmed.
4. Add the soy sauce and oyster sauce. Mix well.
5. Add chopped spring onions to garnish
6. Serve up!

NB: If you are using a whole pineapple, cut the leaves off and cut the pineapple by removing about 2 cm of the skin to expose the flesh. Scoop the pineapple out and cut into small chunks. Use these for the fried rice. When serving, add the warm fried rice into the pineapple.

Mike Cheung is a keen cook, retired teacher and activist living with dementia. Mike is aware of how easy it is to live off ready meals and takeaways in the early stages of dementia. Through his simplified, dementia-friendly recipes, Mike hope to remind people of the importance of a nutritious, healthy diet for both mind and body.



No Drama, Dalai Llama

Given his quest for enlightenment, you'd think this farmyard llama would've dropped his judgemental streak (he's a disciple of the Dalai Lama after all.) Surreality and stream of consciousness take centre stage this quarter, with the barnyard barney at DementiArts' favourite Dunblane farmyard reaching new heights. By Paul Shaw

'Ommmmmm'

The burden is hard to bear. This barn is filled with bad karma. How can I reach enlightenment surrounded by this bunch of criminals and egotists? Look at those three turkeys for instance. Did you hear what the murderous so-and-so's got up to last Christmas? They only went and dressed up poor Floppy Fat Rabbit as a turkey. One second he was peacefully nibbling away, the next he was whisked off to be roasted for Christmas lunch. I hope those nasty blighters be re-incarnated as worms. Oops, bad Karma. Must keep my thoughts clean 'Ommmmmm.'

And then we have the rooster mafia with their protection racket. What a merciless mob, pinching food from others then selling it back to them! The noisy blighters cockadoodledoo in glee with their ill-gotten gains. How can I meditate surrounded by such a cacophony? Wait, haven't I seen a fox prowling outside at night? Wouldn't it be a tragedy for the barn door to be left ajar, to see those gangsters dragged off screaming final doodledoo's... Oh no, more bad Karma; must think forgiveness and tolerance, I know enlightenment is within my reach. 'Ommmmmm'

Then there's Princess Annie with her spoilt brat Bailey, the fake royals, forever arguing with their expectations of reverence from all whom they meet. And there, on the rafters high above the make-believe Hollywood star, flashing his feathers on his pretend walk of the red carpet... he really believes his eye-catching display worthy of an Oscar! maybe even giant letters spelling 'MR PEACOCK' on the nearby hill? Finally there's my namesake, Barak O'llama. In his mixed-up world, he thinks he's the trek leader, but sadly for him that honour belongs to me. I'm so better looking, a cool dude in a monk's habit... Damn, I've strayed off the path again – we monks have a duty to cultivate contentment and self-discipline. I feel Nirvana so close, if only, if only I could get rid of this horrible rabble! 'Ommmmmm',

Ps Scan the QR code above if you would like to meditate with me in the barn!



St Mary's
Hospice



Dementia Unmuted: A Celebration of Creativity, Inclusion, and Community

It's clearly festival season! Following the DeepNess Dementia Arts Festival last quarter, this issue we head to Cumbria where St Mary's Hospice are still recovering from February's "Dementia Unmuted" festival, where creativity, movement and inclusivity were headline acts. By Sophie Murphy-Ayeche

The Dementia Unmuted Festival is breaking new ground in Furness, South Cumbria, offering a powerful platform to showcase the creativity and talents of people living with dementia. The festival, which was held throughout February 2025, is a collaboration between St. Mary's Hospice and the Furness Dementia Partnership, which aims to challenge stigma, foster inclusion, and empower individuals through art, music, literature, and movement.

St. Mary's Hospice and the Furness Dementia Partnership

St. Mary's Hospice has long been dedicated to providing compassionate care, and its role in the festival reflects a deep commitment to ensuring that people with dementia remain active, valued members of the community. Working alongside the Furness Dementia Partnership, the hospice is helping to create a space where individuals living with dementia can express themselves, connect with others, and challenge misconceptions.

The Furness Dementia Partnership brings together healthcare professionals, community organisations, and people with lived experience of dementia to ensure that the festival is not only inclusive but also an opportunity for education and engagement. The diverse range of events will highlight the resilience, creativity, and lived experiences of people with dementia, reinforcing their place at the heart of our community.

Strictly St. Mary's, celebrating the power of music and dance

One of the festival's most anticipated events was 'Strictly St. Mary's', a ballroom-inspired dance event designed to promote physical and cognitive well-being while fostering meaningful social connections. Movement and music have been shown to enhance memory, reduce anxiety, and improve overall well-being, making dance a perfect medium for engagement.



Furness Dementia Partnership



With professional dancers and trained facilitators leading the way, participants were encouraged to move in a way that suits them, whether that's a full waltz or simply swaying to the rhythm. The event celebrated ability rather than limitation, providing an uplifting experience that promotes self-esteem, confidence, and social interaction.

Festival Highlights

The Dementia Unmuted Festival offered more than just entertainment: it was an opportunity to shift perspectives and break down barriers. Events throughout the festival included:

- **Art Exhibitions:** Works by local artists, including those living with dementia, that challenge stereotypes and highlight the power of creative expression.
- **Dementia Unmuted:** A film sharing the powerful, intimate and thought-provoking reflections of two people living with dementia.
- **Music Performances:** Live and interactive sessions demonstrating how music can foster deep emotional connections and evoke memories.
- **Theatre:** A powerful performance of *When and Where* by Pluto Productions, exploring holistic dementia care and the importance of recognising personal histories beyond clinical diagnoses.
- **Workshops:** Hands-on creative activities and reminiscence sessions designed to bring people together and encourage self-expression.

Building a More Compassionate and Inclusive Community

The Dementia Unmuted Festival was intended as more than just a series of events; it is a movement towards a more compassionate, inclusive society. By celebrating the abilities and experiences of people living with dementia, the festival provided a platform for empowerment, creativity, and connection.

St. Mary's Hospice and the Furness Dementia Partnership are committed to ensuring that people with dementia are not just supported but truly seen and heard. Through initiatives like 'Strictly St. Mary's' and the wider festival, they are fostering an environment where people with dementia can express themselves freely, challenge misconceptions, and continue to be active participants in cultural and community life.

The organisers hope the festival will leave a lasting impact, not just on those living with dementia, but on families, carers, and the wider public. By shining a light on the voices and talents of people with dementia, Dementia Unmuted hopes to transform the way we understand and experience the condition, creating a future that is more inclusive, supportive, and enriched by creativity.

Gallery



A fair focus-grouping motley crew



Alex with Frank, a Tea & 'Jam' regular



Alex dressing for the occasion with volunteer Barbara at Tea & 'Jam'



Alex, Gus and the Creative Engagement team on the roof of the King's Theatre



A group in full crafting swing at Dementia-Friendly Pentlands



Who do you think you are kidding Mrs Sylvia?



Sylvia's staff nurse 'pelican badge'

Feature

Zoo-la-la!



With giraffe feeding and mobility tours, Edinburgh Zoo ensures those living with dementia never miss out on the lion's share of the fun. Jaima Smith writes.

Hello Jaima, thanks for talking to DementiArts! Firstly, let's hear a little about your role at the zoo and what you most love about it.

Thank you for giving me the opportunity to share more about the work we do at Edinburgh Zoo. I have been working at the zoo for over 5 years now and feel so lucky to be working as a Community and Discovery Programme Officer. I love sharing meaningful and wonderful experiences with people and hopefully inspiring them to care more about the natural world through some of the amazing opportunities we offer. RZSS community programmes inspire and enable people to connect to nature in ways meaningful to them with the aim of creating a world where nature is protected, valued and loved. Making nature more accessible is fundamental because people protect and value what they love and understand!

Many folk will have wonderful memories of visiting the zoo as a child. It's perhaps not the first place that springs to mind when we talk about 'dementia-friendly', though. Tell us a little about what the zoo and RZSS offer for older people and those with dementia?

Our charity is working hard to ensure both sites, Edinburgh Zoo and Highland Wildlife Park, are entirely accessible and welcoming to people of all ages and abilities. Aside from our dementia-friendly socials, through our community programme we offer mobility tours where we take people on the most accessible route to see some of our amazing animals, and we can also provide a range of sensory bags and support for people of all ages. Due to the hilly nature of our location, many routes involve steps or steep slopes which can be unsuitable for wheelchairs so we created an accessibility map that highlights these areas and will be useful for people planning to visit. We also have accessibility vehicles that provide lifts for people who require assistance, as well as mobility scooters for hire. We want to ensure all visitors have the most engaging and enjoyable visit when they come.

What animals tend to be the most popular among groups?

Our penguins are probably some of our most popular animals. We have so many (over 150!) and they are always a joy to see. Some of our other popular animals are our giraffes, lions, tigers, sloths, and chimpanzees! But we also now have capybaras and of course, Haggis, our newest baby pygmy hippo. There are so many wonderful animals to see at Edinburgh Zoo!

If someone can't attend the zoo, is there a way the zoo outreach team can come to them in their care setting?

Absolutely! Our community programme is still growing, and we are a small team, but we love to venture out into the community whenever we can! We regularly visit care homes, churches, and community centres and do a wide range of talks about our conservation work and all the amazing animals we look after. We are also happy to tailor talks to a groups specific interest. We can also do virtual tours and talks for groups if that works best for them.

What have been some of the most rewarding aspects of your work?

For me the most rewarding aspect of the invaluable work we do in our community programme is being able to offer so many wonderful experiences to people across Edinburgh. We are reaching people who never thought they would be able to come to the zoo and have a life-changing experience or just a lovely day out with their family. Knowing that a significant part of my job is to offer these experiences to people is truly rewarding. For example, on our last Dementia social of 2024 we learned all about our giraffes and then we got to feed the giraffes! We believe stronger communities have a greater capacity to care for wildlife – and through both of our sites and our global reach we can help people realise the mental and physical health and wellbeing benefits of being close to nature.

I have to ask you: what's YOUR favourite animal currently at the zoo?

The singing, swinging small apes – gibbons! But I also love our wolves and wolverines that live up at the Highland Wildlife Park.

And finally, how can people best contact you if they'd like to find out more about the zoo's dementia-friendly services?

For any questions or requests we can be reached at community@rzss.org.uk!

Those Were the Days

Are ye dancing? 'Cos I'm asking! These snaps show the locations of some of Edinburgh's most popular dance halls. Maybe you spent a Saturday night (or two!) boogie-ing in these very spots. Can you guess all the locations? By Gus Harrower



Venue One



Venue Two



Venue Three



Venue Four

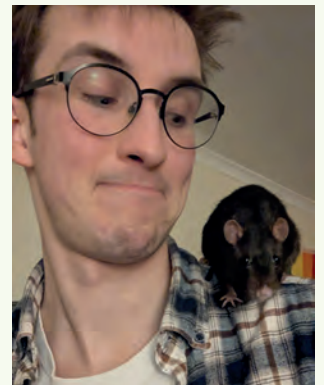
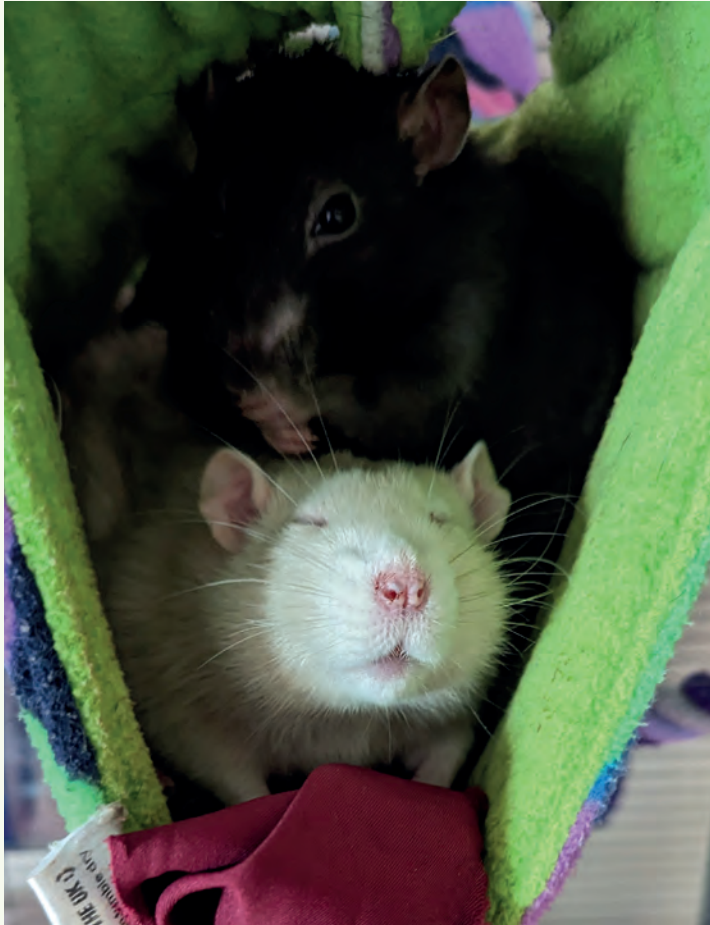


Venue Five



Venue Six

Pet Corner



Welcome to Pet Corner!

While Duncan from box office may have said 'a solemn goodbye' to his flat deposit, it is thoroughly worth it to be a certified rat-dad. Here we meet 'The G Gang', Duncan's beloved quintet of cheeky rat brothers!

Name: 'The G Gang' Gizmo, Gadget, Gonk, Goblin & Griffin.

Age: 2 years old (Gizmo, Gadget & Gonk) and 1 year old (Goblin & Griffin)

Human: Duncan Henley-Washford (Box Office Sales and Admin Assistant)

Description: The G Gang are a 'mischief' (the collective name for a group) of five rats who spend most of their time snoozing, grooming each other and chewing on things they shouldn't. Gizmo, Gadget and Gonk are nearly two years old, which is middle-age for a pet rat. They keep their younger brothers, Goblin and Griffin, in check, although the pair of them cause their fair share of mayhem, enjoying play fighting and zooming around the cage.

Nature: Rats love to socialise, explore and are very intelligent animals. All five can spin on command and will jump, clamber and climb all over the furniture (and up Duncan's legs!) when let out of their cage. They will sniff everything they can find and chew on things that appeal to them; anything wooden, rubbery or leathery is their favourite... Duncan has said a solemn goodbye to his flat deposit.

Once satisfied they will settle down and snuggle in hammocks in their cage. A good sign of a happy, healthy and contented rat is a noise known as "bruxxing", where the rats grind their teeth together, chattering loudly. If they're particularly relaxed they may even "boggle" causing their eyes to pop in and out of their heads -- a strange, somewhat grotesque, but oddly endearing behaviour.

Join our Focus Group

**“ None of us are professionals
we’re just voices with ideas”**

Tom Dalglish, Capital Theatres Focus Group Member

We are seeking people with a dementia diagnosis to join our Capital Theatres Focus Group.

Our Focus Group meets bi-monthly and gives people living with dementia an active, tangible role in shaping the Creative Engagement programme here at Capital Theatres. Tea, coffee and biscuits are served at each meeting, we lay on a lunch for Focus Group members at least twice a year, and we try our best to offer theatre benefits where we can.

So if you have a dementia diagnosis and feel excited to start shaping the dementia programme across our theatres (or even have an idea for an event yourself!) we’d love to have you along.

Please contact Alex at alex.howard@capitaltheatres.com or 0131 622 8102 if you would like to learn more. We can of course make any adjustments necessary to make your attendance more comfortable at our sessions.

See you there!

Festival Theatre, 13-29 Nicolson Street, Edinburgh EH8 9FT



Calendar

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 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 Coordinators (Dementia friendly):

Alex Howard alex.howard@capitaltheatres.com

Gus Harrower gus.harrower@capitaltheatres.com

April 2025

Tuesday 1 April 2025

11am – 12.30pm

Let's Sing: Dementia Choir

Fisherrow Centre, Musselburgh, EH21 6AT

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

11am – 1pm

Heart for Art

Morningside Parish Church EH10 6BU

Contact Jacqui on 07834 364 628 or

email pastoralassistant@morningsideparishchurch.org.uk

1pm – 2.30pm

Livi Legends Sports Group

West Lothian Brain Health Centre, EH54 6QF

Contact westlothianservices@alzscot.org or call 01506 533 108 to find out more about extensive West Lothian AlzScot activities, cafes and events

1pm – 3pm

Knit and Natter Livingstone

Braid Health & Wellbeing EH54 6BU

Contact Kim McFaulds at kmcfaulds@alzscot.org or call 077693641791

1.30pm – 2.30pm

Eric's Encore Music Group

Eric Liddell Centre, EH10 4DP

Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

5pm – 7pm

The Teatime Club

St Thomas' Church, Glasgow Road

Contact Georgia on 0131 478 7784

Wednesday 2nd April

- 10.30am – 12noon** **Craigie Hotel Morning Meet**
Craigie Hotel, EH26 9BZ
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
- 10.30am – 11.15am** **Porty Promenade Walk**
Meet at Swimming Centre Café, EH15 2BS
For more info, contact Active Communities on 0131 458 2260
- 12noon – 2pm** **Liddell Lunch Lions**
Eric Liddell Centre, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
- 1pm – 2.30pm** **Livingstone Memory Café**
Richmond Park Hotel, EH51 0DN
Contact 01324 559480 or email falkirkservices@alzscot.org
- 2pm – 3.45pm** **North-West Edinburgh Singing Group**
Drylaw Parish Church Hall, EH4 2RG
Contact Ali on 0131 467 9354
- 4.30pm – 5.30pm** **Chair Yoga**
Online Event
Book at 0131 315 2151 or email admin@northedinburgharts.co.uk

Thursday 4th April

- 10am** **Union Canal Walking Group**
Fountainbridge Square, EH3 9QG
Contact Fiona on 07706580147
- 1pm – 2.30pm** **Livi Legends Sports Group**
West Lothian Brain Health Centre, EH54 6QF
Contact westlothianservices@alzscot.org or call 01506 533 108 to find out more about extensive West Lothian AlzScot activities, cafes and events
- 1.45pm – 2.45pm** **Choir in the Park**
Saughton Park Glasshouse, EH11 3BQ
To book, contact the Paul at paul@foregetmenotes.org.uk or 07588 894 587
- 10.30am – 12noon** **Bo'ness Dementia Café**
Richmond Park Hotel, EH51 0DN
Contact 01324 559480 or email falkirkservices@alzscot.org.
- 10.30am – 12noon** **Edinburgh Zoo Dementia Social**
Edinburgh Zoo, EH12 6TS.
Contact the Zoo access team on community@rzss.org.uk to book

Calendar

Monday 7th April

- 10.30am – 12noon** **Dunbar Outdoor Activity Group**
Dunbar Leisure Pool, EH42 1EU
Contact Michael on mhuddleston@alzscot.org.
- 10.45am** **St Brides Music Memories**
St Brides Centre, EH11 2DZ.
Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587
- 10.45am – 12.45pm** **Hibs Football Memories**
Easter Road Stadium, EH7 5QG
Contact Margaret on mags@hiberniancf.org
- 1.30pm – 3pm** **Big Hearts: Football and Edinburgh Memories**
Tynecastle Stadium, EH11 2NL
Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947
- 2pm – 4pm** **Music & Memories**
Morningside Parish Church, EH10 6BQ
Contact Jacqui on 07834 364 628
or email pastoralassistant@morningsideparishchurch.org.uk
- 3.45pm – 5pm** **Forget Me Notes Zoom Choir**
Online Event
Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

Tuesday 8th April

- 11am – 12.30pm** **Let's Sing: Dementia Choir**
Fisherrow Centre, Musselburgh, EH21 6AT
Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
- 11am – 1pm** **Heart for Art**
Morningside Parish Church EH10 6BU
Contact Jacqui on 07834 364 628
or email pastoralassistant@morningsideparishchurch.org.uk
- 1.30pm – 2.30pm** **Eric's Encore Music Group**
Eric Liddell Centre, EH10 4DP
Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
- 1pm – 3pm** **Knit and Natter Livingstone**
Braid Health & Wellbeing EH54 6BU
Contact Kim McFaulds at kmcfaulds@alzscot.org or call 077693641791
- 1.30pm – 3pm** **Big Hearts: Football and Edinburgh Memories**
Tynecastle Stadium, EH11 2NL
Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947

Wednesday 9th April

10am – 1pm

The Crafting Place

Currie Scout Group, EH14 5QP

Contact dementiafriendlypentlands@gmail.com for more information

10.30am – 11.15am Porty Promenade Walk

Meet at Swimming Centre Café, EH15 2BS

For more info, contact Active Communities on 0131 458 2260

12noon – 2pm

Liddell Lunch Lions

Eric Liddell Centre, EH10 4DP

Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277

1pm – 2.30pm

Livingstone Memory Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirkservices@alzscot.org

1.30pm – 3.30pm

Borders Discovery Day

Abbotsford House, TD6 9BQ

Contact 01573 400324 or email borders@alzscot.org to secure your place

4.30pm – 5.30pm

Chair Yoga

Online Event

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

Thursday 10th April

10am

Union Canal Walking Group

Fountainbridge Square, EH3 9QG

Contact Fiona on 07706580147

Friday 11th April

10am – 12pm

Memory Lane Café (Brian & Yvonne performing)

Saughtonhall Church, EH12 5TR

Contact Jenny at jenny@themurrayfieldclub.com for more information

10.30am – 12noon

Bo'ness Dementia Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirkservices@alzscot.org.

Monday 14th April

10.30am – 12noon

Dunbar Outdoor Activity Group

Dunbar Leisure Pool, EH42 1EU

Contact Michael on mhuddleston@alzscot.org.

Calendar

10.45am

St Brides Music Memories

St Brides Centre, EH11 2DZ.

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

1pm – 2.30pm

West Calder Community Group

West Calder Community Centre, EH55 8DZ

West Lothian have an extensive list of services and events.

Contact westlothianservices@alzscot.org or call 01506 533 108 to find out more

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

2pm – 4pm

Gentle Exercise Classes

Morningside Parish Church, EH10 6BQ

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

3.45pm – 5pm

Forget Me Notes Zoom Choir

Online Event

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

Tuesday 15th April

11am – 12.30pm

Let's Sing: Dementia Choir

Fisherrow Centre, Musselburgh, EH21 6AT

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

11am – 1pm

Heart for Art

Morningside Parish Church EH10 6BU

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

1.30pm – 2.30pm

Eric's Encore Music Group

Eric Liddell Centre, EH10 4DP

Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

1pm – 3pm

Knit and Natter Livingstone

Braid Health & Wellbeing EH54 6BU

Contact Kim McFaulds at kmcfaulds@alzscot.org or call 077693641791

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

5pm – 7pm

The Teatime Club

St Thomas' Church, Glasgow Road

Contact Georgia on 0131 478 7784

Wednesday 16th April

- 10.30am – 12noon** **Craigie Hotel Morning Meet**
Craigie Hotel, EH26 9BZ
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
- 10.30am – 11.15am** **Porty Promenade Walk**
Meet at Swimming Centre Café, EH15 2BS
For more info, contact Active Communities on 0131 458 2260
- 12noon – 2pm** **Liddell Lunch Lions**
Eric Liddell Centre, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
- 1pm – 2.30pm** **Livingstone Memory Café**
Richmond Park Hotel, EH51 0DN
Contact 01324 559480 or email falkirksservices@alzscot.org
- 2pm – 3.30pm** **Sunflower Café,**
Palmerston Place Church, EH12 5BJ
For more information, phone 0131 220 1690
- 2pm – 3.45pm** **North-West Edinburgh Singing Group**
Drylaw Parish Church Hall, EH4 2RG
Contact Ali on 0131 467 9354
- 4.30pm – 5.30pm** **Chair Yoga**
Online Event
Book at 0131 315 2151 or email admin@northedinburgharts.co.uk

Thursday 17th April

- 10am** **Union Canal Walking Group**
Fountainbridge Square, EH3 9QG. Contact Fiona on 07706580147
- 1.45pm – 2.45pm** **Choir in the Park**
Saughton Park Glasshouse, EH11 3BQ
To book, contact the Paul at paul@foregetmenotes.org.uk or 07588 894 587

Friday 18th April

- 10.30am – 12noon** **Bo'ness Dementia Café**
Richmond Park Hotel, EH51 0DN
Contact 01324 559480 or email falkirksservices@alzscot.org.
- 10.30am – 12pm** **Museum Social: Injecting Hope**
National Museum of Scotland, EH1 1JF Please contact publicevents@nms.ac.uk or call 0131 347 4313

Calendar

**11am – 12.30pm
& 2pm – 2.30pm**

Raven Tales: Dementia-Friendly Show

Festival Theatre, EH8 9FT

Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

Monday 21st April

10.30am – 12noon

Dunbar Outdoor Activity Group

Dunbar Leisure Pool, EH42 1EU

Contact Michael on mhuddleston@alzscot.org.

10.45am

St Brides Music Memories

St Brides Centre, EH11 2DZ.

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

10.45am – 12.45pm

Hibs Football Memories

Easter Road Stadium, EH7 5QG

Contact Margaret on mags@hiberniancf.org

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

3.45pm – 5pm

Forget Me Notes Zoom Choir

Online Event

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

Tuesday 22nd April

10am – 12noon

Technology 'How-to' Drop-in Session

WellWynd Hub, EH33 2JY

Call 0300 369 0680 for more information

10am – 11.30am

Uphall/Broxburn Memory Café

Strathbrook Partnership Centre, EH 52 5LH

West Lothian have an extensive list of services and events.

Contact westlothianservices@alzscot.org or call 01506 533 108 to find out more

11am – 12.30pm

Let's Sing: Dementia Choir

Fisherrow Centre, Musselburgh, EH21 6AT

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

11am – 1pm

Heart for Art

Morningside Parish Church EH10 6BU

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

1.30pm – 2.30pm

Eric's Encore Music Group

Eric Liddell Centre, EH10 4DP

Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

1pm – 3pm

Knit and Natter Livingstone

Braid Health & Wellbeing EH54 6BU

Contact Kim McFaulds at kmcfaulds@alzscot.org or call 077693641791

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

Wednesday 23rd April

10.30am – 11.15am Porty Promenade Walk

Meet at Swimming Centre Café, EH15 2BS

For more info, contact Active Communities on 0131 458 2260

12noon – 2pm

Liddell Lunch Lions

Eric Liddell Centre, EH10 4DP

Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277

1pm – 2.30pm

Livingstone Memory Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirksservices@alzscot.org

4.30pm – 5.30pm

Chair Yoga

Online Event

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

Thursday 24th April

10am

Union Canal Walking Group

Fountainbridge Square, EH3 9QG

Contact Fiona on 07706580147

Friday 25th April

10.30am – 12noon

Bo'ness Dementia Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirksservices@alzscot.org.

Monday 28th April

10.30am – 12noon

Dunbar Outdoor Activity Group

Dunbar Leisure Pool, EH42 1EU

Contact Michael on mhuddleston@alzscot.org.

Calendar

10.45am

St Brides Music Memories

St Brides Centre, EH11 2DZ.

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

11am – 12.30pm

Tea & 'Jam'

Festival Theatre, EH8 9FT

Booking essential.

Call 0131 529 6000 or visit capitaltheatres.com

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

3.45pm – 5pm

Forget Me Notes Zoom Choir

Online Event

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

Tuesday 29th April

11am – 12.30pm

Let's Sing: Dementia Choir

Fisherrow Centre, Musselburgh, EH21 6AT

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

11am – 1pm

Heart for Art

Morningside Parish Church EH10 6BU

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

1.30pm – 2.30pm

Eric's Encore Music Group

Eric Liddell Centre, EH10 4DP

Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

1pm – 3pm

Knit and Natter Livingstone

Braid Health & Wellbeing EH54 6BU

Contact Kim McFaulds at kmcfaulds@alzscot.org or call 077693641791

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

Wednesday 30th April

10.30am – 12noon

Craigie Hotel Morning Meet

Craigie Hotel, EH26 9BZ

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

10.30am – 11.15am

Porty Promenade Walk

Meet at Swimming Centre Café, EH15 2BS

For more info, contact Active Communities on 0131 458 2260

11am – 12.15pm

The Hobby Box

Festival Theatre, EH8 9FT

Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

12noon – 2pm

Liddell Lunch Lions

Eric Liddell Centre, EH10 4DP

Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277

1pm – 2.30pm

Livingstone Memory Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirkservices@alzscot.org

4.30pm – 5.30pm

Chair Yoga

Online Event

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

May 2025

Thursday 1st May

10am

Union Canal Walking Group

Fountainbridge Square, EH3 9QG

Contact Fiona on 07706580147

1.45pm – 2.45pm

Choir in the Park

Saughton Park Glasshouse, EH11 3BQ

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

Friday 2nd May

10.30am – 12noon

Bo'ness Dementia Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirkservices@alzscot.org.

10.30am – 12noon

Edinburgh Zoo Dementia Social

Edinburgh Zoo, EH12 6TS.

Contact the Zoo access team on community@rzss.org.uk to book

Monday 5th May

10.30am – 12noon

Dunbar Outdoor Activity Group

Dunbar Leisure Pool, EH42 1EU

Contact Michael on mhuddleston@alzscot.org.

10.45am

St Brides Music Memories

St Brides Centre, EH11 2DZ.

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

Calendar

10.45am – 12.45pm Hibs Football Memories

Easter Road Stadium, EH7 5QG

Contact Margaret on mags@hiberniancf.org

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

3.45pm – 5pm

Forget Me Notes Zoom Choir

Online Event

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

Tuesday 6th May

11am – 12.30pm

Let's Sing: Dementia Choir

Fisherrow Centre, Musselburgh, EH21 6AT

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

11am – 1pm

Heart for Art

Morningside Parish Church EH10 6BU

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

1.30pm – 2.30pm

Eric's Encore Music Group

Eric Liddell Centre, EH10 4DP

Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

1pm – 2.30pm

Livi Legends Sports Group

West Lothian Brain Health Centre, EH54 6QF

West Lothian have an extensive list of services and events.

Contact westlothianservices@alzscot.org or call 01506 533 108 to find out

more

1pm – 3pm

Knit and Natter Livingstone

Braid Health & Wellbeing EH54 6BU

Contact Kim McFaulds at kmcfaulds@alzscot.org or call 077693641791

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

5pm – 7pm

The Teatime Club

St Thomas' Church, Glasgow Road

Contact Georgia on 0131 478 7784

Wednesday 7th May

- 10.30am – 12noon** **Craigie Hotel Morning Meet**
Craigie Hotel, EH26 9BZ
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
- 10.30am – 12noon** **Capital Theatres Focus Group**
Festival Theatre, EH8 9FT
Booking essential. Call 0131 529 6000 or visit capitaltheatres.com
- 10.30am – 11.15am** **Porty Promenade Walk**
Meet at Swimming Centre Café, EH15 2BS
For more info, contact Active Communities on 0131 458 2260
- 12noon – 2pm** **Liddell Lunch Lions**
Eric Liddell Centre, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
- 1pm – 2.30pm** **Livingstone Memory Café**
Richmond Park Hotel, EH51 0DN
Contact 01324 559480 or email falkirksservices@alzscot.org
- 2pm – 3.45pm** **North-West Edinburgh Singing Group**
Drylaw Parish Church Hall, EH4 2RG
Contact Ali on 0131 467 9354
- 4.30pm – 5.30pm** **Chair Yoga**
Online Event
Book at 0131 315 2151 or email admin@northedinburgharts.co.uk

Thursday 8th May

- 10am** **Union Canal Walking Group**
Fountainbridge Square, EH3 9QG
Contact Fiona on 07706580147

Friday 9th May

- 10.30am – 12noon** **Bo'ness Dementia Café**
Richmond Park Hotel, EH51 0DN
Contact 01324 559480 or email falkirksservices@alzscot.org.

Monday 12th May

- 10.30am – 12noon** **Dunbar Outdoor Activity Group**
Dunbar Leisure Pool, EH42 1EU
Contact Michael on mhuddleston@alzscot.org.

Calendar

10.45am

St Brides Music Memories

St Brides Centre, EH11 2DZ.

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

1pm–2.30pm

West Calder Community Group

West Calder Community Centre, EH55 8DZ

West Lothian have an extensive list of services and events.

Contact westlothianservices@alzscot.org or call 01506 533 108 to find out

more

1.30pm–3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

2pm–4pm

Gentle Exercise Classes

Morningside Parish Church, EH10 6BQ

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

3.45pm–5pm

Forget Me Notes Zoom Choir

Online Event

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

Tuesday 13th May

11am – 12.30pm

Let's Sing: Dementia Choir

Fisherrow Centre, Musselburgh, EH21 6AT

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

11am – 1pm

Heart for Art

Morningside Parish Church EH10 6BU

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

1.30pm – 2.30pm

Eric's Encore Music Group

Eric Liddell Centre, EH10 4DP

Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

1pm – 3pm

Knit and Natter Livingstone

Braid Health & Wellbeing EH54 6BU

Contact Kim McFaulds at kmcfaulds@alzscot.org or call 077693641791

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

5pm – 7pm

The Teatime Club

St Thomas' Church, Glasgow Road

Contact Georgia on 0131 478 7784

Wednesday 14th May

10am – 1pm

The Crafting Place

Currie Scout Group, EH14 5QP

Contact dementiafriendlypentlands@gmail.com for more information

10.30am – 11.15am Porty Promenade Walk

Meet at Swimming Centre Café, EH15 2BS

For more info, contact Active Communities on 0131 458 2260

12noon – 2pm

Liddell Lunch Lions

Eric Liddell Centre, EH10 4DP

Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277

1pm – 2.30pm

Livingstone Memory Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirkservices@alzscot.org

1.30pm – 3.30pm

Borders Discovery Day (Trimontium)

Trimontium Museum, TD6 9PN

Contact 01573 400324 or email borders@alzscot.org to secure your place

2pm – 3.45pm

North-West Edinburgh Singing Group

Drylaw Parish Church Hall, EH4 2RG

Contact Ali on 0131 467 9354

4.30pm – 5.30pm

Chair Yoga

Online Event

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

Thursday 15th May

10am

Union Canal Walking Group

Fountainbridge Square, EH3 9QG

Contact Fiona on 07706580147

1.45pm – 2.45pm

Choir in the Park

Saughton Park Glasshouse, EH11 3BQ

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

Friday 16th May

10.30am – 12noon

Bo'ness Dementia Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirkservices@alzscot.org.

Calendar

Monday 19th May

10.30am – 12noon

Dunbar Outdoor Activity Group

Dunbar Leisure Pool, EH42 1EU

Contact Michael on mhuddleston@alzscot.org.

10.45am

St Brides Music Memories

St Brides Centre, EH11 2DZ.

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

10.45am – 12.45pm Hibs Football Memories

Easter Road Stadium, EH7 5QG

Contact Margaret on mags@hiberniancf.org

2pm – 4pm

Music & Memories

Morningside Parish Church, EH10 6BQ

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

3.45pm – 5pm

Forget Me Notes Zoom Choir

Online Event

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

Tuesday 20th May

10am – 12noon

Technology 'How-to' Drop-in Session

WellWynd Hub, EH33 2JY

Call 0300 369 0680 for more information

11am – 12.30pm

Let's Sing: Dementia Choir

Fisherrow Centre, Musselburgh, EH21 6AT

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

11am – 1pm

Heart for Art

Morningside Parish Church EH10 6BU

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

1.30pm – 2.30pm

Eric's Encore Music Group

Eric Liddell Centre, EH10 4DP

Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

1pm – 3pm

Knit and Natter Livingstone

Braid Health & Wellbeing EH54 6BU

Contact Kim McFaulds at kmcfaulds@alzscot.org or call 07769364179

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

Wednesday 21st May

10.30am – 12noon

Craigie Hotel Morning Meet

Craigie Hotel, EH26 9BZ

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

10.30am – 11.15am

Porty Promenade Walk

Meet at Swimming Centre Café, EH15 2BS

For more info, contact Active Communities on 0131 458 2260

12noon – 2pm

Liddell Lunch Lions

Eric Liddell Centre, EH10 4DP

Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277

1pm – 2.30pm

Livingstone Memory Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirksservices@alzscot.org

2pm – 4pm

Games Afternoon

Morningside Parish Church, EH10 6BQ

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

4.30pm – 5.30pm

Chair Yoga

Online Event

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

Thursday 22nd May

10am

Union Canal Walking Group

Fountainbridge Square, EH3 9QG

Contact Fiona on 07706580147

Friday 23rd May

10.30am – 12noon

Bo'ness Dementia Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirksservices@alzscot.org.

Calendar

Monday 26th May

10.30am – 12noon

Dunbar Outdoor Activity Group

Dunbar Leisure Pool, EH42 1EU

Contact Michael on mhuddleston@alzscot.org.

11am – 12.30pm

Tea & 'Jam'

Festival Theatre, EH8 9FT

Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

10.45am

St Brides Music Memories

St Brides Centre, EH11 2DZ.

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

2pm – 4pm

Gentle Exercise Classes

Morningside Parish Church, EH10 6BQ

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

3.45pm – 5pm

Forget Me Notes Zoom Choir

Online Event

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

Tuesday 27th May

10am – 11.30am

Uphall/Broxburn Memory Café

Strathbrook Partnership Centre, EH 52 5LH

West Lothian have an extensive list of services and events.

Contact westlothianservices@alzscot.org or call 01506 533 108 to find out more

11am – 12.30pm

Let's Sing: Dementia Choir

Fisherrow Centre, Musselburgh, EH21 6AT

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

11am – 1pm

Heart for Art

Morningside Parish Church EH10 6BU

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

1pm – 3pm

Knit and Natter Livingstone

Braid Health & Wellbeing EH54 6BU

Contact Kim McFaulds at kmcfaulds@alzscot.org or call 077693641791

1.30pm – 2.30pm

Eric's Encore Music Group

Eric Liddell Centre, EH10 4DP

Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

2pm – 4pm

Therapy Ponies

Morningside Parish Church, EH10 6BQ

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

Wednesday 28th May

10.30am – 11.15am Porty Promenade Walk

Meet at Swimming Centre Café, EH15 2BS

For more info, contact Active Communities on 0131 458 2260

12noon – 2pm

Liddell Lunch Lions

Eric Liddell Centre, EH10 4DP

Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277

1pm – 2.30pm

Livingstone Memory Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirkservices@alzscot.org

2pm – 4pm

Music & Memories

Morningside Parish Church, EH10 6BQ

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

2pm – 3.15pm

Brew & Blether Festival Theatre, EH8 9FT

Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

4.30pm – 5.30pm

Chair Yoga

Online Event

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

Thursday 29th May

10am

Union Canal Walking Group

Fountainbridge Square, EH3 9QG

Contact Fiona on 07706580147

1.45pm – 2.45pm

Choir in the Park

Saughton Park Glasshouse, EH11 3BQ

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

Calendar

Friday 30th May

10am – 12noon

Memory Lane Café (Kim & Lissa performing)

Saughtonhall Church, EH12 5TR

Contact Jenny at jenny@themurrayfieldclub.com for more information.

10.30am – 12noon

Bo'ness Dementia Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirkservices@alzscot.org.

Saturday 31st May

2pm

Brass Concert

Morningside Parish Church EH10 6BU

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

June 2025

Monday 2nd June

10.30am – 12noon

Edinburgh Zoo Dementia Social

Edinburgh Zoo, EH12 6TS.

Contact the Zoo access team on community@rzss.org.uk to book

10.30am – 12noon

Dunbar Outdoor Activity Group

Dunbar Leisure Pool, EH42 1EU

Contact Michael on mhuddleston@alzscot.org.

10.45am

St Brides Music Memories

St Brides Centre, EH11 2DZ.

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

10.45am – 12.45pm **Hibs Football Memories**

Easter Road Stadium, EH7 5QG

Contact Margaret on mags@hiberniancf.org

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

2pm – 4pm

Music & Memories

Morningside Parish Church, EH10 6BQ

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

3.45pm – 5pm

Forget Me Notes Zoom Choir

Online Event

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

Tuesday 3rd June

11am – 12.30pm

Let's Sing: Dementia Choir

Fisherrow Centre, Musselburgh, EH21 6AT

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

11am – 1pm

Heart for Art

Morningside Parish Church EH10 6BU

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

1.30pm – 2.30pm

Eric's Encore Music Group

Eric Liddell Centre, EH10 4DP

Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

1pm – 3pm

Knit and Natter Livingstone

Braid Health & Wellbeing EH54 6BU

Contact Kim McFaulds at kmcfaulds@alzscot.org or call 077693641791

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

5pm – 7pm

The Teatime Club

St Thomas' Church, Glasgow Road

Contact Georgia on 0131 478 7784

Wednesday 4th June

10.30am – 12noon

Craigie Hotel Morning Meet

Craigie Hotel, EH26 9BZ

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

10.30am – 11.15am

Porty Promenade Walk

Meet at Swimming Centre Café, EH15 2BS

For more info, contact Active Communities on 0131 458 2260

12noon – 2pm

Liddell Lunch Lions

Eric Liddell Centre, EH10 4DP

Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277

1pm – 2.30pm

Livingstone Memory Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirksservices@alzscot.org

Calendar

2pm – 3.45pm

North-West Edinburgh Singing Group

Drylaw Parish Church Hall, EH4 2RG
Contact Ali on 0131 467 9354

4.30pm – 5.30pm

Chair Yoga

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

Thursday 5th June

10am

Union Canal Walking Group

Fountainbridge Square, EH3 9QG
Contact Fiona on 07706580147

Friday 6th June

10.30am – 12noon

Bo'ness Dementia Café

Richmond Park Hotel, EH51 0DN
Contact 01324 559480 or email falkirkservices@alzscot.org.

2pm – 3.30pm

Together in Song

Festival Theatre, EH8 9FT
Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

Monday 9th June

10.30am – 12noon

Dunbar Outdoor Activity Group

Dunbar Leisure Pool, EH42 1EU
Contact Michael on mhuddleston@alzscot.org.

10.45am

St Brides Music Memories

St Brides Centre, EH11 2DZ.
Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

1pm – 2.30pm

West Calder Community Group

West Calder Community Centre, EH55 8DZ
West Lothian have an extensive list of services and events.
Contact westlothianservices@alzscot.org or call 01506 533 108 to find out

more

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL
Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947

2pm – 4pm

Gentle Exercise Classes

Morningside Parish Church, EH10 6BQ
Contact Jacqui on 07834 364 628
or email pastoralassistant@morningsideparishchurch.org.uk

3.45pm – 5pm

Forget Me Notes Zoom Choir

Online Event

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

Tuesday 10th June

11am – 12.30pm

Let's Sing: Dementia Choir

Fisherrow Centre, Musselburgh, EH21 6AT

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

11am – 1pm

Heart for Art

Morningside Parish Church EH10 6BU

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

1.30pm – 2.30pm

Eric's Encore Music Group

Eric Liddell Centre, EH10 4DP

Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

1pm – 3pm

Knit and Natter Livingstone

Braid Health & Wellbeing EH54 6BU

Contact Kim McFaulds at kmcfaulds@alzscot.org or call 077693641791

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

Wednesday 11th June

10am – 1pm

The Crafting Place

Currie Scout Group, EH14 5QP

Contact dementiafriendlypntlands@gmail.com for more information

10.30am – 11.15am Porty Promenade Walk

Meet at Swimming Centre Café, EH15 2BS

For more info, contact Active Communities on 0131 458 2260

12noon – 2pm

Liddell Lunch Lions

Eric Liddell Centre, EH10 4DP

Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277

1pm – 2.30pm

Livingstone Memory Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirkservices@alzscot.org

1.30pm – 3.30pm

Borders Discover Day (Jedburgh Abbey)

Jedburgh Abbey, TD8 6JQ

Contact 01573 400324 or email borders@alzscot.org to secure your place

Calendar

4.30pm – 5.30pm

Chair Yoga

Online Event

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

Thursday 12th June

10am

Union Canal Walking Group

Fountainbridge Square, EH3 9QG

Contact Fiona on 07706580147

1.45pm – 2.45pm

Choir in the Park

Saughton Park Glasshouse, EH11 3BQ

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

Friday 13th June

10.30am – 12noon

Bo'ness Dementia Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirkservices@alzscot.org.

Monday 16th June

10.30am – 12noon

Dunbar Outdoor Activity Group

Dunbar Leisure Pool, EH42 1EU

Contact Michael on mhuddleston@alzscot.org.

10.45am

St Brides Music Memories

St Brides Centre, EH11 2DZ.

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

10.45am – 12.45pm

Hibs Football Memories

Easter Road Stadium, EH7 5QG

Contact Margaret on mags@hiberniancf.org

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

2pm – 4pm

Music & Memories

Morningside Parish Church, EH10 6BQ

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

3.45pm – 5pm

Forget Me Notes Zoom Choir

Online Event

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

Tuesday 17th June

10am – 12noon

Technology ‘How-to’ Drop-in Session

WellWynd Hub, EH33 2JY
Call 0300 369 0680 for more information

11am – 12.30pm

Let’s Sing: Dementia Choir

Fisherrow Centre, Musselburgh, EH21 6AT
Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888

11am – 1pm

Heart for Art

Morningside Parish Church EH10 6BU
Contact Jacqui on 07834 364 628
or email pastoralassistant@morningsideparishchurch.org.uk

1.30pm – 2.30pm

Eric’s Encore Music Group

Eric Liddell Centre, EH10 4DP
Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

1pm – 3pm

Knit and Natter Livingstone

Braid Health & Wellbeing EH54 6BU
Contact Kim McFaulds at kmcfaulds@alzscot.org or call 077693641791

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL
Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947

5pm – 7pm

The Teatime Club

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

Wednesday 18th June

10.30am – 12noon

Craigie Hotel Morning Meet

Craigie Hotel, EH26 9BZ
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

10.30am – 11.15am

Porty Promenade Walk

Meet at Swimming Centre Café, EH15 2BS
For more info, contact Active Communities on 0131 458 2260

12noon – 2pm

Liddell Lunch Lions

Eric Liddell Centre, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277

1pm – 2.30pm

Livingstone Memory Café

Richmond Park Hotel, EH51 0DN
Contact 01324 559480 or email falkirkservices@alzscot.org

Calendar

2pm – 4pm

Games Afternoon

Morningside Parish Church, EH10 6BQ

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

2pm – 3.45pm

North-West Edinburgh Singing Group

Drylaw Parish Church Hall, EH4 2RG

Contact Ali on 0131 467 9354

Thursday 19th June

10am

Union Canal Walking Group

Fountainbridge Square, EH3 9QG

Contact Fiona on 07706580147

Friday 20th June

10.30am – 12noon

Bo'ness Dementia Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirkservices@alzscot.org.

Monday 23rd June

10.30am – 12noon

Dunbar Outdoor Activity Group

Dunbar Leisure Pool, EH42 1EU

Contact Michael on mhuddleston@alzscot.org.

10.45am

St Brides Music Memories

St Brides Centre, EH11 2DZ.

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

2pm – 4pm

Gentle Exercise Classes

Morningside Parish Church, EH10 6BQ

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

3.45pm – 5pm

Forget Me Notes Zoom Choir

Online Event

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

Tuesday 24th June

10am – 11.30am

Uphall/Broxburn Memory Café

Strathbrook Partnership Centre, EH 52 5LH

West Lothian have an extensive list of services and events.

Contact westlothianservices@alzscot.org or call 01506 533 108 to find out

more

11am – 12.30pm

Let's Sing: Dementia Choir

Fisherrow Centre, Musselburgh, EH21 6AT

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

11am – 1pm

Heart for Art

Morningside Parish Church EH10 6BU

Contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

1.30pm – 2.30pm

Eric's Encore Music Group

Eric Liddell Centre, EH10 4DP

Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

1pm – 3pm

Knit and Natter Livingstone

Braid Health & Wellbeing EH54 6BU

Contact Kim McFaulds at kmcfaulds@alzscot.org or call 077693641791

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

Wednesday 25th June

10.30am – 11.15am **Porty Promenade Walk**

Meet at Swimming Centre Café, EH15 2BS

For more info, contact Active Communities on 0131 458 2260

11am – 12.15pm

The Hobby Box

Festival Theatre, EH8 9FT

Booking essential.

Call 0131 529 6000 or visit capitaltheatres.com

12noon – 2pm

Liddell Lunch Lions

Eric Liddell Centre, EH10 4DP

Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277

1pm – 2.30pm

Livingstone Memory Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirksservices@alzscot.org

Calendar

4.30pm – 5.30pm

Chair Yoga

Online Event

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

Thursday 26th June

10am

Union Canal Walking Group

Fountainbridge Square, EH3 9QG

Contact Fiona on 07706580147

1.45pm – 2.45pm

Choir in the Park

Saughton Park Glasshouse, EH11 3BQ

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

Friday 27th June

10.30am – 12noon

Bo'ness Dementia Café

Richmond Park Hotel, EH51 0DN

Contact 01324 559480 or email falkirkservices@alzscot.org.

Monday 30th June

10.30am – 12noon

Dunbar Outdoor Activity Group

Dunbar Leisure Pool, EH42 1EU

Contact Michael on mhuddleston@alzscot.org.

10.45am

St Brides Music Memories

St Brides Centre, EH11 2DZ.

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

11am – 12.30pm

Tea & 'Jam'

Festival Theatre, EH8 9FT

Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

1.30pm – 3pm

Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL

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

3.45pm – 5pm

Forget Me Notes Zoom Choir

Online Event

Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

Those Were the Days answers from page 20

Venue One:

That's the Pentland Club in St Stephens Street, Stockbridge. Later rebranding to Tiffany's in the early 70's and finally Cinderella Rockerfella's around 1982. This venue hosted the likes of Little Richard and The Shadows.

Venue Two:

A popular spot of visiting sailors, Fairley's on Leith Street was one of Edinburgh's more colourful establishments...

Venue Three:

That's Stewart's Ballroom, situated near the top of Abbeymount.

Venue Four:

Big bands like Ted Heath, Harry Gold, Geraldo and Joe Loss played at The Eldorado (or The Eldo) on Mill Lane in Leith. Interestingly - this dance hall doubled up as wrestling venue!

Venue Five:

On a busy night, up to 900 people would cavort the night away at the Palais de Danse in Fountainbridge. This venue featured a revolving stage which allowed bands to seamlessly switch without any interruption to the dancing.

Venue Six:

The signs on the side are a slight giveaway but this is The Plaza in Morningside. We've heard many stories from our community about meeting husbands and wives this Edinburgh institution.

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 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

National Dementia Advisor Service

Provides information, advice and advocacy relating to all aspects of brain health and dementia.
Call 0300 373 5774 or email
NDAS@alzscot.org

Regional Dementia Advisors

Michael Huddleston (East/Mid Lothian): 0131 654 1114
Caroline O'Hara (Edinburgh): 0131 551 9350

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