

Creative voices at Capital Theatres

DementiArts



Welcome to our first issue

Welcome Summer 2019! This will hopefully prove an invaluable resource about 'what's on' in and around Edinburgh. I'm delighted many of you agreed to be part of this as it's important your words are reflected in this quarterly publication. I hope that more people are empowered to share experiences for future newsletters so together we create a comprehensive resource for our community.

Our guest feature is Movement for Memories at Edinburgh Leisure, a valuable project enabling people to continue taking part in sports across all their venues. Thanks to Sam Scott for his insightful contribution.

In our reviews, written by some of our valued families, there is a taste of the

dementia friendly work at Capital Theatres and the wonderful socials going on at National Museums of Scotland. Collectively, the voices of 30 people are reflected in these reviews. What a great start!

There is a calendar of activities and listings of local D Cafes and social groups. We are keen to include as many as we can so get in touch to be included in the Autumn newsletter.

Lastly, a huge thank you to everyone I've met since taking up post as dementia friendly projects co-ordinator. I feel very proud to be part of such a friendly, caring and dedicated community.

Dawn-Claire Irvine

Movement for Memories



Movement for Memories is a service to support people with dementia to become or maintain being physically active. We offer various activities, including swimming, the gym, golf, tennis and fitness classes there is something for everyone. We also appreciate that it can take a long time to be diagnosed with dementia so you don't need a formal diagnosis to access the programme.

How will we help people with dementia to be active?

If you are referred to Movement for Memories our Active Communities team will help you identify your interests and provide the appropriate support you need to get active. We offer a Dementia Friendly Buddy Service, delivered by volunteers; supporting you to access a range of activities more confidently. For example, they might meet you at reception

to show you where to go; they may help you set up gym equipment or support you round the golf course. This service is used in ALL of Edinburgh Leisure's venues so we would support you in the venue that is more convenient for you.

All Movement for Memories participants will receive an Edinburgh Leisure Get Active card providing 12-weeks free access to gym, swim, golf, tennis and fitness classes followed by 9 months of concessionary access.

How do I access the programme?

You can be referred by a Health Professional or a Dementia Link Worker. You can also self-refer yourself or a loved by simply contacting the details below.

Carers

Whilst not every person diagnosed with dementia requires a carer, we understand that some people do need additional care and support. Edinburgh Leisure welcomes carers to come along for free in a supporting role.

Do you look after a friend or family member with Dementia?

If you do - it is really important for you to find time to focus on your own health and wellbeing outside of your caring role. Physical activity has been shown to help carers deal with stress, making you feel better and more able to cope with life demands. Anyone currently caring for someone with dementia in an unpaid capacity can make a self-referral to Movement for Memories and they will receive their own Edinburgh Leisure Get Active card which will allow access to Edinburgh Leisure's gym, swim and fitness classes at a discounted cost before 4pm for a period of 12 months. Please note; that the person you care for does not need to be in the programme for you to be eligible for the access card.

For further information on Movement for Memories please contact a member of our Active Communities team on:

Telephone: 0131 458 2260

Email: active@edinburghleisure.co.uk

May Tea Party Review by Margaret and Brian



My brother and I attend the tea party once a month at Festival Theatre, from the onset we were made very welcome, my brother sings along, and now to my surprise gets up to dance. We have a great



time, Dawn provides a great variety of themed experience, much enjoyed by all, with little touches around the theme. The staff team are so enthusiastic, great fun. We look forward to every meeting.

National Museum of Scotland Socials

by Rosemary Mander and Iain Abbot



These Socials are held in the National Museum of Scotland in Chambers Street. There is always a warm, friendly welcome from the staff and volunteers, who we get to know, together with tea, coffee, fruit and scrumptious cakes.

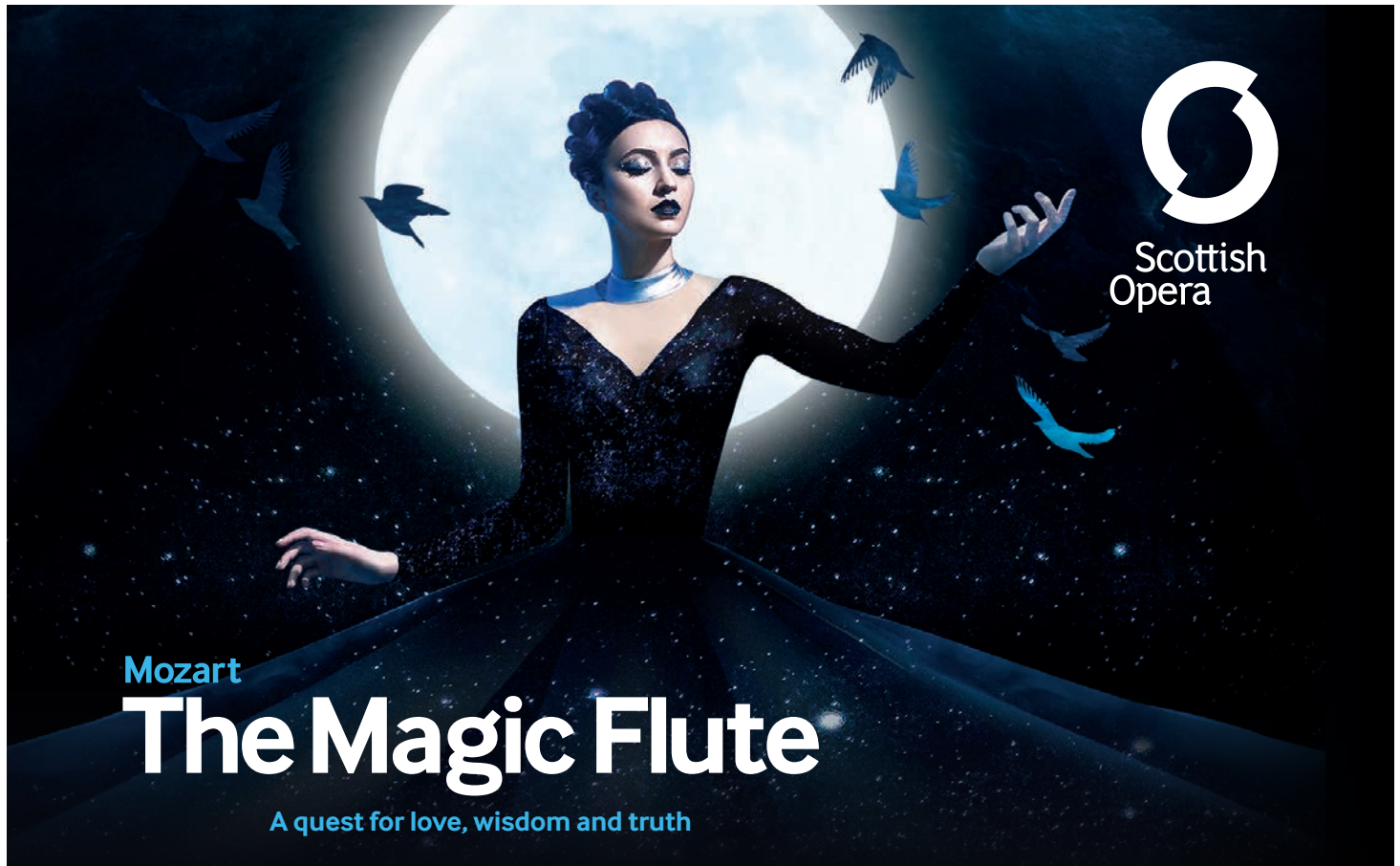
Each Social has a specific theme, linked to an exhibition or display in the museum. First, there is a presentation by a curator or another expert, followed by lively questions and answers. Then there is an activity, which may involve craft work to create a memento, or examining suitable artefacts. We often find ourselves singing a familiar and appropriate song, after which we move into the

galleries to learn about an exhibit relevant to the Social's theme.

The staff and volunteers are most helpful, meeting us near the street door and accompanying us to the room where the social is held. There are plenty of lifts and even an escalator! We sit at tables of about eight people, and have plenty of time to talk. There are women's, men's and accessible toilets just across the corridor. Some of us are on the Steering Group, which may help with organising the Socials.

We are always amazed how much enjoyment can be fitted into a ninety minute Social!

We recently piloted theatre trips 'From Couch To Seat' with a lovely group from Dementia Friendly East Lothian. Below are the group's reviews of our dementia friendly performance of Scottish Opera's The Magic Flute. If you find that transport to the theatre is a challenge, we can support small groups travelling together to make that theatre trip possible. We remove the hard work by arranging transport, tickets, tea and cake!



A Grand Day Out by George Masterton

Our visit to the Festival Theatre to see the abridged version of 'The Magic Flute' had been arranged on our behalf. We were picked up by taxi and arrived at the theatre in ample time where a table for our eight had been reserved for tea, coffee and cake. We then took our seats in the stalls after a good blether and making new acquaintances and waited in anticipation for the event to begin. Alan, the Narrator introduced the performance and guided us through the scenes, at times humorous and others with more serious story telling. The performance was absolutely perfect in every way, ideal for the targeted audience. Gold medal standard for the cast, who gave a most professional performance; the synchronisation of orchestra, stage actions and sound was

second to none. A most enjoyable experience, one to remember.

Recalling the day, could there have been anything different which would have made the experience more enjoyable? The answer to that, from my point of view, is a definite no. It would appear that a great deal of thought and dedication went into the arrangement and all concerned deserve congratulating.

House staff also deserve a mention, as they could not have been kinder or more considerate and special thanks to Dawn for organising everything for us.

I only have one question though, 'Where do Opera Singers get their voices from?' Wow!!!

The Magic Flute by John and Elaine



Because of my illness I find it hard to concentrate and make decisions, but on this occasion I found it easy to accept an offer to visit the theatre.

On the day I was picked up by taxi, driven to the theatre, met by smiling and helpful theatre people, fed and taken to my seat (not forgetting the lift to the toilet!)

I closed my eyes and listened to the orchestra warming up and tuning to the oboes. A.....silence... curtain up.

I sat back and relaxed in the very capable hands of Alan the compere, who made the whole afternoon a great success, a perfect day at the theatre.

Looking forward to Tosca.



The black and white photo above is a young John in 1953 when he played in the RAF Central Band for the Queen's Coronation. I, (Dawn) was in awe when finding out that John had once taken a phone call from the Stuttgart State Opera requesting a trombone player at short notice, for our very own King's Theatre. He continued playing his trombone right up until last year and now sings in a choir. **Bravo John!**

The Magic Flute by Anne

Mum and I thoroughly enjoyed our trip to the Magic Flute.

The day was wonderful. Being taken door to door and a chance to socialise before the show was a wonderful bonus.

Having the story explained and then followed by a short excerpt was just the right level. Mum especially appreciated having the words overhead to complement the singing.

The staff were extremely helpful and at no time did I feel anyone was patronising. My mum is 94 and this was her first experience of opera. You are never too old for a new experience especially supported in this wonderful way.

As a carer it gave me the opportunity to go out and enjoy opera again.

25 LIVE



We were privileged to be asked to take part in the 25 Live concert to celebrate 25 years of the Festival Theatre. The members of the Forget me Notes choir had no hesitation in accepting the invitation and being a part of this community celebration.

Some time ago we developed, as a Choir, a values tree to determine what we are all about, the values identified included achievement, inclusion and community. Being able to perform in a theatre was a huge boost to the Choir and the sense of achievement was very clear. The section we were in was depicting a tea dance, so we sang to the accompaniment of the piano and a selection of dancers, it was brilliant. The audience applauded loudly and the smile on the faces of those who took part said it all.

Being a part of 25 Live was more than performing, it was being a part of a community. We spoke to several other cast members and cheered as they took part, sharing in the theatre's response to those who need extra support and gain that support from arts led experiences.

A word of thanks must be said for the staff at the theatre who understood our needs so well, enabling people with dementia to take part in a wonderful celebratory concert.

We certainly fulfilled those identified values of achievement, inclusion and community and wish the Festival Theatre good wishes as we all work together over the next 25 years.

Alan Midwinter
Chief Executive
Forget me Notes Project

Monday

Monday Café at Cramond Kirk Hall

Cramond Kirk Hall, Cramond Glebe Road, Edinburgh, EH4 6NS.

1st Monday of every month 1pm-3pm.

Contact: Patricia.eason@virgin.net

D-Café Roslin

Roslin Masonic Hall, Main Street, Roslin, EH25 9LD.

Every Monday, 2pm-3:30pm.

**Contact: 0131 654 1114,
midandeastlothianservices@alzscot.org**

D-Café Dunbar

Dunbar Town House Museum and Gallery
High St, Dunbar EH42 1ER.

First Monday of the month, 2pm – 3.30pm.

**Contact: 0131 654 1114,
midandeastlothianservices@alzscot.org**

Tuesday

D-Café Penicuik

Cowan Court, 1 Pentland Way, Penicuik, EH26 8BF.

First and third Tuesday of the month, 2pm-3.30pm.

**Contact: 0131 654 1114,
midandeastlothianservices@alzscot.org**

D-Café Dalkeith

Baptist Church, North Wynd, Dalkeith, EH22 1JE.

Second and Fourth Tuesday of the month,
12pm-2.30pm.

**Contact: 0131 654 1114,
midandeastlothianservices@alzscot.org**

Wednesday

Drop-in café at Festival Theatre Café

13-29 Nicolson Street, Edinburgh EH8 9FT.

Last Wednesday of every month, 2pm-3:30pm

**Contact: 0131 622 8444,
Dawn.Irvine@capitaltheatres.com**

The Sunflower Café.

Palmerston Place Church, 10 Palmerston Place, Edinburgh, EH12 5AA.

3rd Wednesday of every month, 2pm-3:30pm.

**Contact: 0131 654 1114,
midandeastlothianservices@alzscot.org**

D-Café Musselburgh

High St, Musselburgh EH21 7EA.

First Wednesday of the month, 11am-2.30pm.

**Contact: 0131 654 1114,
midandeastlothianservices@alzscot.org**

Thursday

D-Café Edinburgh

Quaker Meeting Room, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Last Thursday of every month, 1pm-3pm
(not open in August).

**Contact: 0131 551 9350,
EdinburghServices@Alzscot.org**

Friday

Oasis Café

Meadowbank Church of Scotland,
83 London Road, Edinburgh, EH7 5TT.

2nd Friday of every month, contact for time.

**Contact: 0131 551 9350,
EdinburghServices@Alzscot.org**

General

The Portobello Café

The Espy, 62-64 Bath Street, Portobello, Edinburgh, EH15 1HF.

Contact prior to attending to find day 11am-1pm.

**Contact: 07906 606 609,
EdinburghServices@Alzscot.org**

Alzheimer Scotland National Office

160 Dundee Street, Edinburgh EH11 1DQ.

Phone 0131 243 1453

email alzheimer@alzscot.org

Edinburgh & West Lothian 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

Dementia Advisor Edinburgh/West Lothian

Contact Elizabeth Campbell on 0131 551 9352 or ecampbell@alzscot.org

West Lothian Dementia Resource Centre

Tel: 01506 533 108 or email:

WestLothianServices@Alzscot.org

Mid and East Lothian Service

Office open: 10am-3.30pm Monday, Wednesday, 10am-3pm Tuesday and Thursday and Friday.

Lisa Moodie, Service Manager on 0131 654 1114 or

midandeastlothianServices@Alzscot.org

Dementia Advisor East/Midlothian

Contact Michael Huddleston on 0131 654 1114 or mhuddleston@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 advice and support or email helpline@alzscot.org

The Phonline (formerly LOOPS)

Dedicated activities phonline for older people in Edinburgh

**Phonline@volunteeredinburgh.org.uk
Tel 0131 603 8311**

Community Navigator Discover Magazines

The 'Discover' magazines are aimed at people over the age of 65 living in either South East or South West of Edinburgh. The magazines contain information about local groups and activities, as well as practical advice on how to keep well. Call Health in Mind to order your copy direct to your door.

Call 0131 225 8508 and ask for Graham or Jen for more information

Vintage Vibes

Vintage Vibes is a service tackling isolation and loneliness among the over-60s in Edinburgh offering companionship, reliable support and the chance to be more socially connected.

www.vintagevibes.org.uk

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

LifeCare - extra years of zest

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

For more information contact 0131 343 0940

July 2019



22

Live music now: Graham Rorie and Aidan Moodie

The Scottish National Portrait Gallery, 1 Queen St, Edinburgh EH2 1JD.
Monday at 11am-11:30am.

0131 624 6200, pginfo@nationalgalleries.org



24

Dementia friendly walking group/Edinburgh Leisure

Portobello Promenade.

Every Wednesday at 10:30am.

0131 458 2183, ageingwell@edinburghleisure.co.uk



24

North West Edinburgh Singing Group

Drylaw Parish Church, Edinburgh.

2nd & 4th Wednesday of the month, 2pm-4pm.

0131 554 7621, NWSinging@gmail.com



24

Fairmilehead Singing Group

Fairmilehead Parish Church, 1a Frogston Rd W, Edinburgh EH10 7AA.

2nd & 4th Wednesday of the month, 2pm-4pm.

0131 667 8336



24

Friendship Group

Dunbar Grammar School.

Every Wednesday, 12pm-3pm.

07727 883 881, Sue@dfel.org.uk



26

Gallery Social. Bridget Riley- National Gallery tour

Scottish National Gallery, The Mound, Edinburgh EH2 2EL.

Friday at 10:30am-12pm.

0131 624 6560, informationdesk@nationalgalleries.org



31

Dementia friendly walking group/Edinburgh Leisure

Portobello Promenad

Every Wednesday at 10:30a

0131 458 2183, ageingwell@edinburghleisure.co.uk

July 2019



31

Dementia Garden Workshop

East Lothian.

Contact for further details.

07727 883 881, Sue@dfel.org.uk



31

Friendship Group

The Willow room, Cockenzie House and Gardens.

Second and last Wednesday of the month, 10am-12pm.

07727 883 881, Sue@del.org.uk



31

Friendship Group

Dunbar Grammar School.

Every Wednesday, 12pm-3pm.

07727 883 881, Sue@dfel.org.uk

August 2019



1

Inverleith Singing Group

Saint Serf's Church Hall, 1A Clark Road, Edinburgh EH5 3NP.

1st and 3rd Thursday of the month, 2pm-4pm.

0131 551 1229



1

The Forget Me Notes (singing group)

The Salvation Army Hall, 429-431 Gorgie Rd, Edinburgh EH11 2RT.

1st and 3rd Thursday of each month, 7pm.

07588 894 587, amidwinter3@btinternet.com



2

Garden Social

Garden Room, Royal Botanic Garden Edinburgh.

10:30-12pm.

0131 248 2956, community@rbge.org.uk

August 2019



5

East Edinburgh Singing Group

1A Willowbrae Rd, Edinburgh EH8 7DB.
1st and 3rd Monday of the month, 2.15pm- 4.15pm.
tom.cma17@gmail.com



6

The Beacon Club Singing Group

Gorgie Dalry Stenhouse Church, Edgar Hall, Gorgie Road, Edinburgh, EH14 1TA.
1st and 3rd Tuesday of the month, contact for time.
0131 455 7731



6

Friendship Group

The Hope Rooms, North Berwick.
1st Tuesday of the month at 2pm-3:30pm.
07727 883 881, Sue@dfel.org.uk



6

Friendship Group

The Maitlandfield House Hotel, Haddington.
1st Tuesday of the month at 10:30am-12pm.
07727 883 881, Sue@dfel.org.uk



7

Friendship Group

Dunbar Grammar School.
Every Wednesday, 12pm-3pm.
07727 883 881, Sue@dfel.org.uk



7

Dementia friendly walking group/Edinburgh Leisure

Portobello Promenade.
Every Wednesday at 10:30am.
0131 458 2183, ageingwell@edinburghleisure.co.uk



9

Library Social

- The Sang's the Thing John Ritchie explores Harry Lauder's popularity through rarely seen film footage
National Library of Scotland, George IV Bridge, Edinburgh, EH1 1EW.
Friday at 10:30am-12pm. **0131 623 3745, b.casebow@nls.uk**

August 2019



14

Dementia friendly walking group/Edinburgh Leisure

Portobello Promenade.

Every Wednesday at 10:30am.

0131 458 2183, ageingwell@edinburghleisure.co.uk



14

Fairmilehead Singing Group

Fairmilehead Parish Church, 1a Frogston Rd W, Edinburgh EH10 7AA.

2nd & 4th Wednesday of the month, 2pm-4pm.

0131 667 8336



14

Friendship Group

The Hollies Centre, Musselburgh.

2nd Wednesday of the month, 1pm-2:30pm.

07727 883 881, Sue@dfel.org.uk



14

North West Edinburgh Singing Group

Drylaw Parish Church, Edinburgh.

2nd & 4th Wednesday of the month, 2pm - 4pm.

0131 554 7621, NWSinging@gmail.com



14

Friendship Group

Dunbar Grammar School.

Every Wednesday, 12pm-3pm.

07727 883 881, Sue@dfel.org.uk



14

Friendship Group

The Willow Room, Cockenzie House and Gardens.

Second and last Wednesday of the month, 10am-12pm.

07727 883 881, Sue@del.org.uk



15

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August 2019



15

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The Salvation Army Hall, 429-431 Gorgie Rd, Edinburgh EH11 2RT.
1st and 3rd Thursday of each month, 7pm.
07588 894 587, amidwinter3@btinternet.com



16

Capital Focus (Advisory panel)

13 / 29 Nicolson Street, Edinburgh EH8 9FT.
Friday at 2pm-3:30pm.
**To enquire about joining this panel contact 0131 622 8444,
Dawn.Irvine@capitaltheatres.com**



16

Friendship Group

The Royal MackIntosh Hotel, Dunbar.
3rd Friday of the month, 10:30am-12pm.
07727 883 881, Sue@dfel.org.uk



16

Museum Social

- **Discover how Romans dealt with Scottish tribes at the edge of the Roman Empire**
National Museum of Scotland, Chambers Street, Edinburgh EH1 1JF.
Friday 10:30am-12pm. **0300 123 6789**



19

East Edinburgh Singing Group

1A Willowbrae Rd, Edinburgh EH8 7DB.
1st and 3rd Monday of the month, 2.15pm- 4.15pm.
tom.cma17@gmail.com



20

The Beacon Club Singing Group

Gorgie Dalry Stenhouse Church, Edgar Hall, Gorgie Road, Edinburgh, EH14 1TA.
1st and 3rd Tuesday of the month, contact for time.
0131 455 7731



21

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August 2019



21

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Every Wednesday, 12pm-3pm.
07727 883 881, Sue@dfel.org.uk



23

Gallery Social

National Gallery of Modern Art, 75 Belford Rd, Edinburgh EH4 3DR.
10:30am-12pm.
0131 624 6560, informationdesk@nationalgalleries.org



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September 2019



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0131 248 2956, community@rbge.org.uk



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September 2019



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07727 883 881, Sue@dfel.org.uk



13

Library Social

- The Singing Ceilidh with singer-songwriter Christine Kydd Come along and sing Scots songs old and new with Scots Scriever Michael Dempster
National Library of Scotland, George IV Bridge, Edinburgh, EH1 1EW.
Friday at 10:30am-12pm.
0131 623 3745, b.casebow@nls.uk



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Museum Social

- Inspired by the exhibition **Body Beautiful**, explore how clothing has altered or adapted our bodies over the years.
National Museum of Scotland, Chambers Street, Edinburgh EH1 1JF.
Friday at 10:30am-12pm.



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Gallery Social

Cut and Paste: 400 Years of Collage

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Friday at 10:30am-12pm.

0131 624 6560, informationdesk@nationalgalleries.org