

Creative voices at Capital Theatres

DementiArts



It's a busy time of year

Welcome to Winter 2019! The nights are getting longer and the days shorter and it's about this time that my hibernating self comes out! Not this season though, we are jam packed with social activities and performance opportunities so expect to see me scurrying around. Our tea parties and Tea and 'Jam' events are all sold out until February 2020 so look out for the new brochure in January when you can book for February onwards. We have three fantastic shows over the next three months from Scottish Opera's rousing and dramatic *Tosca*, then Scottish Ballet will bring a glittering new production of *The Snow Queen* and finally we have our very own commissioned work *The Hillman Hunter*

by musicians Michelle Burke, James Ross and directed by Gerda Stevenson. Taking everyone on a heart-warming and humorous journey this performance has been created for, and with input from people living with dementia, their loved ones and carers. So, whether you prefer watching something on the main stage or enjoy a more intimate performance in The Studio, from drama to humour, there is something for us all.

I'm always keen to hear from people, especially about new ideas or reviews. Please email me at dawn.irvine@capitaltheatres.com or on 0131 622 8444. To book tickets call the box office on 0131 529 6000

CogniCare

A digital companion for family carers of people with dementia

At CogniHealth, a Scottish start-up, our mission is to improve the quality of life of families affected by dementia. We understand how difficult it can be to deal with a diagnosis of dementia, so we have created a tool called CogniCare. CogniCare is designed to help affected families live well with dementia.

What is CogniCare

CogniCare is a digital companion for family carers of people with dementia. It's an easy-to-use app that is available for free. CogniCare guides and supports family carers each step of the way, right from diagnosis. Family carers receive personalised and trustworthy information about dementia care and self-care. They can find events and support services near them. They can even search for anything they want to know about relevant to dementia and the caring process!

Why is CogniCare different?

CogniCare is the first app that provides personalised support for family carers looking after someone with dementia. By learning about both the carer and the person with dementia, CogniCare can suggest solutions that are tailored to the needs of the individual. We have developed CogniCare together with families living with dementia, healthcare professionals and Alzheimer Scotland. All information on CogniCare comes from trustworthy resources and is evidence-based.

To find out more about CogniCare please visit our website www.cognihealth.uk

DementiArts Winter 2019



How do I access CogniCare?

You can download CogniCare for free from the App Store on iPhones or Google Play on Android phones. Search for 'CogniCare' and select download. Once you have downloaded CogniCare, create an account for free to fully access all aspects of the app. It's important to know that we have more features available on Android but we're working on adding them to iPhones as well.

CogniCare is also available as a skill on Amazon Alexa - Search for CogniCare in the Skills & Games section of the app and then press 'Enable To Use' to activate the skill.

People with dementia

While CogniCare is aimed at dementia carers, it can also be used by people who have received a diagnosis of dementia. We have made CogniCare available Amazon Alexa, to make it more accessible for everyone. Through Alexa you can directly ask CogniCare questions about dementia and dementia care.

Would you like to get involved?

We are continuously working to improve CogniCare and would love your feedback. We are currently recruiting family carers for an impact study to measure how CogniCare can improve the quality of life of carers. If you are interested in taking part please contact us on 07746403482 or support@cognihealth.uk.

BBC Music Day, Thu 26 September by Sandra and Jim



Two years ago, Maxine, the Tesco community staff member and I started a dementia group in Penicuik. My husband and I had been attending the Festival Theatre Tea Parties so we all decided to go as a group. Everyone enjoys this and the BBC Music Day party was very enjoyable especially the performance by the Forget me Notes, Edinburgh local dementia inclusive choir. Dawn and the staff are terrific, everyone works very hard and we appreciate this.

Tea and 'Jam' by Jim and Nelda



My wife Nelda, and I are members of the Edinburgh Forget Me Notes choir and we were invited to sing at The Festival Theatre tea party. When we arrived we learned about Tea and 'Jam' events and drop-in cafes. This was previously unknown to us and now we are regular participants, we find that everyone we come in contact with has made us feel very welcome.

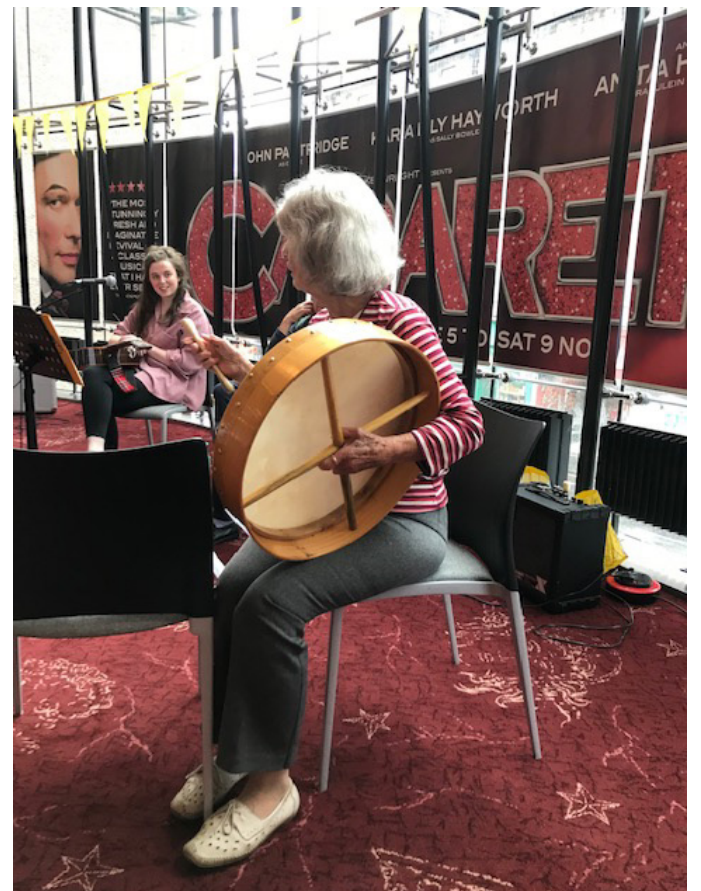
We look forward to being greeted by Dawn and the team, we love the singing and music. Most of all, we love the friendly atmosphere created when we can all participate, either in the dancing or just sitting at the table clapping, stamping our feet or playing the percussion instruments that help us to keep time. Some people bring their own personal instruments and it all adds to the fun in a joyful, happy group.

From two grateful members, we enjoy all that you do to add some fun into our lives.

All we can say in words of old song.

Thank you for the music and giving it to us'.

Tea and 'Jam' by Phyllis and Les



Phyllis is a folk singer and storyteller who used to perform regularly in all sorts of venues. She was diagnosed with Dementia just over a year or so. In spite of that she wants to continue performing as much as possible, given the constraints. She was therefore very pleased to participate in the last two Tea and 'Jam' sessions. The atmosphere was friendly and everyone was enjoying themselves. She hopes that these sessions will continue and hopes to participate in them.

We are delighted to partner with Scottish National Portrait Gallery who will host a performance of *The Hillman Hunter*. Why not make it a family Christmas gathering and join us on Saturday 14th December, 2.00pm? Tickets are on sale now and going fast so call 0131 529 6000 to secure yours. There will be other opportunities to see this as part of Capital Theatres' care settings tour throughout December so please get in touch to register your interest.



Gallery Social: NOW National Galleries Scotland

by Review by Bill and Pat Ellis

In general, dementia friendly events are not just nice to have, they form the backbone or structure to life with dementia. In fact they give purpose to what can be a stressful time for all. None more so than the National Galleries social events that combine informal chat with cake and coffee, practical craft work linked to a particular exhibition and a truly authoritative background description of the exhibitions.

Each of these three elements taken alone are valuable in their own right, who can resist a chat with like-minded folk walking the same journey. Or indeed a hands-on practical exercise that make most of us realise that arts and craft is a bit trickier than we first thought. And then of course very well researched talks and exhibition guides

through the art and life of a particular artists or exhibitions. For example contemporary artists like Victoria Crowe and Bridget Riley thought to old masters like Rembrandt. Not forgetting the superb sculptures within the Gallery on Modern Art.

I say each of these three elements of informal chat, craft work and excellent guided tours are valuable but taken together they are in fact invaluable. My thanks go to all the Gallery staff at the Scottish National Gallery, Portrait Gallery and the Modern Art Gallery. But particularly to the team of artists and educational staff who meet with us monthly and take us on a wonderful journey though the art world.

Life gives you plenty of time to do whatever you want to do, if you stay
In the present moment – Deepak Chopra



Staff Dementia Awareness Training



The Hillman Hunter - see review on page 6



The Forget Me Notes choir at 25 LIVE



Capital Theatres' house band (The Lafayettes)



The Forget Me Notes choir performing at 25 LIVE



BBC Music Day Tea Party



Joyce enjoying Tea and 'Jam'

Dementia Friendly Communities

by Sheila, Volunteer



Being a Volunteer at the excellent Dementia Friendly Events held at the Festival Theatre is not just rewarding but also great fun.

The monthly Drop in Cafe is a time to meet and chat with people who are living with Dementia and also their Partners/Carers. Finding out who they are and what they have done down the years can make memories come back - even for a short time -and sometimes with surprising and hilarious results!

The Tea Party and Tea and 'Jam' events are full of music and laughter to the point that occasionally people buying tickets at the Box Office will creep upstairs to Level 1 to see who's having all the fun - and that speaks volumes.

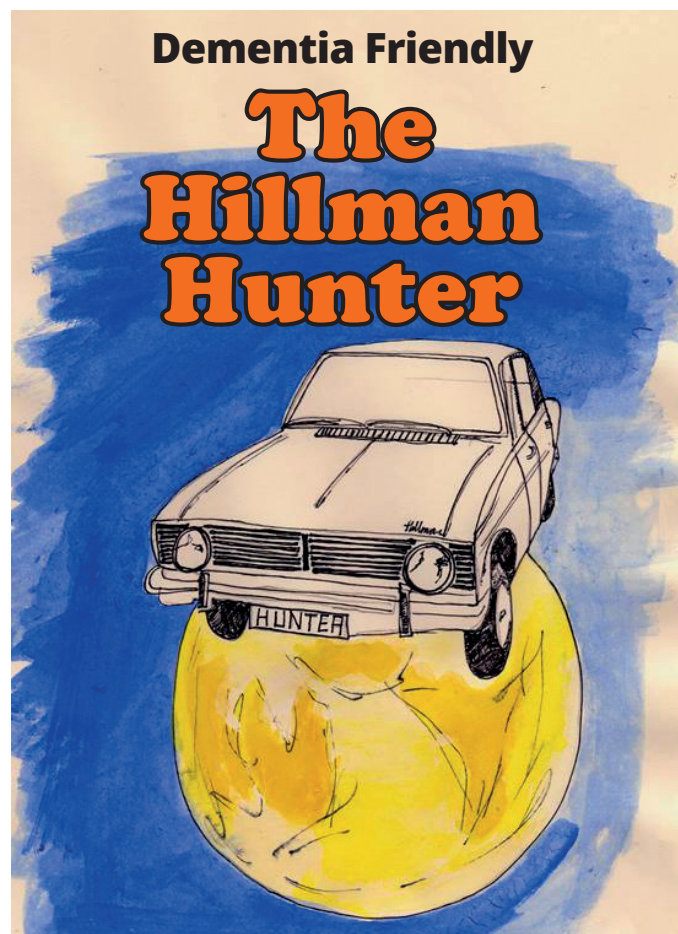
The Scottish Opera Memory Spinners workshop which is run in conjunction with Capital Theatres also gives us so much friendship and laughter. It is a privilege to work alongside such dedicated and talented people. You bring out the best of us!

Thank you to all the Front of House Staff for treating everyone with such respect and kindness - something I often hear said by our various groups. And as one lady said -**"I might not remember any of this tomorrow - but I've had a bloody good time today!!"**

DementiArts Winter 2019

The Hillman Hunter

by Jenny Rowe, Murrayfield
Dementia Group



The production that was brought to us was one of the best events that we have had at our dementia club. The two performers were fantastic, so friendly and talented and warm and brought us something new and fresh that we had not experienced before. The whole idea for the story and the way of performing and delivering it in an interactive way was excellent and captivating. It was very funny, great for reminiscing about topics and events that others could relate to and share and the musical aspect delivered throughout was beautiful and funny and just really made so much more with Michelle's absolutely beautiful voice and James' great talent on the piano. The pace of the show was great and the story perfect for those with dementia to be able to follow and join in with. Our members loved it and have been raving about it since!

Fri 6 December 2.30pm The Studio

Sat 14 December 2pm National Portrait Gallery

Monday

Monday Café at Cramond Kirk Hall

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

First 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

The Friendship Café

Morrison's Hunters Tryst, 30 New Swanston, Edinburgh EH10 7JA

Last Monday of the month 10.30am-12noon

Contact: 0131 300 0599

Bathgate Memory Café

Rosemount Gardens Mid Street, Bathgate, EH48 1QW

First Monday of the Month 2.00-3.30pm

Contact: 01506 533108

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

The Memory Café

Strathbrock Partnership Centre, Entrance B

189a West Main Street, Broxburn, EH52 5LH

Fourth Tuesday of the Month, 10am-11.30am

Contact: 01506 533108

Wednesday

Drop-in café at Festival Theatre

13-29 Nicolson Street, Edinburgh EH8 9FT.

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

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

Drop-in Café at Muirfield Riding Therapy

West Fenton, North Berwick EH39 5AL

Every Wednesday 10am-12noon

Contact: sue@dfel.org.uk 07727 883881

The Sunflower Café.

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

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

Contact: 0131 220 1690 admin@palmerstonplacechurch.com

D-Café Musselburgh

High St, Musselburgh EH21 7EA.

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

Contact: 0131 654 1114, midandeastlothianservices@alzscot.org

The Caring Café

The Lowport Centre, 1 Blackness Road, Linlithgow EH49 7HZ

Third Wednesday of the Month, 10.00am-12.00pm

Contact: 01506 533108

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: 0131 669 0631

Christeen Winford

Alzheimer Scotland National Office

160 Dundee Street, Edinburgh EH11 1DQ.
Phone 0131 243 1453
email alzheimer@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

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

Dementia Advisor Edinburgh

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

Dementia Advisor West Lothian

Contact Cheryl Raby on 01506 533 114 or craby@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

October 2019



16

Friendship Group

The Hollies Centre, Musselburgh.
Second Wednesday of the month, 1pm-2:30pm.
07727 883 881, Sue@dfel.org.uk



16

Dementia friendly walking group/Edinburgh Leisure

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



17

Movie Memories – Judy

Glasgow Film Theatre, 12 Rose Street, Glasgow, G3 6RB
11am-1.20pm
0141 332 6535, www.glasgowfilm.org



17

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



17

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



17

Friendship Group Tranent

McNeill Room, Tranent Library
3rd Thursday of the month
07727 883881, sue@dfel.org.uk



18

Friendship Group

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

October 2019



18

Museum Social

Join us for Scottish folk tunes and some spooky tales with Live Music Now in the week before All Hallows Eve'.

Contact



21

Knit and Natter

St Anne's Church, Westgate, Dunbar, EH42 1JL
Every Monday of the month 2.00pm – 4.00pm

Contact: dunbarcraftstudio@gmail.com



21

Singing Together Sing along Group

Lifecare 2 Cheyne Street Edinburgh EH4 1JB 1.30-2.30pm

Contact: lifecare-edinburgh.org.uk 0131 343 0940



21

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



21

Singalong

Gibb Room, Bleachingfield Centre

Every Tuesday of the month 1.30pm – 3.30pm

Contact: **Chris Roberts 01368 863299**



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Singalong

Gibb Room, Bleachingfield Centre

Every Tuesday of the month 1.30pm – 3.30pm

Contact: **Chris Roberts 01368 863299**



23

Dementia friendly walking group/Edinburgh Leisure

Portobello Promenade.

Every Wednesday at 10:30am.

0131 458 2183, ageingwell@edinburghleisure.co.uk

October 2019



23

North West Edinburgh Singing Group

Drylaw Parish Church, Edinburgh.
2nd & 4th Wednesday of the month, 2pm - 4pm.
0131 554 7621, NWSinging@gmail.com



23

Fairmilehead Singing Group

Fairmilehead Parish Church, 1a Frogston Rd W, Edinburgh EH10 7AA.
2nd & 4th Wednesday of the month, 2pm-4pm.
0131 667 8336



23

Friendship Group

The Hollies Centre, Musselburgh.
2nd Wednesday of the month, 1pm-2:30pm.
07727 883 881, Sue@dfel.org.uk



23

Lifecare Conversations Discussion Group

Lifecare 2 Cheyne Street Edinburgh EH4 1JB 2.30-4.00pm
Contact: alekspacula@lifecare-edinburgh.org.uk 0131 343 0940



25

Gallery Social - The Long Look / The making of a portrait

Scottish National Portrait Gallery
10:30am-12pm.
Contact: informationdesk@nationalgalleries.org.uk 0131 624 6560



28

Knit and Natter

St Anne's Church, Westgate, Dunbar, EH42 1JL
Every Monday of the month 2.00pm - 4.00pm
Contact: dunbarcraftstudio@gmail.com



29

Afternoon History Talks – Stockbridge Stories

Lifecare 2 Cheyne Street Edinburgh EH4 1JB 3 pm
Contact: enquiries@lifecare-edinburgh.org.uk 0131 343 0940

October 2019



29

Afternoon History Talks – Trinity House of Leith

Lifecare 2 Cheyne Street Edinburgh EH4 1JB 3 pm

Contact: enquiries@lifecare-edinburgh.org.uk 0131 343 0940



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Contact: alekspacula@lifecare-edinburgh.org.uk 0131 343 0940



30

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



30

Friendship Group

The Hollies Centre, Musselburgh.

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

07727 883 881, Sue@dfel.org.uk

November 2019



Singing Together Sing along Group

Lifecare 2 Cheyne Street Edinburgh EH4 1JB 1.30-2.30pm

Contact: lifecare-edinburgh.org.uk 0131 343 0940



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



Knit and Natter

St Anne's Church, Westgate , Dunbar, EH42 1JL

Every Monday of the month 2.00pm – 4.00pm

Contact: dunbarcraftstudio@gmail.com



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



Friendship Group

The Hope Rooms, North Berwick.

1st Tuesday of the month at 2pm-3:30pm.

07727 883 881, Sue@dfel.org.uk



Friendship Group

The Maitlandfield House Hotel, Haddington.

1st Tuesday of the month at 10:30am-12pm.

07727 883 881, Sue@dfel.org.uk



Singalong

Gibb Room, Bleachingfield Centre

Every Tuesday of the month 1.30pm – 3.30pm

Contact: Chris Roberts 01368 863299

November 2019



Friendship Group

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2nd Wednesday of the month, 1pm-2:30pm.
07727 883 881, Sue@dfel.org.uk



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



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Lifecare 2 Cheyne Street Edinburgh EH4 1JB 2.30-4.00pm
Contact: alekspacula@lifecare-edinburgh.org.uk 0131 343 0940



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



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



Movie Memories – Singin' In The Rain

Glasgow Film Theatre, 12 Rose Street, Glasgow, G3 6RB
11am-1.10pm
0141 332 6535, www.glasgowfilm.org



Library Social

A curious herbal Discover the fascinating life of botanical illustrator Elizabeth Blackwell (1707-1758) with storyteller and medical herbalist Amanda Edmiston.

Contact

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Contact: alekspacula@lifecare-edinburgh.org.uk 0131 343 0940



Tennis For Memories – Edinburgh Leisure

Craiglockhart Tennis Centre
2nd Wednesday of the month 1.30pm – 2.30pm
Full Movement for Memories programme available from Edinburgh Leisure
Contact: 0131 458 2260, active@edinburghleisure.co.uk



Friendship Group

The Hollies Centre, Musselburgh.
2nd Wednesday of the month, 1pm-2:30pm.
07727 883 881, Sue@dfel.org.uk



Friendship Group

The Willow Room, Cockenzie House and Gardens.
Second and last Wednesday of the month, 10am-12pm.
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November 2019



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0131 667 8336



Friendship Group

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



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**



Museum Social

The Luxury of Time - Alongside our British clock exhibition explore how these fascinating instruments were the ultimate status symbol and the cutting edge of technology.
Contact



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Scottish Opera Tosca – dementia friendly performance

Festival Theatre, 13-29 Nicolson Street, edinburgh EH8 9FT. 3pm
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0131 667 8336

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Every Monday of the month 2.00pm – 4.00pm
Contact: dunbarcraftstudio@gmail.com



Concert Live Music Now: New Horizons

National Portrait Gallery
11am-11.30am
Contact: informationdesk@nationalgalleries.org.uk 0131 624 6560



Singing Together Sing along Group

Lifecare 2 Cheyne Street Edinburgh EH4 1JB 1.30-2.30pm
Contact: lifecare-edinburgh.org.uk 0131 343 0940



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



Friendship Group

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



Friendship Group

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



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

December 2019



Singalong

Gibb Room, Bleachingfield Centre
Every Tuesday of the month 1.30pm – 3.30pm
Contact: Chris Roberts 01368 863299



Friendship Group

The Hollies Centre, Musselburgh.
2nd Wednesday of the month, 1pm-2:30pm.
07727 883 881, Sue@dfel.org.uk



Dementia friendly walking group/Edinburgh Leisure

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



Lifecare Conversations Discussion Group

Lifecare 2 Cheyne Street Edinburgh EH4 1JB 2.30-4.00pm
Contact: alekspacula@lifecare-edinburgh.org.uk 0131 343 0940



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



Movie Memories – It's a Wonderful Life

Glasgow Film Theatre, 12 Rose Street, Glasgow, G3 6RB
11am-1.30pm
0141 332 6535, www.glasgowfilm.org



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

December 2019



6

Friendship Group The Hillman Hunter dementia friendly performance

The Studio at Potterrow, 22 Potterrow EH8 9BL.

2.30pm

Contact: dawnirvine@capitaltheatres.com Box Office 0131 529 6000



9

Knit and Natter

St Anne's Church, Westgate, Dunbar, EH42 1JL

Every Monday of the month 2.00pm – 4.00pm

Contact: dunbarcraftstudio@gmail.com



10

Singalong

Gibb Room, Bleachingfield Centre

Every Tuesday of the month 1.30pm – 3.30pm

Contact: Chris Roberts 01368 863299



11

Lifecare Conversations Discussion Group

Lifecare 2 Cheyne Street Edinburgh EH4 1JB 2.30-4.00pm

Contact: alekspacula@lifecare-edinburgh.org.uk 0131 343 0940



11

Friendship Group

The Hollies Centre, Musselburgh.

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

07727 883 881, Sue@dfel.org.uk



11

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



11

Dementia friendly walking group/Edinburgh Leisure

Portobello Promenade.

Every Wednesday at 10:30am.

0131 458 2183, ageingwell@edinburghleisure.co.uk

December 2019



Fairmilehead Singing Group

Fairmilehead Parish Church, 1a Frogston Rd W, Edinburgh EH10 7AA.
2nd & 4th Wednesday of the month, 2pm-4pm.
0131 667 8336



North West Edinburgh Singing Group

Drylaw Parish Church, Edinburgh.
2nd & 4th Wednesday of the month, 2pm - 4pm.
0131 554 7621, NWSinging@gmail.com



Friendship Group

The Hollies Centre, Musselburgh.
2nd Wednesday of the month, 1pm-2:30pm.
07727 883 881, Sue@dfel.org.uk



Tennis For Memories – Edinburgh Leisure

Craiglockhart Tennis Centre
2nd Wednesday of the month 1.30pm – 2.30pm
Full Movement for Memories programme available from Edinburgh Leisure
Contact: 0131 458 2260, active@edinburghleisure.co.uk



Christmas Lunch

Lifecare 2 Cheyne Street, Edinburgh EH4 1JB 12 -2 pm
Contact: lifecare-edinburgh.org.uk 0131 343 0940



Christmas Lunch

Lifecare 2 Cheyne Street, Edinburgh EH4 1JB 12 -2 pm
Contact: lifecare-edinburgh.org.uk 0131 343 0940



Library Social

Yuletide songs, poems, and tunes Celebrate the festive season with poet Valerie Gillies and fiddler Laure Paterson.
Contact

December 2019

**14****Friendship Group****The Hillman Hunter dementia friendly performance**

National Portrait Gallery, Farmer Education Suite, 1 Queen Street Edinburgh EH2 1JD.
2pm

Contact: dawnirvine@capitaltheatres.com Box Office 0131 529 6000

**16****Singing Together Sing along Group**

Lifecare 2 Cheyne Street Edinburgh EH4 1JB 1.30-2.30pm

Contact: lifecare-edinburgh.org.uk 0131 343 0940

**16****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

**16****Knit and Natter**

St Anne's Church, Westgate , Dunbar, EH42 1JL

Every Monday of the month 2.00pm – 4.00pm

Contact: dunbarcraftstudio@gmail.com

**17****Singalong**

Gibb Room, Bleachingfield Centre

Every Tuesday of the month 1.30pm – 3.30pm

Contact: Chris Roberts 01368 863299

**17****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

**17****Christmas Lunch**

Lifecare 2 Cheyne Street, Edinburgh EH4 1JB 12 -2 pm

Contact: lifecare-edinburgh.org.uk 0131 343 0940

December 2019

**18**

Christmas Lunch

Lifecare 2 Cheyne Street, Edinburgh EH4 1JB 12 -2 pm
Contact: lifecare-edinburgh.org.uk 0131 343 0940

**18**

Lifecare Conversations Discussion Group

Lifecare 2 Cheyne Street Edinburgh EH4 1JB 2.30-4.00pm
Contact: alekspacula@lifecare-edinburgh.org.uk 0131 343 0940

**18**

Dementia friendly walking group/Edinburgh Leisure

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

**18**

Friendship Group

The Hollies Centre, Musselburgh.
2nd Wednesday of the month, 1pm-2:30pm.
07727 883 881, Sue@dfel.org.uk

**19**

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

**19**

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

**19**

Friendship Group Tranent

McNeill Room, Tranent Library
3rd Thursday of the month
07727 883881, sue@dfel.org.uk

December 2019



Scottish Ballet The Snow Queen – Inclusive performance

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

2.30pm

Tickets available from box office: 0131 529 6000



Friendship Group

The Royal MackIntosh Hotel, Dunbar.

3rd Friday of the month, 10:30am-12pm.

07727 883 881, Sue@dfel.org.uk



Emigration and Identity

We will explore the real stories of the mass of population who left Scottish shores for new lives overseas.

Contact



Knit and Natter

St Anne's Church, Westgate , Dunbar, EH42 1JL

Every Monday of the month 2.00pm – 4.00pm

Contact: dunbarcraftstudio@gmail.com



Knit and Natter

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