Welcome to Spring 2021

Spring is in the air as I write this today, and after this year, by golly don’t we all deserve a fresh start?!

Here at Capital Theatres, throughout the depths of winter, we’ve been busier than ever. Our three great theatres may be sitting closed, our smiling front of house staff may have their waistcoats and ties hanging in their wardrobes... but our fantastic Creative Engagement team have been finding clever ways to bring the joy of theatre right into your front room.

So here’s a quick recap of some of the things we’ve been getting up to. Our Tea Party performances continue in full force online, bringing you the best foot-tapping tunes and musical recitals from bands and musicians working all across Scotland. Then we’ve had the fabulous Sundown Stories – tales that transport you right into the past, performed by the matchless Adam Robertson (I feel like I’ve entered a time machine when I’m listening to these!)

And how can we forget our friends over at the Forget Me Notes choir, led by Alan Midwinter and Paul Barfoot; the Tea & Jam, Brew & Blether and Joy To The Moment sessions, all which have persevered, come rain or shine, to lift your mood with chatter, song and dance right when our spirits need it most!

But how can I sign off without mentioning our fantastic radio play-in-the-making. To replace our care home tour, we’ve teamed up with Traverse Theatre and writers/theatre makers Jack Nurse and Robbie Gordon to create a dementia-friendly radio play, geared especially towards entertaining care home residents and persons living with dementia. The play is contributor-led, meaning Robbie & Jack have worked alongside those living with dementia to come up with plot ideas, twists and sensory-based scenes. And it’s a cracker, I can tell you! A great rollercoaster of Edinburgh-based mystery, nostalgia and delight that’ll have you twitching with impatience for the next episode...

So sit back and enjoy reading this new revamped edition DementiArts, complete with quizzes, reviews, a new Memory Lane section and even a Library Cat Corner!

As you’ll see, this is as much your space as it is ours. Have a poem? A memory of Edinburgh? A telly show you've especially enjoyed? A weird-and-wonderful idea for a story? Then send it to us, and we'll squirrel it away for a subsequent edition of DementiArts.

Stay well, keep cosy, and enjoy.
Taking the lead out of lockdown

Dementia Dog, a collaboration between Alzheimer Scotland and UK-wide charity Dogs for Good, uses specially trained dogs to help people who are living and caring with dementia. When the country went into lockdown last March, the project had to find new ways to keep families feeling connected and help reduce social isolation.

The team came up with an array of creative ideas including virtual therapy walks and online Doggy Bingo that can support those who are shielding at home.

Meet Carla and Billy

Carla is a professional dementia dog handler and has an unusual assistant in the shape of a Labrador called Billy. Usually they would be found out in the community, providing fun, structured therapy sessions to help people overcome social and personal challenges associated with dementia.

Over the past year, Billy has been learning some new online skills to help the team continue to bring the motivating joy and benefit of dogs into people’s lives. Indeed, he has become the star of Doggy Bingo sessions which were initially trialled by linking in with Alzheimer Scotland dementia support groups and are now supporting people from Shetland to the Borders.

Carla explains: “There is great anticipation as the players watch Billy go and fetch a ball with...
a random number on it from a container. He passes it to me and I read out the number. Although our dogs are very well trained there have been times when Billy walks off to get my slippers or a toy instead of a bingo ball and that always gives everyone a laugh.”

Donna Paterson, Dementia Advisor at Alzheimer Scotland, said: “The feedback has been incredibly positive, participants can’t wait for the next session and they love the fact that it’s the dog that picks the bingo balls. They’re quite a competitive bunch and they’re really enjoying the banter online – it’s been a highlight for them and us and a real boost of positivity in the day.”

**Pioneering virtual dog therapy**

Dementia Dog is also trialling an online version of their one-to-one therapy sessions. Carla says, “Because we’re all staying home more at the moment, we found that some of our clients were finding the lack of routine and cognitive stimulation a real struggle and that’s where the virtual sessions come in. Trials started with the idea of virtual walks where Carla and Billy connect by secure video link with clients using smartphones. “The walks are super fun and designed to help restore some routine back into people’s daily lives and increase exercise. The video allows us to have conversations and share experiences and the client can also interact and give cues to the dog which adds a whole other motivational dimension.”

These early trials are also now helping people build confidence around using technology, as well as providing a weekly routine and reducing loneliness.

**Support for families and pet dogs**

Recently the project has launched a new service called Dementia Family Dog to provide reliable information for families living with dementia who would like support with a pet dog partnership. Further information on these free online workshops, and Dementia Dog’s broader services can be found here [www.dementiadog.org](http://www.dementiadog.org)
In 1964, the Beatles played at the ABC Cinema in Edinburgh. For one fan, Elaine Bell, the boys’ visit was made all the more memorable by the snippy remarks made by Edinburgh’s then-Provost, Lord Duncan Weatherstone.

Below, Elaine Bell has kindly shared with DementiArts what she considers “one of my most treasured possessions” — a newspaper report, penned by her beloved late brother, Bruce McLeod. In it, Bruce pithily recalls the Beatles’ incredulous response at being asked by Provost Weatherstone, moments after stepping out at the ABC, to donate £100,000 to the Edinburgh Festival fund! Later, Ringo quipped that the brass-necked Lord Weatherstone could first try selling “his chain of office”!

Happily, Bruce was able to get the boys’ autographs on the back of a thin piece of reporting notepaper. What a wonderful memory! Thank you for sharing, Elaine.
Skating on Blackford Pond

by Ian Laurence

As I write this I feel I should have Perry Como singing “Magic Moments” on in the background, or maybe Elvis, Jerry Lee or Shorty from the Palais...

It was 1958, if I recollect correctly; freezing cold, lots of snow, sledging on Craigmillar Park Golf Club, great fun.

Then the shout went out: “They are skating on the pond!” Brilliant!

As regulars at Murrayfield, and Royals supporters, we had all the gear. Sky blue 14” bottom jeans, white jerkins with red and blue stripes down the sleeves; the “Royals colours”; the must have “Fagan” skates.

We were a crowd... well four or five of us, all from West Mains. It took about 10 minutes to walk down, and then start showing off. We were the Bee’s Knees! speed skating, jumping, even some with a twist nae bother. We were being a proper pain in the butt!

But one thing missing: “The girls.” No short-skirted, long-legged girls, wearing their sweaters back to front, (remember girls?) What was the point of showing off without the girls?!

Then, there was a creek. A groan. The ice was speaking. Everyone off, the party over and parents gathering up their families.

Skating on the Blackie Pond, over for another year. Not only another year... in fact, I have never skated on it since. And at 78 not likely to again. But oh, those Magic Moments, memories we've been sharing...

You Ought To Be In Pictures

by Irene W. Clouston

This memory is of a happening that took place in Ward 1 of the then Princess Margaret Rose Orthopaedic Hospital in late July, 1948, when the Edinburgh International Festival was in its infancy.

Ward 1, in which I was a patient for two years with hip problems, housed twenty under-ten-year-old girls. Even now, I can still recall the smell of disinfectant and ether which seemed to permeate the whole building. On that particular afternoon in July, four men appeared in our ward, their foreign voices – Canadian as it turned out – could be heard barking out instructions to the nursing staff. Their photographic company was mounting an exhibition during that year’s Edinburgh Festival. For some bizarre reason, at least to us, they had decided to photograph one of our inmates alongside teacher, Miss Blyth, who provided what passed for our ‘schooling’. Who would be the chosen one? A candidate was picked. Wendy, whose bed was directly opposite mine, was a bit of a ‘celeb’ with the nurses, as her parents were actors with special dispensation to visit her on Sundays. Normal visiting adult only times were restricted to two hours on Saturday afternoons.

The nurses set to work on Wendy. Raised on one elbow, I was able to watch the next frantic phase with total disinterest as I, and the remaining 18 patients, tucked into vanilla ice cream cones supplied by the thoughtful camera crew. Out came the transparent, amber coloured Pears soap. Up wafted its soapy scent! A quick wash and the smell of singed hair from the over-heated curling tongs; hair beribboned, a clean cardigan produced, bed frantically re-made. The ‘star’ was ready for the cameras! The head photographer stood at the end of the bed, viewing the outcome of Wendy’s ‘makeover’.

He frowned, scratched his head, screwed up his nose – no, too fussy. Wendy didn't fit the frame. For some unknown reason, which to this day I still can't fathom, he decided I was his ideal! And that's how, aged eight, I appeared in one of Edinburgh's first International Festival exhibitions.

Have a cherished memory of times past that you would like to share? If so, we would love to hear from you! It can be a music concert, your first day at school in Edinburgh, or (like Ian) your first experience ice-skating on a frozen pond! Please send any thoughts to alex.howard@capitaltheatres.com and we would be delighted to include them in a subsequent edition of DementiArts.
Those were the days!

Can you recognise these well-known Edinburgh locations and football players? Answers at the bottom of the page.

Picture 1 (from 1912)

Player 1 This former Hibs centre forward

Picture 2 (from the 1950s)

Player 2 This former Hearts Midfielder (and current landlord of the Waverley Bar in Dumbarton!)

Picture 3 (from 1955)

Answers

Picture 1 – Foot of Leith Walk, Picture 2 – Morningside Station, Picture 3 – Haymarket Station. Player 1 – Joe Baker, Player 2 – Drew Busby

DementiArts  Spring 2021
The Forget Me Notes – what the choir means to us  A personal view from Bill and Pat Ellis

My wife Pat and I attended an Alzheimer’s Scotland carer’s event early in 2018. This event was designed to help carers and those living with dementia to come to terms with a new diagnosis of Dementia. As usual these events are attended by volunteers as well as professionals in this field. One of these volunteers was Elaine Bell, and she spoke about a dementia-friendly community choir, the Forget Me Notes that she was a member of, and suggested we might like to attend a practice.

Both Pat and I said “A choir! You must be joking, we can’t sing”. Elaine was not fazed by this reaction and assured us that the choir was open to everyone in the community irrespective of their singing ability, and that the choir had lots of members, who like us either suffer from dementia or have loved ones who are affected by dementia. The next choir practice was in a few days so we plucked up the courage and went along. What would it matter if it all went wrong? Nothing would be lost. Possibly not the best attitude to have, but these “dementia things” are not always for everyone.

How wrong could we have been? We were greeted by the Choir Master Alan Midwinter and the Pianist Paul Barfoot as well as members of the choir. The room was warm, the atmosphere was warm, and the welcome was very warm. What more could we ask for? Nothing, after a chat with Elaine who was pleased we had made it along to the practice and with some other members of the choir we settled into the practice. Yes, singing ability would never be a barrier to membership, but that did not prevent others from singing well and we enjoyed being swept along in a happy singalong.

These evening singing practices were events that both Pat and I looked forward to. The big easy to read print of the song sheets, the friendly atmosphere, and the song selection that suited the choir down to a tee were just what we needed. Then of course came the payback, the choir was expected to perform too. What was this? Would people really want to listen to a choir with us in it? Well, the answer soon became self-evident: we sang at Care Homes around Edinburgh, Christmas Tree Lighting events at Gorgie Farm, Burns Night Suppers, The Edinburgh International Conference Centre, The Festival Theatre not to mention Carol Singing at Sainsbury Murrayfield (our daughter and grandchildren joined us for that one). Was there no end to this merriment?

The answer to this question came in the form of a pandemic, everything shut down. Would we lose the choir too? No such thing, Alan and Paul took the choir onto Zoom. The choir thrived in this online format and increased its practices to twice a week. Many of the members were able to participate and many new followers from all over the country (and beyond) have joined in and added greatly to the reach and diversity of the choir. Alan and Paul work hard in the background keeping in touch with and giving support to members who are not able to use the online technology and regularly update us all on their wellbeing.

We often speak of a time when face to face practices can restart. Although, the challenge for the Forget Me Notes will be similar to that of many other organisation; that is how to retain the benefits of online participation, alongside the absolutely essential live participation that we all long for. I for one believe that this challenge will be ably met by Alan and Paul to the benefit of the choir and the wider community that the Forget Me Notes has become an important part of.
Radio Drama: Thoughts from a Creative Contributor  

by Elaine and John Bell

My husband and I missed the first episode of the Radio Play as we weren’t sure if it was only meant for people with Dementia and their carers. Although we have both worked and volunteered with people with early onset dementia, we weren’t in that category.

We started listening to the second of four episodes after Dawn sent us the draft of episode one. Very soon we became hooked on it and couldn’t wait for the next episode!

The play is excellent on all levels. Firstly, the narrators deliver the script in a relaxed and interesting way. It’s very clear and appeals to those of us who were used to listening to the radio in our younger days. It completely captured our imagination, prompting memories of places, people, music and events in our past – exactly the elements that people living with dementia can relate to.

Before and after each episode, Robbie and Jack (from drama group Wonderfools) encourage us to share our thoughts. However, there’s no pressure and it’s great to see and hear people gain confidence in opening up about some of their own experiences. We would highly recommend people to listen if they get the opportunity. We can’t wait for the final episode to find out the answer to the mystery.

The Radio Play – whose plot was inspired by stories from a host of contributors, including those with lived experience of dementia – is soon to be released. Keep an eye on updates from Capital Theatres’ Dementia-Friendly programme for more updates about this riveting drama of Maggie and the mystery boy!
What I gained from the Capital Theatre’s Dementia Arts group

by Beverley Groves

What did I get out of the few weeks working with Jack, Robbie, Dawn and everyone else in the Radio Play group?

Firstly, I learnt a lot about the people growing up in Edinburgh's past. It was a chance to spend time with different people from different backgrounds which I really enjoyed, along with the opportunity to work every week with Jack and Robbie, the “Wonderfools.” Jack and Robbie always made us feel welcome, got me to join in, and was interested in what I had to say. They really took the time to listen to my views, no matter how small they felt to me personally.

At first, I was a little lost as I don’t have many memories – at least not many happy ones – from my childhood. But as the weeks continued, I started to recall some good memories from my childhood, and days came back to me that I definitely did enjoy. These happy memories often centred around my friends and the games we used to play in places around Edinburgh. I had totally forgotten about these! To begin with, these left me with mixed feelings after the sessions for a few days as I began to think about my childhood more generally.

Although I had a bad time growing up at home, I began to realise that I did have something of a childhood playing with those other children. Looking back now, during those times, my childhood felt normal... happy even, albeit for a mere few hours a week. In those moments, I had the freedom to behave like a child, instead of running around the house, from the age of seven, having to act the adult in all aspects of my life; burdens that no children of that age should ever have to deal with.

I’m so pleased Robbie and Jack entered my life, along with the other people from the zoom group who managed to help me fill in the blanks about my old childhood, turning it completely on its head. This would never have happened were it not for groups like this, so I cannot thank them enough. Groups like this do so much for people like me, and many more, to help them remember things that might be hidden so deep because of the various bad things that took hold over their lives.

And you never know – I might remember even more happy times, so I can totally wipe all the bad away, bit by bit. Even at 53, this would be worth it to me. I’m so interested in learning as much as possible about dementia and how different things help those living with dementia cope with everyday life along with their carers.

Dealing with someone experiencing dementia isn’t easy, especially to begin with. You have to get used to them living in the past. This is partly why I have got so much out of Jack and Robbie’s groups... it now helps me look after my Mum who is now in the early stages of dementia.
A New and Gentle Way by Jona Williams

Intrigued, we followed it and discovered Dawn and her team at .... The Festival Theatre!

Literally the sun rose upon our lives. True, we were perhaps a bit shy at first. Then gradually, we joined in what’s called “Brew & Blether” which is just what it says on the tin. Remotely – in the comfort of your home - you can relax in the company of others in the same situation as you. There's no pressure and you can sit and just listen if you want. Sometimes there’s an added extra, such as a live talk or virtual tour (remember Mary King’s Close for example?) Oh, and if you’re a tad musical (and it turns out even that doesn’t really matter!) there’s “Tea & Jam” facilitated by some excellent musicians. And there’s more!

As well as the sheer enjoyment these virtual doorways have opened up in our lives, we’ve also picked up so much useful information and first-hand suggestions from others along the way. For example, we now take Scottish Ballet Dementia-friendly classes, singalongs with the “Forget Me Notes” choir, and are currently looking forward to the companionship offered by Dementia Dogs (who can forget playing Dog Bingo?!).

If someone had told us at the beginning that despite lockdown there could be so many warm and friendly moments sharing stories, laughter, and great entertainment with others whilst stuck at home we probably would have shaken our heads.

But honestly, we now look forward with new found friends and beyond to that day we may properly meet up. Perhaps, who knows, in foyer of the wonderful Festival Theatre?

Have you experienced a dementia-friendly event that you have particularly enjoyed? If so, we would love to hear from you and include your thoughts in an upcoming edition of DementiArts! Please send any reviews, happy experiences or observations about local dementia-friendly events to alex.howard@capitaltheatres.com
Poems by John Hole

Mealtime (Again!)

The thing about a Ready Meal Is cooking it’s so quick Just pierce the lovely plastic foil Your meal’s ready in a tick! To think I used to think myself A goodish kind of cook But that’s a long, long time ago When I kept a cooking book. I only know these days I claim As time is getting shorter There’s nothing really quite the same As the cooking of my daughter. She bakes and stews and serves a treat To a father who’s in Heaven With fish and sprouts or roasted meat And serves it prompt at Seven! While I miss those lonely hours Of my erstwhile kitchen days, I embrace her now with showers Of well required praise. For it’s better now to eat with joy This much-admired supper For, after all, I am the boy Who is the washing-upper!

Two Names for the Same Thing

My eldest son’s called Trevor My daughter’s name’s Elaine They’ve been their names forever Even when they are a pain! But with ‘coronavirus’ The thing’s not quite as clever I suppose it’s meant to tire us And piss us off forever. Covid 19’s it’s second name. It makes us feel absurd - To know the thing is just the same. But with another word! Two names for just the same old curse With ‘Pandemic’ also there There’s nothing really quite as worse As this bloody awful pair! It makes an old man puzzled Remembering which is which My brain’s got more than frazzled So I’d best hide in a ditch!

List Making

The thing about my shopping And going to the corner shop Is to make a list beforehand Of all you need to shop And put it in the basket That’s been your friend for years Or else things get forgotten And you’ll get home in tears. So write down Kelloggs’s cornflakes And milk and lemon pies And things you need for tea breaks Putting joy in grand kids eyes So remember your old walking stick And don’t forget your mask You’re never really quite so sick You can’t undertake this task!
In the spotlight... Cameron Toll

Many people seeing Cameron Toll Cat that day might've assumed he was sleeping.

They would've been wrong. Cameron Toll Cat was in fact envisaging his new life as a Monorail.

You see, Cameron Toll Cat had long been seeking a change. A shopping centre can only offer so much. Being a CAT can only offer so much. So on this crisp, early Spring day, he thought he'd try his luck as a single-railed locomotive. Why not? It was either that or a Persian Rug. And he didn't much fancy being trampled over with muddy shoes. It was “now or never”, as his old Uncle Chairman Meow used to say.

– “This cat is ready to depart, stand clear of the doors please...” announced Cameron Toll Cat inwardly.

He straddled the brick wall stoutly. He checked the line ahead, then tried to lurch forward.

But couldn't.

It turns out being a Monorail demanded quite a lot from Cameron Toll Cat. A successful Monorail required a smiling conductor, a hoard of passengers, and a 45,000-kilovolt power supply. Not to mention, well, an actual monorail. A council brick wall didn't quite cut it.

– Oh well, thought Cameron Toll Cat, glumly. I'll have to just be a stationary Monorail. Like that display tram they used to have on Princes Street that just sat there.

He waited. Birds chirped as a trolley clattered across Tarmac. A Lothian bus lumbered up Gilmerton Road. He looked around for passengers. No one. Oh, wait...

Hello, puss, puss! You’re a cute fur-ball aren't you, eh!

– Oh, drat it! seethed Cameron Toll Cat.

I don't even have what it takes to be a useless non-moving object! Ach! I am destined to be a fluffy feline for evermore. If only these silly Humans were capable of seeing beyond the fur...

Want to know what your cat of dog is thinking? Send them in to Library Cat corner and we'll let you know in the next edition of DementiArts.
Complete this Edinburgh-themed crossword

Across
2. What is the name given to the famous 15th-century siege gun located at Edinburgh Castle? (4/3)
3. What famous encyclopaedia was first published as three volumes in the Scottish capital between 1768 and 1771? (10)
5. Which historic market place, lying in a hollow, is located directly below Edinburgh Castle? (11)
7. Name the station that is the current city-end terminus of the tram route (4/5)
8. Located within Charlotte Square, can you name the official residence of the First Minister of Scotland? (4/5)
10. Which university is named after the Edinburgh born mathematician who popularised the decimal point? (6)

Down
1. What is the the Gaelic form of Edinburgh's name? (7)
4. Name the volcanic plug in the middle of Edinburgh upon which Edinburgh Castle sits? (6/4)
6. Which famous nickname for Edinburgh references the smoke emitted by the coal and wood burnt in the city's buildings? (4/6)
9. A bronze statue of Wojtek stands in the city's Princes Street Gardens; what animal is Wojtek? (4)
Useful Numbers

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 Phoneline
(formerly LOOPS)
Dedicated activities phoneline for older people in Edinburgh.
Phoneline@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
Tuesday

D-Café Penicuik
Cowan Court, 1 Pentland Way, Penicuik, EH26 8BF. First and third Tuesday of the month, 2.00pm-3.30pm. Contact: 0131 654 1114, midandeastlothianservices@alzscot.org alzscot.org/living-with-dementia/getting-support/find-support-near-you/d-cafe-penicuik

The Memory Café
Strathbrock Partnership Centre, Entrance B, 189a West Main Street, Broxburn, EH52 5LH Fourth Tuesday of the Month, 10.00am-11.30am. Contact: 01506 533108

Wednesday

Drop-in Café at Muirfield Riding Therapy
West Fenton, North Berwick EH39 5AL. Every Wednesday, 10.00am-12noon Contact: sue@dfel.org.uk 07727 883881

Spring 2021 DementiArts
April 2021

Age Scotland Training: Dementia Event
Older Veterans Awareness Training
2.00pm - 4.30pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

Forget Me Notes Singing Group
Every Monday & Thursday at 2.00pm
To book, email Alan at alan@forgetmenotes.org.uk or call 07588 894 587

TIDE Scotland Coffee Morning
Every Tuesday, 10.30am -11.30am
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events/

TIDE Young Onset Carers Group
7.00pm - 8.00pm
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events/

TIDE National Coffee Morning
10.30am - 11.30am
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events

Brew and Blether
1st and 4th Wednesday of each month, 2.00pm - 3.00pm
Contact Dawn Irvine on Dawn.Irvine@capitaltheatres.com for Zoom log in details
April 2021

**LifeCare Conversations: Weekly Discussion Group**
Every Wednesday 2.30pm - 4.00pm
Email enquiries@lifecare-edinburgh.org.uk for zoom link

**Dementia-Friendly Event: Art in the City**
10.30am
Contact diana.morton@edinburgh.gov.uk to find out more

**Forget Me Notes Singing Group**
Every Monday & Thursday at 2.00pm
To book, email Alan at alan@forgetmenotes.org.uk or call 07588 894 587

**Forget Me Notes Singing Group**
Every Monday & Thursday at 14.00
To book, email Alan at alan@forgetmenotes.org.uk or call 07588 894 587

**TIDE Scotland Coffee Morning**
Every Tuesday 10.30am - 11.30am
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events/

**TIDE Carers of People in Residential Care**
Every 2nd Tuesday of each month 1.30pm - 2.30pm
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events/

**TIDE National Coffee Morning**
10.30-am 11.30am
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events
April 2021

**LifeCare Conversations: Weekly Discussion Group**
Every Wednesday 2.30pm - 4.00pm
Email enquiries@lifecare-edinburgh.org.uk for zoom link

**Forget Me Notes Singing Group**
Every Monday & Thursday at 2.00pm
To book, email Alan at alan@forgetmenotes.org.uk or call 07588 894 587

**Age Scotland Training: Dementia Awareness Training**
1.30pm - 4.30pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

**Celebrating Communities: Drop In**
10.30am
More information at celebratingcommunities.org
Email Sue Northrop at sue@dfel.org.uk to book

**Forget Me Notes Singing Group**
Every Monday & Thursday at 2.00pm
To book, email Alan at alan@forgetmenotes.org.uk or call 07588 894 587

**TIDE Scotland Coffee Morning**
Every Tuesday. 10.30am - 11.30am
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events/

**Age Scotland Training: Making Online Group Activities Dementia Friendly**
1.30pm - 4.00pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400
April 2021

Age Scotland Training: Dementia Awareness Training
09.30am - 12.30pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

Age Scotland Training: Dementia Event
Older Veterans Awareness Training
10.00am - 12.30pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

TIDE National Coffee Morning
10.30am - 11.30am
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events

LifeCare Conversations: Weekly Discussion Group
Every Wednesday 2.30pm - 4.00pm
Email enquiries@lifecare-edinburgh.org.uk for zoom link

Age Scotland Training: Dementia Carers’ Rights: Self-Directed Support
10.00am - 11.30am
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

Forget Me Notes Singing Group
Every Monday & Thursday at 2.00pm
To book, email Alan at alan@forgetmenotes.org.uk or call 07588 894 587

Dementia-Friendly National Museums of Scotland Event. Pick & Mix
11.00am - 12.00noon
Book at: https://www.nms.ac.uk/about-us/outreach-and-engagement/additional-support/
April 2021

**Forget Me Notes Singing Group**
Every Monday & Thursday at 2.00pm
To book, email Alan at alan@forgetmenotes.org.uk or call 07588 894 587

**TIDE Scotland Coffee Morning**
Every Tuesday, 10.30am - 11.30am
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events/

**LifeCare Age-Friendly History Talk: “The Archives of the National Trust for Scotland” by Ian Riches**
3.00pm
To book, email alekspacula@lifecare-edinburgh.org.uk or call 0131 343 0940

**TIDE National Coffee Morning**
10.30am - 11.30am
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events

**Age Scotland Training: Dementia Awareness Training**
1.30pm - 4.30pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

**Brew and Blether**
1st and 4th Wednesday of each month, 2.00pm - 3.00pm
Contact Dawn Irvine on Dawn.Irvine@capitaltheatres.com for Zoom log in details

**LifeCare Conversations: Weekly Discussion Group**
Every Wednesday 2.30pm - 4.00pm
Email enquiries@lifecare-edinburgh.org.uk for zoom link
April 2021

**TIDE Former Carers Focus Group**
Every 4th Wednesday of each month 4.00pm - 5.00pm
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events/

**Age Scotland Training: Dementia and Befriending**
10.00am - 12.00noon
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**Age Scotland Training: Dementia Carers’ Rights**
10.00am -11.30am
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**Tea and ‘Jam’**
Last Friday of every month. 11.00am - 12.00noon
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May 2021

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**TIDE Young Onset Carers Group**
7.00pm - 8.00pm
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1.30pm - 4.30pm
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**Age Scotland Training: Making the Home a Dementia Enabling Environment**
2.00pm - 3.30pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400
May 2021

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Every Wednesday 2.30pm - 4.00pm
Email enquiries@lifecare-edinburgh.org.uk for zoom link

Forget Me Notes Singing Group
Every Monday & Thursday at 2.00pm
To book, email Alan at alan@forgetmenotes.org.uk or call 07588 894 587

Yoga Moments Dementia Workshop
Time flexible.
Email Sue Northrop at sue@dfel.org.uk to book. Some ad hoc dates may also be available.

Age Scotland Training: Dementia Awareness Training
1.30pm - 4.30pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

Forget Me Notes Singing Group
Every Monday & Thursday at 2.00pm
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Age Scotland Training: Dementia Event
Older Veterans Awareness Training
2.00pm - 4.30pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

TIDE Scotland Coffee Morning
Every Tuesday. 10.30am - 11.30am
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May 2021

**TIDE Carers of People in Residential Care**
Every 2nd Tuesday of each month 1.30pm - 2.30pm
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events/

**TIDE National Coffee Morning**
10.30am - 11.30am
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**Age Scotland Training: Dementia and Befriending**
2.00pm - 4.00pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

**LifeCare Conversations: Weekly Discussion Group**
Every Wednesday 2.30pm - 4.00pm
Email enquiries@lifecare-edinburgh.org.uk for zoom link

**Age Scotland Training: Communication and Dementia**
2.00pm - 3.30pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

**Forget Me Notes Singing Group**
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**Age Scotland Training: Prevention and Living Well**
10.00am - 11.30am
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May 2021

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Age Scotland Training: Making Online Group Activities Dementia Friendly
1.30pm - 4.00pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

17

Forget Me Notes Singing Group
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TIDE Scotland Coffee Morning
Every Tuesday. 10.30am - 11.30am
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Age Scotland Training: Wellbeing and Mood
2.00pm - 3.30pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

19

Age Scotland Training: Dementia Awareness Training
9.30am - 12.30pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

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TIDE National Coffee Morning
10.30am - 11.30am
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LifeCare Conversations: Weekly Discussion Group
Every Wednesday 2.30pm - 4.00pm
Email enquiries@lifecare-edinburgh.org.uk for zoom link
May 2021

Celebrating Communities: Drop In
10.30am
More information at celebratingcommunities.org
Email Sue Northrop at sue@dfel.org.uk to book

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Age Scotland Training: Dementia Carers’ Rights
2.00pm - 3.30pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

Age Scotland Training: Coming out of COVID – Supporting People Affected by Dementia
10.00am - 12.30pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

Dementia-Friendly National Museums of Scotland Event. A Day in the Life of a Museum Conservator
11.00am - 12.00noon
Book at: nms.ac.uk/about-us/outreach-and-engagement/additional-support/

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May 2021

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**Brew and Blether**
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**TIDE Former Carers Focus Group**
Every 4th Wednesday of each month 4.00pm - 5.00pm
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27

**Age Scotland Training: Dementia Event**
Older Veterans Awareness Training
10.00am - 12.30pm
Book at: eventbrite.co.uk/e/141985018011

27

**Age Scotland Training: Dementia Awareness Training**
1.30pm - 4.30pm
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May 2021

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Tea and ‘Jam’
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28

Curator’s Tour: Bright Shadows: Scottish Art in the 1920s
2.00pm
Streamed live on Facebook on the Day at facebook.com/City.Art.Centre.CAC/

31

Memorial Day
June 2021

1

**TIDE Scotland Coffee Morning**
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June 2021

Age Scotland Training: Dementia Carers’ Rights: Self-Directed Support
2.00pm - 3.30pm
To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

Age Scotland Training: Dementia Carers’ Rights: Power of Attorney and Advanced Decision Making
10.00am - 11.30am
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