

Creative voices at Capital Theatres

DementiArts

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.

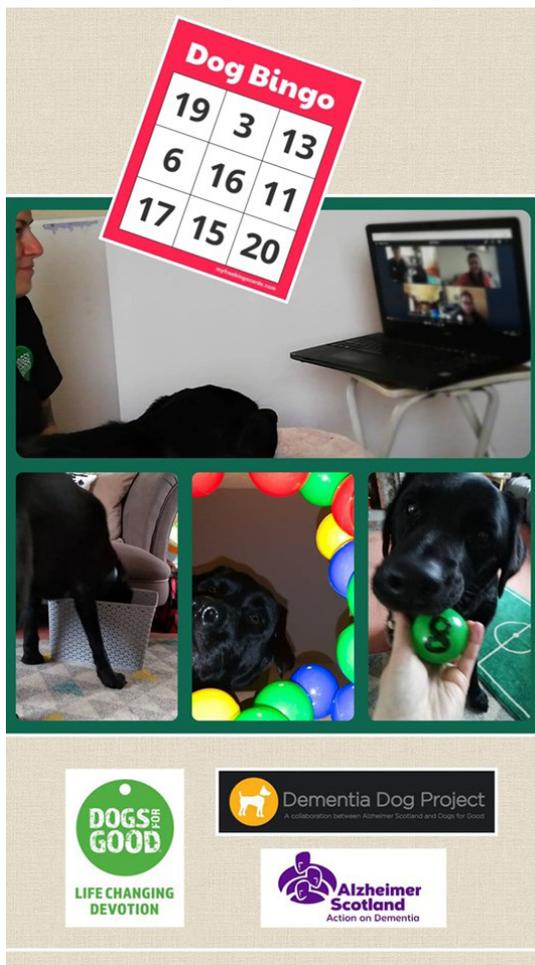
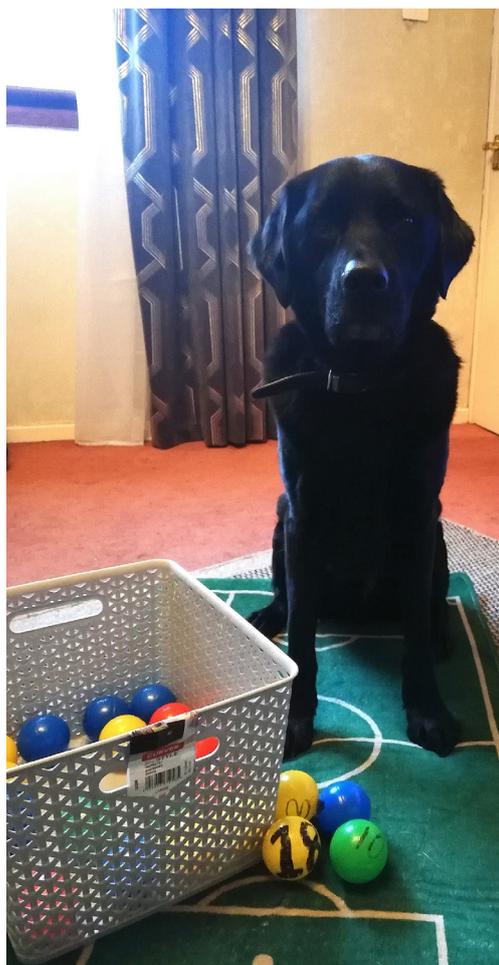
The team came up with an array of creative ideas including virtual therapy walks and online Doggy Bingo that can support those who are shielding at home.

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

Yeah, quick whip round for Festival -quips Paul

THE BEATLES came to Scotland yesterday... and were immediately asked for a £100,000 donation towards the cost of the Edinburgh Festival.

It happened 10 minutes after Paul, John, George and Ringo dashed from their limousine into the ABC cinema in Lothian road, Edinburgh, through a near-hysterical crowd of 1,000 teenagers.

Lord Provost Duncan Weatherstone interrupted a Press conference to tell the Beatles: "I am not a fan of yours and this is not a gimmick."

JOKE

There are two types of music at the Festival—one is popular and the other is not. I hope, however, you will give £100,000 towards the Festival, where there is a place for everyone.

But the Beatles, sitting behind him, obviously did not take the request seriously. One of them—George—took his wallet from his pocket and tried to hand it to Mr. Weatherstone. And Paul said: "We

can have a whip round now." As he left the theatre—and left the Beatles rehearsing for their two shows—the Lord Provost told reporters: "I was serious—I am always serious." Later, however, the group answered his request. "GEORGE—"I have not bought my mother a prefab yet—and charity begins at home." JOHN—"It was a good try—but we had no loose change. And, as the post office is closed we cannot have any money sent to us."

IDOLS

PAUL—"We hear that he does it all the time. We have asked Gerry of the Pacemakers to get in touch with him."

RINGO—"I have to buy myself a new drum kit. He could sell his chain of office."

The Beatles arrival was awaited by fans from early morning at Turnhouse Airport.

Dovens of police officers including Edinburgh's Assistant Chief Constable Robert Campbell—were standing by.

Then it was on to the cinema and at 3.25 p.m. traffic came to a standstill as their limousine nosed up the main entrance.

Paul led the way as the teenagers—many of them who "skipped school"—to see their idols arrive—

screamed and yelled and rushed forward. Waiting police managed to clear a path for them into the cinema where they were met by Mr. Les Lovell, the manager, and other A.B.C. officials. The group were introduced to the two girls who first raised the petition to have the Beatles in Edinburgh—Irene Stewart and Pat Connor, of Sighthill. Then the Liverpool lads held a Press conference and, sipping large whisky and cokes, laughed and quipped for 20 minutes. Said John: "We had a great reception when we arrived in Scotland today—every bit as good as we would get in Liverpool."

FILM

"At the moment we have just completed a film and then we are hoping to go abroad on holiday for a month. We need a rest."

As the Beatles released, joiners were putting the film in s h i n g touches to BARRICADES on the windows of shops, offices and banks in Lothian road and Morrison-street.

MORE and more police officers were being drafted into the area to deal with the large crowds.

SEVENTY ambulance men were on duty inside the cinema and 30 attendants.

Said a police official: "All leave and days off have been cancelled. We need every man we can get."

Story: BRUCE McLEOD
Pictures: LARRY LYONS



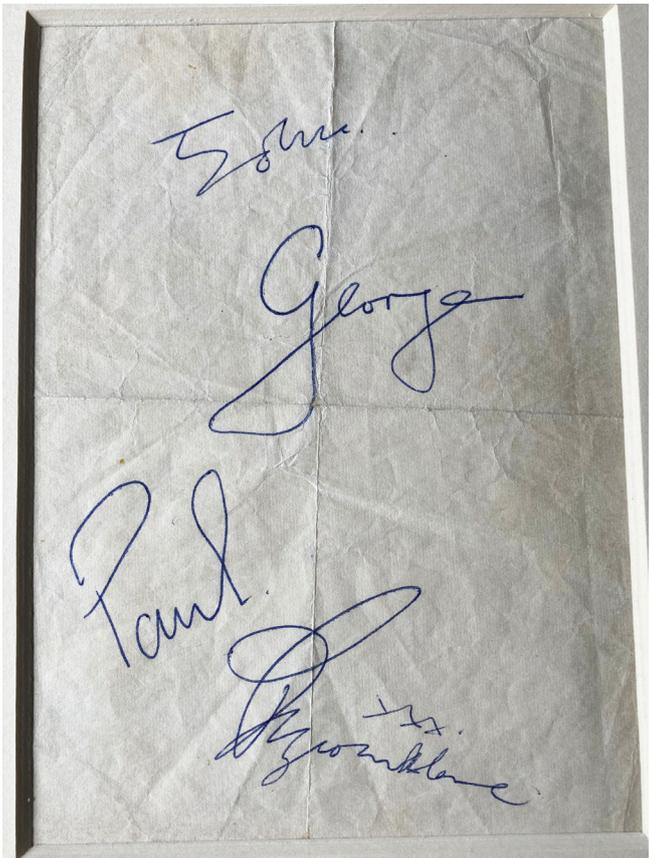
Lord Provost Weatherstone asks for £100,000. And John (left) IS

The Beatles in Edinburgh

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...

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*.

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.

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

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

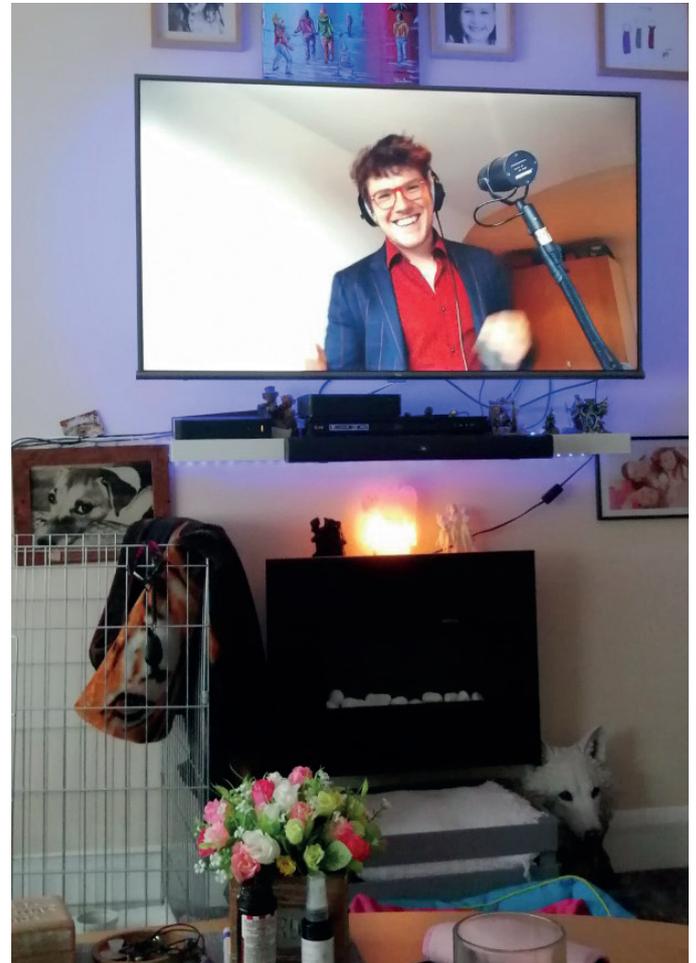
What did I get out of the few weeks working with Jack, Robbie, Dawn and everyone else in the Radio Play group?

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



There we were trying to get our heads around a dementia diagnosis, not knowing what to do or where to start. It was explained to us just how important it was to stay active, get out and about, find stimulating accessible activities, especially with others. Remaining positive with a “there’s still so much out there to enjoy” attitude, we set off last March to one of Sal’s favourite venues The Festival Theatre with its modern façade and back-in-time-travel opulent interior – a lovely journey in itself! It was to attend a matinee performance of *There’s Something About Jamie*. And what a cast! I recall Sal saying, “Oh look, isn’t that the lady who plays somebody from *Dinner Ladies* on telly!” It was a special day for us. That bustle of shared excitement. A wee drink in the bar. Musing at posters of upcoming productions (what shall we see next!?). An ice cream at intermission when, if one so chooses, a friendly quick chats with strangers while in the queue. Perfect.

And then Bang!

A week later the pandemic hit and, for us, strict shielding due to underlying health conditions. With our family scattered in distant parts, it felt like our world and its wealth of possibilities vanished overnight. We were trapped, two flights up in a tenement and frightened in the sudden isolation just when life seemed already difficult enough.

A deep despair of how to cope set in. Our son in London kindly bought us a laptop to at least keep in touch with the grandchildren via Zoom, which was a blessing and relief. We made the best of it, but inwardly I knew it wasn’t enough.

A few months in, without any end in sight, a mental health worker emailed us a link for something referred to as a “free contactless afternoon tea delivery and Ceilidh Band performance!” Sounded too good to be true.

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!

Welcome to Library Cat corner!



In each edition of *DementiArts*, we're going to bring you an Edinburgh-based cat or dog. The difference is, we're going to tell you what they're thinking.

Let's kick off with Cameron Toll Cat.

Brought to you by *DementiArts* editor, Alex Howard.

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...

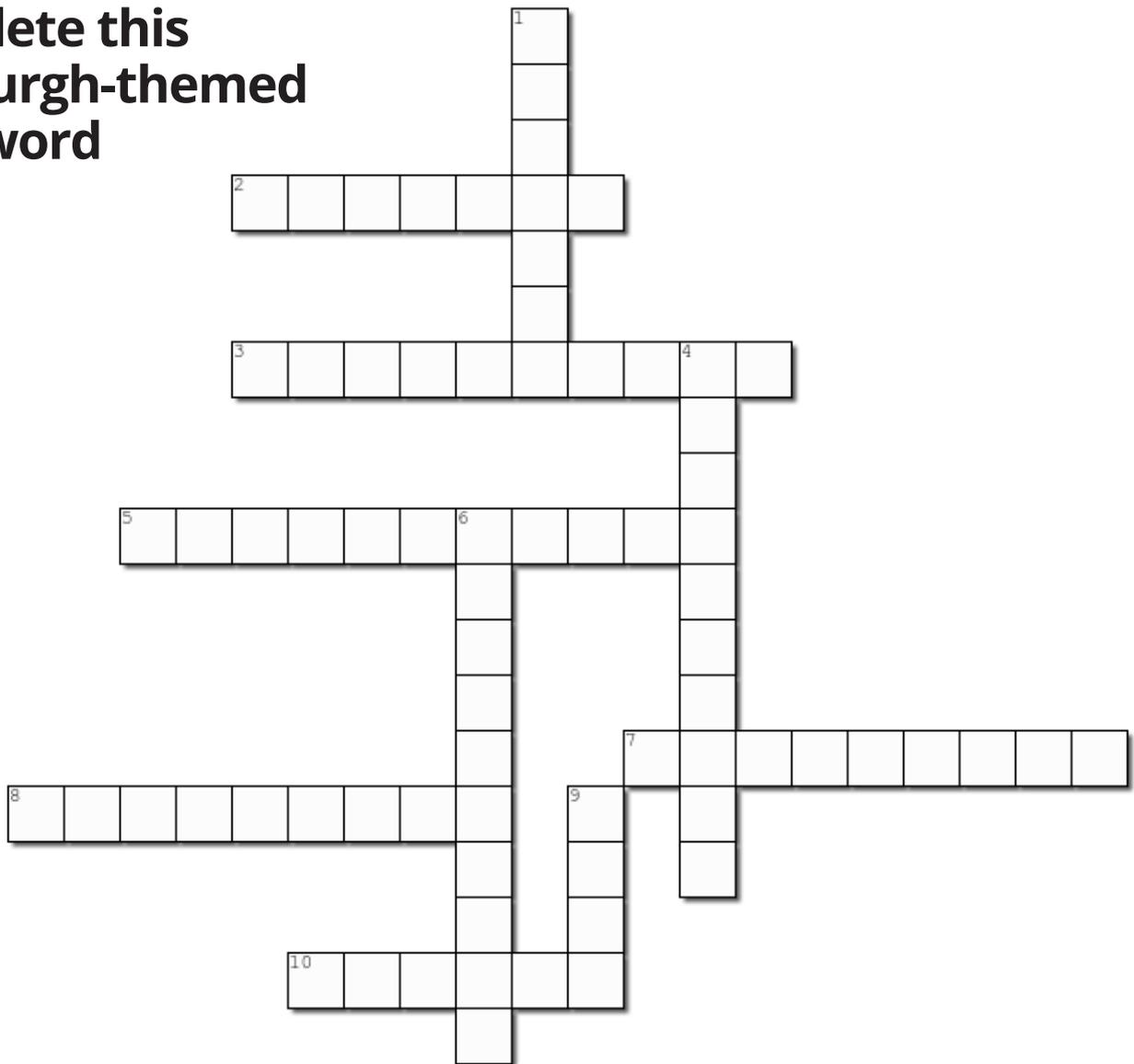
Hello, puss, puss! You're a cute fur-ball aren't you, eh!

– 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 or dog is thinking? Send them in to Library Cat corner and we'll let you know in the next edition of *DementiArts*.

Have a poem, short story or piece of artwork sitting in a drawer? Send it our way and we would love to include it in a subsequent edition of *DementiArts*! Please email any contributions to alex.howard@capitaltheatres.com

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)

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 phonenumber for older people in Edinburgh.
Phonenumber@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 Huddlestone on 0131 654 1114 or mhuddlestone@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

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



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TIDE Scotland Coffee Morning

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TIDE Young Onset Carers Group

7.0pm - 8.00pm

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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



7

LifeCare Conversations: Weekly Discussion Group

Every Wednesday 2.30pm - 4.00pm

Email enquiries@lifecare-edinburgh.org.uk for zoom link



8

Dementia-Friendly Event: Art in the City

10.30am

Contact diana.morton@edinburgh.gov.uk to find out more



8

Forget Me Notes Singing Group

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12

Forget Me Notes Singing Group

Every Monday & Thursday at 14.00

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TIDE Scotland Coffee Morning

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TIDE Carers of People in Residential Care

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TIDE National Coffee Morning

10.30-am 11.30am

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Celebrating Communities: Drop In

10.30am

More information at celebratingcommunities.org

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1.30pm - 4.00pm

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April 2021



21

Age Scotland Training: Dementia Awareness Training

09.30am - 12.30pm

To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400



21

Age Scotland Training: Dementia Event Older Veterans Awareness Training

10.00am - 12.30pm

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Age Scotland Training: Dementia Carers' Rights: Self-Directed Support

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Forget Me Notes Singing Group

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23

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



26

Forget Me Notes Singing Group

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27

TIDE Scotland Coffee Morning

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27

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



28

TIDE National Coffee Morning

10.30am - 11.30am

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Age Scotland Training: Dementia Awareness Training

1.30pm - 4.30pm

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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



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LifeCare Conversations: Weekly Discussion Group

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April 2021



28

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/



29

Age Scotland Training: Dementia and Befriending

10.00am - 12.00noon

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May 2021



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Age Scotland Training: Making the Home a Dementia Enabling Environment

2.00pm - 3.30pm

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May 2021



5

LifeCare Conversations: Weekly Discussion Group

Every Wednesday 2.30pm - 4.00pm

Email enquiries@lifecare-edinburgh.org.uk for zoom link



6

Forget Me Notes Singing Group

Every Monday & Thursday at 2.00pm

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7

Yoga Moments Dementia Workshop

Time flexible.

Email Sue Northrop at sue@dfel.org.uk to book. Some ad hoc dates may also be available.



10

Age Scotland Training: Dementia Awareness Training

1.30pm - 4.30pm

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Forget Me Notes Singing Group

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May 2021



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TIDE National Coffee Morning

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Age Scotland Training: Dementia and Befriending

2.00pm - 4.00pm

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LifeCare Conversations: Weekly Discussion Group

Every Wednesday 2.30pm - 4.00pm

Email enquiries@lifecare-edinburgh.org.uk for zoom link



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Age Scotland Training: Communication and Dementia

2.00pm - 3.30pm

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Forget Me Notes Singing Group

Every Monday & Thursday at 2.00pm

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14

Age Scotland Training: Prevention and Living Well

10.00am - 11.30am

To book, email Dementiatraining@agescotland.org.uk or call 0333 32 32 400

May 2021

**17**

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

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**18**

TIDE Scotland Coffee Morning

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**18**

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

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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

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May 2021



20

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

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21

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



21

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/



24

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May 2021



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Age Scotland Training: Dementia Event Older Veterans Awareness Training

10.00am - 12.30pm

Book at: eventbrite.co.uk/e/141985018011



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1.30pm - 4.30pm

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May 2021



Tea and 'Jam'

Last Friday of every month. 11.00am - 12.00noon

Contact Dawn Irvine at Dawn.Irvine@capitaltheatres.com for Zoom log in details



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/](https://www.facebook.com/City.Art.Centre.CAC/)



Memorial Day



June 2021



TIDE Scotland Coffee Morning

Every Tuesday. 10.30am - 11.30am

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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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June 2021



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June 2021

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1.00pm - 4.00pm

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**25**

Age Scotland Training: Dementia Carers' Rights: Hospital Admissions and Discharge

10.00am - 11.30am

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June 2021

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