

Creative voices at Capital Theatres

DementiArts



Welcome to Winter 2022

The Christmas trees have been slung forlornly out on the pavement, and, only the worst Quality Streets remain. It's easy to feel a little blue in January; but we have so many lovely things to share...

'If music be the food of love, play on!' That's the quote that came to mind for me as I assembled this quarter's *DementiArts*. During these months of bleak midwinter, it has been heart-warming to see so many dementia-friendly musical events take place, both inside our famous theatres, and beyond. From our very own, **Tea & 'Jam' Songwriting Sprints**, to our collaboration with the **Forget Me Notes** in **Together in Song**, to the **City Sounds in Nature** project – a project which turned to Edinburgh care homes to devise lyrics based on residents' favourite walks – it has been truly wonderful to see the various ways music has been used to spread joy, love and raise awareness of dementia.

But this is nothing compared to what is to come. Indeed, another thing that stands out in this edition of *DementiArts* is the sheer breadth and quantity of dementia-related events scheduled for the coming months in and around Edinburgh. As usual, our famous *DementiArts* Calendar offers you a day-by-day listing of dementia-friendly services in the Edinburgh and Lothians... and this quarter it is positively heaving! The **Eric Liddell Centre** have made a welcome return, offering a mixture of dementia-friendly music, tours and history sessions, while **Alzheimer Scotland**, **Morningside Church** and **Art in Healthcare** all continue to expand their widely popular programmes...

At Capital Theatres Towers, we've been double-busy as well. Not only do our **Contactless Tea Parties**, famous **Brew & Blether** and **Tea & 'Jam'** sessions continue with vim and vigour, but we have also been delighted to pair up with **Michelle Burke** and **James Ross** to produce tinsel-tearing, turkey-basting *bonanza*

Image Credit:
Greg MacVean.

Corstorphine Dementia
Club enjoying
'The Christmas Box'
by Michelle Burke



of a show, ***The Christmas Box***, which premiered in care homes in early December. Fortunately, the restrictions that were to come proved no obstacle; we had worked carefully with Michelle to produce a hybrid production that could run online, too. So from mid-December, *The Christmas Box* burst forth onto the Zoom airwaves, making full use of the tie-in sensory boxes and carer treat packages. (I think just one glance at the pictures show how much fun was had with *The Christmas Box* and its treats!)

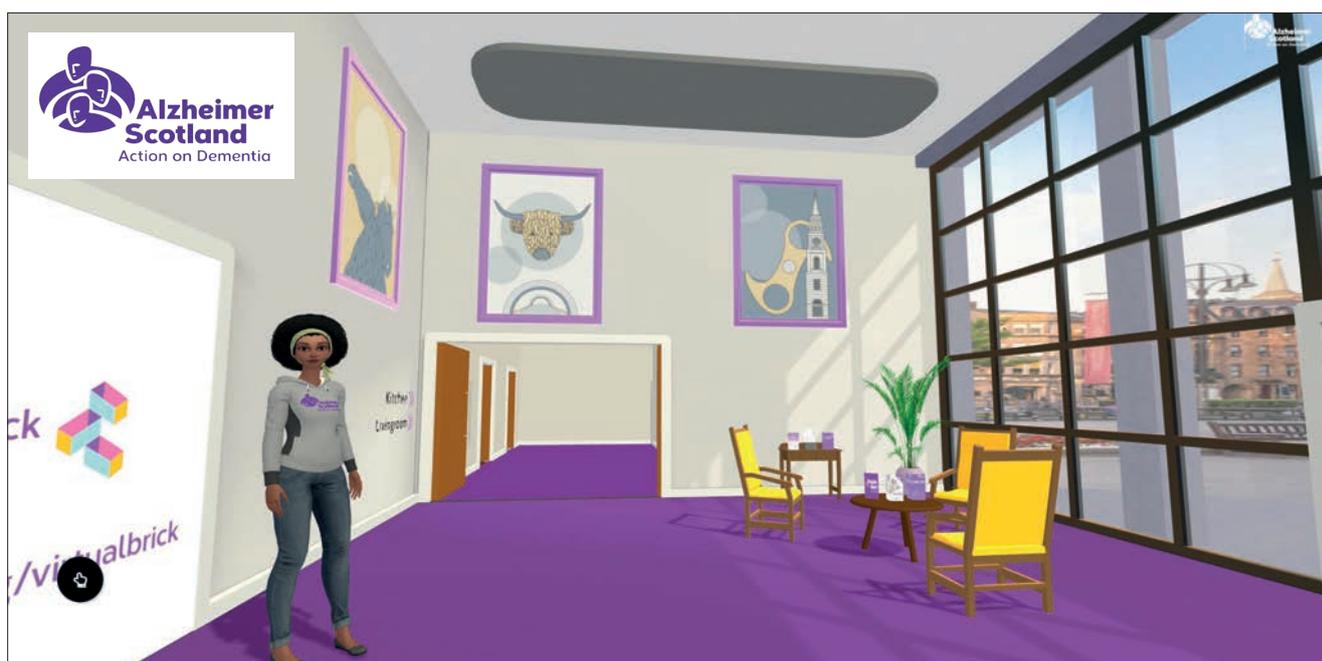
Over the following pages, you'll find the usual *DementiArts* mixture of features, quizzes, reviews and creative pieces, crafted by those with lived experience of the condition. Kevin Jamieson talks use through the all-new **Virtual Resource Centre**, produced by Alzheimer Scotland, and how vital information is now available anytime, anyplace; **The Dementia Dog Project** return to tell us how painting by numbers, with doggies choosing the numbers, leads to some eye-catching art, while our longstanding programme participant, **James McKillop**, shares his thoughts on this, the 22nd anniversary of his dementia diagnosis. Finally, **Willy Gilder** offers an artistic take on our recent attendance at the **Life Changes Trust's *Creating Better Lives*** event, while **Ann Burnett** shares the triumphs (and frustrations!) of collaborating with a dementia choir over recent months.

A big thank you to everyone who has either submitted their work, or their dementia-friendly events. Digital readers, do follow the link below for a listen to our Christmas Songwriting Sprint song, ***Christmas, like it was before***, produced by our very own Gus Harrower with lyric-writing assistance from the Capital Theatres dementia-friendly community. (I think you'll agree, this tune has serious chart-topping potential – I for one think we're in for a shot at next year's Number 1!)

Meanwhile, sit back, grab that last remaining mince pie, kick those pine needles under the rug, fire up the kettle, and enjoy the quizzes, features and artistic delights of the following pages.

Alex and the Capital Theatres Team

***Christmas, like it was before* song link: <https://bit.ly/3HIGwPr>**



Alzheimer Scotland reveals its much-anticipated Virtual Resource Centre.

On 21st September 2021, Alzheimer Scotland launched the UK's first online virtual Dementia Assistance Centre. Here we talk to Kevin Jamieson, Alzheimer Scotland's Virtual Resource Centre Coordinator, to find out more...

Kevin, can you describe what a 'Virtual Resource Centre is?'

It's a digital representation of one of our 22 bricks and mortar Dementia Resource Centres across Scotland. It embodies the same principles of dementia-friendly design, has a sense of community and is a place where people with dementia and their families and carers can meet, benefit from therapeutic groups and activities and speak to staff and volunteers who will offer support and guidance. It is a hub for accessing information at an appropriate time and pace, and where you will be made welcome by our host, who is an avatar – a digital person who can speak to you and respond to your questions.

Can you tell us about some of the benefits of the Virtual Resource Centre?

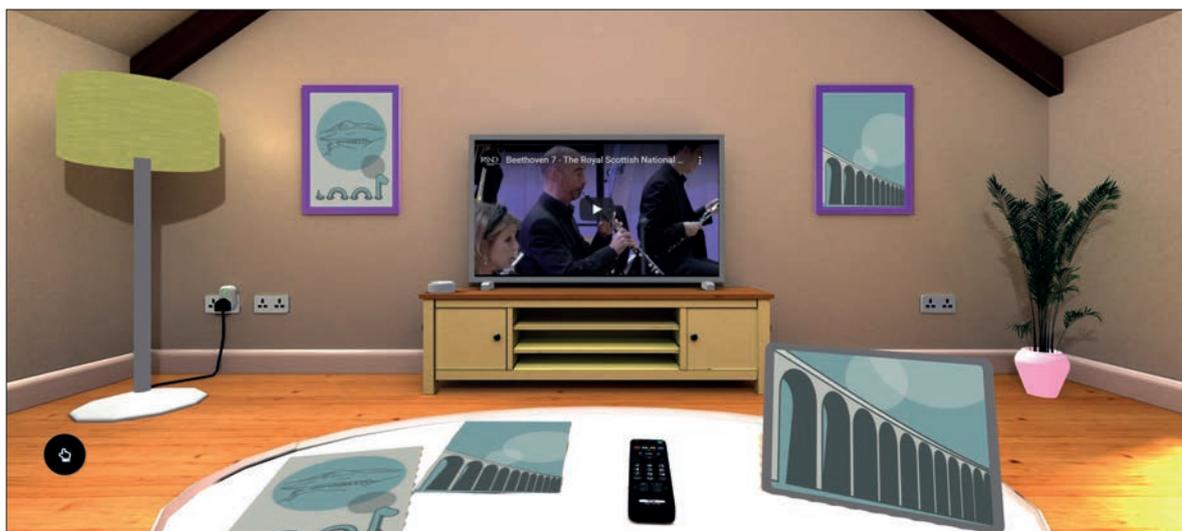
It's always open! Just like our Freephone Dementia Helpline, the VRC is open 24 hours a day, allowing access to activities and support at a time that suits you. This also means it has the potential to support people in different time zones.

Being connected in your home! If you can't travel, or don't have support nearby, you can connect to a community through the VRC from the comfort of your own home and take part in activities. Family members who don't live with you can join you in taking part, or speaking to someone from Alzheimer Scotland.

Is the Virtual Resource Centre complete?

We 'launched' the VRC in September – so the foundations are there – and our team behind the scenes are working hard on its development. This includes video conferencing which will

Main Feature



allow our visitors to book and join one-to-one video calls with Dementia Advisors and Allied Health Professionals. Video conferencing will also give visitors the chance to connect with Alzheimer Scotland community groups and activities remotely, which is so important for people living with dementia who may not be able to get to a physical Dementia Resource Centre.

Have people with lived experience of dementia been involved in the build of the VRC?

Members of the Scottish Dementia Working Group – a campaigning group of people living with dementia - have offered valuable feedback and guidance on the design and development of many features of the VRC so far. More user testing by people with lived experience is lined up as we introduce new features over the next 6 months.

Can you tell us a bit about the Gallery Wall?

We ran a fundraising appeal whereby people could buy virtual 'bricks' to help raise the vital funds required to build the foundations of the VRC. All the team here at Alzheimer Scotland are extremely grateful for this support. The Gallery displays all the virtual bricks and photo dedications that have been donated. For me, being in the gallery is a humbling experience. It really brings home what this means to people from all walks of life and shows the shared desire for this vitally important support.

What is currently on offer in the VRC?

Much is changing, with constant improvements and new features being released. In the Living Room, we are just about to release a more accessible way to view our catalogue of recorded videos from Alzheimer Scotland, partner organisations and independent artists. We are also developing new spaces and avatars for partner organisations to showcase their services and offer live or recorded information sessions on topics including money matters, power of attorney, health and diet and much more.

Currently, visitors can view our catalogue of on-demand videos in the Living Room to enjoy therapeutic, informative, and entertaining content for people living with dementia. In the Reception area, visitors can ask our digital avatar some of the most asked questions regarding dementia support and find digital information leaflets. Visitors can also preview our Kitchen under construction, where we will show interactive demonstrations of popular assistive technology products. We hope that people will check back in to benefit from more of the fantastic features and resources due to be released over the next 6 months.

You are welcome to visit and explore the current resources on offer at www.alzscot.org/virtual-resource-centre

If you are an independent artist or organisation creating therapeutic videos or activities for people living with dementia, and you are interested in having content hosted in the Virtual Resource Centre, please get in touch: kjamieson@alzscot.org

Welcome to the second instalment of Hidden Lives, a new section of *DementiArts* celebrating the creations and achievements of those living with dementia. Each edition, our programme participant and former BBC screenwriter Ann Burnett will interview two talented dark horses, revealing the secret trophy collections, world records and sporting victories from past and present. This Autumn, we turn to Bill and Margaret...



Bill

It wasn't until we'd dug out all the medals and shields that it dawned on me how many road races Bill had run over the years. There were medals for 5k races, 10k, fun runs, half marathons and his prized possessions, the medals for full marathons, all 26 miles and 385 yards of them. He ran in eight, including two Glasgow ones and twice he completed the London marathon.

But you don't just slip on a pair of running shoes and get going; no there is a lot of preparation before you're fit enough to compete at that level. And I know all about it as Bill is my husband.

An ancient Greek called Pheidippides ran the first ever marathon but it wasn't till the 1980's that the craze for running took off. Everyone seemed to be buying fancy running shoes with names like Rocket, Whirlwind and Hurricane and wearing special vests and shorts made from fancy material to let the sweat out and the cool air in, or vice versa depending on the weather.

Training began with short distances gradually increasing in length until, hopefully, runners were fit enough to take part in races. Regardless of the weather, Bill was out after work to notch up that week's mileage until he felt ready to face all-comers. His first race was in Airdrie as part of a festival. Crowds filled the stadium and cheered as the race began. He set off with the other competitors doing a lap around the running track before heading out of the stadium into the Lanarkshire streets. Suddenly the running pace picked up and he realised how much training he still needed to do when he was left far behind at the tail. By the time he arrived back at the stadium, everybody had gone home except for a caretaker who clapped him in!

But he continued to train around the roads near us. Sometimes he met with hazards on

the way. Out on a country road early one Sunday morning, he rounded a corner to be faced with a pack of hounds ready for the off. 'I'll give you a five minute start,' the master re-marked, 'before I let them go.' It was one way of increasing his pace!

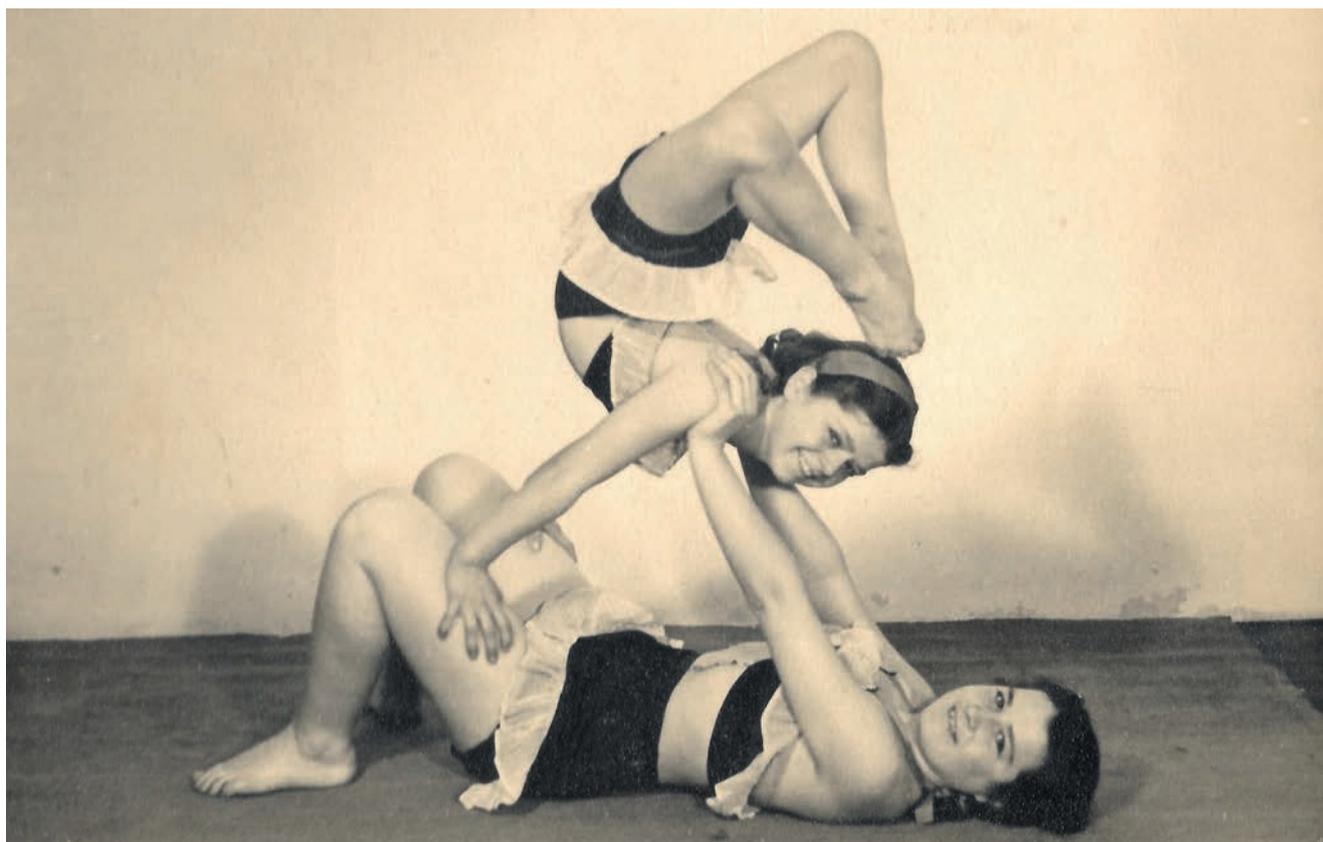
And then there was the swarm of bees who chased him along a similar road. Bill clocked up a personal best as he tried to outrun them back to the house.

The London marathons were the highlight, though. I watched the 1984 race on TV hoping to catch a glimpse of him in among the many thousands. And there he was running past the Cutty Sark! The cameras were trying to focus on the late, unlamented Jimmy Saville when Bill ran into view. 'I passed Saville,' he murmurs proudly, holding the medal he re-ceived on finishing.

Bill was still able to go for a wee jog up until last year but his medals remind him of happy days in the past.

Bill and Ann recently moved from Ayr to Haddington to be nearer their sons. Bill has dementia with Lewy Bodies.

Margaret



'Come away in,' Margaret says, her Geordie accent still to the fore, even after many years in Scotland. She's just back from an exercise class run by her daughter Andrea. Before lockdown, she was attending 5 or 6 classes weekly so she's pleased that they are opening up again.

She's always been fit and lithe and it stems from her mum sending her and her older sister Olga to dance classes when she was 8 in 1946. Every Saturday morning as well as twice a week, she and Olga would take the bus into Whitley Bay to attend classes in ballet, tap, acrobatics and what they called musical comedy – dancing with a partner like Fred Astaire and Ginger Rogers.



'It must have cost her a fortune,' Margaret says. 'Three times a week with bus fares and costumes to buy. I remember one winter the snow was so bad, the busses were off, so me mam walked us all the way into Whitley Bay just so we could go to the class.'

The dancing school regularly put on shows and the girls would also take part in the Whitley Bay Christmas pantomimes, where they would do various routines and Margaret and Olga would have an acrobatic slot as well.

'One year, Chipperfield's circus was in town and they wanted us to join the circus and do our dancing but mam said no,' she says a tad wistfully.

Margaret was forever getting into trouble about her make-up for the shows. They wore full stage make-up with eyeliner and mascara and big rouged rosy cheeks. She was constantly told off for attempting to rub it off as she didn't like it.

She loved all sorts of dancing and especially the glamorous costumes they got to wear, all made by the dance teacher's friend. But when she was eighteen, she gave it all up as there were other attractions around.

Margaret headed for the dancing in Whitley Bay on a Saturday night where she and her pal Carol met two Glasgow lads. In the summer Whitley Bay was taken over by Scots down for their annual two-week Fair holiday. 'Every man you danced with was Scottish,' she remembers and two of them invited Margaret and Carol to come to Glasgow for the weekend. One of their mums put them up, snuggled into a small single bed which rustled. She and Carol couldn't stop giggling when they investigated and discovered a thick layer of newspaper on top of the mattress.

'In the morning the boy's mum asked if we wanted a piece,' she says, 'but we didn't know what she meant. A piece of what? It turned out to be bread and butter.'

She met her husband Ian through dancing; the pair of them were great at jiving. He was from Leith so after they married, she moved up to Scotland. Her daughter Andrea has obviously inherited her dancing gene and Margaret made all the costumes for her daughter's shows.

And hopefully soon, the dance classes will be running again, and Margaret can get back to keeping herself fit and agile.



Our Song for Dementia

by Ann Burnett

The words and music of our song, *Good Morning Mrs Magpie* were finally coming together. Members of our dementia singing group in Haddington offered suggestions as we practised it and refined it till we were satisfied. The next stage was to have the local P4 pupils learn it too and then we were all getting together to record the song with Elmo from East Coast FM. He was going to broadcast it on his radio programme. Stars were twinkling in our eyes. Fame was within touching distance!

Then Covid struck.

Everything was cancelled.

That was almost two years ago. Anne, our very talented music teacher and founder of our singing group, had written the music while I worked on the lyrics. When I asked her how she had composed the tune, she told me she had been at the piano just playing chords when she had hit upon a sequence she liked. From there came the melody, influenced by recalling the view from our front window across fields and how Bill, my husband who has Lewy bodies dementia, enjoyed looking out at it.

She asked me if I would set words to her music so, when enjoying my morning cuppa sitting at our window gazing across to the fields, I mulled over what I could write. The pair of magpies who seemed to be there every morning were strutting about and I recalled the magpies who lived in the tree opposite our house when we lived in rural Australia. They too would warble in the mornings as we were starting the day and I knew I had my subject.

But then, as I said, Covid struck.

Almost two years later, our now sadly depleted singing group (time is not kind as regards dementia) is coming together once more. We have had a few sessions singing carols but after New Year, if restrictions allow, we will once again warble our song in the hope that this time, we can hit the air waves. The stars are beginning to twinkle in our eyes again.

Morning Mrs Magpie

for my very special singing group

Music Anne Traill

Lyrics Ann Burnett

The musical score is written in 4/4 time. It consists of a piano accompaniment and a vocal line. The piano part features a steady eighth-note accompaniment in the right hand and a bass line with chords in the left hand. The vocal line is written in a single treble clef. The lyrics are: "Morn-ing Mrs Mag-pie here comes the day, You bring a fresh start to life and liv-ing a- gain, Good times are on their way. Laugh-ter and sun-shine em-brac-ing me, voic-es un-it-ing in mus-ic,"

Copyright © anne@fingers-thumbs.co.uk

The Borstal Boy

by D.P. Charleton



It was the scream that wakened me, I had overslept. I was going to be late for school again, which set in motion another panic and I would have to report to the form master to account for my poor timekeeping. I was now on a final warning! I heard the phone ringing, accompanied by the loud and angry voice of my father instructing me to hurry up and answer that phone. The phone was downstairs, and I am sure that I cleared all sixteen stairs in two leaps as I grabbed it before the caller hung up. I breathed heavily into the speaker. 'Finaghy 2323', I said. 'Andersonstown Police Station here – can I speak to Mr Charleton?' I was tempted to say, 'Which one?' so I said 'Please wait', before shouting out, 'Dad, it's the Police!'

I waited until I heard Dad's disgruntled voice shout back, 'Take a message and if it is that bloody shop I will hang for the culprit!'

The burglar alarm was going off in the shop and they needed the owner to attend, as they had sent a patrol car to the incident. I told Dad when I returned upstairs and realised that It was now 3 am on Saturday 1st June 1965, my 14th birthday. At least I didn't have to face my form master! Dad 'towered' in the bedroom doorway, 'Get your clothes on, you're coming with me.' I knew that there was no point in arguing with him and went downstairs to get the car keys knowing that he would not remember where he left them.

Our shop was a Confectionery and Tobacconist and it had been broken into 16 times in the last year, so Dad was not a happy bunny. I really hoped that he never actually faced the culprits, as mayhem would ensue.

Dad was close to breaking point with all these burglaries. He was a good man deep down. He was forced to leave school very young when his father passed away suddenly, making him the main breadwinner. He loved school and the whole process of learning, as knowledge to him was his passport through life. He blamed his father for depriving him of his educational opportunities. His whole philosophy in life was one of hard work, discipline and respect. He had been badly treated by his father, so punishment was always the answer to wrongdoing. I was on the receiving end, forcing me to grow up very fast. On approaching our shop, he stated, 'This could be the end of our shop.' He was worried that the insurance company would not renew his policy due to the number of burglaries.



On arrival at the shop, the police blue lights highlighted the quadrangle in front and to the rear of the shop, in a spooky manner. Dad was approached by one policeman, who shone his torch in Dad's face asking, 'Are you the owner of this shop?' Dad responded in an angry and sarcastic tone, 'Unfortunately I am, can you turn that bloody torch off?' trying to shield his eyes from the blinding glare.

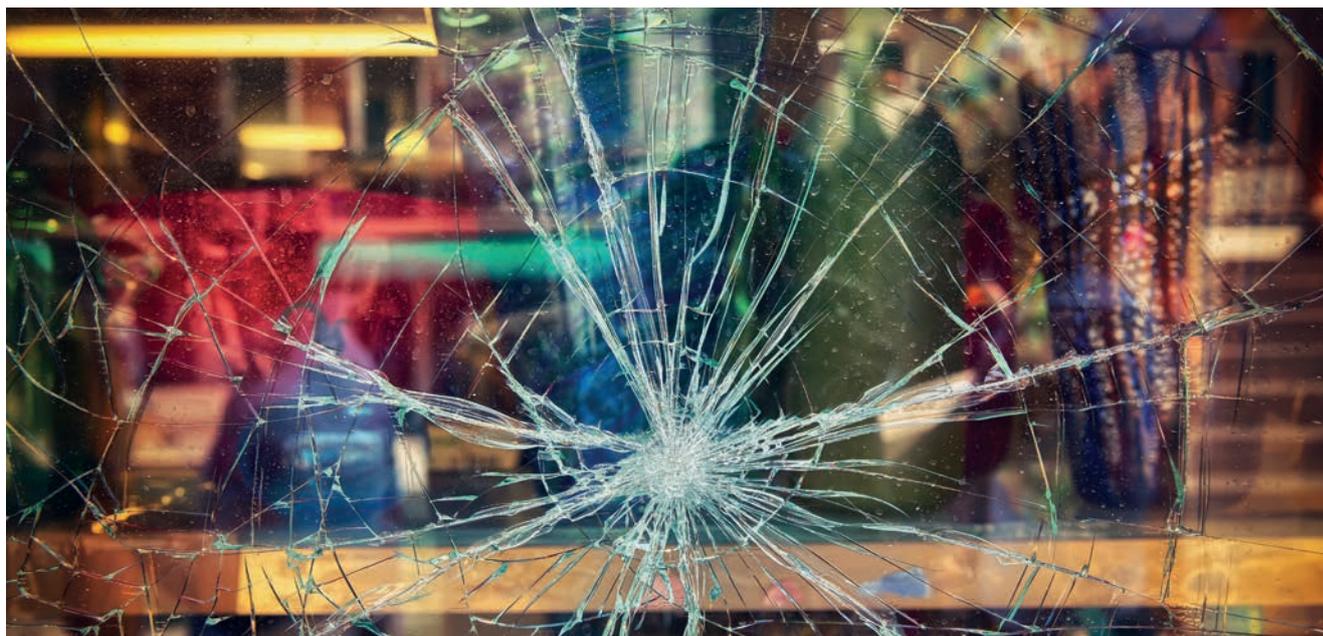
Dad headed for the Fort Knox style front door of the premises when he was quickly approached by another policeman and informed that they believed that someone was in the shop. 'If you open up Mr Charleton, we will take it from here, as your safety is uppermost in our mind at this stage.' In Belfast, it was rumoured back then that the police enjoyed shop burglaries, as it gave them the perfect opportunity to help themselves to some goods on the pretence of acting on safety grounds, so he insisted on accompanying the police into the darkened shop. Within seconds of entry, the shop was fully lit up.

No one was present, so Dad made his way towards the small kitchen door at the rear of the shop, when he flicked on the light switch, we saw a small figure jammed in the upright external window bars. That was the first time that I could actually 'smell fear' as I looked at a young boy jammed between the iron window bars – he could only have been 12 to 14 years old and was wearing nothing except his underpants. He was the human rat caught in the proverbial trap and he knew it.

Dad's face resembled a crate of crushed tomatoes and his neck seemed to pulsate, as he rushed towards the terrified trapped figure in the window bars. His passage was speedily blocked by the police officers. 'You can leave this to us, sir'. I breathed a huge sigh of relief, as Dad was asked to secure the front of the building, whilst they attempted to release the young boy from the bars.

I joined Dad in the shop front and made a cup of tea for us all. I had been given the all-clear from the police to enter the kitchen but before I could reach the kettle and fell flat on my back. The police helped me up and I saw that the floor was covered in a thick slimy substance. Dad could not understand this as he knew that Rose, an employee, always kept the kitchen spotless. Dad asked me to lift my foot, he knew immediately, that this had not come from the shop but had been brought in from outside. He then shouted 'Oh God, The Cigarettes'.

Dad checked the cigarette cabinet, knowing that all would be well, as it was locked, but this was



a form of reassurance on his part due to past experiences. 'I would be grateful if you could keep an eye on this fellow, sir', was what we heard and turned to see the young, now clothed boy, wearing a torn overcoat in the clasp of the police officer. The boy's eyes were bloodshot, he was clearly frightened, and his nose was running. He breathed in and out in panic. 'We will be back in 5 minutes,' said the policeman, passing the young culprit to Dad, clearly winking when he did so. 'We need to complete some paperwork, for injuries.' This was a clear unspoken statement from the policeman to Dad to feel free to release his frustrations on the burglar and they would turn a blind eye. This was Belfast in the sixties.

'Get him a chair,' said my Dad. When I returned with the chair, Dad knelt down next to the boy and told him that he wanted to give him a good thumping for all the trouble that the boy had caused by breaking into his shop. This was when I heard that scream again, 'Please don't beat me Mister' he screamed again and put his two arms up in front of his damp and frightened face, 'they always beat me'. Dad was clearly shocked at this, even though his instinct told him to lash out at the boy – I speak from personal experience. 'Where do you live?' Dad asked. 'The Glen Road, Mister'. Dad asked him what his parents would think. 'I don't have a Ma or a Da, they dumped me when I was a wee boy. I live in the Borstal, I'm a Borstal Boy!'

The borstal system in Northern Ireland in the Sixties was set up and funded by the Northern Ireland Government with a male religious group, running the day to day affairs. This system was mainly for children who had been involved in petty crimes and the parents had passed control of them over to the borstal system as they either couldn't cope or didn't want to cope with the children anymore, effectively abandoning them. The system was known for its almost 'Dickensian' brutal ways, including beatings and isolation for stepping out of line. The success rate of rehabilitation, back into society, was very low unless they managed to get a lucky break.

The police arrived back and took the burglar to their car. Dad shocked me when he called out 'wait a minute' and then walked over to the young boy and knelt down beside him. 'When you get out of that Borstal, come and see me, along with an adult of your choice and we can talk about getting you a job and giving you a chance to make a life for yourself. Promise me that you will do this?' The boy smiled and said 'OK Mister,' and walked towards the police car with the policewoman who was by now laughing with her arm around his shoulder.

The policewoman told Dad that the boy's name could not be released, as he was a minor. The police went on to explain that the boy had climbed over the backyard wall of the shop, jumped down and caught his coat on the broken glass shards on top of the wall, leaving a large piece of



material hanging there, this would have identified him due to his borstal clothing. The police told us that he was well known to them. The boy dropped his jar of grease, breaking on the floor, when he squeezed through the window bars. On jumping down onto the kitchen floor, the alarm sounded, so he had to break back out of the kitchen window. He tried to squeeze through the vertical bars but did not have enough grease on him, causing his small frame to get stuck in the iron bars, and the rest is history. He just needs a lucky break one day!

It was now 5.30 am and soon time for Rose to arrive and open up the shop. Dad said 'I could do with a good breakfast, let's go home. No damage done!'

I was tired but I was exhilarated by the whole event, which started at 3 am. I knew I was travelling home with a different man, as he said, 'I looked at that wee boy at one point and thought to myself, that could have been you, if circumstances had been different. He is only a bloody child, and the fact that the boy said, They always beat me... What sort of a world are we living in when so-called 'Men of God,' can beat children?'

Dad said, 'I have certainly had my eyes opened this morning. I will tell the police to drop the charges, I will forget the Insurance claim and cover the costs myself, after all, it is about time that he got a 'Lucky Break,' I hope he takes it, and he can treat this day as the start of his new life, with plenty of hope and a lot of light at the end of the tunnel'. As I ate breakfast, I realised how lucky I was in relation to 'The Borstal Boy.' I would never forget my 14th birthday.

"The Borstal Boy" did come back to see my dad years later and he was given a job as promised, going on to work for dad for many years as a hardworking, trustworthy employee, finishing up as Wholesale Warehouse Manager. His name was Freddy. He was a great guy with a fabulous sense of humour.

Peter was born in a nursing home in Belfast on 1st June 1951, to his Mother named Christina Noel and his Father named Daniel John. He was the youngest of four having three older sisters.

Apparently The Queen Mother (When she was The Queen) was visiting Belfast on this day, so my father used this as an excuse for being late at The Nursing Home, due to roads being closed off. When his father arrived at the Nursing Home he had had a couple of whiskeys and he thought Peter was "Twins";

His father was a Wholesale Grocer/Retailer and his mother was a Nurse (Matron). Peter was educated by a group of religious male teachers from the age of 4 to 11, then he moved to a Secondary Modern with Lay Teachers until he was 17 years old.

Peter's father was a disciplinarian and he was not to be questioned about anything under any circumstances, as this was how his father brought him up! Peter was not spoiled as a child as everyone expected him to be, instead he was bullied by the youngest of his three sisters, as he in later years felt that she was jealous of his arrival and she may be ignored!!

Peter is now married to his wife Mary for thirty years and she was diagnosed with Alzheimer's Dementia on 12th November 2018. **Peter**

Two Thoughts from James McKillop MBE

James McKillop MBE is a dementia activist, advocate and diarist who has been living with a dementia diagnosis since 1999. When it comes to understanding dementia, its perception and its need for a constantly evolving provision, few peoples' voices are as authentic and insightful as his. In 2002, along with Heather Williamson, James organised the first-ever conference by and for people living with dementia. Here he shares his latest thoughts with *DementiArts*...

The Misconception of the Carers' Allowance

It may be UK policy, but does it have to be Scottish policy?

This is the scene. Girl leaves school, and starts work immediately. She marries in due course, has time off for children and returns to work, paying National Insurance for her retirement pension, and of course, any periods of illness and unemployment. This is something she contributed to, and a retirement pension was due.

Her husband develops dementia and she leaves work early, to see to him, and gets Carer's Allowance.

Then her retirement pension becomes payable, and she immediately loses her Carer's Allowance. But why? His condition is steadily deteriorating, and she is using her pension to prop up his care.

I am fully aware that one cannot get overlapping benefits, such as unemployment benefit, at the same time as sickness benefit. One cannot get sickness benefit, at the same time as maternity benefits.

But my argument is Carer's Allowance, is not a benefit. It is an allowance to give people some form of a normal life, and to keep them out of expensive hospital beds, and using up expensive drugs.

How does one suddenly become someone, whose care needs vanish overnight? His wife's retirement pension is in her own right, for her use. Not to subsidise the Government's responsibilities. His increasing needs need to be met, now more than ever.

I am sure this happens to a lot of women, so I wonder if it is worth noting, for someone to look at?



An Early Conference

Some years ago, four of us were arranging a conference in Stirling. The main speaker was coming up by overnight train from London. It was so long ago, I don't remember his name or position.

I arranged for a taxi to meet him at the station. I arranged for someone to greet him there at around 6.30am. I emailed in advance to ask what his favourite morning paper was, and what he liked for breakfast

The place had a restaurant on the premises, so I arranged a place for him, with his breakfast. His newspaper was ready waiting. Someone else was delegated to show him around, lecture room and toilets etc.

I arranged for a hand-held mic, and also a clip-on mic, to use whichever he preferred. I confirmed he would answer questions from the delegates. I arranged a take-away bag of the lunch he liked, fruit, a piece of something cakeish and some liquid.

I previously bought (not my money) a Quaich Bowl, from a jeweller I know and got a discount, as funds were low, to give him as a thank you. I don't know if he was paid to come, or how his expenses were paid and when, I was not part of that part.

I arranged a taxi to return him to the station with his goodie bag. I followed up with a thank you card.

I don't want you to think I did everything. There was plenty of work, and other arranging to be shared. I was just a part of a small team, using my experience. They used theirs in their own way.

There was a lady in a wheelchair, and a taxi was ordered. A campus has many nooks and crannies. I stayed with her, and the taxi didn't turn up, at the designated spot outside another building. Luckily, I was there, as the place was deserted, and it was raining. We took shelter. After a phone call, we found out that the taxi was actually on the premises, but could not find us. Eventually it did. Then I went home.

Long ago I was at a meeting and a Glasgow councillor was there. He took the huff when asked something, and said he had not previously agreed when booking, to answer any questions. I don't know if there was anything else I could have done. Maybe there was, but no one said anything. He gave a good presentation.

The City Sounds of Nature

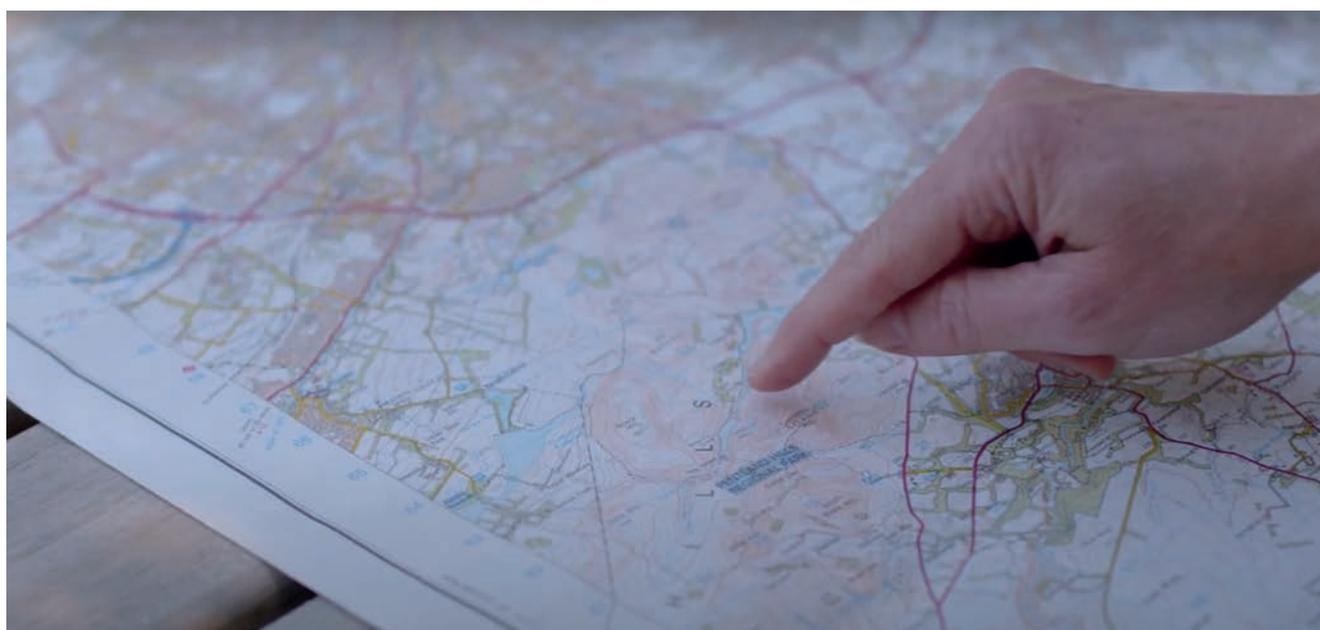
As the city of seven hills, Edinburgh offers limitless opportunities for walks and rambles. Now residents of three city care homes have had their cherished interactions with local nature immortalised in a beautifully haunting soundscape, compliments of a collaboration between One City Trust and Live Music Now Scotland.



'The idea behind City Sounds of Nature', explains Carol Main, Director of Live Music Now Scotland, 'was to come up with some new music that would actually be a legacy of Covid; something positive from this time.'

And the City Sounds of Nature songs do just that. Using residents' stories and memories of the countryside local to Edinburgh, singer-songwriter Karine Polwart, used testimony, geography and her own creative shine to weave together two wonderful songs: *Meet Me At Loganlea*, and *Keep Building Castles*. Many of the individuals whose stories inspired the songs live in one of three care homes in the west of the city, Clovenstone, Murrayfield House and North Merchiston – three locations in which the epic Pentland Hills are never far from view.

But in pursuing the nature theme, singer-songwriter Karine discovered that a far deeper wealth of musical memory rested just beneath the surface in several residents' minds: 'Some of the anecdotes we collected from the residents were provoked by some song topics and helped



paint pictures of/conjure past memories for them which was great. One resident liked Elvis so the Live Music Now Scotland musicians put a wee cover in during the last week. The songs opened up the gateway to have great, relaxed conversation with them after the musical portion of the sessions.'

On participating in the scheme, a care home staff member wrote:

'It was great seeing our residents engage positively and smiling through the concert, especially with lockdown upon us all. It was excellent to see one of our residents, who was very stressed/distressed this day, managed to be encouraged to come through to see what was happening. The resident appeared to enjoy this as he became very relaxed throughout the music playing and tapping his feet. He made it quite clear to me he did not wish to dance or sing, just listen.'

For a background to the City Sounds of Nature project, along with the two songs themselves, can be enjoyed via this link: <https://bit.ly/3DqNWPg>

Willy Gilder's sketch diary of the Life Changes Trust's *Creating Better Lives* networking day



Photos from Yesteryear

Test your Edinburgh history! Can you recognise these corners of Auld Reekie?



Picture 1



Picture 2



Picture 3

Answers on page 23

Can you name these historic Scottish authors?

Author 1



Author 2



Author 3



Answers on page 23



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.

This month we have Hallowe'en Newsflash!

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



“Blocking the View? But I am the view,” insists Old Town Cat

A long-haired feline residing on the opulent Ramsey Lane in Old Town has parked her backside directly in front of her Human's “premium view”, it has emerged.

Tassel, a Javanese-cross, commented to Cats of Edinburgh:

“I don't understand. There I was letting the evening sunlight majestically glint through my praline fur and, all of a sudden, my human shoos me away...”

A source close to Library Cat Corner has divulged that the ensuing scrap led to Tassel's human spilling Merlot over her sky-blue pashmina.

“Apparently I was ‘blocking’ her view of the hills and sunset. But that's clearly nonsense. I mean, why would anyone else want to look at anything else but me?”

Feeling miffed, Tassel decided to change tack to elicit her Human's adoration:

“Perhaps it was because I wasn't close enough — maybe she couldn't see the scintillating perfection of my Russian tsarina beauty and my gossamer whiskers.... so I opted to perch myself in front of the TV instead.

“Well, that didn't work, because I had a decorative cushion thrown at me. Why is she kidding herself? Why not just bow down and worship my otherworldly perfection? I don't understand it.”

Library Cat Corner has subsequently learnt that Tassel, having been thrown out into a courtyard for half an hour, is currently communing with other Ramsey Lane cats in a beauty pageant, thus hoping to rebuild her wounded sense of self-worth.

Alzheimer Scotland National Office

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

Alzheimer Scotland Early Onset

Support and information for people supporting individuals with Early Onset dementia
Call 0131 551 9350 or email EdinburghServices@Alzscot.org

Dementia Helpline 0808 808 3000

The 24 hour Dementia Helpline is free and confidential, and you don't even have to give your name if you prefer not to.

Call at any time for information, signposting and emotional support, or email helpline@alzscot.org

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

Dementia Advisor Edinburgh

Contact Caroline O'Hara on
0131 551 9350 or cohara@alzscot.org

Dementia Advisor West Lothian

Contact Cheryl Raby on **01506 533 114 or craby@alzscot.org**

Dementia Advisor East/Midlothian

Contact Michael Huddleston on
0131 654 1114 or mhuddleston@alzscot.org

West Lothian Dementia Resource Centre

Tel: 01506 533 108 or email WestLothianServices@Alzscot.org

Herbert Protocol Forms

Widely recognised form used to assist the police in finding someone living with dementia who has gone missing.

To request forms, email Rachel Howe at Rachel.howe@edinburgh.gov.uk

VOCAL

A local organisation helping carers of people living with dementia.

Call 0131 622 6666, or email
centre@vocal.org.uk

ALISS

A website offering a variety of support related conditions that affect carers and those living with dementia.

Call 0141 4040239 or email
hello@aliss.org

Dementia Link Worker Midlothian

Service workers can provide five key pillars of post-diagnostic support, flexible to suit your needs.

Call 0131 537 9843 or email
midandeastlothianServices@Alzscot.org

Edinburgh, Midlothian & East Lothian

Dial-A-Ride: 0131 447 9949

Dial-A-Bus: 0131 447 1718

Email: edinburgh@handicabs.org.uk

West Lothian

Dial-A-Ride: 01506 633 953

Dial-A-Bus: 01506 633 336

Email: bathgate@handicabs.org.uk

Edinburgh Service

This Service is for individuals who have a diagnosis of dementia, their families and carers. We offer information, support and a range of activities.

Contact Paula Frame or Debbie Rae for more information on 0131 551 9350 or
EdinburghServices@Alzscot.org

Answers to photographs on pages 19 and 20

Photos from Yesteryear

Picture 1

This was the old cattle market on Lauriston Place! This spot is now occupied by the Edinburgh College of Art buildings (alma mater of none other than John Byrne who painted our beautiful King's dome.)

Picture 2

Yup, that's Porty. The pier you see was demolished in 1917 and had been designed by Thomas Bouch in 1871. In August of that year, some 2,500 people visited to mark the centenary of Sir Walter Scott (at the princely sum of one penny.)

Picture 3

My favourite picture (but I am biased!) Pictured here is our very own "Old Lady of Leven Street", aka the King's Theatre, on its first ever opening night on 8th December 1906. So busy was this performance of Cinderella that police had to control a large group of spectators, all of whom seemed unpeterbed by the premium ticket prices as they scrambled for the last remaining seats.

Historic Scottish Authors

Author 1

J. M. Barrie, author of *Peter Pan*
(1860 – 1937)

Author 2

Kenneth Graeme, author of *The Wind in the Willows*
(1859 – 1932)

Author 3

Alastair Gray, author of *Lanark*
(1934 – 2019)

January 2022



Dunbar Outdoor Activity Groups

10.30am – 12noon, every Monday

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



Red Brick Café (under 65)

11am – 12.30pm (face to face)

To book, please contact Cherie Raby on CRaby@Alzscot.org



Forget Me Notes Choir

Every Monday at 1.45pm

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



D-Café Dunbar

2pm – 3.30pm, 1st Monday of each month.

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



Music & Memories in Morningside

2pm – 4pm in the Cluny Hall (Morningside Church)

For more information, contact Jacqui Lindsay on 07834 364 628 pastoralassistant@morningsideparishchurch.org.uk



Law4DementiaCarers Training: Living Well

10am – 2.30pm (face to face)

Contact Dementia.LawCentre@makingspace.co.uk for enquiries and to book



TIDE Scotland Coffee Morning

10.30am – 11.30am, every fortnight on Tuesdays

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events

January 2022



D-Café Dalkeith

12noon – 2.30pm, every 2nd and 4th Tuesday

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



TIDE Residential Carers Focus Group

1.30pm – 2.30pm, on Zoom, every 2nd Tuesday

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



LifeCare Monthly Quiz

3pm – 4pm, on Zoom, every second Tuesday of the month

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940



Eric Liddell Session:

Roy Johnstone (Historian) / Bonnie Prince Charlie

11.00am every Wednesday, on Zoom

Activities suitable for carers & those with experience of dementia.

Email Caroline Heenan (heenanc@edicliddell.org) to book.



Dementia Café at AlzScot Resource Centre

1pm – 2.30pm, face to face, 2nd & 4th Wednesday.

To book, please contact Cherie Raby on CRaby@Alzscot.org



LifeCare Conversations

2.30pm – 4pm, every Wednesday on Zoom

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940



Room for Art: Dementia Friendly Art Sessions

2pm – 3pm, every Wednesday, in person

To book, contact the Outreach Manager at

OutreachManager@artinhealthcare.org.uk

January 2022



TIDE Home Carers Focus Group

6pm – 7pm, every 2nd Wednesday

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



TIDE You Can't Pour From An Empty Cup

7pm – 8.30pm

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Bloom & Blether Garden Group

Time, various (face to face)

For more information, please contact Cherie Raby on CRaby@Alzscot.org



TIDE Male Carers Group

2.30pm – 3.30pm, every 2nd Thursday

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Carers Support Group, Edinburgh

11.30pm – 12.30pm, every 2nd Friday

Call 0131 551 9350 for more information



Dementia Carers' Rights:

Your Rights and the Carer (Scotland) Act 1988

10am – 11.30am

For more information and to book, please email dementiatraining@agescotland.org.uk



January 2022



Dunbar Outdoor Activity Groups

10am – 11.30am

For more information and to book, please email dementiatraining@agescotland.org.uk



Forget Me Notes Choir

Every Monday at 1.45pm

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



Exercise Classes:

For those with Dementia & their Carers/Partners

2pm – 4pm in the Cluny Hall (Morningside Church)

For more information, contact Jacqui Lindsay on 07834 364 628
pastoralassistant@morningsideparishchurch.org.uk



Dementia Inclusive Training: Wellbeing & Mood

2pm – 3.30pm

For more information and to book, please email dementiatraining@agescotland.org.uk



D-Café Penicuik

2pm – 3.30pm, every 1st and 3rd Tuesday

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



TIDE National Coffee Morning

10.30am – 11.30am (On Zoom, every fortnight on Wednesdays)

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Eric Liddell Centre:

Malaga & Grenada / Sue Gruellich (Tours)

11.00am every Wednesday on Zoom

Activities suitable for carers & those with experience of dementia.
Email Caroline Heenan (heenan@edicliddell.org) to book.

January 2022



Room for Art: Dementia Friendly Art Sessions

2pm – 3pm, every Wednesday, in person
To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk



TIDE Rare Dementia Focus Group

2.30pm – 3.30pm, 3rd Wednesday of the month
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



LifeCare Conversations

2.30pm – 4pm, every Wednesday on Zoom
Contact



Bloom & Blether Garden Group

Time, various (face to face)
For more information, please contact Cherie Raby on CRaby@Alzscot.org



A Stitch in Time: Dementia Friendly Sewing Group

10am – 10.40am, fortnightly on a Thursday
To Book, please email North Edinburgh Arts on admin@northedinburgharts.co.uk



Dementia Inclusive Training: Prevention & Living WELL

2pm – 3.30pm
or more information and to book, please email dementiatraining@agescotland.org.uk



Forget Me Notes Choir: Choir in Saughton Park

Fortnightly on Thursdays, 4pm
To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587

January 2022



21

Dementia Coffee Conversation: Creative Activities for Wellbeing

11am – 12.00

For more information and to book, please email dementiatraining@agescotland.org.uk



22

TIDE Living, Grief & Bereavement

10.30am – 12noon

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



24

Dunbar Outdoor Activity Groups

10.30am – 12noon, every Monday

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



24

TIDE Living, Grief & Bereavement Group

1pm – 3pm (Every 4th Monday)

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



24

Forget Me Notes Choir

Every Monday at 1.45pm

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



24

Unpaid Carers' Drop-In: "Making Positive Changes"

2.00pm – 4.00pm (on Zoom)

To register, please contact Paulina Szach of Health in Mind on paulina.szach@health-in-mind.org



25

TIDE Scotland Coffee Morning

10.30am – 11.30am, every fortnight on Tuesdays

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events

January 2022



25

Communication & Dementia

10.30am – 1.30pm

For more information and to book, please email dementiatraining@agescotland.org.uk



25

D-Café Dalkeith

12noon – 2.30pm, every 2nd and 4th Tuesday

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



25

LifeCare History Talks

3pm – 4pm, on Zoom, last Tuesday of each month

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940



26

Eric Liddell Centre:

Robbie Burns / Elizabeth Claxton-Bordon

11.00am every Wednesday on Zoom

Activities suitable for carers & those with experience of dementia. Email Caroline Heenan (heenanc@edicliddell.org) to book.



26

Dementia Café at AlzScot Resource Centre

1pm – 2.30pm, face to face, 2nd & 4th Wednesday

To book, please contact Cherie Raby on CRaby@Alzscot.org



26

Room for Art: Dementia Friendly Art Sessions

2pm – 3pm, every Wednesday, in person

To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk



26

Brew & Blether

2.00pm – 3.30pm

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

January 2022



26

Making the Home a Dementia-Enabling Environment

2pm – 3.30pm

For more information and to book, please email dementiatraining@agescotland.org.uk



26

LifeCare Conversations

2.30pm – 4pm, every Wednesday on Zoom

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940



26

TIDE Former Carers Focus Group

4pm – 5pm (Last Wednesday of every month)

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



27

Bloom & Blether Garden Group

Time, various (face to face)

For more information, please contact Cherie Raby on CRaby@Alzscot.org



27

Law4DementiaCarers Training: Living & Dying Well

9.30 – 4.30pm (online)

Contact Dementia.LawCentre@makingspace.co.uk for enquiries and to book



27

Dementia Awareness Training (3-hour session)

9.30am – 12.30pm

For more information and to book, please email dementiatraining@agescotland.org.uk



27

East Calder Forget Me Not Café

10am – 12pm (face to face)

To book, please contact Cherie Raby on CRaby@Alzscot.org

January 2022



27

Dementia Carers' Rights: Introduction to Carers' Rights

2pm – 3pm

For more information and to book, please email dementiatraining@agescotland.org.uk



27

Introduction to Tide (Together in Dementia Everyday)

6pm – 7pm

For questions and to book, contact carers@tidecarers.org.uk



28

Law4DementiaCarers Training: Living Well (Online)

10am – 2.30pm (online)

Contact Dementia.LawCentre@makingspace.co.uk for enquiries and to book



28

Music & Memories in Morningside

2pm – 4pm in the Cluny Hall (Morningside Church)

For more information, contact Jacqui Lindsay on 07834 364 628
pastoralassistant@morningsideparishchurch.org.uk



28

National Galleries of Scotland: The Glasgow Girls

11.00 – 11.45am, on Zoom

To attend, please visit www.nationalgalleries.org to book online



31

Dunbar Outdoor Activity Groups

10.30am – 12noon, every Monday

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



31

Dementia Carers' Rights: Introduction to Carers' Rights

2pm – 3pm

For more information and to book, please email dementiatraining@agescotland.org.uk

January 2022



31

Dementia Carers' Rights: Your Rights & Hospital Admissions & Discharge

10am – 11.30am

For more information and to book, please email
dementiatraining@agescotland.org.uk



31

Tea & 'Jam'

11.00am – 12.00pm

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



31

Forget Me Notes Choir

Every Monday at 1.45pm

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



31

Exercise Classes:

For those with Dementia & their Carers/Partners

2pm — 4pm in the Cluny Hall (Morningside Church)

For more information, contact Jacqui Lindsay on 07834 364 628
pastoralassistant@morningsideparishchurch.org.uk



February 2022



Law4DementiaCarers Training: Living & Dying Well

9.30 – 4.30pm (face to face)

Contact Dementia.LawCentre@makingspace.co.uk for enquiries and to book



D-Café Penicuik

2pm – 3.30pm, every 1st and 3rd Tuesday

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



Forget Me Notes Choir

Every Monday & Thursday at 1.45pm

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



TIDE Young Onset Carers Focus Group

6pm – 7pm, Every 1st Tuesday

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



TIDE National Coffee Morning

10.30am – 11.30am (On Zoom, every fortnight on Wednesdays)

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Eric Liddell Centre: Folk Music / Kevin Gore (Musician)

11.00am every Wednesday on Zoom

**Activities suitable for carers & those with experience of dementia.
Email Caroline Heenan (heenanc@edicliddell.org) to book**



Room for Art: Dementia Friendly Art Sessions

2pm – 3pm, every Wednesday, in person

To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk

February 2022



D-Café Musselburgh

11am — 2pm, every 1st Wednesday of the month

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



LifeCare Conversations

2.30pm – 4pm, every Wednesday on Zoom

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940



Bloom & Blether Garden Group

Time, various (face to face)

For more information, please contact Cherie Raby on CRaby@Alzscot.org



A Stitch in Time:

Dementia Friendly Sewing Group

10am – 10.40am, fortnightly on a Thursday

To Book, please email North Edinburgh Arts on admin@northedinburgharts.co.uk



Making Online Activities Dementia Inclusive

1.30pm – 4pm

For more information and to book, please email dementiatraining@agescotland.org.uk



Forget Me Notes Choir:

Choir in Saughton Park

Fortnightly on Thursdays, 4pm

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



Law4DementiaCarers Training:

Dying Well

10am – 2.30pm (online)

Contact Dementia.LawCentre@makingspace.co.uk for enquiries and to book

February 2022



Dunbar Outdoor Activity Groups

10.30am – 12noon, every Monday

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



Forget Me Notes Choir

Every Monday at 1.45pm

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



Dementia Awareness Training (2 hour session)

1.30pm – 3.30pm

For more information and to book, please email dementiatraining@agescotland.org.uk



D-Café Dunbar

2pm – 3.30pm, 1st Monday of each month

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



Music & Memories in Morningside

2pm – 4pm in the Cluny Hall (Morningside Church)

For more information, contact Jacqui Lindsay on 07834 364 628 pastoralassistant@morningsideparishchurch.org.uk



Bathgate Memory Café

2.30pm – 4pm (face to face)

To book, please contact Cherie Raby on CRaby@Alzscot.org



Dementia & Befriending

10am – 12noon

For more information and to book, please email dementiatraining@agescotland.org.uk

February 2022



TIDE Scotland Coffee Morning

10.30am – 11.30am, every fortnight on Tuesdays

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



TIDE Residential Carers Focus Group

1.30pm – 2.30pm, on Zoom, every 2nd Tuesday

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



D-Café Dalkeith

12noon – 2.30pm, every 2nd and 4th Tuesday

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



LifeCare Monthly Quiz

3pm – 4pm, on Zoom, every second Tuesday of the month

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940



Eric Liddell Centre:

Suffragettes / Roy Johnstone (Historian)

11.00am every Wednesday on Zoom

Activities suitable for carers & those with experience of dementia.
Email Caroline Heenan (heenanc@edicliddell.org) to book.



Dementia Café at AlzScot Resource Centre

1pm – 2.30pm, face to face, 2nd & 4th Wednesday

To book, please contact Cherie Raby on CRaby@Alzscot.org



LifeCare Conversations

2.30pm – 4pm, every Wednesday on Zoom

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940

February 2022



Room for Art: Dementia Friendly Art Sessions

2pm – 3pm, every Wednesday, in person

To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk



Bloom & Blether Garden Group

Time, various (face to face)

For more information, please contact Cherie Raby on CRaby@Alzscot.org



Art in the City: Edinburgh Museums & Galleries

10.30 am, every 2nd Thursday

Contact Diana Morton for more information and to book diana.morton@edinburgh.gov.uk



TIDE Male Carers Group

2.30pm – 3.30pm, every 2nd Thursday

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Unpaid Carers' Drop-In: "Emotional Regulation"

10.00am – 12.00pm (on Zoom)

To register, please contact Paulina Szach of Health in Mind on paulina.szach@health-in-mind.org



Carers Support Group, Edinburgh

11.30pm – 12.30pm, every 2nd Friday

CCall 0131 551 9350 for more information



Dementia Carers' Rights: Your rights and Self-Directed Support

10.00am – 11.30am

For more information and to book, please email dementiatraining@agescotland.org.uk

February 2022



Dunbar Outdoor Activity Groups

10.30am – 12noon, every Monday.

For more information and to book, please email dementiatraining@agescotland.org.uk



Dunbar Outdoor Activity Groups

10.30am – 12noon, every Monday

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



Red Brick Café (under 65)

11am – 12.30pm (face to face)

To book, please contact Cherie Raby on CRaby@Alzscot.org



Forget Me Notes Choir

Every Monday at 1.45pm

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



Songwriting Sprint

2.00pm – 3.00pm

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



Exercise Classes

For those with Dementia & their Carers/Partners

2pm — 4pm in the Cluny Hall (Morningside Church)

For more information, contact Jacqui Lindsay on 07834 364 628 pastoralassistant@morningsideparishchurch.org.uk



Restarting Activities in Uncertain Times

1pm – 3.30pm

For more information and to book, please email dementiatraining@agescotland.org.uk

February 2022



Restarting Activities in Uncertain Times

1pm – 3.30pm

For more information and to book, please email dementiatraining@agescotland.org.uk



D-Café Penicuik

2pm – 3.30pm, every 1st and 3rd Tuesday

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



TIDE “Getting Your Point Across” Carer Support Workshop

7pm – 8.30pm

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Title

4pm – 5pm (Last Wednesday of every month)

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



TIDE National Coffee Morning

10.30am – 11.30am (On Zoom, every fortnight on Wednesdays)

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Eric Liddell Centre:

Palma & Valencia / Sue Gruellich (Tours)

11.00am every Wednesday on Zoom

Activities suitable for carers & those with experience of dementia. Email Caroline Heenan (heenanc@edicliddell.org) to book.



Room for Art: Dementia Friendly Art Sessions

2pm – 3pm, every Wednesday, in person

To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk

February 2022



16

TIDE Home Carers Focus Group

6pm – 7pm, every 2nd Wednesday

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



16

TIDE Rare Dementia Focus Group

2.30pm – 3.30pm, 3rd Wednesday of the month

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



16

LifeCare Conversations

2.30pm – 4pm, every Wednesday on Zoom

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940



17

Bloom & Blether Garden Group

Time, various (face to face)

For more information, please contact Cherie Raby on CRaby@Alzscot.org



17

Dementia Awareness Training (3-hour session)

9.30am – 12.30pm

For more information and to book, please email dementiatraining@agescotland.org.uk



17

A Stitch in Time:

Dementia Friendly Sewing Group

10am – 10.40am, fortnightly on a Thursday

To Book, please email North Edinburgh Arts on admin@northedinburgharts.co.uk



17

Dementia Awareness Training (3-hour session)

1.30pm – 4.30pm

For more information and to book, please email dementiatraining@agescotland.org.uk

February 2022



Forget Me Notes Choir: Choir in Saughton Park

Fortnightly on Thursdays, 4pm

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



Dunbar Outdoor Activity Groups

10.30am – 12noon, every Monday

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



Health in Mind: Breathing Workshop

12pm – 2pm at the Eric Liddell Centre

To register, please contact Paulina Szach of Health in Mind on paulina.szach@health-in-mind.org



Forget Me Notes Choir

Every Monday at 1.45pm

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



Communication & Dementia

2pm – 4pm

For more information and to book, please email dementiatraining@agescotland.org.uk



TIDE Scotland Coffee Morning

10.30am – 11.30am, every fortnight on Tuesdays

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Dementia Awareness Training (2 hour session)

9.30am – 11.30am

For more information and to book, please email dementiatraining@agescotland.org.uk

February 2022



D-Café Dalkeith

12noon – 2.30pm, every 2nd and 4th Tuesday

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



LifeCare History Talks

3pm – 4pm, on Zoom, last Tuesday of each month

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940



Eric Liddell Centre:

Folk Music / Kevin Gore (Musician)

11.00am every Wednesday on Zoom

Activities suitable for carers & those with experience of dementia. Email Caroline Heenan (heenanc@edicliddell.org) to book.



Dementia Café at AlzScot Resource Centre

1pm – 2.30pm, face to face, 2nd & 4th Wednesday

To book, please contact Cherie Raby on CRaby@Alzscot.org



Room for Art: Dementia Friendly Art Sessions

2pm – 3pm, every Wednesday, in person

To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk



Brew & Blether

2.00pm – 3.30pm

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



LifeCare Conversations

2.30pm – 4pm, every Wednesday on Zoom

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940

February 2022



TIDE Former Carers Focus Group

4pm – 5pm (Last Wednesday of every month)

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Bloom & Blether Garden Group

Time, various (face to face)

For more information, please contact Cherie Raby on CRaby@Alzscot.org



East Calder Forget Me Not Café

10am – 12pm (face to face)

To book, please contact Cherie Raby on CRaby@Alzscot.org



Dementia Carers' Rights: Introduction to Carers' Rights

11am – 11am

For more information and to book, please email dementiatraining@agescotland.org.uk



Capital Theatres Focus Group

2pm – 3.30pm

Contact Dawn Irvine on Dawn.Irvine@capitaltheatres.com for more information



Unpaid Carers' Drop-In: "Emotional Regulation"

10.00am – 12.00pm (on Zoom)

To register, please contact Paulina Szach of Health in Mind on paulina.szach@health-in-mind.org



National Galleries of Scotland: Snowdrops and Stories

11.00 – 11.45am, on Zoom

To attend, please visit www.nationalgalleries.org to book online

February 2022



25

National Galleries of Scotland: Joan Eardley & Catterline

11.00 – 11.45am, on Zoom

To attend, please visit www.nationalgalleries.org to book online



25

Music & Memories in Morningside

2pm — 4pm in the Cluny Hall (Morningside Church)

For more information, contact Jacqui Lindsay on 07834 364 628

pastoralassistant@morningsideparishchurch.org.uk



26

TIDE You Can't Pour From An Empty Cup

10.30am – 12pm

Contact carersconnect@tide.uk.net for enquiries and book at

tide.uk.net/events



28

Dunbar Outdoor Activity Groups

10.30am – 12noon, every Monday

Booking essential. Please contact Michael on 0131 654 1114 or

mhuddleston@alzscot.org



28

Tea & 'Jam'

11.00am – 12.00pm

Contact Dawn Irvine on Dawn.Irvine@capitaltheatres.com for Zoom

log in details



28

TIDE Living, Grief & Bereavement

1pm – 3pm

Contact carersconnect@tide.uk.net for enquiries and book at

tide.uk.net/events



28

Forget Me Notes Choir

Every Monday at 1.45pm

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



28

Exercise Classes:

For those with Dementia & their Carers/Partners

2pm — 4pm in the Cluny Hall (Morningside Church)

For more information, contact Jacqui Lindsay on 07834 364 628

pastoralassistant@morningsideparishchurch.org.uk

March 2022



D-Café Penicuik

2pm - 3.30pm, every 1st and 3rd Tuesday

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



TIDE Young Onset Carers Focus Group

6pm - 7pm, Every 1st Tuesday

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



TIDE National Coffee Morning

10.30am - 11.30am (On Zoom, every fortnight on Wednesdays)

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Eric Liddell Centre:

Folk Music / Kevin Gore (Musician)

11.00am every Wednesday on Zoom

Activities suitable for carers & those with experience of dementia. Email Caroline Heenan (heenanc@edicliddell.org) to book.



Room for Art: Dementia Friendly Art Sessions

2pm - 3pm, every Wednesday, in person.

To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk



D-Café Musselburgh

11am - 2pm, every 1st Wednesday of the month

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



LifeCare Conversations

2.30pm - 4pm, every Wednesday on Zoom

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940

March 2022



Dementia Awareness Training (2 hour session)

7pm – 9pm

For more information and to book, please email ementiatraining@agescotland.org.uk



Bloom & Blether Garden Group

Time, various (face to face)

For more information, please contact Cherie Raby on CRaby@Alzscot.org



A Stitch in Time: Dementia Friendly Sewing Group

10am – 10.40am, fortnightly on a Thursday

To Book, please email North Edinburgh Arts on admin@northedinburgharts.co.uk



Forget Me Notes Choir: Choir in Saughton Park

Fortnightly on Thursdays, 4pm

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



Dunbar Outdoor Activity Groups

10.30am – 12noon, every Monday

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



Health in Mind: Mindfulness & Self-Care

12pm – 2pm at the Eric Liddell Centre

To register, please contact Paulina Szach of Health in Mind on paulina.szach@health-in-mind.org



Forget Me Notes Choir

Every Monday at 1.45pm

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587

March 2022



D-Café Dunbar

2pm -3.30pm, 1st Monday of each month.

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



Music & Memories in Morningside

2pm — 4pm in the Cluny Hall (Morningside Church)

For more information, contact Jacqui Lindsay on 07834 364 628 pastoralassistant@morningsideparishchurch.org.uk



Bathgate Memory Café

2.30pm - 4pm (face to face)

To book, please contact Cherie Raby on CRaby@Alzscot.org



TIDE Scotland Coffee Morning

10.30am - 11.30am, every fortnight on Tuesdays

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



D-Café Dalkeith

12noon -2.30pm, every 2nd and 4th Tuesday.

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



TIDE Residential Carers Focus Group

1.30pm - 2.30pm, on Zoom, every 2nd Tuesday

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



LifeCare Monthly Quiz

3pm - 4pm, on Zoom, every second Tuesday of the month

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940

March 2022



Dementia Awareness Training (3-hour session)

9.30am – 12.30pm

For more information and to book, please email dementiatraining@agescotland.org.uk



Dementia Café at AlzScot Resource Centre

1pm – 2.30pm, face to face, 2nd & 4th Wednesday

To book, please contact Cherie Raby on CRaby@Alzscot.org



Room for Art:

Dementia Friendly Art Sessions

2pm – 3pm, every Wednesday, in person

To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk



LifeCare Conversations

2.30pm – 4pm, every Wednesday on Zoom

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940



TIDE Home Carers Focus Group

6pm – 7pm, every 2nd Wednesday

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Bloom & Blether Garden Group

Time, various (face to face)

For more information, please contact Cherie Raby on CRaby@Alzscot.org



Art in the City:

Edinburgh Museums & Galleries

10.30 am, every 2nd Thursday

Contact Diana Morton for more information and to book diana.morton@edinburgh.gov.uk

March 2022



TIDE Male Carers Group

2.30pm – 3.30pm, every 2nd Thursday

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Carers Support Group, Edinburgh

11.30pm – 12.30pm, every 2nd Friday

Call 0131 551 9350 for more information



Dunbar Outdoor Activity Groups

10.30am – 12noon, every Monday

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



Red Brick Café (under 65)

11am – 12.30pm (face to face)

To book, please contact Cherie Raby on CRaby@Alzscot.org



Forget Me Notes Choir

Every Monday at 1.45pm

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



Exercise Classes:

For those with Dementia & their Carers/Partners

2pm – 4pm in the Cluny Hall (Morningside Church)

For more information, contact Jacqui Lindsay on 07834 364 628
pastoralassistant@morningsideparishchurch.org.uk



Songwriting Sprint

2.00pm – 3.00pm

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

March 2022



15

D-Café Penicuik

2pm - 3.30pm, every 1st and 3rd Tuesday

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



16

TIDE National Coffee Morning

10.30am - 11.30am (On Zoom, every fortnight on Wednesdays)

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



16

Eric Liddell Centre:

The Dunkirk Evacuation / Roy Johnstone (Historian)

11.00am every Wednesday on Zoom

Activities suitable for carers & those with experience of dementia. Email Caroline Heenan (heenan@edicliddell.org) to book.



16

Room for Art: Dementia Friendly Art Sessions

2pm - 3pm, every Wednesday, in person

To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk



16

LifeCare Conversations

2.30pm - 4pm, every Wednesday on Zoom

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940



16

TIDE Rare Dementia Focus Group

2.30pm - 3.30pm, 3rd Wednesday of the month

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



17

Bloom & Blether Garden Group

Time, various (face to face)

For more information, please contact Cherie Raby on CRaby@Alzscot.org

March 2022



**A Stitch in Time:
Dementia Friendly Sewing Group**
10am – 10.40am, fortnightly on a Thursday
**To Book, please email North Edinburgh Arts on
admin@northedinburgharts.co.uk**



**Dementia Carers' Rights:
Your Rights & Power of Attorney**
2pm – 3.30pm
**For more information and to book, please email
dementiatraining@agescotland.org.uk**



**Forget Me Notes Choir:
Choir in Saughton Park**
Fortnightly on Thursdays, 4pm
To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



Dementia Awareness Training (2 hour session)
9.30am – 11.30am
**For more information and to book, please email
dementiatraining@agescotland.org.uk**



Dunbar Outdoor Activity Groups
10.30am – 12noon, every Monday
**Booking essential. Please contact Michael on 0131 654 1114 or
mhuddleston@alzscot.org**



**Health in Mind:
Healthy Relationships**
12pm – 2pm at the Eric Liddell Centre
**To register, please contact Paulina Szach of Health in Mind on
paulina.szach@health-in-mind.org**



Forget Me Notes Choir
Every Monday at 1.45pm
To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587

March 2022



TIDE Scotland Coffee Morning

10.30am – 11.30am, every fortnight on Tuesdays

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



D-Café Dalkeith

12noon – 2.30pm, every 2nd and 4th Tuesday

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



Dementia Café at AlzScot Resource Centre

1pm – 2.30pm, face to face, 2nd & 4th Wednesday

To book, please contact Cherie Raby on CRaby@Alzscot.org



TIDE “Getting Your Point Across” Carer Support Workshop

10.30am – 12noon

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Room for Art: Dementia Friendly Art Sessions

2pm – 3pm, every Wednesday, in person

To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk



Making Cinema Dementia-Inclusive

2pm – 4pm

For more information and to book, please email dementiatraining@agescotland.org.uk



LifeCare Conversations

2.30pm – 4pm, every Wednesday on Zoom

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940

March 2022



Bloom & Blether Garden Group

Time, various (face to face)

For more information, please contact Cherie Raby on CRaby@Alzscot.org



Dementia Carers' Rights: Your Rights & Carers' Benefits

10am – 11.30am.

For more information and to book, please email dementiatraining@agescotland.org.uk



Dementia Awareness Training (3-hour session)

1.30pm – 4.30pm

For more information and to book, please email dementiatraining@agescotland.org.uk



Music & Memories in Morningside

2pm – 4pm in the Cluny Hall (Morningside Church)

For more information, contact Jacqui Lindsay on 07834 364 628
pastoralassistant@morningsideparishchurch.org.uk



Dementia Friendly Concert with Peter Foggitt (Piano)

2pm at Morningside Church

For more information, contact Jacqui Lindsay on 07834 364 628
pastoralassistant@morningsideparishchurch.org.uk



Dunbar Outdoor Activity Groups

10.30am – 12noon, every Monday

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



Tea & 'Jam'

11.00am – 12.00pm

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

March 2022



28

TIDE Living, Grief & Bereavement Group

1pm – 3pm (Every 4th Monday)

Contact



28

Forget Me Notes Choir

Every Monday at 1.45pm.

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



28

Exercise Classes:

For those with Dementia & their Carers/Partners

2pm – 4pm in the Cluny Hall (Morningside Church)

For more information, contact Jacqui Lindsay on 07834 364 628
pastoralassistant@morningsideparishchurch.org.uk



29

LifeCare History Talks

3pm – 4pm, on Zoom, last Tuesday of each month

To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940



30

TIDE National Coffee Morning

10.30am – 11.30am (On Zoom, every fortnight on Wednesdays)

Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



30

Eric Liddell Centre:

Folk Music / Kevin Gore (Musician)

11.00am every Wednesday on Zoom

To book an ELC acon_heenanc@edicliddell.org, or call 0131 357 1273



30

Making Online Activities Dementia Inclusive

10am – 12.30pm

For more information and to book, please email dementiatraining@agescotland.org.uk

March 2022



Room for Art: Dementia Friendly Art Sessions

2pm – 3pm, every Wednesday, in person
To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk



Brew & Blether

2.00pm – 3.30pm
Contact Dawn Irvine on Dawn.Irvine@capitaltheatres.com for Zoom link in details



LifeCare Conversations

2.30pm – 4pm, every Wednesday on Zoom
To book, contact enquiries@lifecare-edinburgh.org.uk or call 0131 343 0940



TIDE Former Carers Focus Group

4pm – 5pm (Last Wednesday of every month)
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Bloom & Blether Garden Group

Time, various (face to face)
For more information, please contact Cherie Raby on CRaby@Alzscot.org



A Stitch in Time: Dementia Friendly Sewing Group

10am – 10.40am, fortnightly on a Thursday
To Book, please email North Edinburgh Arts on admin@northedinburgharts.co.uk



East Calder Forget Me Not Café

10am – 12pm (face to face)
To book, please contact Cherie Raby on CRaby@Alzscot.org

March 2022



Dementia Carers' Rights: Introduction to Carers' Rights

2pm - 3pm

For more information and to book, please email
dementiatraining@agescotland.org.uk



Forget Me Notes Choir: Choir in Saughton Park

Fortnightly on Thursdays, 4pm

To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587

