

Creative voices at Capital Theatres

DementiArts



Welcome to Spring 2022

Another spring. The Meadows are teeming with crocuses once again and the birds are singing their wee hearts out among the blossoms.

What with the news of the last two years, there's something gratifying in being reminded of nature's yearly trick of looking new. No war or virus or tyrant can deviate nature from its annual cycle, and for us in Scotland, experiencing the colours of spring after an interminably long winter, often comes with feelings of utter relief...

So here we are... twitching our noses out of our cosy hibernation nests into spring 2022. And just when we thought we could breathe a sigh that the dreaded virus was on the back foot, our television screens are beaming in heart-wrenching scenes of war in Ukraine. Sometimes it can feel too much. That's when nature, and the arts, and community come in. Here in Edinburgh, we are blessed to live in a safe city where community and cultural offerings play a dominant role in our lives. At Capital Theatres, we are determined to do our bit and remain at the cutting-edge of dementia-friendly provision and inclusivity. And these last few months have brought us some real treasures...

In February, we celebrated our final **Together in Song** concert, this time on the Festival Theatre stage. I'm sure you'll join me in congratulating the choir for such a wonderful



series of shows. I will miss walking on stage and feeling the warmth and excitement of the dementia-friendly choir as they prepare to sing their specially chosen songs, while sharing their stories via **Forget Me Notes'** ever-enthusiastic choirmaster, Alan Midwinter. Fingers crossed, Together in Song will be returning in May, but in the meantime, do check out our **Capital Theatres YouTube** page to catch up on shows you have missed!

Gus Harrower continues to coax out our inner Boyoncé in his ever-popular dementia-friendly **Songwriting Sprint** sessions (shoutout to February's group for their gorgeously romantic Valentine's ballad!) Both **Tea & 'Jam'** and **Brew & Blether** remain a mainstay of our dementia friendly schedule, and I'm delighted to say that both of these are now happening in-house again, at the Festival Theatre, with a Zoom link set up for those who prefer to attend remotely.

If the last edition of *DementiArts* was an overwhelming testament to the number of dementia-friendly services that survived the pandemic, this edition seems to be a tremendous affirmation of the dazzling mix of talent on offer within the dementia community. **Poems, short stories, artworks and memories** poured in when I sent round the last submission call out; so many, in fact, that I've had to put some in waiting to receive top billing in the summer edition! I do hope you enjoy the creative work on offer here, from an array of gifted creators whose own experience of dementia has prompted, or furthered, creativity in their own lives.

As well as the ever-busy *DementiArts* calendar, featuring dementia-friendly events taking place in Edinburgh and the Lothians between now and the start of July, you will also find the usual mix of quizzes and useful information as well as guest features from **Be-Able** and **Morningside Hope**. Both organisations make wonderful, original contributions to the dementia sector in the city, and I've every confidence their services will be of benefit to many of our readers in the coming months.

Meantime, sit back, sprinkle some crumbs on the windowsill for the bluetits, soak up those precious few rays of springtime sun, and enjoy flicking through the ensuing pages.

Alex and the Capital Theatres Team

p.s. This month marks a *whole year* since I (Alex) was appointed *DementiArts* editor. I know, can you believe it?! It's been a pleasure working with Dawn and getting to know the dementia friendly programme, its diverse roster of events, and (most of all) its warm, creative host of participants. May many more months and years follow!



Morningside Hope



In our main feature this month, **Jacqueline Lindsay** gives us an insight into a new dementia-friendly offering, **Morningside Hope** – an exciting and diverse programme suitable for both people living with dementia and their carers.

Morningside Hope

A month in the life of our “relatively new” Morningside Hope project.

We launched our project in January of this year while covid restrictions were still quite tight. Despite that, the project has grown week on week. This past month saw us singing our hearts out with the gentlemen from Forget me Notes who lead our **Music and Memories** workshops. We sing old familiar songs that bring back memories and lead to a bit of chat in between numbers. The group is about 14 strong currently and a lovely atmosphere has developed, friendships are forming, and I think everyone who comes would agree that it makes for a really joyful afternoon.

The following week and we were donning our loose clothes to take part in our **gentle exercise class**. With music playing, the exercises are done either sitting or standing and very much tailored to the individual needs of the group members. One person commented that they find their hip joints are much looser and they find they can do things around the house that they haven't been able to do for some years.

Once a month we offer a **games afternoon**, a chance to meet up with old friends and new, play our favourite board games, jigsaws etc. This month we were small in number but big on enthusiasm and the hope is that numbers will grow as the year progresses.

We encourage people who are living with dementia to come to all these events and activities with their partners, carers, friends but we also have a couple of folks who come under their own steam and hopefully everyone finds a warm welcome.

We decided a programme of **dementia friendly day time concerts** would be something that people might appreciate. Emmanuel College Cambridge Choir graced us with their wonderful



singing at our first one and as I write we are preparing to welcome Peter Foggitt who is a pianist, conductor, and composer. Peter made his concerto debut at fourteen, and his Radio 3 debut at twenty-one, playing Rachmaninov Piano Concerto no.3. Peter has kindly offered to give a piano recital with pieces from Bach, Chopin and Liszt.

The social aspect to all these events is key so teas and coffees are always provided, offering a chance to chat and enjoy the company of other people, some of whom might be facing similar challenges to one another. Indeed, every Wednesday morning we have a coffee morning which has been running for many years and precedes the new project. It is open to everyone and prior to covid, our friends from the Canaan Ward at the Royal Edinburgh would regularly join us.

We also felt it was important to raise awareness around dementia and so we've offered two pastoral training courses this month, one to young people aged 15 – 17 years and an adult training run over two evenings. Both these courses look at areas such as listening skills, boundaries and self-awareness. On both courses we have invited Alzheimer Scotland to deliver their Dementia Friends input and participants have fed back that they have found it both useful and enlightening.

Looking forward, we plan to start our Heart for Art weekly workshop in October of this year in collaboration with CrossReach. We also hope to have occasional Animal Afternoons but to date the dementia dogs are still on furlough due to covid – watch this space!

All of these activities are open to both those with dementia and their partners, friends and carers.

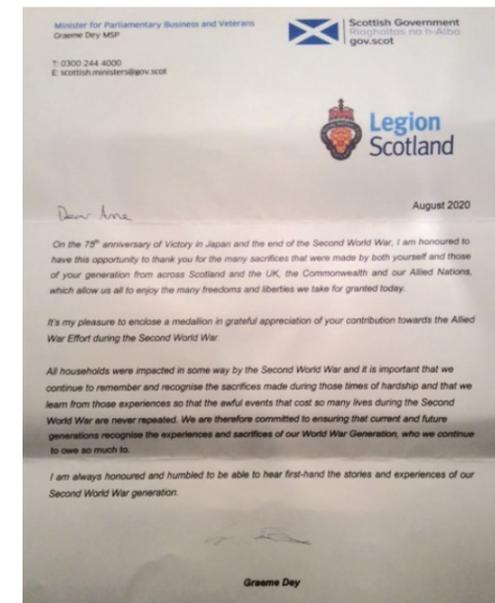
All activities take place at Morningside Parish Church, 2 Cluny Gardens, Edinburgh EH10 6BQ

This three-year project has been made possible by generous grants from both TOR Christian Foundation and Morningside Parish Church.

If you are interested in finding out more about any of the activities above, please contact Jacqui Lindsay, Tel: 07834 364 628 or email her at: pastoralassistant@morningsideparishchurch.org.uk

Welcome to 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 Anne and Jane...

Anne the war worker



Anne doesn't look or act in her 97th year. She's smartly dressed, wearing her usual bright lipstick and chats happily away to me. She moved into a care home just last year and takes part in many of the care home activities on offer, especially dancing and keep fit.

But it's her war experiences I want to talk to her about. She was 14 in 1939 when war broke out. It was an even more memorable year for her as her teachers at St Joseph's school in Dennistoun, Glasgow, had strongly suggested that it was time she left school and went to work. Something about not attending chapel apparently.

So she did. Jobs were plentiful as all the men went off to war and women stepped in to take their places. Her first job after leaving school was in a laundry washing all the towels, linen and bedclothes used by hotels in the area and when she finished that, she was off

to Green's Playhouse in Renfield Street for an evening shift in the cloakroom, taking in the coats from people attending the dancing. It was a very popular place, as it attracted all the big bands of the time like Nat Gonella and Joe Loss. Anne loved listening to them and watching the dancers when she had a spare moment.

Then she moved to a full-time job in a large store owned by Rattray's in Miller Street. And as if that wasn't enough to fill her time, she also joined the Air Raid Patrol and often spent her nights in Dennistoun making sure people were heading for the shelters when the sirens went off. She remembers one old lady who lived on the top floor of a tenement building who refused to leave her flat when an air raid was on. It was Anne's job to run up the stairs to her home and use her powers of persuasion to encourage the old lady to leave and make for an air raid shelter. What a responsibility for a young lassie like Anne, still in her teens!

A bomb did once land quite close by, close enough to shatter all the windows in the surrounding tenements. It was probably destined for the railway works at Cowlares or even further down the river at Clydebank and had gone off target.

Later in the war, the American GIs arrived and headed in their off-duty times to Green's Playhouse for the music and the dancing. Anne's best friend, Mary, met and married a GI and went back with him to the States when the war was over, though later she confessed to Anne that his family weren't terribly pleased about it.

After the war was over, she married Jack who had also been working in Rattray's and had her family, but it wasn't until 2020, on the 75th anniversary of the war ending, that the British Legion presented her with a commemorative medallion recognising her part in helping the war effort as a young teenager in Glasgow.

Jane the Haddington Postie

Jane was only 16 when she met her future husband, John, at a dance in the Corn Exchange in Haddington where the Clyde Valley Stompers were playing. He was only 19 and yet to do his National Service so, in order to get the married man's allowance, they married when she was 19. He was sent to the then West Germany, to Detmold, while she stayed with her mum in East Linton.

But it wasn't until their three children were in high school that Jane began her new career as a postwoman. She did the morning delivery around Haddington, which meant a 4am start and a cold dark walk most of the year to the Post Office Depot to first, sort out the letters and packets she would be delivering, and then fasten each bundle with an elastic band and pack them into her mailbag in the right order. Then off she would go around the streets of Haddington in the early morning, pleasant enough in the summer months... anything but in the winter! However, she would finish her round in time to be home to give her children their lunch before sending them back out to school while she began her housework and cleaning.

There were two deliveries a day then and one on Saturdays. She had the regulation postman's uniform of trousers and stout shoes which she needed because of the distances she walked every day around the town. She got to know most of Haddington's residents, though she always declined the numerous cups of tea on offer, because as she pointed out, 'there were no toilets.'



Jane the Haddington postie

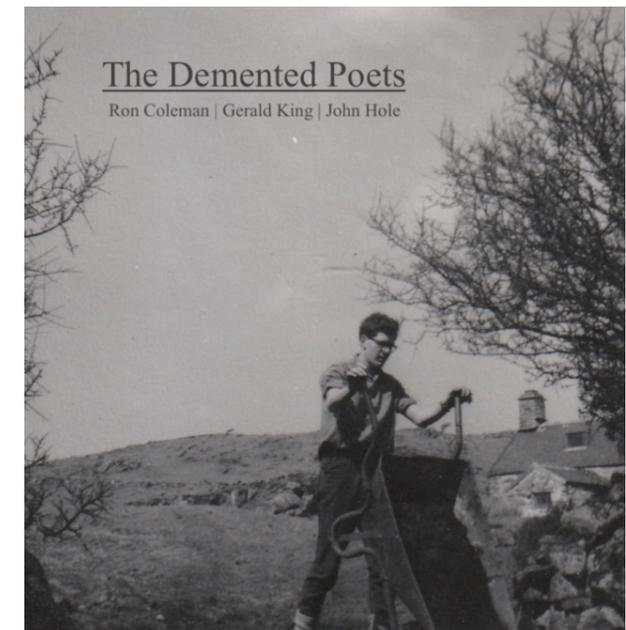
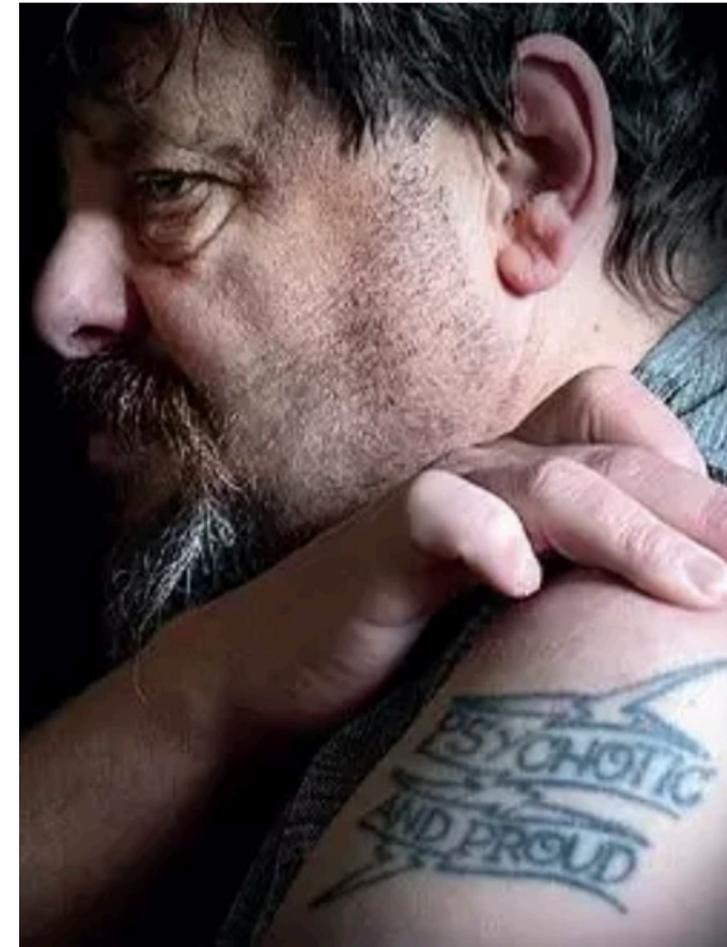
The bags at the start of the round were very heavy but as they got lighter, she would switch shoulders so that she wouldn't walk lopsided. She was also expected to empty the mailboxes on her way round and add the letters to her bag so her load was never all that light.

Dogs were also a hazard; one woman kept her gate closed and asked Jane to rattle the sneck when she arrived, so the woman could keep the dog out of the way for Jane to put her mail through the letterbox. Letterboxes, too, came in all shapes and sizes. She particularly disliked the ones low down as bending with a huge sack was not easy.

For 22 years, in all kinds of weather, rain, hail, snow, and even some sunny days, Jane delivered the mail to Haddington residents. Working for the Post Office became a family feature. Her dad cleaned the telephone boxes in the town after he retired. In fact, two of the local posties, at the moment, are her son and one of her sons-in laws.

Jane still walks around Haddington. Only the other week, when her lift to the dementia group failed to materialise, she put on her walking shoes, picked up her trusty walking stick and marched all the way to the hotel where we meet, through the streets of Haddington she knows so well.

Do you have a life story you'd like featured in Hidden Lives? If so, we'd love to hear from you! Our talented biographer and former BBC writer Ann Burnett would be happy to meet with you, or a loved one, to record your stories... If interested, please email the editor at alex.howard@capitaltheatres.com



Reflections on the life of John Hole, dementia activist and poet by Ron Coleman

I never ever met John Hole in person, so it came as a bit of a surprise when I was reflecting last year on how this man had played such a significant part in my musical journey. I was introduced to John's work by Dawn Irvine from Capital Theatres, Edinburgh. John had given his life to the theatre and much has already been written about his incredible contribution to the arts. For me the highlight of his life was taking the musical Tommy to London's West End. Like many artists, John never retired: even with dementia John continued to create art...

One of the highlights of my year came with the release of an EP called The Demented Poets. There were three poets featured on that EP which was a result of a project called Poetry in Motion; John was one of the poets. The project was based on the Isle of Lewis in the Outer Hebrides with a lot of the studio work being carried out in Edinburgh. The idea behind the project was to show that creativity did not stop with the diagnosis of dementia.

Working as we did with John's family (John sadly passed away in 2021) and using the words that John had written as a piece of poetry simply called Going For A Walk, our musician Andrew Eton Lewis created a three-act song based on the musical influences that made up who John Hole was. As I listen to the music, you can here the 1960s sounds assailing your senses. For me, the song that was created was reminiscent of the Beatles in their heyday: from the very beginning of the song, you hear the noise of an audience followed by that off-heard musical fraise "one, two three, four!" which ushers in a happy-go-lucky melody that is made profound by the lyrics that John created.

Even in his advanced stage of dementia, John was able to create a memory from bits and pieces that were within him. His lyrics talk of love and compassion and his struggle to remember his words are not the words of a man destroyed by dementia; they are the words of a man who fought to the end.

The other poems written were Feelings by Gerald King and The Fighter by myself, Ron Coleman, who also wrote an end piece called My Keening. The reason that all the poets are men is a simple one: men are rarely open about their emotions and this project aimed to change that by allowing men to express the depth of their emotions through the words they wrote and the music used to create the songs. Gerald King's piece Feelings explores his love of his wife and family, whilst my piece The fighter (written at the very early stage of my dementia) focuses on the plethora of emotions that come with a dementia diagnosis. The EP was launched at the Atlanta Theatre in Stornoway

We are not yet finished with these three poets. It our intention to add dance, movement and film to the pieces and begin a collection of installations, each standing as a legacy piece that will be given to the families. We intend to repeat this process with 14 other people over the next 2 years.

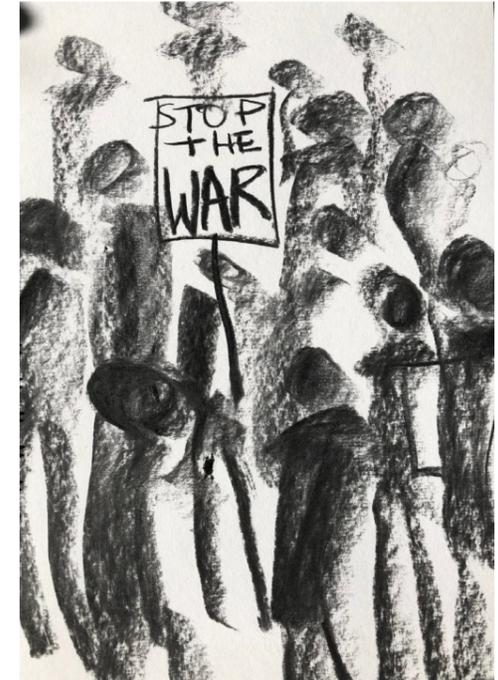
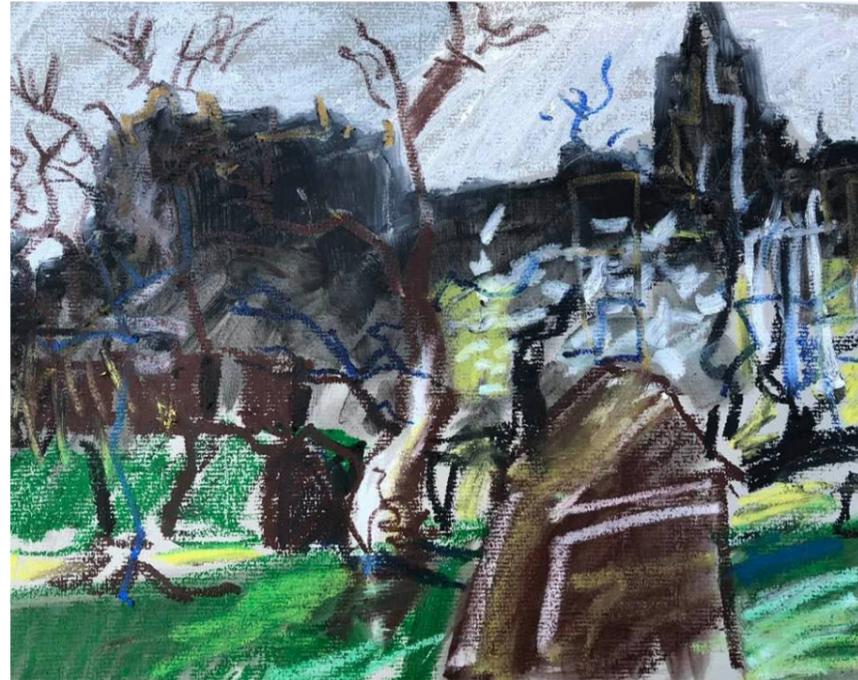
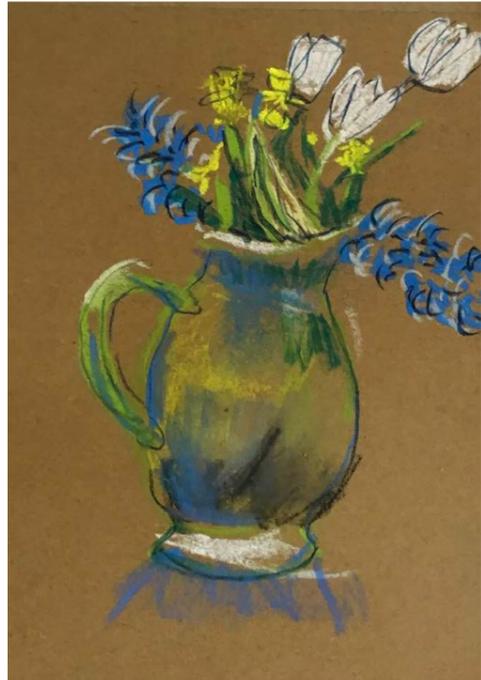
I want to finish with a question and an action. Do you, or someone you love, have dementia? Do you or do they want to write some poetry, and have it turned into a song? If so then please either contact myself Ron@deepnessdementiaradio.com or speak to Dawn Irvine at Capital theatres Edinburgh and start your journey of becoming a demented poet.

Ron Coleman (living with not dying of dementia)

The Demented Poets EP is available to be listened at: thedementedpoets.bandcamp.com

In Art Corner this quarter, we return to the frenetic and life-buzzing drawings of artist-diarist Willy Gilder, whose sketches of everything from dementia focus groups to anti-war protests and hospital wards continue to be loved for their honest, spur-of-the-moment take on the world around us.

Willy is offering to give away some of his pictures, providing each recipient donates what they can to the Red Cross Ukraine Appeal. If any catch your fancy, do drop me an email (alex.howard@capitaltheatres.com) and I can arrange to have one delivered to you.



This quarter, for our second feature, I caught up with Zuzanna Kieloch at Be-Able Edinburgh, a service devoted to helping mitigate the cognitive and physical symptoms of individuals living independently with dementia.

Our Be Able team help people build their strength and confidence to keep them mobile and independent at home.



If you or someone you know could benefit from our Be Able team, get in touch:

0131 200 2324



1 Hello Suzy. Thanks for talking with DementiArts. Quickly tell us what BeAble do and how they can help people living with dementia in Edinburgh?

Hi Alex. I'm very impressed by all the work you put in DementiArts and I'm truly delighted that you have a time for Be-Able. The service we provide is a programme for older adults that have either mobility or cognitive issues. It's for people who would like to improve their communication skills, balance or confidence in daily living tasks.

2 Does BeAble visit people experiencing dementia in their home setting?

Yes, we provide outreach services, but we also do virtual Teams sessions for groups of people. It all depends on the individual person's abilities. At the moment, we don't have a centre-based service.

3 How do people contact BeAble in the first instance? Must one self-refer, or can you be referred by a GP?

Actually, it can be both. An individual can perform a self-referral, and this can be done with help from others, such as family or friend. This is done via an online form that has to be sent to Social Care Direct. Another means of referral is by a professional, such as a GP or other health care worker. In both instances, individuals are contacted by Occupational Therapists and assessed to see what part of a service would be the most beneficial to them.

4 One of the therapies you offer is Cognitive Stimulation Therapy (CST) which helps people feel equipped to live with dementia at home. How does CST work, and is it treatment clinically endorsed?

CST is a 16-sessions programme that is done in groups or one-to-one. Each session is specifically designed and themed and the programme is recognised by National Institute of Clinical Excellence. The sessions are well-structured and they help to maintain or to improve people's mental abilities.

5 What other services do BeAble offer for someone living with dementia?

Be-Able is a two-part programme, offering treatments related to both Cognitive Stimulation Therapy and mobility. People can be offered both, or just the one. For mobility, we offer a treatment called OTAGO which is a programme founded in New Zealand. Part of it is based on strengthening exercises and another part centres around improving balance. Then, if appropriate, the person would also practise outdoor mobility to enable them to access local shops, community centres, church, etc.

If you or a loved one believe you could benefit from Be-Able's services, please call 0131 220 2324, or email Zuzanna at Zuzanna.Kieloch@edinburgh.gov.uk

Photos from Yesteryear

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

Picture 1



Picture 2



Picture 3



Picture 4



Can you name the artists of these spring-themed artworks?

Picture1



Picture 2





It was a moonlit night in old Edinburgh toon

It was a moonlit night in old Edinburgh toon.
The moon was up, the sun settled doon.
I sat at the windae on the castle wall
Lord of the manor surveying all.
When a strange wee thing I happened to see
Looking up from The Nor Loch richt up at me!
It had three great humps, and one long neck
Ah says tae meself "well what the heck"
So I journeyed richt doon oor all that gardyloo
And I says tae this thing "what are you?"
Me! I'm the Nor Loch monster, fierce and wild
Have been since I was a child.
Dinnae be stupid I says tae him
It disnae look like you can swim
Anyways this loch is for fillin in
So if you really can swim
So you better get movin oot poor sonny jim
So off he scampered heading West
In his kilt and tartan vest.
Now you can see him in every store
He has moved, the Nor Loch monster, no more!
Wonder where he has gone?

(Answers on a five-pound note to: Capital Theatres!)

Ian Laurence is a regular participant within Capital Theatres dementia-friendly programme. His wife is currently living with the condition and Ian himself was one of the principal contributing writers to the Capital / Traverse Theatres radio play collaboration, *When The Sun Meets The Sky*.



Miracle do happen

For the many scoffing 'sceptics' out there,
Who disbelieve, shake heads, and sneer
A personal incident with you I share,
Dumbfounding, I expect, all who hear,
Without warning, out of the blue,
This 'happening' to the core shook me
"And so-called 'miracle'", scoff cynical few?
Cheque from taxman – yes, HE owed ME!

Best of the Bunch

Of grapes there is no need to peel
No need to clear up waste,
Bite into fruity flesh to reveal,
Sweet exploding burst of taste
We take grapes to cheer the sick,
In fruit salads they reign first class,
Though, if asked to take my pick,
Prefer, fermented, poured in a glass.

Irene W. Clouston



Carers -The UK's Secret Service!

Nobody sees a carer, nobody sees a spy,
We're an invisible band of workers-have you ever asked yourself why?
While James Bond struts about the place in a dashing dinner suit,
Most carers struggle to recollect the last day that they had oot!
He's fortified by gadgets supplied by the amazing Q,
We're lonely and under-funded, always needing an extra (Money)penny or two!
We're always on the go, we rarely get time to relax,
If we were like James Bond, we could escape on big jet packs!
His life is full of glamour. He loves to sip on champers.
Our lives are filled with duty and dirty laundry hampers!
We have no job description, we have no stated hours,
Oh! to be a spy and have some superpowers,
To flee our caring duties, to go out and meet a pal.
I'd settle for a cafe - I don't need Casino Royale!
Though we all love our families and live to show our care,
Sometimes it would be nice if someone else was there.
To give a little hand, to provide some great respite.
James Bond doesn't need a befriender to let him out at night!
We're standing in the shadows, we don't wear any disguise.
We're the UK's REAL Secret Service!
We're the carers, NOT the spies!

Kerry Black - 12th May, 2009

Once dubbed "the Poet Laureate of Cowdenbeath", Kerry Black is a mother, carer and part-time box office operator at Capital Theatres. She wrote "Carers — The UK's Secret Service" in 2009 when caring for both her in-laws who were experiencing dementia at the time. She was invited to perform the poem to Princess Anne for Carers Week in 2009.



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.



Library Cat watched in horror.

A few yards off, walking imperiously over the cobbles, was his French cousin Biblio Chat. He'd arrived in Edinburgh having given up France for Lent.

It was difficult to describe the level of hostility Library Cat harbored towards his French cousin. Biblio Chat's jaunty air, his frilly red collar, his late-night «Refléxions de Sartre» (whatever they were) and his showy rejection of Whiskers dried food all stirred a strange rage in him which he could neither fully understand nor control.

Meow, said Library Cat, reluctantly attempting a greeting.

Méiou, replied Biblio Chat in his own tongue (Library Cat struggled with French).

Mieiw, responded Library Cat attempting his best French accent in the hope of transcending the language barrier.

Miéééiou... replied Biblio Chat, unheedingly.

Library Cat's anger heightened, his tail thickening. Damn him! he thought... he could at least try to speak English! Six weeks... there's to be SIX WEEKS of this.

Library Cat felt the sun on his fur; he looked about at the students lounging on the grass saying things like "word limit" and "essay completion week" and "I'm soo stressed; I'm, like, REALLY stressed". On such occasions, these things only served to worsen his mood.

April 2022

19

Dementia Awareness Training (2 hour session)

1.30pm – 3.30pm

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

19

Online Tea & Blether

10am — 11am (every Tuesday)

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

19

TIDE Scotland Coffee Morning

10.30am – 11.30am (weekly on Tuesdays)

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

19

Forget Me Notes at Saughton Park

2pm (fortnightly on Thursdays)

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

19

Forget Me Notes Choir

4pm (every Monday)

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

19

Activity Group (West Lothian)

2pm (every Tuesday)

For more information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668

19

Online Football Memories

2pm — 3pm (fortnightly on Tuesdays)

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

April 2022

20

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

20

The Carer Café - Linlithgow

10.30am — 12noon (every 3rd Wednesday of the month)
 Booking Essential - Contact Alzheimer Scotland on 01506 533 108

20

Eric Liddell Centre: Dementia Activities

11.00am (every Wednesday on Zoom)
 Activities suitable for carers & those with experience of dementia.
 Email Caroline Heenan (heenanc@edicliddell.org) to book.

20

Room for Art: Dementia Friendly Art Sessions

2pm – 3pm (every Wednesday)
 To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk or call 0131 555 7638

20

Dementia Friendly Games Afternoon

2pm — 4pm Morningside Parish Church
 For more information, contact Jacqui Lindsay on 07834 364 628
pastoralassistant@morningsideparishchurch.org.uk

20

Around the Kitchen Table (Baking Group)

2pm (every 3rd Wednesday)
 For more information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668

20

TIDE Rare Dementia Focus Group

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

April 2022

21

Bloom & Blether Garden Group

Every Thursday @ The Brock
 For time & information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668

21

A Stitch in Time: Dementia Friendly Sewing Group

10am – 12noon (fortnightly on a Thursday)
 To Book, please email North Edinburgh Arts on admin@northedinburgharts.co.uk

21

D-Café Penicuik

2pm – 3.30pm (Every 1st and 3rd Thursday)
 Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

21

Forget Me Notes at Saughton Park

2pm (fortnightly on Thursdays)
 To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587

21

Forget Me Notes Choir

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

22

Dementia Carers' Rights: Your Rights and the Carers Scotland Act

10am – 11.30am
 For more information and to book, please email dementiatraining@agescotland.org.uk

22

Gallery Social Online:

A Sporting Life

11am — 11.45am (on Zoom)
 Booking essential. Visit www.nationalgalleries.org to book online

April 2022

22

Music & Memories in Morningside

2pm — 4pm Morningside Parish Church

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

25

Dementia Awareness Training (3 hour session)

9.30am — 12.30pm

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

25

Tea & 'Jam'

11.00am – 12.30pm (last Monday of the month)

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

25

TIDE Living, Grief & Bereavement

1pm — 3pm (every 4th Monday)

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

25

Dementia Friendly Gentle Exercise Classes

2pm — 4pm Morningside Parish Church

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

25

Forget Me Notes Choir

4pm (every Monday)

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

26

Memory Café - Broxburn

10am — 11.30am (every 4th Tuesday of the month)

Booking Essential - Contact Alzheimer Scotland on 01506 533 108

April 2022

26

Online Tea & Blether

10am — 11am (every Tuesday)

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

26

TIDE Scotland Coffee Morning

10.30am – 11.30am (weekly on Tuesdays)

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

26

Activity Group (West Lothian)

2pm (every Tuesday)

For more information, contact Cherie Raby on
CRaby@Alzscot.org on 07786406668

27

Eric Liddell Centre: Dementia Activities

11.00am (every Wednesday on Zoom)

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

27

Memory Café - Livingstone North

1pm — 2.30pm (every 2nd & 4th Wednesday of the month)

Booking Essential - Contact Alzheimer Scotland on 01506 533 108

27

Café at AlzScot Resource Centre

1pm – 2.30pm (every 2nd & 4th Wednesday)

For information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668

27

Room for Art:

Dementia Friendly Art Sessions

2pm – 3pm (every Wednesday)

To book, contact the Outreach Manager at
OutreachManager@artinhealthcare.org.uk or call 0131 555 7638

April 2022



Brew & Blether

2.00pm – 3.30pm (last Wednesday of the month)

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



Bloom & Blether Garden Group

Every Thursday @ The Brock

For time & information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Forget Me Nots Café — East Calder

10am — 12noon (Last Thursday of the month)

Booking Essential - Contact Alzheimer Scotland on 01506 533 108



Dementia Carers' Rights: Hospital Admissions and Discharge

1.30pm — 3pm

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



May 2022



Music & Memories in Morningside

2pm — 4pm Morningside Parish Church

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



Forget Me Notes Choir

4pm (every Monday)

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



Online Tea & Blether

10am — 11am (every Tuesday)

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



A Stitch in Time: Dementia Friendly Sewing Group

10am – 12noon (fortnightly on a Thursday)

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



TIDE Scotland Coffee Morning

10.30am – 11.30am (weekly on Tuesdays)

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



Dementia Awareness Training (3 hour session)

1.30pm — 4.30pm

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

May 2022



Activity Group (West Lothian)

2pm (every Tuesday)

For more information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Online Football Memories

2pm — 3pm (fortnightly on Tuesdays)

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



TIDE Young Onset Carers Focus Group

6.30pm – 7.30pm (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: Dementia Activities

11.00am (every Wednesday on Zoom)

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



D-Café Musselburgh

11am — 2pm. (1st Wednesday of the month)

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



Room for Art: Dementia Friendly Art Sessions

2pm – 3pm (every Wednesday)

To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk or call 0131 555 7638

May 2022



Evening Carer Group

7pm — 8pm. (1st Wednesday of the month)

For more information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Unlock & Revive: A Cuppa at the Anatomical Museum

11.30am — 12.10pm

To book, please contact Caitlin Scally on Caitlin.Scally@ed.ac.uk



Bloom & Blether Garden Group

Every Thursday @ The Brock

For time & information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



D-Café Penicuik

2pm – 3.30pm (Every 1st and 3rd Thursday)

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



Forget Me Notes at Saughton Park

2pm (fortnightly on Thursdays)

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



Forget Me Notes Choir

4pm (fortnightly on Thursdays)

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



Red Brick Café (under 65)

11am — 12.30pm (every 2nd Monday)

For information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668

May 2022



Tea & 'Jam': Songwriting Sprint

2pm — 3pm

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



Dementia Friendly Gentle Exercise Classes

2pm — 4pm Morningside Parish Church

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



Forget Me Notes Choir

4pm (every Monday)

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



Online Tea & Blether

10am — 11am (every Tuesday)

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



Library Social: Tunes & Stories from Iona

10.30am — 12noon (in-person, at the NLS)

To book, please contact Beverley Casebow on b.casebow@nls.uk



TIDE Scotland Coffee Morning

10.30am – 11.30am (weekly 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

May 2022



Unlock & Revive: Sing it Back

11.30am — 12.10pm

To book, please contact Caitlin Scally on Caitlin.Scally@ed.ac.uk



Dementia Awareness Training (2 hour session)

1.30pm – 3.30pm

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



Eric Liddell Centre: Dementia Activities

11.00am (every Wednesday on Zoom)

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



Café at AlzScot Resource Centre

1pm – 2.30pm (every 2nd & 4th Wednesday)

For information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Memory Café - Livingstone North

1pm — 2.30pm (every 2nd & 4th Wednesday of the month)

Booking Essential - Contact Alzheimer Scotland on 01506 533 108



Room for Art: Dementia Friendly Art Sessions

2pm – 3pm (every Wednesday)

To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk or call 0131 555 7638



TIDE Home Carers Focus Group

6pm – 7pm (every 2nd Wednesday)

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

May 2022



**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



Bloom & Blether Garden Group
Every Thursday @ The Brock
For time & information, contact Cherie Raby on CRaby@Alzscot.org on
07786406668



**A Stitch in Time:
Dementia Friendly Sewing Group**
10am – 12noon (fortnightly on a Thursday)
To Book, please email North Edinburgh Arts on
admin@northedinburgharts.co.uk



**Library Social:
'Handing on' Storytelling Session**
10.30am — 12noon (in-person, at the NLS)
To book, please contact Beverley Casebow on b.casebow@nls.uk



Forget Me Notes Choir
4pm (every Monday)
To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



Online Tea & Blether
10am — 11am (every Tuesday)
Booking essential. Please contact Michael on 0131 654 1114 or
mhuddleston@alzscot.org



TIDE Scotland Coffee Morning
10.30am – 11.30am (weekly on Tuesdays)
Contact carersconnect@tide.uk.net for enquiries and book at
tide.uk.net/events

May 2022



Activity Group (West Lothian)
2pm (every Tuesday)
For more information, contact Cherie Raby on CRaby@Alzscot.org on
07786406668



Online Football Memories
2pm — 3pm (fortnightly on Tuesdays)
Booking essential. Please contact Michael on 0131 654 1114 or
mhuddleston@alzscot.org



**Unlock & Revive:
A Cuppa at the St Cecilia's Hall**
11.30am — 12.10pm
To book, please contact Caitlin Scally on Caitlin.Scally@ed.ac.uk



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



The Carer Café — Linlithgow
10.30am — 12noon (every 3rd Wednesday of the month)
Booking Essential - Contact Alzheimer Scotland on 01506 533 108



**Eric Liddell Centre:
Dementia Activities**
11.00am (every Wednesday on Zoom)
Activities suitable for carers & those with experience of dementia.
Email Caroline Heenan (heenanc@edicliddell.org) to book.



Dementia Awareness Training (3 hour session)
1.30pm — 4.30pm
For more information and to book, please email
dementiatraining@agescotland.org.uk

May 2022



**Room for Art:
Dementia Friendly Art Session**
2pm – 3pm (every Wednesday)
To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk or call 0131 555 7638



Dementia Friendly Games Afternoon
2pm — 4pm Morningside Parish Church
For more information, contact Jacqui Lindsay on 07834 364 628 pastoralassistant@morningsideparishchurch.org.uk



Around the Kitchen Table (Baking Group)
2pm (every 3rd Wednesday)
For more information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



TIDE Rare Dementia Focus Group
2.30pm – 3.30pm (every 3rd Wednesday of the month)
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Bloom & Blether Garden Group
Every Thursday @ The Brock
For time & information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



D-Café Penicuik
2pm – 3.30pm (Every 1st and 3rd Thursday)
Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org



Forget Me Notes at Saughton Park
2pm (fortnightly on Thursdays)
To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587

May 2022



Forget Me Notes Choir
4pm (fortnightly on Thursdays)
To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



Museum Social
11.00am — 12noon (every 3rd Friday of the month)
To reserve a place, please email Laura Bennison on L.Bennison@nms.ac.uk



Music & Memories in Morningside
2pm — 4pm Morningside Parish Church
For more information, contact Jacqui Lindsay on 07834 364 628 pastoralassistant@morningsideparishchurch.org.uk



**Dementia Carers' Rights:
Your Rights and Carers' Benefits**
10am – 11.30am
For more information and to book, please email dementiatraining@agescotland.org.uk



TIDE Living, Grief & Bereavement
1pm — 3pm (every 4th Monday)
Contact carersconnect@tide.uk.net for enquiries and book at tide.uk.net/events



Dementia Friendly Gentle Exercise Classes
2pm — 4pm Morningside Parish Church
For more information, contact Jacqui Lindsay on 07834 364 628 pastoralassistant@morningsideparishchurch.org.uk



Forget Me Notes Choir
4pm (every Monday)
To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587

May 2022



Online Tea & Blether

10am — 11am (every Tuesday)

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



Memory Café — Broxburn

10am — 11.30am (every 4th Tuesday of the month)

Booking Essential - Contact Alzheimer Scotland on 01506 533 108



TIDE Scotland Coffee Morning

10.30am – 11.30am (weekly on Tuesdays)

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



Activity Group (West Lothian)

2pm (every Tuesday)

For more information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Unlock & Revive: Sing it Back

11.30am — 12.10pm

To book, please contact Caitlin Scally on Caitlin.Scally@ed.ac.uk



Eric Liddell Centre: Dementia Activities

11.00am (every Wednesday on Zoom)

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



Memory Café — Livingstone North

1pm — 2.30pm (every 2nd & 4th Wednesday of the month)

Booking Essential - Contact Alzheimer Scotland on 01506 533 108

May 2022



Café at AlzScot Resource Centre

1pm – 2.30pm (every 2nd & 4th Wednesday)

For information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Dementia Awareness Training (3 hour session)

1.30pm — 4.30pm

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



Room for Art: Dementia Friendly Art Sessions

2pm – 3pm (every Wednesday)

To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk or call 0131 555 7638



Brew & Blether

2.00pm – 3.30pm (last Wednesday of the month)

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



Bloom & Blether Garden Group

Every Thursday @ The Broc

For time & information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



A Stitch in Time: Dementia Friendly Sewing Group

10am – 12noon (fortnightly on a Thursday)

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



Forget Me Nots Café — East Calder

10am — 12noon (Last Thursday of the month)

Booking Essential - Contact Alzheimer Scotland on 01506 533 108

May 2022



Gallery Social Online: The Modern Portrait

10.30am — 12noon (at Scottish National Portrait Gallery)

Booking essential. Visit www.nationalgalleries.org to book online



Dementia Awareness Training (2 hour session)

1.30pm – 3.30pm

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



Dementia Friendly Concert

2pm Morningside Parish Church

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



Tea & 'Jam'

11.00am – 12.30pm (last Monday of the month)

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



Music & Memories in Morningside

2pm — 4pm Morningside Parish Church

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



Forget Me Notes Choir

4pm (every Monday)

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



Online Tea & Blether

10am — 11am (every Tuesday)

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

May 2022



TIDE Scotland Coffee Morning

10.30am – 11.30am (weekly on Tuesdays)

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



Activity Group (West Lothian)

2pm (every Tuesday)

For more information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Online Football Memories

2pm — 3pm (fortnightly on Tuesdays)

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



June 2022



Unlock & Revive: A Cuppa on the Streets of Leith

11.30am — 12.10pm

To book, please contact Caitlin Scally on Caitlin.Scally@ed.ac.uk



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: Dementia Activities

11.00am (every Wednesday on Zoom)

Activities suitable for carers & those with experience of dementia.

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



D-Café Musselburgh

11am — 2pm. (1st Wednesday of the month)

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



Room for Art: Dementia Friendly Art Sessions

2pm – 3pm (every Wednesday)

To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk or call 0131 555 7638



Bloom & Blether Garden Group

Every Thursday @ The Brock

For time & information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Dementia Carers' Rights: Your Rights and Power of Attorney

10am – 11.30am

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

June 2022



Dementia Carers' Rights: Introduction to Carers' Rights

10am – 11.30am

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



D-Café Penicuik

2pm – 3.30pm (Every 1st and 3rd Thursday)

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



Forget Me Notes at Saughton Park

2pm (fortnightly on Thursdays)

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



Forget Me Notes Choir

4pm (fortnightly on Thursdays)

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



Music & Memories in Morningside

2pm — 4pm Morningside Parish Church

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



Forget Me Notes Choir

4pm (every Monday)

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



Online Tea & Blether

10am — 11am (every Tuesday)

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

June 2022



TIDE Scotland Coffee Morning

10.30am – 11.30am (weekly on Tuesdays)

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



Activity Group (West Lothian)

2pm (every Tuesday)

For more information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



TIDE Young Onset Carers Focus Group

6.30pm – 7.30pm (every 1st Tuesday)

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



Unlock & Revive: Sing it Back

11.30am – 12.10pm

To book, please contact Caitlin Scally on Caitlin.Scally@ed.ac.uk



Dementia Awareness Training (2 hour session)

1.30pm – 3.30pm

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



Eric Liddell Centre: Dementia Activities

11.00am (every Wednesday on Zoom)

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



Memory Café — Livingstone North

1pm – 2.30pm (every 2nd & 4th Wednesday of the month)

Booking Essential - Contact Alzheimer Scotland on 01506 533 108

June 2022



Café at AlzScot Resource Centre

1pm – 2.30pm (every 2nd & 4th Wednesday)

For information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Room for Art: Dementia Friendly Art Sessions

2pm – 3pm (every Wednesday)

To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk or call 0131 555 7638



Evening Carer Group

7pm – 8pm. (1st Wednesday of the month)

For more information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



TIDE Home Carers Focus Group

6pm – 7pm (every 2nd Wednesday)

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



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



Bloom & Blether Garden Group

Every Thursday @ The Brock

For time & information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



A Stitch in Time: Dementia Friendly Sewing Group

10am – 12noon (fortnightly on a Thursday)

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

June 2022



Dementia Carers' Rights: Introduction to Carers' Rights

2pm — 3pm

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



Don Giovanni: Relaxed Performance

3pm Festival Theatre

To book, call the Capital Theatres box office on 0131 529 6000



Red Brick Café (under 65)

11am — 12.30pm (every 2nd Monday)

For information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Tea & 'Jam': Songwriting Sprint

2pm — 3pm

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



Dementia Friendly Gentle Exercise Classes

2pm — 4pm Morningside Parish Church

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



Forget Me Notes Choir

4pm (every Monday)

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



Online Tea & Blether

10am — 11am (every Tuesday)

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

June 2022



TIDE Scotland Coffee Morning

10.30am - 11.30am (weekly 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



Activity Group (West Lothian)

2pm (every Tuesday)

For more information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Online Football Memories

2pm — 3pm (fortnightly on Tuesdays)

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



Unlock & Revive: Scran Archive Schooling

11.30am — 12.10pm

To book, please contact Caitlin Scally on Caitlin.Scally@ed.ac.uk



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



The Carer Café — Linlithgow

10.30am — 12noon (every 3rd Wednesday of the month)

Booking Essential - Contact Alzheimer Scotland on 01506 533 108

June 2022



Eric Liddell Centre: Dementia Activities

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)
To book, contact the Outreach Manager at
OutreachManager@artinhealthcare.org.uk or call 0131 555 7638



TIDE Rare Dementia Focus Group

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



Bloom & Blether Garden Group

Every Thursday @ The Brock
For time & information, contact Cherie Raby on CRaby@Alzscot.org on
07786406668



Dementia Awareness Training (3 hour session)

9.30am – 12.30pm
For more information and to book, please email
dementiatraining@agescotland.org.uk



Around the Kitchen Table (Baking Group)

2pm (every 3rd Wednesday)
For more information, contact Cherie Raby on CRaby@Alzscot.org on
07786406668



D-Café Penicuik

2pm – 3.30pm (Every 1st and 3rd Thursday)
Booking essential. Please contact Michael on 0131 654 1114 or
mhuddleston@alzscot.org

June 2022



Forget Me Notes at Saughton Park

2pm (fortnightly on Thursdays)
To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



Forget Me Notes Choir

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



Museum Social

11.00am – 12noon (every 3rd Friday of the month)
To reserve a place, please email Laura Bennison on L.Bennison@nms.ac.uk



Dementia Awareness Training (2 hour session)

1.30pm – 3.30pm
For more information and to book, please email
dementiatraining@agescotland.org.uk



Forget Me Notes Choir

4pm (every Monday)
To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587



Online Tea & Blether

10am – 11am (every Tuesday)
Booking essential. Please contact Michael on 0131 654 1114 or
mhuddleston@alzscot.org



TIDE Scotland Coffee Morning

10.30am – 11.30am (weekly on Tuesdays)
Contact carersconnect@tide.uk.net for enquiries and book at
tide.uk.net/events

June 2022



Activity Group (West Lothian)

2pm (every Tuesday)

For more information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Unlock & Revive: Sing it Back

11.30am — 12.10pm

To book, please contact Caitlin Scally on Caitlin.Scally@ed.ac.uk



Eric Liddell Centre: Dementia Activities

11.00am (every Wednesday on Zoom)

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



Memory Café — Livingstone North

1pm — 2.30pm (every 2nd & 4th Wednesday of the month)

Booking Essential - Contact Alzheimer Scotland on 01506 533 108



Café at AlzScot Resource Centre

1pm – 2.30pm (every 2nd & 4th Wednesday)

For information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Room for Art: Dementia Friendly Art Sessions

2pm – 3pm (every Wednesday)

To book, contact the Outreach Manager at OutreachManager@artinhealthcare.org.uk or call 0131 555 7638



Dementia Friendly Games Afternoon

2pm — 4pm Morningside Parish Church

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

June 2022



Bloom & Blether Garden Group

Every Thursday @ The Brock

For time & information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



A Stitch in Time: Dementia Friendly Sewing Group

10am – 12noon (fortnightly on a Thursday)

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



Dementia Carers' Rights: Introduction to Carers' Rights

10am – 11.30am

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



Gallery Social Online: New Arrivals

10.30am — 12noon (at Modern One gallery)

Booking essential. Visit www.nationalgalleries.org to book online.



Music & Memories in Morningside

2pm — 4pm Morningside Parish Church

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



Tea & 'Jam'

11.00am – 12.30pm (last Monday of the month)

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



TIDE Living, Grief & Bereavement

1pm — 3pm (every 4th Monday)

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

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27

Dementia Friendly Gentle Exercise Classes

2pm — 4pm Morningside Parish Church

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

27

Forget Me Notes Choir

4pm (every Monday)

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

28

Online Tea & Blether

10am — 11am (every Tuesday)

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

28

Memory Café — Broxburn

10am — 11.30am (every 4th Tuesday of the month)

Booking Essential - Contact Alzheimer Scotland on 01506 533 108

28

TIDE Scotland Coffee Morning

10.30am - 11.30am (weekly on Tuesdays)

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

28

Activity Group (West Lothian)

2pm (every Tuesday)

For more information, contact Cherie Raby on CRaby@Alzscot.org or
07786406668

28

Online Football Memories

2pm — 3pm (fortnightly on Tuesdays)

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

29

Unlock & Revive:

A Cuppa in the Scottish Highlands

11.30am — 12.10pm

To book, please contact Caitlin Scally on Caitlin.Scally@ed.ac.uk

June 2022

29

Eric Liddell Centre: Dementia Activities

11.00am (every Wednesday on Zoom)

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

29

Room for Art:

Dementia Friendly Art Sessions

2pm - 3pm (every Wednesday)

To book, contact the Outreach Manager at
OutreachManager@artinhealthcare.org.uk or call 0131 555 7638

29

Brew & Blether

2.00pm - 3.30pm (last Wednesday of the month)

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

30

Bloom & Blether Garden Group

Every Thursday @ The Brock

For time & information, contact Cherie Raby on CRaby@Alzscot.org on
07786406668

30

Dementia Awareness Training (3 hour session)

9.30am — 12.30pm

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

30

Forget Me Nots Café — East Calder

10am — 12noon (Last Thursday of the month)

Booking Essential - Contact Alzheimer Scotland on 01506 533 108

30

Forget Me Notes at Saughton Park

2pm (fortnightly on Thursdays)

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

30

Forget Me Notes Choir

4pm (fortnightly on Thursdays)

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

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 phoneline for older people in Edinburgh.
Phoneline@volunteeredinburgh.org.uk
Tel 0131 603 8311

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

Dementia Advisor Edinburgh

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

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 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

Dementia Dog Project

Contact Nadia Sutherland on
07771 358843 or nsutherland@Alzscot.org

Movement for Memories

Contact Edinburgh Leisure on
active@edinburghleisure.co.uk
or call 0131 458 2260

Answers to photographs on page 21

Photos from Yesteryear

Answers

Picture 1

Afternoon Tea anyone? Yes, it's Prestonfield House. Built in 1687 by Sir William Bruce, the house was long home to the Dick baronets. Previous to this, a house existed on the site dating back to circa 1510. This original mansion on this site was burnt to the ground in 1681 following an anti-Catholic riot, giving way to the building we know today.

Picture 2

You'll know where you are, roughly, from the Craggs in the background, but where are you exactly? This picture was taken near the old St Leonard's railway station, on a tract of land that made up part of the old Leckie & Son coalyard!

Picture 3

This looks very different today. Here we're on the corner of Morrison Street and Semple Street near Fountainbridge. This site today is studded with glass towers and plush office complexes!

Picture 4

Those oval top windows look familiar? That's because we're opposite the Balmoral, looking southward, across North Bridge!

Spring-themed artworks

Answers

Picture 1

Sandro Botticelli's, *La Primavera*, c.1482

Picture 2

Claude Monet, *An Orchard in Spring*, 1886