

Creative voices at Capital Theatres

DementiArts



**CAPITAL
THEATRES**

Capital Theatres' learning and participation programme forms an important part of our charitable work, providing a range of ways for diverse groups of all ages to discover and explore the performing arts.

To find out how to get involved visit capitaltheatres.com/take-part

The Podfather Returns!

BBC Journo Legend Willy Gilder Returns to the Airwaves



Welcome to Winter

writing this on Burn's Night, meaning this edition of DementiArts has arrived on your coffee tables a little later this quarter.

The reason? I have been on paternity leave! That's right, your jolly editor is now father to a chubby-cheeked wee boy, Sasha. It feels like I'll never experience uninterrupted again (if you find any typos in this edition, please blame Sasha!) However, the wee man makes up for it in smiles, comedy burps and his perfect little fingers.

As for the dementia programme here at Capital Theatres? Well, the last three months have been some of the most creatively vibrant I can recall. I must start with our new dementia-friendly podcast! For those who don't know, a podcast is a mini radio show, and ours is called **All The World's A Stage**. Presented by Willy Gilder, who himself lives with Alzheimer's, each episode showcases a different skill of a community member in conversation with Capital Theatres. It's an insight into the backstage life of theatre and an exposé of the dark horses within the dementia community and their myriad talents. It's a treat, trust me!

Back in November, my colleague Lucie and I attended the **100/6000 Deepness Conference**, an event organised exclusively by people living with dementia. It was a heart-warming event and Lucie and I left with some exciting new ideas for widening our programme. In December, we paired up with Michelle Burke to deliver our tinsel-ripping care home show, **The Christmas Box**, selling out here at the Festival Theatre in 48 hours! The ever-wonderful **Forget Me Notes** delivered their **Sing-a-long-a-thon** at this time, as well as their debut **film screening**, in conjunction with the University of the West of Scotland.

And I've not even talked about our **Brew & Blether** heritage talks, **Focus Group, Tea & Jam St Andrew's Special** and the toe-tapping tunes penned at **Songwriting Sprint!** I must thank my lovely new colleague **Lucie Jeffrey** for helping me design, organise and deliver this kaleidoscopic roster of events.

So, sit back, put the Robert Burns anthology back on the bookcase for another year, give your loved ones a hug, and enjoy the journey of the following pages.

Alex and the Creative Engagement Team

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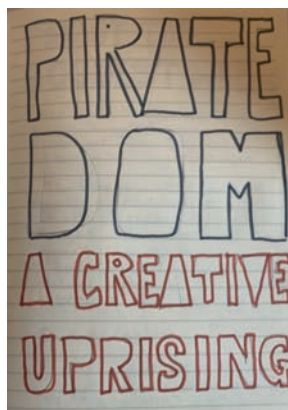


A BOLD Approach to Writing

Last month, our friends over at Bringing Out Leaders in Dementia (BOLD) held a writing retreat. The stunning setting of Melville Castle clearly worked a treat for the BOLD Scribes, and here we showcase their work as Dr Lorna Hill walks us through the background to BOLD itself.

Bold stands for Bringing Out Leaders in Dementia. It is a creative project being delivered in partnership by Edinburgh University and Queen Margaret University and is funded by the Life Changes Trust.

The focus of bold is an online programme which uses a mixture of creative methods to encourage creativity, innovation and personal development. It is for anyone across Scotland working with, living with, or supporting someone who has a dementia and for those who have an early-stage dementia. At bold we recognise that everyone in our communities has the potential to be a leader and bold is about developing your social leadership skills, helping to create change and make a difference.



An important part of the project is the bold Community which is a network of people across Scotland who have all participated in the programme. They are known as bold partners. We are all keen to share our ideas and work as widely as possible to raise awareness of dementia in Scotland.

Recently we held bold Scribes, a writing retreat for partners, to come together in a residential space in order to produce some writing based on their bold work and their own experiences of living with dementia. Members of the bold project team spent three wonderful days working together with partners at Melville Castle in Dalkeith. Through a series of facilitated creative writing sessions, everyone was able to share their authentic stories through creative writing and spoken word. We connected with ourselves and each other, learned lots of interesting facts about group members and about our very different experiences of living with dementia. It was an emotional but rewarding few days with tears but also lots of laughter and cake! Here are just a few of our creations including our 6-word stories and poems.

The bold Scribes team: Lorna Hill, Willy Gilder, Dawn-Claire Irvine, Lois Wolff, Lorna Lyons, Maxine Meighan, Jackie Philip, Alex McEwan, Heather Wilkinson and Magdalena Schamberger.



Manuela

Love at first sight is a cliché but sometimes, just sometimes, it happens. And so it was with Manuela in 1958. She was working in Gibraltar and attending a dance where the Spanish girls were told they were to dance with the British soldiers stationed out there. A corporal was demanding she dance with him but she didn't like him and frantically looked around for a way out. She caught the eye of a tall, handsome young soldier across the room who immediately strode over and told the persistent corporal that 'she's with me'. She wasn't, they'd never met before but that was the start of their life together.

Manuela was born in Morocco, in the Spanish enclave of Melilla in 1935. In 1936, the Spanish Civil War broke out and the family had to flee to mainland Spain as her father had been branded a communist. To survive, her father took a job as a cook with Franco's army. They tried to get help from family in Granada but they turned them away so again they travelled on to La Linea just outside the border with Gibraltar where he worked as a stevedore at the port. Manuela had a happy childhood there and when she was 18 she went to stay with her aunt in Granada to train as a seamstress. She planned to get a job in Gibraltar as the pay was much better, so she went back to Melilla and pawned her jewellery to pay for a Spanish passport to cross the border into Gibraltar.



So it was there she met her future husband Derek, at the dance. She spoke no English and he didn't speak Spanish but that didn't stop them from realising they were meant for each other. Derek quickly learned Spanish and, before he was demobbed, they became engaged. After his National Service, Derek returned to his home in Inverbervie and sent money to Manuela for her boat fare over to the UK. Unfortunately, the first time he sent money, she spent it on other things but the next time, she bought a ticket and sailed to Tilbury. Derek had written to her explaining that she then had to get the train to Aberdeen but to get off at Montrose where he would meet her. Unfortunately, she didn't get off there and Derek had to rush to Aberdeen where he found her in the stationmaster's office.

Manuela had to work in the UK before she could apply for residency so she took a job in a school in the south of England. When they realised she was a skilled dressmaker, she was promoted to seamstress. Derek used to call the phone box near the school every Sunday at 9pm where she would stand and wait. Eventually, Derek and Manuela were married in 1960, her aunt who had taught her to sew, making her wedding dress while Manuela made the bridesmaid's.

They lived in Forfar for 50 years before Derek died in 2021.



Barbara

'I'm just a wee lassie fae Lossie,' Barbara tells me when we meet. She may well be but she has travelled the world. Through the Panama and Suez Canals and round the Capes of Good Hope and the Horn, she's been round the world even though she's not a good sailor.

She was indeed born in Lossiemouth, living next door to the first Labour Prime Minister, Ramsay MacDonald's home at Hillocks but as she was only a year old when he died in 1937, she has no memories of him. When she was still a child, she moved to Edinburgh where she attended Portobello High School. She learned to play the piano and was a talented singer even in her youth and sang *Westering Home* on the BBC Radio Children's Hour at their studios in Queen Street. It's still one of her favourite songs and she's still word perfect.

She met her husband, Robert, on a blind date. Barbara was a typist and worked beside a lady who was going to a dance one night with a partner and asked Barbara to come too. As Barbara didn't have a partner, her friend brought her brother, Robert, as he was home on leave from the Merchant Navy. They hit it off and eventually married.

By 1973, Robert had risen to the rank of captain on an oil tanker and she was allowed to accompany him on his travels as they were often at sea for months on end. She was classed as a supernumerary on board, and would type up accident reports for a very small fee. Despite her seasickness, she often took passage on board his ship sailing to many places around the globe. One of their favourite destinations was Portugal before mass tourism changed it forever.

When Robert left the Merchant Navy, he took a job with Esso, training the boat pilots who escorted the huge tankers into port. They spent several years in Libya where their daughter, Carol, went to school, and then the family followed the oil industry to Shetland where Barbara worked as a civilian in the police force. She cooked dinner for the many young police constables who had been posted to the Shetlands and who were barely into their twenties. For many of them, she became a substitute mum.

After Robert retired, they settled in Haddington where he died in 2013 after living with dementia for several years. Barbara still loves singing and will burst into song at the first opportunity. She's an enthusiastic member of the Haddington Dementia Singing Group and is brought to the group every Wednesday by Caroline, her carer.



We take on a fittingly Burns Night theme in this quarter's Culinary Corner, with Mike Cheung talking us through a dementia-friendly Haggis Spring Roll recipe! What a fabulous combining of cultures!

Ingredients

- One haggis eg. Halls, can use vegetarian haggis for veggie - will make 12- 15 spring rolls
- Packet of frozen spring rolls wrappers (Chinese supermarkets), defrost, separate out 12-15 sheets, refreeze the rest.
- Vegetable oil for shallow frying
- Soy sauce & sweet chilli sauce for dipping

Method

- Remove wrapper from haggis
- Use a knife, cut it into 12-15 portions. Gentle roll then into sausage shapes
- Place a piece of haggis into a spring roll wrapper and roll them according to the photos, seal with small amount of cold water
- Shallow fry for about 5 mins until they are crispy



This quarter I catch up with Meg Faragher from the National Galleries of Scotland to talk about the dementia-friendly offerings across the city's finest art venues...

Q1. Hello Meg, thanks for talking to DementiArts! Firstly, tell us what galleries the National Galleries of Scotland actually manage in Edinburgh?

Hi Alex, thanks for chatting to me. Great question! The National Galleries of Scotland actually comprises three gallery sites in Edinburgh which are: the Scottish National Gallery on Princes Street, the Gallery of Modern Art on Belford Road and the Portrait Gallery on Queen Street.

Q2. Tell us a bit about your role at the National Galleries of Scotland...

I work in the Learning and Engagement team at the National Galleries of Scotland. We manage community group visits, run activities for adults with additional support needs and create resources like audio tours or videos that help people access the gallery buildings and art collections.

Q3. I see online you offer events called the dementia-friendly Gallery Socials. What exactly is a "Gallery Social" and what makes it dementia-friendly?

Yes, our dementia-friendly Gallery Social sessions take place on the fourth Friday of every month. They are free, friendly, creative sessions that invite anyone affected by dementia to enjoy the galleries with friends, family members or supporters. Each month we explore a different exhibition or theme led by three regular artists.

The sessions are very relaxed and begin with a slow start, cake and a cuppa in one of our learning rooms. There is always a simple creative activity to enjoy and then a short, chatty guided tour in the gallery.

Q4. Do all National Galleries dementia-friendly events take place in your galleries themselves?

We understand that not everyone is able to visit the gallery in person, so we have created resources such as dementia-friendly art activity videos that people can watch and take part in from the comfort of home, using everyday materials. We also have a library of short, pre-recorded art-inspired music concerts performed by talented young musicians.

These dementia-friendly resources and information can be found in a dedicated section of our website.

Q5. What other dementia-friendly activities do you offer?

We also invite groups from community organisations and care homes to book free dementia-friendly



guided tours at the galleries, including refreshments and free exhibition entry. For groups who are not able to visit in person, we offer fun, artist-led sessions that can take place via zoom.

Q6. Someone with a new dementia diagnosis might find going out for the first time quite intimidating. I wonder: has this been taken into consideration in the layout and/or design of your gallery spaces?

We do understand that our spaces can be intimidating for many people, and this is something we are always working to improve. The national collection of art belongs to the people of Scotland and art is for everyone. Once visitors arrive, our friendly front of house staff are the first point of call and are always here to help. Most have received dementia awareness training from Alzheimer Scotland and proudly wear a 'dementia friends' badge.

We always consider the access needs of visitors when designing gallery spaces. Our new learning rooms at the Gallery of Modern Art, for example, were designed entirely around people living with dementia, from their decoration and colour scheme right through to the selection of furniture and tableware. We have also taken practical steps to make our toilets more dementia-friendly.

Some people will have noticed the building work at the Scottish National Gallery. This is part of a project to redesign part of the building and to redisplay the national collection of Scottish art. It is also a big opportunity to make the building a more comfortable and inclusive venue. We have carried out a series of focus groups with disabled visitors and organisations, including visitors living with dementia and representatives from Alzheimer Scotland and these have informed project plans.

Q7: What is the most satisfying part of your job, would you say?

A lot of my time is spent staring at a computer screen, but what I really enjoy is being in the gallery spaces, seeing people relaxed and enjoying themselves because they feel welcome and considered. I love hearing the conversations about art that take place during our dementia-friendly activities. Art is fascinating and inspiring. There is never a wrong answer - the possibilities are endless!

Q8. Final bonus question! What is your favourite artwork?

My favourite in the galleries collection is called Happy Days: it is a photograph of children by Gertrude Kasebier taken in 1902. It's quite sentimental, but what can I say, I am sentimental! It probably speaks to me as I have small children and it reminds me that the small, imperfect moments with them are fleeting and precious.



One Fine Day by Ian Laurence

One fine day, I took a walk
I just really needed a talk
So I talked to the birds and the rambling brook
As I talked I read a book
Some people passing by, gave me a funny look
But why should I care if they think me mad
They don't know if I'm happy or sad
The birds answered back, though I couldn't understand
They sounded like a Welsh choir or a colliery band
The brook wasn't rambling, it was reporting to me
I'm just popping off, down to the sea
The book I was reading was a favourite of mine
Often read over a period of time
It was my diary, telling me what I'd done yesterday
I have to check cause my memory has drifted away
But it also tells me what tomorrow will bring
Along with the birds and the brook, I start to sing
Ah! The gapers soon disappear
As for music I have no ear
But give me an inclination in the first three bars
And I'm off singing along with the stars
Along to Capital Theatres I must go
Meet the crowd, on with the show
I'll meet my friends and have some fun
Like coming out of winter, and feeling the heat of the sun.

The Spaces in Between

Stories don't have to be lengthy.
Sometimes less words are more.
It is the spaces in between where
things happen and we can use
our imaginations . . .

Our 6-word stories

Trapeze artist
Reluctantly seeks
Sharp scissors
(Willy Gilder)

Chandelier falling
Tarpaulin crawling
Murder castle
(Lorna Lyons)

Village hall
Electric zap
Happiness beckons
(Jackie Philip)

Twenty pence short
No bus today
(Maxine Meighan)

Smudged windows
Pursed lips
Little fingers
(Dawn-Claire Irvine)

Pink revelations
Mind shut
Palette incomplete
(Magdalena Schamberger)



Bold Scribes Showcase

Creativity

It's everything

It helps the way we think and express ourselves

It's the space between things

Something that has always been valued in our family

Not just the output, it's the process

An exploration of what it is to be human

The starting point and the end point of all things

It's something I have reclaimed and recategorized

Creativity allows you to break the rules

Bold

Piratedom!

Bold is an undercurrent uprising of creativity and community

Believing everyone has the capacity for human connection

A container of equals, opportunities and all the spaces in between

Bold is an undercurrent uprising of creativity and community

Sharing stories of dementia activists for the world to hear

Believing everyone has the capacity for human connection

A safe space to be our best selves

Bold is sharing stories of dementia activists for the world to hear

Loving, embracing, a relaxing warm bath of ideas and creativity

A safe space to be our best selves

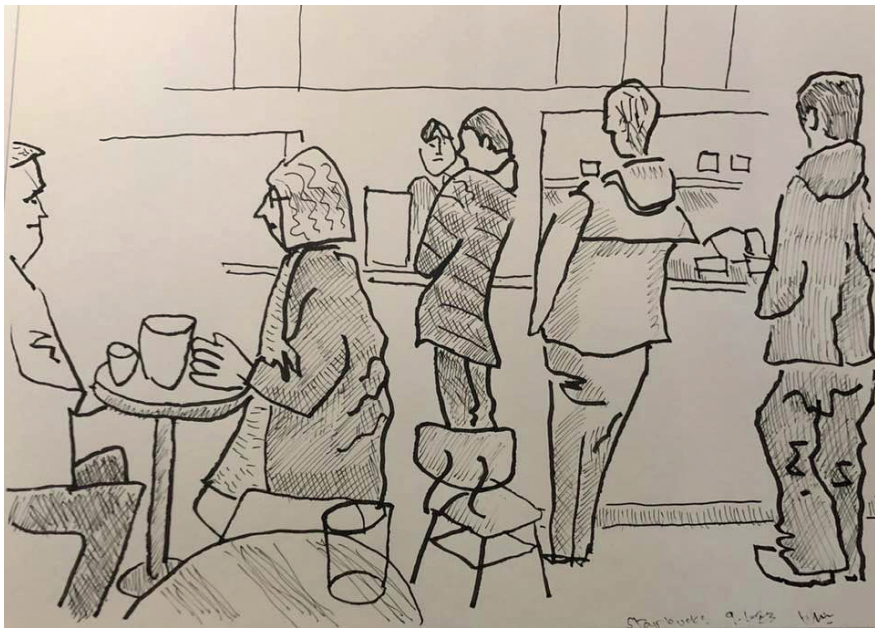
Being bold isn't about being all things to all people

Being bold isn't about being all things to all people

Loving, embracing, a relaxing warm bath of ideas and creativity

A container of equals, opportunities and all the spaces in between

Piratedom!



Clockwise from top: Kirkgate Centre, Leith. Painting Materials: HP Sauce and Coffee / Untitled. Teabag on Stained Paper / Starbucks At Ocean Terminal / The NLS Cafe. Painting Materials: Watercolour Crayon and Handmade Paper



Snow Queen Review

In December, the Haddington Dementia-Friendly Singing Group attending Scottish Ballet's relaxed version of the Snow Queen. Below, our podcast researcher, Ann Burnett, reviews the show, the afternoon tea beforehand, and the feeling of community and magic shared by all.

On a snowy December day, the Haddington Dementia Friendly singing group climbed aboard the Handicabs bus and made their way to the Festival Theatre. As is their wont, they sang Christmas carols and entertained the driver and each other on their way through the snow-lined streets.

They were going to see the marvellous Scottish Ballet presentation of the Snow Queen in a special audience-friendly performance. Gordon met them in the foyer and led them upstairs to one of the Empire rooms where an afternoon tea had been prepared for them by Matthew and his staff in the Festival cafe. Sandwiches, falafel, mini quiches and sausage rolls, followed by shortbread, rocky road and mini mince pies, all washed down with tea and coffee and every mouthful a treat.

Then it was time to make their way into the theatre itself, but they just had to stop and have a group photo taken with one of the principal dancers who was delighted to oblige.

They settled into their excellent seats, with plenty of legroom for the taller ones, and waited, hushed, for the performance to begin. The lights dimmed, but not all the way, the orchestra struck up and the ballet began. It was quite magical as the dancers told the story based on Hans Christian Anderson's tale, when the Snow Queen pierces Kai's heart with a shard of ice and turns him away from his beloved.

Some of the scenes were amazing; a circus with clowns and a strongman, a ringmaster and acrobats, a gypsy encampment with a gypsy violinist and gypsies around a real fire!

The children in the audience loved it. A couple of wee girls danced up and down with the music and babies were mesmerised by the colour and sparkle of it all. It didn't matter if some audience members got up and moved about, or went out for a break or talked; this was a performance for them and they could feel comfortable and at ease in such surroundings.

The time flew by, the lovers were reunited and all ended happily just as everyone wanted. The dancers took their bows and the applause and cheers from the audience demonstrated how much everyone had enjoyed it and appreciated the theatre staff's efforts to make it a successful and access-friendly show.

They made their way home through the dark night, the snow still lying and reminding them of the story they'd just seen brought to life in the theatre.

Podcast



All The World's A Stage

Our all-new dementia-friendly podcast

It was in the midst of a particularly energetic Capital Theatres Tea & 'Jam' session that myself and a colleague discussed what a Capital Theatres podcast would sound like.

Quick as a flash Willy Gilder, who lives with dementia and is a regular face at our events, pulled up a chair. "This would do the job," intoned the former BBC presenter, showing me some baffling-looking kit on his tablet. "So long as you get people to speak close enough to the mic... do you have a sound-proof room here?"

Turns out we do have a sound-proofed room at the Festival Theatre. Well sort of.

The Founders Room would become our studio, and within weeks, we had thrashed out a podcast format. We would dive behind the scenes of these great theatres, pairing people from the dementia community with representatives from its myriad departments of costume, technical, front of house... you name it. Stories would be shared; secrets would be revealed! "It's a little hard for me to adequately explain how important the Capital Theatres projects were for me last year post-diagnosis," Willy had very generously said around this time. Once a journalist in Northampton, Mr Gilder has not let his diagnosis of Alzheimer's hinder his passion for art, conversation and activism. A board member with Deepness Dementia Radio, an award-winning artist (Luminate) and now a university student, the problem would be finding a sliver of time in Mr Gilder's busy calendar. "What a perfect host, he'd be," my colleagues and I thought, in wistful unison. "Do you think he'd have the time? I suppose we can at least ask him..."

Well, he did accept. We now had a dementia-friendly podcast! Huzzah! Not only that we had a staunch advocate for the dementia community in its driving seat. Our researcher was to be writer Ann Burnett whose determination to remain active following her husband's passing from dementia made her the ideal person to meet and recce with guests ahead of record dates.

Seeing Ann in the Festival Theatre café to talk about guests was exciting and buzzy. We felt like big wig radio thrashing out stories for an international news network. "A new chapter in my life has opened," Ann affirmed. "The podcast is giving me my life back... I am out and about and meeting loads of lovely, interesting people."

And I suppose that's the key ingredient of All The World's A Stage as it is in any broadcast. People. People and their stories.

Willy took to the mic as you imagined any seasoned radio broadcaster would, putting guests at ease and, frankly, teaching me everything I now know about editing, producing and mixing. It is a podcast made by people living with dementia, for people living with dementia. But just like anything that holds the tenets of accessibility and diversity at its core, it is relevant and (hopefully!) engaging to everyone.

So sit back and enjoy. And if you're living with dementia and have a story to tell about theatre? Well, you know who to contact! Ann's email details are below.

Happy listening!

annburnett66@icloud.com

“Happiness is a Cigar Called...”

They don't make adverts like they used to. Can you recall the famous brands behind the stills below? Extra brownie points if you can remember the slogans...!



Picture 1

This boy freewheeling after delivering some of these loaves to “Old Ma Peggotty’s Place” (1973)



Picture 2

What did Mr J R Hartley, pictured here, use to find a copy of his book Fly Fishing? (1983)

Cigars Advert 1987: Photo Booth



Picture 3

What brand of cigar did this man light up after his heinous experience in a photo booth? (1987)



Picture 4

What famous chocolate bar is fortifying this junior cowboy? (1961)



Picture 5

What brand of cereal did this honey monster need to wake him up in the morning? (1970s)



Welcome to Pet Corner!

This month, we turn to King Charles fluffball and “Eartha Kitt lookalike” Ruby.

A few factoids:

- She is a Cavalier King Charles Spaniel
- Born on 2 Nov 2022 (Scorpio) under a waxing gibbous moon in Tranent
- She is named Ruby because of the song by Kaiser Chiefs
- Her first pub visit was to Thomson’s bar on Morrison Street
- The panto cast love her!
- She came to live with us on Christmas Eve
- She has fingers like the grinch (with hair growing over the top)
- Her favourite toy is a Satsuma called “Sancho”
- Her sisters Aoife and Ivy wonder what the hell we have done
- She is a total radge

“All events included in this calendar are listed as dementia-friendly by their organisers. Capital Theatres events can be identified by means of the blue tab at the top of the calendar icon. (Many thanks to our volunteer Sheila Godman for suggesting this improvement!)

In addition to the below, the Edinburgh Office of Alzheimer Scotland operate several peer support, activity, and support events on an ad hoc basis. Please call the Edinburgh Office on 0131 551 9350 for more information, and to book.

For a reminiscence box, a dementia friendly resource box created by Edinburgh Museums & Galleries, contact Diana Morton: diana.morton@edinburgh.gov.uk”

February 2023



Bo’Ness Dementia Café

12.30am – 12 noon (every Wednesday)

**For time & information, contact 01324 559480
or email falkirkservices@alzscot.org**



Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

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



Capital Focus

10.30am – 12.30pm

To book, please call 0131 529 6000 or visit capitaltheatres.com



Carer Support Group – Musselburgh

11.30am – 12.30pm (every 1st Wednesday)

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



Liddell Lunch Lions

12pm – 2pm (every Wednesday)

**For more information, and to book, contact Malin Wollberg
on wollbergm@ericliddell.org or call 0131 357 1277**

February 2023



Wellbeing Lunch

12.30pm – 1.30pm (every Thursday)

For more details, please contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277



Forget Me Notes at Saughton Park

1.45 – 3pm (fortnightly on Thursdays)

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



Teatime Club & Supper

5pm – 7pm (every 1st and 3rd Tuesday)

To book, contact Georgia at georgia@cdp-edinburgh.org.uk or call 0131 478 7784



Together in Song

2pm – 3.30pm (1st Friday of the month)

To book, please call 0131 529 6000 or visit capitaltheatres.com



Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

For more information, please contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



D-Café Dunbar

2pm – 3.30pm (1st Monday of each month)

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

February 2023



Music & Memories in Morningside

2pm — 4pm Morningside Parish Church

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



Bathgate Memory Café

2.30pm – 4.00pm (every first Monday)

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



Forget Me Notes Choir

4pm (every Monday)

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



VOCAL: Stress & Distress in Dementia

10am – 12 noon (online)

To book, contact Karen Douglas at kdouglas@vocal.org.uk
or phone 0131 622 6666



Gorebridge Morning Meet Up

10.30am – 12 noon (every Tuesday)

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



Heart for Art

11am – 1pm (every Tuesday)

To book, please contact Jacqui on 07834 364 628
or email pastoralassistant@morningsideparishchurch.org.uk



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

For more information, please contact Kim
on kim.ogilvie@bighearts.org.uk or call 07443 269 947

February 2023



D-Café Penicuik

2pm — 3.30pm (1st and 3rd Tuesday of the month)

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



Bo'Ness Dementia Café

12.30am – 12 noon (every Wednesday)

For time & information, contact 01324 559480 or email falkirkservices@alzscot.org



Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

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



Liddell Lunch Lions

12pm – 2pm (every Wednesday)

For more information, and to book, contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277



Livingstone Memory Café

1.00pm – 2.30pm (every 2nd and 4th Wednesday of the month)

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



D-Café Tranent

2pm — 3.30pm (every 2nd Wednesday)

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



Fairmilehead Singing Group

2pm — 4pm (every 2nd & 4th Wednesday)

For more details, please contact Moira Pate on 0131 667 8336

February 2023



Art in the City Gallery Visit

10.30am – 12noon

To book, contact Diana at diana.morton@edinburgh.gov.uk or call 0131 529 6365



Wellbeing Lunch

12.30pm – 1.30pm (every Thursday)

For more details, please contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277



Forget Me Notes: Choir at Gorgie

4pm – 5pm (fortnightly on Thursdays)

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



Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

For more information, please contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Songwriting Sprint

2pm – 3.30pm (every 2nd Monday of the month)

To book, please call 0131 529 6000 or visit capitaltheatres.com



Gentle Exercise Classe

2pm – 4pm

To book, please contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

February 2023



Forget Me Notes Choir

4pm (every Monday)

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



Gorebridge Morning Meet Up

10.30am – 12 noon (every Tuesday)

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



Let's Sing: Dementia Singing Group

11am – 12.30pm (every Tuesday)

For more information, and to book, contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888



Heart for Art

11am – 1pm (every Tuesday)

To book, please contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday afmnd Tuesday)

For more information, please contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



D-Café Dalkeith

2pm – 3.30pm. (2nd and 4th Tuesday of the month)

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



Bo'Ness Dementia Café

12.30am – 12 noon (every Wednesday)

For time & information, contact 01324 559480 or email falkirkservices@alzscot.org

February 2023



15

Linlithgow Caring Café

10.30am – 12 noon (every 3rd Wednesday)

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



15

Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

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



16

Wellbeing Lunch

12.30pm – 1.30pm (every Thursday)

For more details, please contact Malin Wollberg
on wollbergm@ericliddell.org or call 0131 357 1277



16

Forget Me Notes at Saughton Park

1.45 – 3pm (fortnightly on Thursdays)

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



16

Teatime Club & Supper

5pm – 7pm (every 1st and 3rd Tuesday)

To book, contact Georgia at georgia@cdp-edinburgh.org.uk
or call 0131 478 7784



17

Armadale Memory Café

11.00am – 1.00pm (every 3rd Friday)

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



20

Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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

February 2023



20

Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

For more information, please contact Kim

on kim.ogilvie@bighearts.org.uk or call 07443 269 947



20

Music & Memories in Morningside

2pm —4pm Morningside Parish Church

For more information, contact Jacqui Lindsay

on 07834 364 628 pastoralassistant@morningsideparishchurch.org.uk



20

Forget Me Notes Choir

4pm (every Monday)

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



21

Gorebridge Morning Meet Up

10.30am – 12 noon (every Tuesday)

Booking essential. Please contact Michael on 0131 654 1114

or mhuddleston@alzscot.org



21

Heart for Art

11am – 1pm (every Tuesday)

To book, please contact Jacqui on 07834 364 628 or

email pastoralassistant@morningsideparishchurch.org.uk



21

Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

For more information, please contact Kim

on kim.ogilvie@bighearts.org.uk or call 07443 269 947



21

D-Café Penicuik

2pm —3.30pm (1st and 3rd Tuesday of the month)

Booking essential. Please contact Michael on 0131 654 1114

or mhuddleston@alzscot.org



22

Bo'Ness Dementia Café

12.30am – 12 noon (every Wednesday)

For time & information, contact 01324 559480

or email falkirkservices@alzscot.org

February 2023

22

Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

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

22

Liddell Lunch Lions

12pm – 2pm (every Wednesday)

For more information, contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277

22

Livingstone Memory Café

1.00pm – 2.30pm (every 2nd and 4th Wednesday of the month)

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

22

Fairmilehead Singing Group

2pm – 4pm (every 2nd & 4th Wednesday)

For more details, please contact Moira Pate on 0131 667 8336

22

TIDE: Former Carers Inform & Influence

4pm – 5pm (last Wednesday of the month)

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

23

Garden Social

10:30am – 12pm

For more information please contact community@rbge.org.uk or call 0131 248 2956

23

Wellbeing Lunch

12.30pm – 1.30pm (every Thursday)

For more details, please contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277

23

Forget Me Notes: Choir at Gorgie

4pm – 5pm (fortnightly on Thursdays)

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

February 2023



24

Gallery Social: Animals and Portraits

10:30am – 12pm

Booking essential. Please contact learning@nationalgalleries.org or call 0131 624 6410



24

Music & Memories in Morningside

2pm – 4pm Morningside Parish Church

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



27

Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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



27

Tea and 'Jam'

11am – 12:30am (last Monday of the month)

To book, please call 0131 529 6000 or visit capitaltheatres.com



27

Living Grief and Bereavement

1pm – 3pm (every 4th Monday)

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



27

Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

For more information, please contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



27

Gentle Exercise Classes

2pm – 4pm

To book, please contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



27

Forget Me Notes Choir

4pm (every Monday)

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

February 2023

27

Young Onset Carers: Inform and Influence

7pm – 8pm (every 4th Monday)

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

28

Broxburn / Uphall Memory Café

10.00 am – 11.30am (every 4th Tuesday)

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

28

Gorebridge Morning Meet Up

10.30am – 12 noon (every Tuesday)

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

28

Let's Sing: Dementia Singing Group

11am – 12.30pm (every Tuesday)

For more information, and to book, contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888

28

Heart for Art

11am – 1pm (every Tuesday)

To book, please contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

28

Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

For more information, please contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947

28

D-Café Dalkeith

2pm – 3.30pm. (2nd and 4th Tuesday of the month)

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

28

Palm Café Balerno

3pm – 4.30pm (every last Tuesday)

For more information, please contact Kay Latimer 0131 449 6186

March 2023



Bo'Ness Dementia Café

12.30am – 12 noon (every Wednesday)

For time & information, contact 01324 559480

or email falkirkservices@alzscot.org



Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

Booking essential. Please contact Michael on 0131 654 1114

or mhuddleston@alzscot.org



Carer Support Group – Musselburgh

11.30am – 12.30pm (every 1st Wednesday)

Booking essential. Please contact Michael on 0131 654 1114

or mhuddleston@alzscot.org



Liddell Lunch Lions

12pm – 2pm (every Wednesday)

For more information, and to book, contact Malin Wollberg

on wollbergm@ericliddell.org or call 0131 357 1277



Wellbeing Lunch

12.30pm – 1.30pm (every Thursday)

For more details, please contact Malin Wollberg

on wollbergm@ericliddell.org or call 0131 357 1277



Forget Me Notes at Saughton Park

1.45 – 3pm (fortnightly on Thursdays)

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



Teatime Club & Supper

5pm – 7pm (every 1st and 3rd Tuesday)

To book, contact Georgia at georgia@cdp-edinburgh.org.uk

or call 0131 478 7784

March 2023



Together in Song

2pm – 3.30pm (1st Friday of the month)

To book, please call 0131 529 6000 or visit capitaltheatres.com



Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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



D-Café Dunbar

2pm — 3.30pm (1st Monday of each month)

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



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

For more information, please contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Music & Memories in Morningside

2pm — 4pm Morningside Parish Church

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



Bathgate Memory Café

2.30pm – 4.00pm (every first Monday)

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



Forget Me Notes Choir

4pm (every Monday)

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

March 2023



Gorebridge Morning Meet Up

10.30am – 12 noon (every Tuesday)

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



Heart for Art

11am – 1pm (every Tuesday)

To book, please contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

For more information, please contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



D-Café Penicuik

2pm – 3.30pm (1st and 3rd Tuesday of the month)

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



Bo'Ness Dementia Café

12.30am – 12 noon (every Wednesday)

For time & information, contact 01324 559480 or email falkirkservices@alzscot.org



Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

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



Fairmilehead Singing Group

2pm – 4pm (every 2nd & 4th Wednesday)

For more details, please contact Moira Pate on 0131 667 8336

March 2023



Livingstone Memory Café

1.00pm – 2.30pm (every 2nd and 4th Wednesday of the month)

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



D-Café Tranent

2pm – 3.30pm (every 2nd Wednesday)

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



Art in the City Gallery Visit

10.30am – 12noon

**To book, contact Diana at diana.morton@edinburgh.gov.uk
or call 0131 529 6365**



Wellbeing Lunch

12.30pm – 1.30pm (every Thursday)

**For more details, please contact Malin Wollberg
on wollbergm@ericliddell.org or call 0131 357 1277**



Forget Me Notes: Choir at Gorgie

4pm – 5pm (fortnightly on Thursdays)

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



VOCAL: Stress & Distress in Dementia

10am – 12 noon (online)

**To book, contact Karen Douglas at kdouglas@vocal.org.uk
or phone 0131 622 6666**



Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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

March 2023



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

For more information, please contact Kim

on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Songwriting Sprint

2pm – 3.30pm (every 2nd Monday of the month)

To book, please call 0131 529 6000 or visit www.capitaltheatres.com



Gentle Exercise Classes

2pm – 4pm

To book, please contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk



Forget Me Notes Choir

4pm (every Monday)

To book, contact Alan on amidwinter3@btinternet.com

or 07588 894 587



Gorebridge Morning Meet Up

10.30am – 12 noon (every Tuesday)

Booking essential. Please contact Michael on 0131 654 1114

or mhuddleston@alzscot.org



Let's Sing: Dementia Singing Group

11am – 12.30pm (every Tuesday)

For more information, and to book, contact Penny

on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888



Heart for Art

11am – 1pm (every Tuesday)

To book, please contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk

March 2023



14

Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

For more information, please contact Kim

on kim.gilvie@bighearts.org.uk or call 07443 269 947



14

D-Café Dalkeith

2pm – 3.30pm. (2nd and 4th Tuesday of the month)

Booking essential. Please contact Michael on 0131 654 1114

or mhuddleston@alzscot.org



15

Bo'Ness Dementia Café

12.30am – 12 noon (every Wednesday)

For time & information, contact 01324 559480

or email falkirkservices@alzscot.org



15

Linlithgow Caring Café

10.30am – 12 noon (every 3rd Wednesday)

For time & information, contact Cherie Raby

on CRaby@Alzscot.org on 0778640666



15

Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

Booking essential. Please contact Michael on 0131 654 1114

or mhuddleston@alzscot.org



15

Liddell Lunch Lions

12pm – 2pm (every Wednesday)

For more information, and to book, contact Malin Wollberg

on wollbergm@ericliddell.org or call 0131 357 1277



15

TIDE: Rare Dementia Carers: Inform and Influence

2:30pm-3:30pm – (every 3rd Wednesday of the month)

For more details, please contact Ray@tidecarers.org.uk

March 2023



Wellbeing Lunch

12.30pm – 1.30pm (every Thursday)

For more details, please contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277



Forget Me Notes at Saughton Park

1.45 – 3pm (fortnightly on Thursdays)

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



Teatime Club & Supper

5pm – 7pm (every 1st and 3rd Tuesday)

To book, contact Georgia at georgia@cdp-edinburgh.org.uk or call 0131 478 7784



Armadale Memory Café

11.00am – 1.00pm (every 3rd Friday)

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



Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

For more information, please contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Gorebridge Morning Meet Up

10.30am – 12 noon (every Tuesday)

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

March 2023



21

Heart for Art

11am – 1pm (every Tuesday)

To book, please contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk



21

Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

For more information, please contact Kim

on kim.ogilvie@bighearts.org.uk or call 07443 269 947



21

D-Café Penicuik

2pm – 3.30pm (1st and 3rd Tuesday of the month)

Booking essential. Please contact Michael on 0131 654 1114

or mhuddleston@alzscot.org



22

VOCAL: Understanding Dementia

10am – 12 noon (in person)

To book, contact Karen Douglas at kdouglas@vocal.org.uk

or phone 0131 622 6666



22

Bo'Ness Dementia Café

12.30pm – 12 noon (every Wednesday)

For time & information, contact 01324 559480

or email falkirkservices@alzscot.org



22

Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

Booking essential. Please contact Michael on 0131 654 1114

or mhuddleston@alzscot.org



22

Liddell Lunch Lions

12pm – 2pm (every Wednesday)

For more information, and to book, contact Malin Wollberg

on wollbergm@ericliddell.org or call 0131 357 1277

March 2023



Livingstone Memory Café

1.00pm – 2.30pm (every 2nd and 4th Wednesday of the month)

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



Fairmilehead Singing Group

2pm – 4pm (every 2nd & 4th Wednesday)

For more details, please contact Moira Pate on 0131 667 8336



Wellbeing Lunch

12.30pm – 1.30pm (every Thursday)

**For more details, please contact Malin Wollberg
on wollbergm@ericliddell.org or call 0131 357 1277**



Forget Me Notes: Choir at Gorgie

4pm – 5pm (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**



Dementia Friendly Concert

2pm

To book, please contact Jacqui on 07834 364 628 or e mail pastoralassistant@morningsideparishchurch.org.uk



Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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

March 2023



Tea and 'Jam'

11am – 12:30am (last Monday of the month)

To book, please call 0131 529 6000 or visit capitaltheatres.com



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

For more information, please contact Kim

on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Living Grief and Bereavement

1pm – 3pm (every 4th Monday)

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



Gentle Exercise Classes

2pm – 4pm

To book, please contact Jacqui on 07834 364 628

or email pastoralassistant@morningsideparishchurch.org.uk



Young Onset Carers: Inform and Influence

7pm – 8pm (every 4th Monday)

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



Broxburn / Uphall Memory Café

10.00 am – 11.30am (every 4th Tuesday)

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



Gorebridge Morning Meet Up

10.30am – 12 noon (every Tuesday)

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

March 2023



Let's Sing: Dementia Singing Group

11am — 12.30pm (every Tuesday)

For more information, and to book, contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888



Heart for Art

11am – 1pm (every Tuesday)

To book, please contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



Big Hearts: Football and Edinburgh Memories

1.30pm – 3pm (every Monday and Tuesday)

For more information, please contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



D-Café Dalkeith

2pm – 3.30pm. (2nd and 4th Tuesday of the month)

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



Palm Café Balerno

3pm – 4.30pm (every last Tuesday)

For more information, please contact Kay Latimer 0131 449 6186



VOCAL: Stress & Distress in Dementia

10am – 12 noon (in person)

To book, contact Karen Douglas at kdouglas@vocal.org.uk or phone 0131 622 6666



Bo'Ness Dementia Café

12.30am – 12 noon (every Wednesday)

For time & information, contact 01324 559480 or email falkirkservices@alzscot.org

March 2023



Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

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



Liddell Lunch Lions

12pm – 2pm (every Wednesday)

For more information, and to book, contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277



A Brew and Blether

2pm – 3:30pm (last Wednesday of the month)

To book, please call 0131 529 6000 or visit capitaltheatres.com



TIDE: Former Carers Inform & Influence

4pm – 5pm (last Wednesday of the month)

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



Wellbeing Lunch

12.30pm – 1.30pm (every Thursday)

For more details, please contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277



VOCAL: Gym Session for Dementia Carers

12.30pm – 2pm (in person)

To book, contact Karen Douglas at kdouglas@vocal.org.uk or phone 0131 622 6666



Gallery Social: Mabel Royds

10:30am – 12pm

Booking essential. Please contact learning@nationalgalleries.org or call 0131 624 6410

Useful Numbers

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 Dog Project

Contact Nadia Sutherland on

07771 358843 or nsutherland@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

Edinburgh, Midlothian & East Lothian

Dial-A-Ride: 0131 447 9949

Dial-A-Bus: 0131 447 1718

Email: edinburgh@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

Herbert Protocol Forms

Form used to assist police in finding missing people with dementia.

email Rachel Howe at

Rachel.howe@edinburgh.gov.uk

LifeCare - extra years of zest

Various registered day clubs, activities and an outreach service across Edinburgh.

For more information contact 0131 343 0940

Movement for Memories

Designed to support people living with dementia to be active.

Contact Edinburgh Leisure on 0131 458 2260

Regional Dementia Advisors

Michael Huddleston (East/Mid Lothian):

0131 654 1114

Caroline O'Hara (Edinburgh): 0131 551 9350

Cherie Raby (West Lothian): 01506 533 114

Vintage Vibes

Vintage Vibes is a service tackling isolation and loneliness among the over-60s.

For more information call 0131 343 0955 or email hello@vintagevibes.org.uk

VOCAL

A local organisation helping carers of people living with dementia.

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

West Lothian

Dial-A-Ride: 01506 633 953

Dial-A-Bus: 01506 633 336

Email: bathgate@handicabs.org.uk

West Lothian Dementia Resource Centre

Tel: 01506 533 108 or email

WestLothianServices@Alzscot.org
