

Creative voices at Capital Theatres

DementiArts

All Together Now!

Age just a number at
intergenerational
Tea & 'Jam'





Welcome to Summer 2023

Spring has sprung and I simply must start this edition of DementiArts by acknowledging an exciting bit of news: our beloved King's Theatre has met its target! The Old Lady of Leven Street – that wonderful polish-scented emporium of so many family panto trips – has received the funds necessary for refurbishments to go ahead and remain part of our theatre-going lives.

The special place the King's Theatre occupies in the hearts of Edinburgh's dementia-friendly community has become abundantly clear over the last few months. It wasn't just Maria Callas and Stanley Baxter who cavorted across those boards; as well as countless family trips, the 1950s and 60s saw the relatives of several in our community launch their careers upon the King's stage and even become household names. (Episode 4 of our **All The World's A Stage** podcast is a must for those wanting to find out more!)

Speaking of heritage, we had a huge treat at our last **Brew & Blether**: a seated history tour of Edinburgh conducted by award-winning storyteller Nicola Wright. In just an hour, we traversed from the Festival Theatre to the site of the Leith Gaiety (all in our heads, of course!) taking in stories of scrimshaw and soldiers, and sharing stories of Edinburgh lives past and present. In this vein of storytelling, it is wonderful to have **Together in Song** return on a more permanent basis to our programme: every month, the **Forget Me Notes** will take up residence in our Empire Rooms for an uplifting afternoon of song and biography. My 4-month-old son even made a guest appearance in January, prompting us to pilot **Intergenerational Tea & 'Jam'** – a dance and jamming session with the tots from Hope Cottage nursery! The smiles that day were more radiant than a springtime sunbeam (as our intergenerational volunteer Ailsa Tully writes on page 10.)

There's so much I could talk about (including exciting new events in-the-making!) but I must keep tight-lipped for now. Meanwhile, I won't keep you back any longer. Sit back, stick on the kettle, snip the stems on those Co-Op daffodils and enjoy the journey of the following pages.

Alex and the Creative Engagement Team

In your Summer 2023 issue

- 4** **Feature**
Diana Morton Talks All Things Art
- 6** **Hidden Lives**
Ann Meets Former Gaiety Theatre Star
- 8** **Culinary Corner**
Tasty Snacks in Lettuce Wraps
- 9** **Feature**
Choir Sing In Summer At Sunny Saughton
- 10** **Main Feature**
Ailsa Tully Relives Joyful Tea & 'Jam'
- 11** **Review**
Ann Reflects On Relaxed *Il Trittico*
- 12** **Feature**
PC Bell Advises On Missing Persons
- 14** **Feature**
ECRED Outline Dementia Research
- 17** **Art Corner**
Strachan House celebrate Van Gogh's birthday
- 18** **Those Were The Days**
'May All Your Doughnuts Look Like...'
- 21** **Poetry Corner**
Haikus and Sonnets Vie It Out
- 22** **Pet Corner**
Pickle Shows Off Her Yellow Jacket
- 23** **Calendar**
Lots To See And Do In April, May and June

Back page has our list of useful numbers

Cover image: Intergenerational Tea & 'Jam'



Art Made Accessible

We have so many monuments, museums and cultural spaces in Edinburgh it's hard to know what is dementia-friendly and what isn't. Here Diana Morton talks to us about Museums & Galleries Edinburgh, what they run, and how to find the most dementia-suitable events on offer.

Q1. Hello Diana, thanks for talking to DementiArts! Firstly, there are so many galleries and museums in Edinburgh. Perhaps you should start by telling us the main ones which you work for?

I work for Museums & Galleries Edinburgh, the City of Edinburgh Council's museum service. We look after venues such as the City Art Centre, the Museum of Edinburgh, The People's Story Museum, Writers' Museum, the Museum of Childhood, Queensferry Museum, Lauriston Castle as well as the Museum Collections Centre in Broughton Market (our museum store) and the monuments of the city such as the Scott and Nelson Monuments. We also host the Travelling Gallery which is an art gallery on a bus.

Q2. Gosh, that's a lot of venues to keep track of! I see "Art In The City" is a key dementia-friendly event from Museums & Galleries. What exactly is Art In The City?

Art in the City is for anyone whose life is affected by dementia. We are a friendly group of people who meet once each month to visit art galleries and other cultural and historic venues. The group provides an opportunity to share a visit and discuss art (and other things) in a friendly and supportive environment.

You can come on your own or with a relative, friend, carer or supporter. We welcome carers attending on their own or with a friend. It is always free to attend.

The City Art Centre is our base, but we meet in a variety of galleries and heritage spaces. Some of the visits we have lined up for the next few months are to the Usher Hall and Lauriston Castle. Sometimes the visits are led by the exhibition curators and subject specialists and sometimes by volunteers or by me!

Over the last year, we have visited a wide range of venues from the Museum of Edinburgh, Trinity House, Parliament House and the Living Memory Association as well as the City Art Centre exhibitions.

We meet on Thursdays (usually the 2nd Thursday of the month, although this can change) and sessions are usually 10.30-12.00 and involve time for a cup of tea or coffee and a chat as well as a tour.

We send out information and reminders by email each month so you always know when and where we are meeting. If you do not have access to email please let us know and we can find an alternative way to contact you.

Q3. I see Museums and Galleries offer Reminiscence Boxes. What exactly are they?

The reminiscence boxes are filled with handling objects, images, information and discussion topics. You can use the objects in these boxes as a starting point to discuss the past and bring back memories.

Our boxes look at a variety of themes linked to childhood and everyday life in the past. Some of the themes are Sports and Hobbies, Schooldays, Leisure and Going Out, Keeping Clean and Healthy, Life in the Home, Work and The Baby.

The boxes can be borrowed by any community organisation, care home or day centre for up to 2 weeks free of charge. We also have loan boxes for schools.

Q4. Is there one type of Reminiscence Box that is the most popular? If so, why do you think this is?

All of the boxes go out frequently but the Leisure and Going Out box is one of the most popular. Lots of groups love chatting about dance halls such as the Palais de Dance, cinemas, dressing up, music and film stars.

Another of my favourites is Sports and Hobbies as it has a lovely mix of items whether your interests are football, sewing or collecting scraps or cigarette cards!

Q5. What have been some of the most rewarding aspects of your work?

I love working with lots of people and helping them to engage with the museums and access the wonderful resources we have available!

Contact details: To be added to the Art in the City mailing list, to borrow a reminiscence box or find out more about our outreach service contact: Diana Morton: diana.morton@edinburgh.gov.uk, 0131 529 6365.

Or visit our website for more information: edinburghmuseums.org.uk/engage/outreach



Photos from far left: Jane, learning ballet as a girl (1949), Jane and her family, Jane.

Jane

Jane very proudly hands over the book she has written about her life, illustrated with family photos. A volunteer listened to her story and printed it out for her along with photos from her life. It tells how she was brought up in Troon in Ayrshire and went to school there. Her grandfather owned the Glenburn Dairy in Loans, a village nearby and he would deliver the milk on his horse and cart around the town. The business eventually passed to Jane's dad who successfully carried it on for many years.

She writes:

"I started school at Brooklands that was run by Miss Hunter which was in her own private house. It was a mixed school but the boys left when they were 8 years old and the girls stayed until they were 12. One of my classmates, Susannah, would cycle to the dairy in the morning and leave her bicycle there to get the school bus. She would become known as the famous actress, Susannah York."

She goes on to say that she went to secondary school at Marr College in Troon, and when she was 17, she left and took a typing course which led to her first job in a bank in Ayr before transferring to the Troon branch. She was very active in her local church, teaching Sunday school and singing in the church choir. She was in a television broadcast from her church when the BBC visited her congregation.

Jane was also Treasurer for the Church Guild and organised the poppy collectors to sell poppies for the Royal Legion every November.

She tells me that she was a keen singer, which she still is as she attends the Dementia Singing Group every week. She and her family loved singing, enjoying many a family get-together around the piano played by her Uncle Alex.

"I joined the Ayrshire Philharmonic Opera Society and sang in the Ladies Chorus in various musicals which were held in the Gaiety Theatre in Ayr. I sang in The Beggar Student in 1964, Merrie England in 1965, Princess Ida in 1966, then in 1967, Orpheus in the Underworld. I enjoyed them all but my favourite was Merrie England."

A young man, Hamish, joined the church, he says because of the number of pretty girls who attended, and Jane caught his eye. They were married by the Rev. Alan Young in the church in Troon on 21st June 1968.

"I wore a beautiful white wedding dress and veil which was handmade for me and Hamish wore a morning suit."

They moved to Hawick where Hamish's job took him, and three of their four daughters were born there, Alison, Morag and Doreen, followed by Catriona after another move to Longniddry. They now have five grandchildren and one great grand-daughter.

Jane and Hamish have travelled extensively, across Europe as well as further afield to Australia, Canada, Hong Kong and Russia as well as embarking on seven cruises, but Ullapool in the north of Scotland remains a favourite place as they honeymooned there.

Her final wish is to remain at home and stay as independent as possible. The last word goes to Jane;

"I have enjoyed doing my life story, it has brought back a lot of memories that I haven't thought about for many years. I have had a happy and busy life bringing up my children, travelling all over the world and being involved in various groups. I have met some lovely people over the years and have made a lot of great friends. The most important thing to me is having had a long and happy marriage to my dear husband Hamish and for my lovely family which I am very grateful for!"



Pork mince Lettuce Wraps

A good fresh salad is wonderful on warmer days. This quarter, Mike whips up a Chinese favourite in no time, thanks to his easy-to-follow, dementia-friendly method.

Ingredients

- 250 – 300 g of pork mince (can use turkey mince)
- 2 cloves garlic, minced or chopped
- 2 tablespoons of grated ginger
- 2 tablespoons of Hoi Sin sauce, from most supermarkets.
- 1 tablespoon of soy sauce
- 1 pinch of salt
- 2 little gem lettuces
- 1 cucumber

Method

1. Gently cook the mince with the garlic and ginger, for about 8 minutes.
2. Add the Hoi Sin sauce, soy sauce and salt.
3. Cook for further 5 minutes, add some cold water if the sauce is drying up.

To serve

1. Wash and separate leaves from gem lettuces.
2. Slice the cucumber into very long, thin strips. Soak in ice water to curl the ends up into half-moons.
3. Add a Garnish sesame seeds with each wrap (optional).



Sunshine and Song: The Secret Forget Me Notes Recipe

There's a reason why Forget Me Notes are so popular: they know how to find joy in the everyday and unite people around a common theme through song and storytelling. Here, co-CEO Alan Midwinter tells more...

The Forget Me Note project is a project that uses music to provide communication opportunities, build community and challenge society about the way we provide for those who are vulnerable. We are dementia-friendly and open to all.

Our project Choir in the Park has entered its summer phase and we have moved from the Glasshouse at Saughton into the Bandstand at Saughton Park. If you have never been to Saughton Park then I can recommend an afternoon spent in a park that is well-presented and is open to everyone who lives here in Edinburgh.

The Forget Me Note Project offers a fortnightly rehearsal in the park and anyone can join us to sing. Singing is so good for your health. If you have breathing issues, mental health issues or dementia then singing can lift your spirits, increase your capacity to breathe and all can be in done the beautiful setting of Saughton Park.

Our Choir in The Park has an intergenerational approach as we created a partnership with Broomhouse Primary School who plan to be a part of our rehearsals monthly. We hope that by building greater awareness between generations we can build a more inclusive and empowered community.

Stories of those who come to join us tell me that it's fun and meaningful. "We are going from strength to strength and becoming a part of something special" one told me.

If you would like to know more about Forget Me Notes then you can visit our website at forgetmenotes.org.uk or ring 07588894587. You can bring so much to Forget Me Notes and build a stronger community.

Alan Midwinter



Top of the Tots!

On Monday 27th March, something magical happened: our ever-popular Tea & 'Jam' was infiltrated by a horde of cheeky-faced bambinos! Ailsa Tully reflects on the morning and the power of intergenerational dementia-friendly events for all involved.

Such different ages and such different lives. However, in this moment, they were the exact same. The vibrancy of pure, youthful joy bounced off the walls as the older members laughed and smiled at the sight of the kids playing and dancing to their favourite older songs. Rocking to Elvis and swaying to Carole King, it did not matter that these songs were unfamiliar to them, it only mattered that they were up and dancing with their friends. The children ran round tables, waving and introducing themselves to everyone. Faces lit up as the children exclaimed that they were "4 but almost 5!" Seeing the instant connection between these two generations which seem so far apart was moving; it shows that we, as humans, can have fun and celebrate our sameness no matter our age or experiences. The children had no problem striking up conversation with their elders and handing them musical instruments, so they could join in with the performances. The adults smiled and waved at the happy children singing 'Row, row, row your boat' as they repeated the actions.

Intergenerational activities like this are so important for both groups: for the adults it brought delight and reminiscence as they sang along whilst the kids danced, giving them the opportunity to see a generation of people that they would not usually interact with... and the same for the kids, who benefited greatly from the experience of having people who would listen and laugh with them and let them play freely.

These events are known to close gaps between groups, reduce ageism and increase empathy. From having the honor to take part in Capital Theatres' first event of this kind, I can see that there was no struggle for these two groups to interrelate; each group only have respect and fondness for each other, since all you could hear around the room from the adults, as the children left, was "so sweet!"

By Ailsa Tully



Gianni Schicchi Review

***Gianni Schicchi* is a tricky opera, but that didn't stop one local dementia-friendly singing group smiling and singing along to Capital Theatres' dementia-friendly access performance of the *Il Trittico* classic. Ann Burnett writes.**

Haddington Dementia Singing Group enjoyed another trip to the Festival Theatre in Edinburgh to see a special showing of Puccini's *Gianni Schicchi*. The group, made up of people with dementia and carers, travelled by special bus up the A1 to the city. Being out and about is something we all enjoy, especially as some are unable to get about alone and are dependent on organised trips such as this. So the general mood was happy and eager to see what delights the theatre had in store.

First, a sumptuous afternoon tea with sandwiches, sausage rolls and scones and cakes, all made downstairs in the cafe kitchens. Tea and coffee washed it all down and we were ready for the afternoon's entertainment.

Gianni Schicchi forms part of *Il Trittico*, three short operas designed to be performed together and all dealing with a concealed death. *Gianni Schicchi* is a farce involving greed and conniving and the Scottish Opera production, led by director Sir David McVicar, is full of gusto and hilarity. The sets are stunning, reaching high above the audience, consisting of shelving and bookcases piled high with papers and documents. These are tossed aside as the characters hunt for the will to see who has inherited the dead relative's vast property and wealth. Their greed makes them desperate and the searchers frantically scrabble about looking for that elusive document. When they find it, they discover that all his wealth has been left to the church. *Gianni Schicchi* hatches a plot to disguise himself as the dead man, but not quite dead yet, so he can dictate a new will to the lawyer, before 'dying' again. And of course, there is romance between Gianni's son and the daughter of the rich family.

The director, Sir David McVicar, has moved the setting from thirteenth century Florence to a twentieth century Scottish one so that the audience can fully appreciate the storyline.

One of our group joined in singing the best-known aria from the opera, *O Mio Babbino Caro* (Oh my beloved father) which she remembered from her youth. Memories can be stirred by music so such visits are important.

Everybody enjoyed the performance, and after, met with some of the cast for a photo.



Stay Safe the Herbert Way

The Herbert Protocol is a game-changer. This simple form can help police officers, like PC Bell, find a missing person with dementia in record time and ensure their safe and speedy return. Here I talk to him to find out why having a completed Herbert Protocol form is a vital asset for any carer.

Q1. Hello PC Bell, thank you for talking to DementiArts about the Herbert Protocol! Firstly tell us, in simple terms, what the Herbert Protocol is...

The Herbert Protocol is an information-gathering form. It is a national scheme that encourages carers, family and friends to document useful information, which can then be used in the event of a vulnerable person living with dementia going missing. Carers and/or relatives and friends can complete the Herbert Protocol form in advance, including important information about the missing individual such as the contact numbers, medication needed, and locations the person was last seen. Places of interest, routines and also a photograph can be provided. The form can be easily sent or handed to the police in the event of a loved one going missing, reducing the time needed to gather this information. The form should be completed as soon as possible and kept in a safe place to be handed to the Police if needed.

Q2. As a police officer working in Edinburgh, how many missing person enquiries do you find in – say – an average week?

In Edinburgh, we deal with an average of 60 missing-person incidents each week. Each incident lasts for an average of nine hours, but half of all incidents involve the person being located in less than 2 hours from the time they are reported missing. Each week around two cases will relate to someone reported missing who is living with dementia

Q3. How important is the first hour after someone has been reported missing?

We need to act quickly in missing persons investigations. The initial ‘Golden Hour’ is crucial

as the search parameters increase very quickly with the passage of time. So our ability to hit the ground running really helps. A completed Herbert Protocol allows us to do this.

Q4. As well as the Herbert Protocol, what other measures and/or initiatives do Police Scotland enact to help towards the safe retrieval of missing persons?

Bod Police Scotland have implemented several key measures to ensure missing persons and their friends and family receive a consistently high level of service wherever the person has gone missing from, including:

- National (police) definition of a missing person;
- National (police) risk assessment for missing persons;
- Police Scotland’s missing persons webpage for nationwide publicising of missing persons.
- Creation of the National Missing Persons Framework for Scotland
- Promotion of the Purple Alert mobile phone application.

Q5. What are some of the most rewarding aspects of your job?

I take a great deal of satisfaction in helping to prevent missing persons episodes, particularly with those vulnerable people at risk of going missing repeatedly. All helps to reduce the risk of harm and to keep people safe.

Q6. Thank you for speaking with us, PC Bell! If anyone reading this would like to contact you to find out more, what’s the best way to do this?

I can be contacted by phone on 0131 221 2086 or by email on Yocksan.Bell@scotland.police.uk. More information on the Herbert Protocol can be found at



Rethinking Dementia Research

At Capital Theatres, we know that making life better for people with dementia involves oodles of creativity and kindness. Often, that comes from families and carers; other times, it comes from academia's brightest minds. Doctoral student Frankie Greenwood tells us more about ECRED and why they always seek to put people living with dementia "at the helm" of research...

At ECRED (the Edinburgh Centre for Research on the Experience of Dementia) we carry out research that attempts to work alongside people living with dementia. Although we are a research centre based at the University of Edinburgh, we are made up of an interdisciplinary group of dementia researchers, people living with dementia, dementia practitioners and representatives from a range of dementia organisations. Our main interests lie in exploring and developing questions, theories, methods and impacts around the experience of living with dementia.



THE UNIVERSITY of EDINBURGH
Edinburgh Centre for Research
on the Experience of Dementia

Our main research themes involve:

- Co-production and participatory research – research that we develop alongside people with lived experience of dementia
- Creativity and arts-based approaches
- Social relationships and friendships, peer support, emotions and counselling
- Living and dying with dementia
- Dementia and design
- Marginalised groups with dementia (including people with intellectual disabilities)
- Working with people who have dementia to understand their experience and possible approaches to impact policy, practice and society.

In all our work within ECRED, the perspective of the person living with dementia is central and provides a research and learning environment that creates opportunities for the sharing of knowledge and skills that focuses on improving the lived experience of dementia.

In this edition of DementiArts we wanted to share two of our projects that include collaborations with researchers, clinicians and practitioners in different practice settings.

The ECREDibles

Working alongside ECRED as a sister group, are a group of superheroes living with dementia in Scotland who are interested in research.

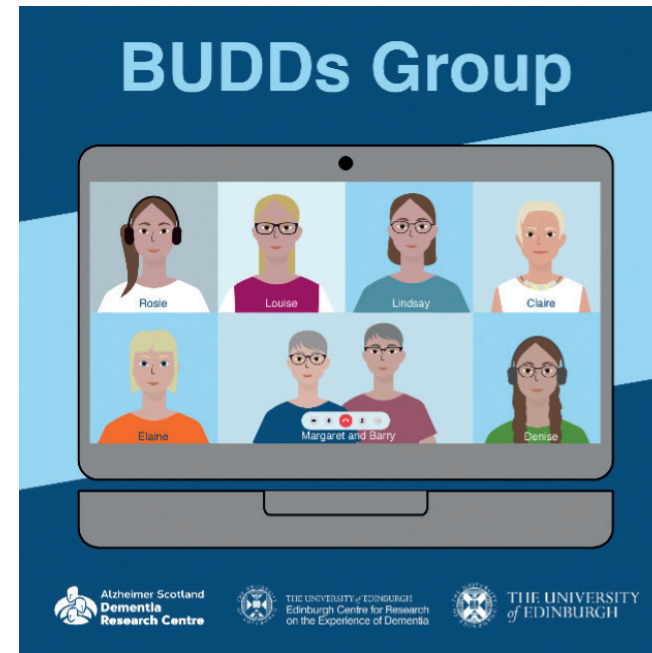
The ECREDibles are peer supported by people living with dementia and sit within the DEEP (Dementia Engagement and Empowerment Project) network. Peer support focuses on sharing ideas, information and inspiration about research projects with the aim that the research might be used to supplement other partnerships and projects, particularly those conducted by ECRED and the University.

The ECREDibles was awarded its first research project funding by Innovations in Dementia to research how to create and run a research group, led by people living with dementia, in partnership with a University project. Our task is to create a replicable model to share across universities.

Speaking of their experience and vision, the ECREDibles wrote:

"[We] are truly the dawn of a radical movement in believing in our worth. They go where no one dared to go before, doing the unthinkable. People with dementia banding together to advocate for themselves. We've been researched to the hilt, now we are at the helm."

If you would like to know more or join in some of our activities please email us at ecred@ed.ac.uk



The Smarties

The Smarties are a coproduction group of people with young onset dementia who are working with Rose Vincent on her research to get a PhD (funded by Alzheimer's Society). Rose uses a coproduced approach, working collaboratively with the group to explore the experiences of volunteering and peer support.

The Smarties have produced a co-production guide providing tips for running a co-produced research project. This includes advice on:

- Setting ground rules
- Discussing needs as individuals
- Working remotely with those with dementia

Find out more about the Smarties at the website:
ed.ac.uk/health/research/centres/ecred/smarties

Understanding dementia diagnosis during the Covid-19 Pandemic

The Covid-19 pandemic resulted in the rapid transformation of dementia assessment and diagnosis services. A joint project between ECRED and Alzheimer Scotland Dementia Research Centre was carried out that aimed to identify the emotional, practical and ethical implications of this from the perspective of the person receiving a diagnosis of dementia and their care partner during this time. We also looked at how the clinicians who assess and diagnose dementia adapted their approaches to meet the challenges and the implications of this for their future practice. The study was co-produced by BUDDs, which stands for Better Understanding Dementia Diagnosis. This group is made up of people with lived experience of dementia and researchers.

The full report, 'at a glance guide' and two animations for the study have been launched, and the outputs can be seen at: alzscotdrc.ed.ac.uk/dementia-diagnosis-post-covid

You can also listen to the podcast, focused on dementia diagnosis and the research, available on the website and major platforms:
<https://anchor.fm/diagnosing-dementia-cov19>

Bring Me Sunshine!

In Art Corner this quarter, we head over to Strachan House to celebrate Van Gogh's birthday with a dazzling display of sunflowers! Just like the famed painter, the Strachan residents turned to the sunflower as a symbol of optimism and a chance to get creative with colour and style...



"Mind ye eat yer greens..."

I can't help feeling that the celebrity chefs of yore were much more colourful and risk-taking than our current bunch. Can you recognise these celebrity TV chefs from yesteryear? A comically-shaped doughnut if you get all five!



Picture 1

This woman, widely considered as responsible for bringing Mediterranean cuisine to the UK



Picture 2

This one half of *The Two Fat Ladies*



Picture 3

This virtuoso baker. May all your doughnuts look like...ahem... hers (!)



Picture 4

This cook, born in Fulham, and famed for his dogmatic instructions ("The Pot to the Kettle not the Kettle to the Pot!")



Picture 5

This celebrity chef and restaurateur who liked to imbibe the odd glass (or six!) of wine during his TV shows.



Cracking the Problem

By Irene W. Clouston

Chocolate Easter eggs come in all sizes,
Unfortunately girls, so do we,
Filled, oozing treats in many guises
Temptation to indulge you must agree

But hard lines if flab you're fighting
No doubt Diet Guru outlined possible slips,
Whilst the 'pound losers' mantra reciting
"Moment on lips - 6 inches on hips!"

Is that waist gain really worth taste bud delight?
Obvious solution to problem state confectionery tormentors
Who no doubt sympathise with our dietary plight
'Eat only hollow varieties - they've non-fattening centres'!

Miracles Do Happen

By Irene W. Clouston

For the many miracle sceptics out there,
Who disbelieve, shake heads, scoff, sneer
Personal experience with you I must share,
No doubt dumbfounding all who now hear,
Without warning, unheralded, out of the blue,
A miraculous event to the core shook me
And so-called 'miracle?', enquire cynical few,
Cheque from taxman – yes, he owes me!

Those Were The Days on pages 18-19 Answers
Picture 1: Elizabeth David. Picture 2: Clarissa Dickson Wright. Picture 3: Fanny Cradock.
Picture 4: Philip Harden. Picture 5: Keith Floyd

A World View in Haiku

A haiku is a Japanese poem of seventeen syllables, in three lines of five, seven, and five, on the subject of nature. Sound complicated? Not for our friends at BOLD whose members penned the following beautiful examples:

Empty eyes, alone
Now we have
space, paint, humour
Fear no more, flourish

Vulnerability, encouraging
Integrity, resilience
And shared responsibility

Active listening
Open your mind to vision
Share, care, trust today

Oh no it's the spoon
For my hair, my plants, my cat
Or just for my cakes

Awkward stilted fun
A chance to be playful, free
Mixed reactions here

Pen, paddle, planter
Do you see the same as me?
Imagination

We also took a different
perspective with the help of
a wooden spoon...



Welcome to Pet Corner!

This quarter we meet Pickle, who biffs you for attention, and always sleeps with his snout pointing skyward.

Name	Pickle
Occupation	Dog
Born	County Durham
Age	4 years old
Breed	Yorkie-Poo
Human	Lucie Jeffrey (Creative Engagement Co-Ordinator)
Habits	Knocking over a bottle of wine to make his humans throw his toy
Hobbies	Long walks, sunbathing, cuddling his grandma, chasing foxes
Favourite treat	Corned beef or beef sticks
Quirks	Pickle is a somewhat neurotic pup, always choosing to walk around the room’s perimeter to get his toy, rather than walking directly to it. His favourite sleeping position is with his nose pointing upwards as if trying to communication from some kind of doggy satellite.

Please note: All events included in this calendar are dementia friendly

Every effort has been made to ensure dates and times are correct. However, lingering coronavirus restrictions may mean some times and dates have altered. Please check with the event team in question ahead of attendance, particularly if it is listed as an “in person” event.

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 on these, and to book.

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

Blue tabs signify Capital Theatres events.

April 2023

24

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

24

Tea and ‘Jam’
11am – 12:30am (last Monday of the month)
To book, please call 0131 529 6000 or visit capitaltheatres.com

24

Cameo Cinema DF Screening
11am – 1pm (every last Monday of the month)
To book, please call 02072 947908 or visit picturehouses.com/cinema/the-cameo

24

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

24

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

April 2023

24

Gentle Exercise Classes

2pm – 4pm Morningside Church (monthly on Mondays)

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

24

Forget Me Notes Choir

4pm (every Monday)

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

25

Broxburn / Uphall Memory Café

10am – 11.30am (every 4th Tuesday)

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

25

Gorebridge Morning Meet Up

10.30am – 12 noon (every Tuesday)

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

25

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

25

Heart for Art

11am – 1pm (every Tuesday)

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

25

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

April 2023

25

Palm Café Balerno

2.30pm – 4pm (every last Tuesday)

For more information, please contact Kay Latimer 0131 449 6186

26

Promenade Walk

10.30am (every Wednesday)

For more information, contact Active Communities on 0131 458 2260

26

Bo'Ness Dementia Café

10.30am (every Wednesday)

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

26

Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

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

26

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

26

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

26

A Brew and Blether

2pm – 3.30pm (last Wednesday of the month)

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

April 2023

26

Fairmilehead Singing Group

2pm – 4pm (every 2nd & 4th Wednesday)

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

27

Canalside Walking Group

10am (every Thursday)

For more information, contact Fiona on 07706580147 or email fiona@fcct.scot

27

Saughton Walk

11am (every Thursday)

For more information, contact Ageing Well on 0131 458 2260

27

Wellbeing Lunch

12.30pm – 1.30pm (every Thursday)

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

27

Forget Me Notes at Saughton Park

1.45 – 3pm (fortnightly on Thursdays)

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

27

Oasis Café Meadowbank

11am – 2pm (every last Thursday)

For more information, contact Debbie Rae on 0131 551 9350

28

Gallery Social: Portraits and Cinema

10.30am – 12pm

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

28

Malky – Dementia-Friendly Show

11am – 12noon

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

May 2023

1

Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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

1

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

1

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

1

Bathgate Memory Café

2.30pm – 4.00pm (every first Monday)

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

1

Forget Me Notes Choir

4pm (every Monday)

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

2

Gorebridge Morning Meet Up

10.30am – 12 noon (every Tuesday)

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

2

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

May 2023



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



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



Promenade Walk
10.30am (every Wednesday)
For more information, contact Active Communities on 0131 458 2260



Bo’Ness Dementia Café
10.30 am (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

May 2023



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



North West Singing Group
2pm – 4pm (every 1st & 3rd Wednesday)
For more details, please contact Rosemary King on 0131 554 7621



Canalside Walking Group
10am (every Thursday)
For more information, contact Fiona on 07706580147 or email fiona@fcct.scot



Saughton Walk
11am (every Thursday)
For more information, contact Ageing Well on 0131 458 2260



Wellbeing Lunch
12.30pm – 1.30pm (every Thursday)
For more details, please contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277



Heart for Art
2pm (every Thursday)
To book, please contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



Forget Me Notes: Choir at Gorgie
4pm – 5pm (fortnightly on Thursdays)
To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587

May 2023



Together in Song

2pm – 3.30pm (every 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



Songwriting Sprint

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

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



Music & Memories in Morningside

2pm – 4pm Morningside Church

For more information, contact Jacqui Lindsay on 07834 364 628 or 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

May 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



Promenade Walk

10.30am (every Wednesday)

For more information, contact Active Communities on 0131 458 2260



Bo'Ness Dementia Café

10.30 am (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

May 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 or call 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



Canalside Walking Group
10am (every Thursday)
For more information, contact Fiona on 07706580147 or email fiona@fcct.scot



Art in the City
10.30am – 12noon (every 2nd Thursday)
To book, contact Diana at diana.morton@edinburgh.gov.uk or call 0131 529 6365



Saughton Walk
11am (every Thursday)
For more information, contact Ageing Well on 0131 458 2260



Wellbeing Lunch
12.30pm – 1.30pm (every Thursday)
For more details, please contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277

May 2023



Forget Me Notes at Saughton Park
1.45 – 3pm (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



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



Gentle Exercise Classes
2pm – 4pm Morningside Church (monthly on Mondays)
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



Gorebridge Morning Meet Up
10.30am – 12 noon (every Tuesday)
Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

May 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



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



Promenade Walk
10.30am (every Wednesday)
For more information, contact Active Communities on 0131 458 2260



Linlithgow Caring Café
10.30am – 12 noon (every 3rd Wednesday)
For time & information, contact Cherie Raby on CRaby@Alzscot.org on 07786406668



Bo'Ness Dementia Café
10.30 am (every Wednesday)
For time & information, contact 01324 559480 or email falkirkservices@alzscot.org

May 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



North West Singing Group
2pm – 4pm (every 1st & 3rd Wednesday)
For more details, please contact Rosemary King on 0131 554 7621



Sunflower Café, Palmerston Place
2pm – 3.30pm (every 3rd Wednesday)
For more information, phone 0131 220 1690



Games Afternoon
2pm – 4pm Morningside Church (monthly on Wednesdays)
For more information, contact Jacqui Lindsay on 07834 364 628 pastoralassistant@morningsideparishchurch.org.uk



Canalside Walking Group
10am (every Thursday)
For more information, contact Fiona on 07706580147 or email fiona@fcct.scot



Saughton Walk
11am (every Thursday)
For more information, contact Ageing Well on 0131 458 2260

May 2023

18

Wellbeing Lunch

12.30pm – 1.30pm (every Thursday)

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

18

Heart for Art

2pm (every Thursday)

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

18

Forget Me Notes: Choir at Gorgie

4pm – 5pm (fortnightly on Thursdays)

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

19

Armadale Memory Café

11.00am – 1.00pm (every 3rd Friday)

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

22

Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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

22

Living Grief and Bereavement

1pm – 3pm (every 4th Monday)

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

22

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

May 2023

22

Forget Me Notes Choir

4pm (every Monday)

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

23

Broxburn / Uphall Memory Café

10.00 am – 11.30am (every 4th Tuesday)

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

23

Gorebridge Morning Meet Up

10.30am – 12 noon (every Tuesday)

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

23

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

23

Heart for Art

11am – 1pm (every Tuesday)

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

23

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

23

Palm Café Balerno

2.30pm – 4pm (every last Tuesday)

For more information, please contact Kay Latimer 0131 449 6186

May 2023



Promenade Walk
10.30am (every Wednesday)
For more information, contact Active Communities on 0131 458 2260



Bo’Ness Dementia Café
10.30 am (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
2pm – 4pm (every 2nd & 4th Wednesday)
For time & information, contact Cherie Raby on CRaby@Alzscot.org or call 07786406668



Fairmilehead Singing Group
2pm – 4pm (every 2nd & 4th Wednesday)
For more details, please contact Moira Pate on 0131 667 8336



Canalside Walking Group
10am (every Thursday)
For more information, contact Fiona on 07706580147 or email fiona@fcct.scot

May 2023



Saughton Walk
11am (every Thursday)
For more information, contact Ageing Well on 0131 458 2260



Oasis Café Meadowbank
11am – 2pm (every last Thursday)
For more information, contact Debbie Rae on 0131 551 9350



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



Gallery Social: From Jesters to Jewellers
10.30am – 12pm
Booking essential. Please contact learning@nationalgalleries.org or call 0131 624 6410



Music & Memories in Morningside
2pm – 4pm Morningside Church
For more information, contact Jacqui Lindsay on 07834 364 628 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

May 2023



Tea and 'Jam'
11am – 12:30am (last Monday of the month)
To book, please call 0131 529 6000 or visit capitaltheatres.com



Cameo Cinema DF Screening
11am – 1pm (every last Monday of the month)
To book, please call 02072 947908 or visit picturehouses.com/cinema/the-cameo



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



Gentle Exercise Classes
2pm – 4pm Morningside Church (monthly on Mondays)
For more information, contact Jacqui Lindsay on 07834 364 628 or 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

May 2023



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



Promenade Walk
10.30am (every Wednesday)
For more information, contact Active Communities on 0131 458 2260



Bo'Ness Dementia Café
10.30 am (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



A Brew and Blether
2pm – 3.30pm (last Wednesday of the month)
To book, please call 0131 529 6000 or visit capitaltheatres.com

June 2023



Canalside Walking Group
10am (every Thursday)
For more information, contact Fiona on 07706580147 or email fiona@fcct.scot



Saughton Walk
11am (every Thursday)
For more information, contact Ageing Well on 0131 458 2260



Wellbeing Lunch
12.30pm – 1.30pm (every Thursday)
For more details, please contact Malin Wollberg on wollbergm@ericliddell.org or call 0131 357 1277



Heart for Art
2pm (every Thursday)
To book, please contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



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

June 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



Music & Memories in Morningside
2pm —4pm Morningside 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



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 Grou
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

June 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



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



Promenade Walk

10.30am (every Wednesday)

For more information, contact Active Communities on 0131 458 2260



Bo'Ness Dementia Café

10.30 am (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

June 2023



North West Singing Group

2pm – 4pm (every 1st & 3rd Wednesday)

For more details, please contact Rosemary King on 0131 554 7621



Canalside Walking Group

10am (every Thursday)

For more information, contact Fiona on 07706580147 or email fiona@fcct.scot



Art in the City

10.30am – 12noon (every 2nd Thursday)

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



Saughton Walk

11am (every Thursday)

For more information, contact Ageing Well on 0131 458 2260



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



Together in Song

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

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

June 2023



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 Classes

2pm – 4pm Morningside Church (monthly on Mondays)

For more information, contact Jacqui Lindsay on 07834 364 628 or 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 ets.sing.brunton@gmail.com or call Jan on 0131 669 2888

June 2023



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



Promenade Walk

10.30am (every Wednesday)

For more information, contact Active Communities on 0131 458 2260



Focus Group

10.30am – 12noon

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



Bo'Ness Dementia Café

10.30 am (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

June 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 or call 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



Canalside Walking Group

10am (every Thursday)

For more information, contact Fiona on 07706580147 or email fiona@fcct.scot



Saughton Walk

11am (every Thursday)

For more information, contact Ageing Well on 0131 458 2260



Wellbeing Lunch

12.30pm – 1.30pm (every Thursday)

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



Heart for Art

2pm (every Thursday)

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

June 2023



Forget Me Notes: Choir at Gorgie

4pm – 5pm (fortnightly on Thursdays)

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



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



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



Music & Memories in Morningside

2pm – 4pm Morningside Church

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

June 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 and Tuesday)

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



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



Promenade Walk

10.30am (every Wednesday)

For more information, contact Active Communities on 0131 458 2260

June 2023



Linlithgow Caring Café

10.30am – 12 noon (every 3rd Wednesday)

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



Bo'Ness Dementia Café

10.30 am (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



Sunflower Café, Palmerston Place

2pm – 3.30pm (every 3rd Wednesday)

For more information, phone 0131 220 1690



North West Singing Group

2pm – 4pm (every 1st & 3rd Wednesday)

For more details, please contact Rosemary King on 0131 554 7621



Games Afternoon

2pm – 4pm Morningside Church (monthly on Wednesdays)

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

June 2023

22

Canalside Walking Group

10am (every Thursday)

For more information, contact Fiona on 07706580147 or email fiona@fcct.scot

22

Saughton Walk

11am (every Thursday)

For more information, contact Ageing Well on 0131 458 2260

22

Wellbeing Lunch

12.30pm – 1.30pm (every Thursday)

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

22

Forget Me Notes at Saughton Park

1.45 – 3pm (fortnightly on Thursdays)

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

23

Gallery Social: Alberta Whittle

10:30am – 12pm

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

23

Music & Memories in Morningside

2pm – 4pm Morningside Church

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

26

Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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

26

Tea and 'Jam'

11am – 12.30am (last Monday of the month)

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

June 2023

26

Cameo Cinema DF Screening

11am – 1pm (every last Monday of the month)

To book, please call 02072 947908 or visit picturehouses.com/cinema/the-cameo

26

Living Grief and Bereavement

1pm – 3pm (every 4th Monday)

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

26

Gentle Exercise Classes

2pm – 4pm Morningside Church (monthly on Mondays)

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

26

Forget Me Notes Choir

4pm (every Monday)

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

27

Broxburn / Uphall Memory Café

10.00 am – 11.30am (every 4th Tuesday)

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

27

Gorebridge Morning Meet Up

10.30am – 12 noon (every Tuesday)

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

27

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

27

Heart for Art

11am – 1pm (every Tuesday)

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

June 2023

27

Palm Café Balerno

2.30pm – 4pm (every last Tuesday)

For more information, please contact Kay Latimer 0131 449 6186

28

Promenade Walk

10.30am (every Wednesday)

For more information, contact Active Communities on 0131 458 2260

28

Bo'Ness Dementia Café

10.30 am (every Wednesday)

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

28

Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

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

28

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

28

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

28

Fairmilehead Singing Group

2pm – 4pm (every 2nd & 4th Wednesday)

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

28

A Brew and Blether

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

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

June 2023

29

Canalside Walking Group

10am (every Thursday)

For more information, contact Fiona on 07706580147 or email fiona@fcct.scot

29

Saughton Walk

11am (every Thursday)

For more information, contact Ageing Well on 0131 458 2260

29

Oasis Café Meadowbank

11am – 2pm (every last Thursday)

For more information, contact Debbie Rae on 0131 551 9350

29

Wellbeing Lunch

12.30pm – 1.30pm (every Thursday)

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

29

Forget Me Notes at Saughton Park

1.45 – 3pm (fortnightly on Thursdays)

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

29

Heart for Art

2pm (every Thursday)

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

29

Forget Me Notes: Choir at Gorgie

4pm – 5pm (fortnightly on Thursdays)

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

Useful Numbers

Alzheimer Scotland National Office

160 Dundee Street, Edinburgh EH11 1DQ.

Phone 0131 243 1453

email alzheimerscot@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
