

Creative voices at Capital Theatres

DementiArts



Arise, Sir Ian!

**Knighted author on
why age is no barrier
to Rebus's spirit**

Full story on page 12 and CD (page 51)



Welcome to Midsummer

The fans are blowing in the foyer bar, the freezers are running overtime to keep the mint choc chip from melting and the parasols are flapping in the courtyard... in other words, midsummer has come to Capital Theatres.

Before I talk about the exciting things we've been up to, let's take a moment: summer isn't always easy. We hope, of course, you're having a gorgeous, lolly-licking time; but if you're not, we hope at least that the blinds are twiddled and it's not too stuffy where you are!

As for us here at Capital Theatres? Well, storytelling has played a huge role over the last few months. Given this, I simply must start by shouting about **Sir Ian Rankin's** guest appearance on our **All The World's A Stage** podcast! Now a retired cop, it turns out Sir Ian's famous Inspector Rebus refuses to age quietly. Sir Ian talks all about 'writing Rebus's retirement' with our inimitable Willy Gilder – himself refusing to be cowed by his Alzheimer's diagnosis. Their discussion was poetry to behold – a career highlight for me! Fortunately it's all been recorded **on the attached CD**.

In June, the wee ones from Hope Cottage Nursery made a reappearance for our inaugural **Intergenerational Storytelling** session with Claire McNicol – a joyous event – while our **Graphic Novel** project with **BOLD** launched with a fab start and many a snazzy storyboard! Things then took a maritime turn in **Brew & Blether**, with seafaring tales from the **Leith Whalers**, while harpist Sophie Rocks lulled us over the waves with some gorgeous, Shetland-inspired arpeggios. Meantime, Lucie and I have been busy championing our dementia-friendly work to overseas delegates, while our **Focus Group** got their creative juices flowing to help us develop new event ideas. Phew! I think I need an iced latté... or something stronger.

I'll leave you, meanwhile, in the company of the following pages. I've never had so much to fit in one edition of DementiArts! So peel open an ice lolly, crack some ice into a G&T, adjust the fan, and enjoy the journey of the following pages.

Alex

Alex and the Creative Engagement Team

In your Midsummer 2023 issue

- 4** **Feature**
Keira O'Sullivan Delights in Shared Reading
- 6** **Hidden Lives**
Ann Meets Swimming Legend Keith
- 7** **Culinary Corner**
Mike Makes Scrumptious Lemon Chicken
- 8** **Review**
Ann Reviews The Great Tapestry
- 10** **Bold Feature**
Lois Pens A Letter Across Time
- 11** **Poetry Corner**
Ceaseless Love & Scintillating Dancers
- 12** **Cover Feature**
Sir Ian's Podcast Appearance
- 14** **Forget Me Not Garden**
Planting Memories And Marigolds
- 16** **ECRED Feature**
Dr Greenwood On Cross-Condition Research
- 18** **Eric Liddell Centre**
Gus Harrower Invites Us To Party
- 19** **Pet Corner**
Meet Cobo As He Applies To Oxford
- 20** **Diary**
Lots to do in July, August and September
- 51** **Sir Ian Rankin Podcast CD**

Back page has our list of useful numbers

Cover image: Sir Ian Rankin



A Novel Idea for Storytelling

Many of us have fond memories of being read to as a child. But the benefits of shared reading don't end there. I catch up with the Scottish Book Trust to find out the magic link between reading, wellbeing and dementia.

Q1. Hello Keira, thanks for talking to DementiArts! Let's start by finding out what Reading is Caring actually is and your role within it...

Reading is Caring is for people living with dementia and their carers. The programme provides free tailored training through friendly, informal workshops focused on the benefits of shared reading. Shared reading can help maintain caring relationships, spark memories and relieve stress. We work with family and friends who are caring for a loved one living with dementia, as well as professionals, to create a personalised package based on the person's life story, interests and preferences. This can look different for each person, and we always work towards it being woven into their current circumstances rather than being an extra thing to do.

Now in its third year, Reading is Caring has been extended into Edinburgh and the Lothians. I'm the Co-ordinator for the programme, and my role is to run the sessions and ensure that people know about us. I work with our Programme Leader, Koren. Being a small team gives us the benefit of being flexible so if that means moving workshop times, working face-to-face instead of online or anything else, that's my job!

Q2. How might this benefit someone living with dementia?

At Scottish Book Trust, we work with our knowledge of how beneficial it is to engage with books and stories. We developed the programme following studies that found that listening to a story can enhance cognitive performance. We know that regular reading increases mental wellbeing, and shared reading can strengthen the connection between two people.

We hope that the programme benefits the care partner too: we've had wonderful feedback telling us that the programme has strengthened their bond, brought back lost communication, and created a moment of relaxation or entertainment for both of them.

Q3. Sensory materials often elicit positive responses from people living with dementia. Is there a way of bringing this into storytelling?

We know how important the senses can be for supporting positive memories. Once we've looked at relevant pieces of reading, we then work together to specifically design and tailor multi-sensory 'Life Story Book Boxes'. These are based around a personalised theme that is meaningful to the person living with dementia and can be incorporated into shared reading in a number of ways, which we practice together in the workshops.



Q4. What has inspired you most during your time working on the project?

For me personally, it's been meaningful to see Reading is Caring being used at every stage of the dementia journey. We often think of shared reading as an activity that requires both participants to be able to read, understand or appear engaged; but seeing it be used in the latter stages of someone's dementia journey is so moving. The words might not be understood but they can nevertheless provide a reassuring rhythm, while the very act of being read to can evoke feelings of love or security. For some people, this has brought about a connection during a point when that can otherwise feel lost. Seeing the role Reading is Caring plays in bringing this about is an incredible privilege.

Q5. What is your favourite book and why?

I love life stories, which is probably part of the reason that I love this job so much! Any book that delves deep into a person and their experiences is perfect for me. My favourite at the moment is probably "All My Mothers" by Joanna Glen, which looks at a character's relationship with her parents. Reading is Caring has also given me the opportunity to look back at pieces of reading I enjoyed when I was younger, and I've loved revisiting things I read with my grandparents like "Anne of Green Gables" and A. A. Milne's poems.

Q6. Thank you for talking with us, Keira! Lastly, if someone wants to get in touch, how can they contact you?

Thank you so much for having me! You can register for workshops, request a free training DVD or ask questions at readingiscaring@scottishbooktrust.com. If email doesn't work for you, you can call Scottish Book Trust on 0131 524 0160. All of this information, and our evaluation reports, workshop timetable and video trailer can be found on our website: scottishbooktrust.com/reading-and-stories/reading-is-caring



Keith

Keith has obviously been watching for my arrival, as the door opens before I'm even up the path and he greets me with a broad smile and welcomes me in. I follow him into his lounge, filled with family photos and sports memorabilia where his dad joins us shortly after.

It's well seen that Keith is a sports fanatic, both as a spectator and a participant as the photos and medals decorating the walls of his flat attest. His pride of joy is the large photo in his bedroom of him holding the Scottish cup which Hibs won in 2016, after a gap of 114 years. For many years, he held a season ticket to Easter Road where he could watch his favourite team play.

On another wall is part of his collection of medals which he won in swimming competitions, both local and national. He tells me his best stroke is the front crawl though he can do all the other ones too – butterfly, breaststroke and backstroke – an amazing feat considering he does not use his legs at all in the pool as his knees dislocate too easily. His strength comes from his shoulders and arms which are well developed. Another day is taken up with walking football which he plays in Dunbar. No running is allowed and the ball must stay on the ground. He thoroughly enjoys the game and the camaraderie.

His interest in food and its preparation led him to many jobs in restaurant kitchens and for 13 years he worked in the Waterside Bistro in Haddington, but he has also worked farther afield in the Engine Shed Training Centre where he helped to prepare and serve food, and the cafe at the Gallery of Modern Art in Edinburgh. He enjoys going to friends and family's houses for meals and particularly enjoys desserts, especially the ones his mum used to make; tiramisu, Paris-Brest cake (named after the Paris-Brest cycle race) and especially her meringues.

He has also travelled extensively with his family and lists Florida, South Africa, Kenya, Thailand, Hong Kong and Singapore among his destinations. Closer to home he has enjoyed many frequent trips, some of them under canvas, to France, Italy, Spain and Finland. During lockdown, his travels were curtailed but he is now quite content to visit more local spots and enjoy short breaks with his carers. He is a keen participant in the Haddington Dementia Singing Group where he joins in with gusto especially in songs from the musicals he has seen in the theatre.



Lemon Garlic Chicken Thighs (One-Pan Dish)

Having recently launched his new cookery course “Cooking With Cheung”, Mike returns this quarter with a mouth-watering lemon garlic chicken recipe; a doddle to make thanks to his step-by-step, dementia-friendly instructions.

A suitable dish for both the slow cooker or an instant pot

Ingredients:

- 570 g chicken thigh with skin on (or remove skin if you want to make this healthier)
- Sea salt and pepper to taste
- 3 garlic cloves peeled & crushed
- 60 ml dry white wine (optional)
- 200 ml of chicken stock made from stock cubes
- 2 tablespoons of lemon juice
- Half a dessert spoon of sugar

Method:

- Rinse chicken thigh and wipe dry. Season with salt and pepper on both sides.
- Gently pan fry the thighs.
- Discard excess oil in the pan, leaving about 1 tablespoon of oil to brown the garlic cloves. Add in the minced garlic and stir to combine. Pour in white wine. Gently heat the gravy high and cook until reduced by 1/3. Add chicken stock. Bring to boil. Add thyme, rosemary and sugar.
- Put the chicken thighs back into slow cooker. Cook in the slow cooker for 2 hours.
- Serve with boiled rice, garnish with a couple of slices of lemon or rosemary.

Why not sign up to Mike's dementia-friendly cookery course? You can do so by visiting the fabulous DEEPNESS dementia media website at deepnessdementiamedia.com



A Stitch in Time...

Art takes many forms. Here, Ann Burnett talks about her trip to the Great Tapestry of Scotland with the Haddington Singing Group to view one author's vision of Scottish history told in thread.

Clutching the magnifying glasses supplied, we peered even more closely at the stitches. The embroidered panels looked even more impressive close up. How could such tiny stitches create such magnificent pictures?!

We were visiting the Great Tapestry of Scotland in its permanent home in Galashiels. After viewing the Prestonpans Tapestry, the writer, Alexander McCall Smith had the idea of creating a huge tapestry telling Scotland's story, its history and heritage, its people and its landscape. Andrew Crummy from Port Seton designed it, Dorie Wilkie was the Head Stitcher and there were 1000 volunteer stitchers throughout the country who took part.

Handicabs took us on a beautiful drive through lush green countryside to the town and the stunning new visitor centre. But first, some sustenance was required in the cafe before we began our viewing. Thus fortified, we set off upstairs to the viewing galleries. We all took our own path

as viewing them all carefully and closely would require several visits. Those of us who had at least done some sewing at school marvelled at the variety of stitches employed to create different effects; Keith was interested in the number of different animals he could spot, while Hamish admired the panel on the Clydebank blitz which, as a small boy, he had experienced and been bombed out of his home.

The panels tell of the history of Scotland from the Ice Age to the opening of the Scottish Parliament in 1999 and the stitchers made sure that women's stories were not missed out in panels of the fisherwomen, Fair Isle knitting, tenement living and of course, the textile industry for which Galashiels was famous.

The stitchers came from all across Scotland: there was even a doctor (male) who said it was better than stitching up people! They were given the freedom to add bits to the central design and come up with ideas from their own research. One lady whose dog died during her time stitching, added a few of its hairs to a piece she was sewing, another embroidered her children's initials under a blue bonnet...

So much to take in, so much to learn and enjoy! It would take several visits to fully appreciate the immensity of this display, one of the largest community projects ever undertaken...



Write a letter to someone about dementia, what it means to you...

Love conquers all in this quarter's BOLD feature as BOLD partner Lois A. Wolfe pens a letter to her beloved mother, some 33 years before her Alzheimer's diagnosis at 90.

Dear Mum

This is me, your daughter Lois, but I am now 57 years old... and I have travelled back in time to talk to 57 year old you.

Don't ask how, or why, just bear with me.

I know at this stage this seems almost impossible to believe, but shortly after your 90th birthday you will be diagnosed with mixed dementia (Alzheimers and vascular, if you're interested). And I am writing to tell you that it is going to be ok. You will be alright.

As James and I have said to you so many times this last year – you don't need to worry, we are here to do your worrying for you these days. I know, I know, 57 year old you doesn't do much worrying... but 90 year old you found lots to worry about. I think it was that you could no longer always make sense of what was going on in the world.

I don't know how much you know about dementia, perhaps not much more than I did last year before your diagnosis.

So what are the key things to tell you? There is so much to say, but actually I wonder how much of it really matters? What I have learned through your dementia is that all that really matters in the end is love. And you know, Mum, that although we haven't always voiced it, that you are so very loved by all of us.

I'm going to assume that your big fears about you having 'a touch of Alzheimers' as you put it the day after your diagnosis are the same as my big fears. Because I know how much we think alike.

My greatest fear was that you would no longer recognise me. Me! Your favourite daughter! And yes, I know that I am your only daughter, but it's become one of our wee jokes – I call you my favourite Mum, and you call me your favourite daughter. Yup, I know, it's not really that funny, but when you're 90 it will become more amusing, trust me on this. And let's put that fear to one side – you continue to know me, and if you don't know who I am, I now know that you will always at least understand that I am a person who loves you and keeps you safe.

And my other fear is that you will change temperament, that you will no longer maintain your composure, that you will lose that ability you have to be firm but kind, so very kind, and always always fair (in a world that isn't). What if your dementia alters your personality, such that you are constantly angry, or prone to outbursts? Shouty and swearing and hitting out at people, either physically or verbally? I don't know how I would cope with that.

Perhaps you are worrying about what you will lose... what bits of you will be lost to all of us

- your easy conversation
- your curiosity
- your stories
- your ability to sketch and draw with such ease (especially horses!)
- how you can make a feast for a table full of family from what appears to be frugal scraps in the fridge)
- your ease of getting small children and animals to do what you want them to do
- and actually most adults too.

And yes. Most of that will go. Perhaps all of it. But none of that is really you. It's just stuff you do. You are still there. Here.

And I can confirm that 91 year old you with relatively advanced dementia is the concentrated essence of who you are.

Never have you been more loved.

But one thing – look after your teeth!

Arabella

Arabella ran down to the wood
Where she threw off her clothes,
And danced around nude.
She danced with her devil the way
Witches do,
Splattered in paint, red yellow and blue.

Arabella was a wonderous sight cavorting
and dancing in the waning moonlight,

till she tripped over a branch and fell in a hole.
she's still lying there a poor lost soul.

Now there's a place in the wood
where nothing grows.
a place in the wood, where nobody goes.
Where Arabella rises each night,
and dances her dance in the waning moonlight.

by George Drain

The Power of Hope

Our Lives are full of turmoil,
Our Lives are full of stress,
We pray for a little joy, wrapped up in happiness.
The world around us changes,
So much from day to day,
We Pray for better days ahead,
And hope they're here to stay.
Our strength, it grows from day to day,
Our love will never cease,
We strive to make things better,
And we hope this will increase.
We try to keep a happy face,
So, bringing better days,
To each and everyone of us
Within this human Race.

by Peter Charleton



“Mostly I keep the plots in my head... which gets harder as you get older!”

The day after he taps his free bus pass for the first time, Edinburgh novelist Sir Ian Rankin talks to Willy Gilder about how age is as much about opportunity as it is obstructive pulmonary disease for legendary hero, DI John Rebus...

“Rebus is a few years older than me. I’m learning what’s going to happen to me through watching him” says Sir Ian as sunlight trickles through the blinds of the Festival Theatre’s Founder’s Room.

We are recording the final episode of All The World’s A Stage, the dementia-friendly podcast from Capital Theatres and brainchild of myself and presenter Willy Gilder, who himself lives with Alzheimer’s. It was in the midst of a particularly energetic Capital Theatres Tea & Jam’ event that myself and Willy discussed what a Capital Theatres podcast would sound like. (For those unfamiliar with the term, a ‘podcast’ is just a new-fangled term for a radio show that you can listen to when you like.) Within a couple of weeks, Willy and I had thrashed out a podcast format: we would dive behind the scenes of the Festival Theatre, pairing folk from the dementia community with staff from Capital Theatres’ myriad departments: technical, creative, café, front of house... you name it! Stories would be shared; secrets would be revealed, and with a bit of luck, people experiencing cognitive impairment would feel part of an artistic community through which they could showcase their creative skills.

“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 said around this time. Once a BBC journalist in Northampton, Willy has never 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, and now a university student... you could say Willy’s life is richer and more varied than it was when he worked for BBC Radio prior to his diagnosis. And that would be saying something!

“You know who I’d really love to speak to... Ian Rankin,” said Willy after a contemplative pause one afternoon as we were discussing possible guests. “His character Inspector Rebus has retired from the police and I’d rather like to hear Ian’s thoughts on what it’s like to write your hero into retirement. And how does Ian himself write? Is it all stored in his head? Do authors ever retire?”

“I’m sure we can make it happen,” I replied, perhaps too quickly, not having any clue quite HOW I’d make it happen. I had heard from various sources, that Sir Ian was a “top bloke” and generous with his time; so that was a good start. Later that day, I had a chat with lovely Lucille up in the office, and before we know it, Sir Ian had agreed to come in and speak on our podcast!

The morning arrived, and the podcast table laid. Microphones were set an equal distance apart with a Hyacinth Bucket attention to detail. Headphones rested on seats; glasses of water sat crystalline and still like a lake moments before an earthquake. He’d be here any minute...

I had written some copy for Willy to read out and our podcast researcher, Ann, who herself has lived experience of dementia, had dug out almost every article on Ian Rankin the internet had to offer. So we were prepared. And Willy seemed calm. Everything was going to be just fine...

A few moments later, I spied Sir Ian walking into the Festival Theatre courtyard from the window of the Founder’s Room. As I met him at stage door and we all shook hands, Willy became a little quiet. I froze. Could it be the great broadcaster, who had interviewed everyone from prime ministers to knife-wielding gangsters, had become star-struck? He turned to me as if for answers. I tried to keep the conversation going as my colleague went to fetch us some coffees. I felt hot. As is typical for me when I’m nervous, I started to babble. Babble fast and babble loud.

And then something magical happened. I have never seen anything quite like it. As soon as the coffees arrived and I yelled “Recording!” both men transformed. Willy became masterful interviewer; Sir Ian, masterful interviewee. My head flipped left and right as I tried to savour every bit of the conversation, breaking off only to scribble down the odd quote I especially loved. “Rebus carries around with him all the cases he’s worked on, solved and unsolved; if his memory does start to

“We need people to start putting things like dementia front and centre of the work they’re making.”

go he’d lose those cases,” said Sir Ian at one memorable point. Like his policing hero, it is clear the author has a deep respect for the power of the brain; for both men, it is the cornerstone of their respective livelihoods. And yet, with Rebus spooked by a recent COPD diagnosis, Rankin seems quietly grateful for the challenges of writing an aging character: “it makes me use different parts of my brain in different ways” he comments, discussing the challenge of how Rebus – now a retired cop and unable to do stairs easily – can legitimately “inveigle his way into a police investigation.”

A little later, swerving from a light-hearted chat about erstwhile rockstar dreams, Rankin becomes serious: “We need people to start putting things like dementia front and centre of the work they’re making.” With disability touching his immediate family, it is clear the novelist shares Willy’s own belief – that the industry needs to shift to empower people living with disability to have their work taken seriously across mainstream media and art.

By the time the podcast ended, I found myself thinking what all editors lucky enough to witness a special interview must feel: how am I going to edit THAT down? Well, I did... with a lot of coffee and many a difficult cutting decision. And it is attached to this edition of DementiArts on CD.

Sir Ian Rankin’s latest novel *A Heart Full of Headstones* is now available from all good bookshops.



The Forget Me Not Garden: The Hidden Gem Where Memories are Planted Alongside Marigolds

The benefits of being in the open air have long been documented. But what are the specific advantages for someone living with dementia? I chat with Anne Walker about the charming Forget Me Not Garden at Lauriston Castles, where the strawberries are juicy and where the landscaping plays an active role in reminiscence.

Q1. Hello Anne, thanks for talking to DementiArts! Firstly, tell us what a 'dementia garden' actually is?

The dementia garden at Lauriston Castle has been designed with people living with dementia their family and carers in mind. The idea came from Dr Robert Cafferty and people at Cramond Dementia and Carers Lunch club. The purpose of the garden is to provide a safe space which is both a place to enjoy the plants and nature. The garden is enclosed so people can walk freely as well as enjoy activity and reminiscence.

Q2. The Forget Me Not garden at Lauriston Castle looks gorgeous. What might people expect to find when they arrive?

The garden is accessed from the main car park at Lauriston and has several features that are designed to prompt memories. We have a bus stop for example that can prompt conversations about trips to work or the shops. We also have a telephone box, a post box and washing green. There are two areas, firstly a flower garden with raised planters and flower beds. This area also has a putting green and lawn areas where other activities can take place. There are activities available when volunteers are there and currently consist of outdoor games such as quoits and croquet. We are happy to support group visits from care homes, day care, lunch clubs etc. We also

have seating and people can take part in art activities. The second area is an allotment style garden with raised beds and a greenhouse. This area is under development, and we hope to provide a positive activity space for groups and individuals. We hope that people will take care of plots and be able to plant seeds and get seedlings growing into a range of plants, either for the allotment beds or the flower garden. There are some very healthy strawberry plants, herbs and potatoes growing at present.

Q3. What research has there been to suggest dementia gardens are beneficial to those living with dementia?

There have been several research papers looking at how time outside can influence people's behaviour, reducing anxiety and agitation, and promoting more restful sleep. There have been particularly beneficial results when there are opportunities for activity which promotes social contact and maintaining communication. The reduction in aggression and agitation on returning indoors has also been noted. Carers too benefit from time in nature reporting increased wellbeing and better sleep. We are keen that the garden is developed in conjunction with the people who use the garden. This is because there is evidence that there is greater benefit when people feel included in planning.

Q4. Do you offer other activities within the garden and its surroundings?

The gardens sit in the wider grounds of Lauriston Castle, and it is possible to combine a visit to the garden with a tour of the castle. The grounds are also another area to explore with formal gardens, a Japanese style garden and wilder areas. There is also a café and toilet facilities on the castle grounds. The lodge house next to the garden is due to be developed in the next year to provide a resource centre so people will be able to get advice and support as well as visiting the garden. The 47-bus stop is close to the Lauriston Castle entrance. Nearby Main Street in Davidson Mains has pubs, cafes and an ice cream parlour.

Q5. This all sounds wonderful! How might we get in contact with you to arrange a visit?

Only groups would have to arrange a visit and they can do so by contacting patricia.eason@virgin.net. Individuals living with dementia and their carers are welcome in the garden at any time when the gates at Lauriston are open.

Thank you for talking to DementiArts, Anne!



The Whole Story

While research into dementia often recruits people with lived experience, it frequently stops short of including those with more severe instances of the disease. Here, Dr Frankie Greenwood talks about how ECRED are attempting to buck this trend, no matter how difficult the practicalities might be.

Over the last 20 years, the inclusion of people living with dementia in research has become more commonplace. Not only do people living with dementia more often take part in research, but also take part in directing the research process, as co-researchers. However, this co-research rarely includes people living with a more advanced dementia, who have difficulties in their ability to communicate using verbal language in the traditional ways used in research.

Through the INCLUDED project, funded by the Royal Society of Edinburgh, we at ECRED (Edinburgh Centre for Research on the Experience of Dementia), want to explore a more equal and inclusive way to do research. We know that this isn't an easy task, but we believe that instead of "just not bothering" to include people, we should "just try harder".

In a series of four workshops that explore ethics, creative methods, the meaning of co-research and a vision for future research, we bring together people living with dementia, artists, policymakers, researchers, and other key stakeholders, to discuss this often-neglected issue.

Our first workshop, held at the Festival Theatre in Edinburgh on 24th May 2023, explored the ethical dilemmas that need to be considered, and centred around two important questions:

1. Can it be ethical to exclude people with a more advanced dementia as co-researchers?
2. What could an ethics process that includes people with a more advanced dementia as co-researchers look like?



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



It was wonderful to spend time with people from so many different backgrounds joining us both online and in person to take part in these vital discussions.

Our discussions highlighted the ethical nuances in this type of research, and it was energising and encouraging to share our thinking about how we can find ways to do ethical research that is directed by, and meaningful for all people living with dementia, INCLUDING those who do not communicate using verbal language.

Our next workshop takes place at the end of June 2023, and explores how we might find ways to understand what is meaningful to people living with a more advanced dementia through creative and arts-based approaches.

Pictures by Willy Gilder.

Dr Frankie Greenwood is deputy director at ECRED and a social science researcher specialising in the lived experience of dementia. She has a specific interest in exploring ways to amplify the voices of people with a more advanced dementia who no longer communicate using words. She is interested in how creativity and the arts open up the opportunities for people to tell their own stories. Frankie is the project lead on the INCLUDED project, and also a member of the bold (Bringing out Leaders in Dementia) team, also at University of Edinburgh.

Frankie has worked with people living with dementia in community and care home settings since 2008 and continues to do so through music workshops and hosts a dementia inclusive drop in café in her local area.



Are Ye Coming to ‘Are Ye Dancing’?

An exciting collaboration is brewing between Capital Theatres and the wonderful team at the Eric Liddell Centre. Project leader and musician Gus Harrower tells us more...

Hi, my name is Gus Harrower and you might have seen my face at Tea and Jam or Songwriting Sprint. I am a musician from Edinburgh and I work closely with Capital Theatres, STAND in Fife and more recently the Eric Liddell Community, to use music to enhance people’s wellbeing. The ELC is an Edinburgh based care charity and community hub committed to our vision to live in a community where no one feels lonely or isolated. Since facilitating sessions at Capital Theatres, I continue to be amazed of the impact that music can have on the lives of people living with dementia. I feel very lucky to be able to provide positivity through the work that I do and that’s why I’m very excited about this new venture...

I’d like to invite you to “Are Ye Dancing?”, a dementia-friendly, community Tea Dance event, hosted by the Eric Liddell Community in partnership with Capital Theatres. This inaugural event will take place on the 7th of October at Lauriston Halls (attached to the Sacred Heart Church) from 1pm – 3pm. There will be music, dancing, refreshments, and maybe even a chance to win some free tickets to a show at the Festival Theatre...

Me and the team at the Eric Liddell Community noticed a lack of Tea Dance events and wanted to re-create the old-school energy of a Scottish dance hall. I’ve heard countless fantastic stories about places like The Palais, Plaza and The Cavendish (other dance halls were available). These stories are often about meeting a future wife/husband, seeing a local band or dancing round a bag on the floor but ALWAYS about having a good time. The ELC is delighted to be partnering with Capital Theatres to put this event on and bring our communities together.

To book a ticket, email harrowerg@ericliddell.org or call 0131 357 1277



Welcome to Pet Corner!

This quarter, we meet Cobo... the cat of box office groups supervisor Pab Roberts, who was named after a type of ticket and who is currently applying to study Latin at Oxford.

Name	Cobie (or sometimes ‘COBO*, Cobie-Joe’, ‘Koobz’, ‘You little B@~%*r!’)
Age	7 Years (eternally a palm-sized kitten to his humans)
Humans	Pab Roberts and Megan McCutcheon
Descriptions	A beautifully patterned light ginger and white tomcat, big softy, thinks he’s the Prince of house
Nature	Cobie is a big weirdo who loves to get in the shower, drink from the kitchen tap, and be on the opposite side of the front door to whichever one he is currently on. Although he claims to spend most of the night hunting, he is frequently discovered snoozing beneath a bush or playing with his new girlfriend, Isla, the Highland Terrier, down the street. He has achieved his primary ambition of denying Pab sleep for evermore. This year he intends to read Latin at Oxford.

* In ticketing land, a ‘COBO’ stands for a “Care Of Box Office” ticket and an oft-heard cry exchanged between box office operators in the hour before a busy show starts!

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.

July 2023

18**Understanding Dementia**

10am – 12pm

To book, visit VOCAL at www.carerstraining.co.uk or call 0131 622 6666**18****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**18****Heart for Art**

11am – 1pm (every Tuesday)

To book, please contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk**18****Eric's Encore Music Group**

1.30pm – 2.30pm (every Tuesday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277**18****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

July 2023

19**Porty Promenade Walk**

10.30am (every Wednesday)

For more information, contact Active Communities on 0131 458 2260

19**Craigie Hotel Morning Meet Up**

10.30am – 12 noon (every Wednesday)

Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org**19****Bo'Ness Dementia Café**

10.30 am (every Wednesday)

For time & information, contact 01324 559480 or email falkirkservices@alzscot.org**19****Craigie Hotel Morning Meet Up**

10.30am – 12 noon (every other Wednesday)

Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org**19****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**19****Sunflower Café, Palmerston Place**

2pm – 3.30pm (every 3rd Wednesday)

For more information, phone 0131 220 1690

20**Union Canal Walking Group**

10am (every Thursday)

For more information, contact Fiona on 07706580147

July 2023

20

Forget Me Notes: Choir at Gorgie

4pm – 5pm (fortnightly on Thursdays)

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

21

Liddell Lyrics

11am – 12 noon (every Friday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277

21

Armadale Memory Café

11.00am – 1.00pm (every 3rd Friday)

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

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

Thinking About Long-Term Care

11am – 12pm (on Zoom)

To book, visit VOCAL at www.carerstraining.co.uk or call 0131 622 6666

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

24

Forget Me Notes Choir

4pm (every Monday)

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

July 2023

25

Broxburn / Uphall Memory Café

10am – 11.30am (every 4th Tuesday)

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

25

Stress and Distress

10am – 12pm

To book, visit VOCAL at www.carerstraining.co.uk or call 0131 622 6666

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

Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277

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

25

Palm Café Balerno

2.30pm – 4pm (every last Tuesday)

For more information, please contact Kay Latimer 0131 449 6186

July 2023

26

Porty Promenade Walk

10.30am (every Wednesday)

For more information, contact Active Communities on 0131 458 2260

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

Bo'Ness Dementia Café

10.30 am (every Wednesday)

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

27

Union Canal Walking Group

10am (every Thursday)

For more information, contact Fiona on 07706580147

28

Gallery Social: Summer in the Sculpture Park

10.30am – 12pm

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

July 2023

28

Liddell Lyrics

11am – 12 noon (every Friday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277

31

Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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

31

Thinking About Long-Term Care

11am – 12pm (on Zoom)

To book, visit VOCAL at www.carerstraining.co.uk or call 0131 622 6666

31

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

31

Tea and 'Jam'

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

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

31

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

31

Forget Me Notes Choir

4pm (every Monday)

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

August 2023



Heart for Art

11am – 1pm (every Tuesday)

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



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



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277



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



Porty Promenade Walk

10.30am (every Wednesday)

For more information, contact Active Communities on 0131 458 2260



Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

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



Bo'Ness Dementia Café

10.30 am (every Wednesday)

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

August 2023



Craigie Hotel Morning Meet Up

10.30am – 12 noon (every other 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



Union Canal Walking Group

10am (every Thursday)

For more information, contact Fiona on 07706580147



Forget Me Notes: Choir at Gorgie

4pm – 5pm (fortnightly on Thursdays)

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



Liddell Lyrics

11am – 12 noon (every Friday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277



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

August 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



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



Heart for Art

11am – 1pm (every Tuesday)

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



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



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277



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

August 2023



Porty Promenade Walk

10.30am (every Wednesday)

For more information, contact Active Communities on 0131 458 2260



Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

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



Bo'Ness Dementia Café

10.30 am (every Wednesday)

For time & information, contact 01324 559480 or email falkirkservices@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 or call 07786406668



Union Canal Walking Group

10am (every Thursday)

For more information, contact Fiona on 07706580147



Moving and Hauling

5.30pm – 7pm (on Zoom)

To book, visit VOCAL at www.carerstraining.co.uk or call 0131 622 6666

August 2023

11

Library Social: Homemade Animation

10.30am – 12 noon

For more information, contact Beverley Casebow on b.casebow@nls.uk or call 0131 623 3700

11

Liddell Lyrics

11am – 12 noon (every Friday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277

11

Music & Memories in Morningside

2pm – 4pm Morningside Church

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

14

Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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

14

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

14

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

14

Forget Me Notes Choir

4pm (every Monday)

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

August 2023

15

Introduction to Carers Act

10 am – 11.30am (on Zoom)

To book, visit VOCAL at www.carerstraining.co.uk or call 0131 622 6666

15

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

15

Heart for Art

11am – 1pm (every Tuesday)

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

15

Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277

15

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

16

Porty Promenade Walk

10.30am (every Wednesday)

For more information, contact Active Communities on 0131 458 2260

16

Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

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

August 2023

16

Bo'Ness Dementia Café

10.30 am (every Wednesday)

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

16

Craigie Hotel Morning Meet Up

10.30am – 12 noon (every other Wednesday)

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

16

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

16

Technology for Dementia Care

12pm – 1.30pm (on Zoom)

To book, visit VOCAL at www.carerstraining.co.uk or call 0131 622 6666

16

D-Café Tranent

2pm — 3.30pm (every 2nd Wednesday)

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

16

Sunflower Café, Palmerston Place

2pm – 3.30pm (every 3rd Wednesday)

For more information, phone 0131 220 1690

17

Union Canal Walking Group

10am (every Thursday)

For more information, contact Fiona on 07706580147

August 2023

17

Forget Me Notes: Choir at Gorgie

4pm – 5pm (fortnightly on Thursdays)

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

18

Liddell Lyrics

11am – 12 noon (every Friday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277

18

Armadale Memory Café

11.00am – 1.00pm (every 3rd Friday)

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

21

"The Father" (Fringe Show)

10.15am (Greenside at Infirmary Street)

To book, call the Fringe box office on 0131 226 0000 or visit edfringe.com

21

Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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

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

Music & Memories in Morningside

2pm — 4pm Morningside Church

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

August 2023



Broxburn / Uphall Memory Café

10am – 11.30am (every 4th Tuesday)

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



“The Father” (Fringe Show)

10.15am (Greenside at Infirmary Street)

To book, call the Fringe box office on 0131 226 0000 or visit edfringe.com



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



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277



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



Palm Café Balerno

2.30pm – 4pm (every last Tuesday)

For more information, please contact Kay Latimer 0131 449 6186

August 2023



Stress and Destress in Dementia

5.30pm – 7.30pm (on Zoom)

To book, visit VOCAL at www.carerstraining.co.uk or call 0131 622 6666



“The Father” (Fringe Show)

10.15am (Greenside at Infirmary Street)

To book, call the Fringe box office on 0131 226 0000 or visit edfringe.com



Porty Promenade Walk

10.30am (every Wednesday)

For more information, contact Active Communities on 0131 458 2260



Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

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



Bo'Ness Dementia Café

10.30 am (every Wednesday)

For time & information, contact 01324 559480 or email falkirkservices@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 or call 07786406668

August 2023



Union Canal Walking Group

10am (every Thursday)

For more information, contact Fiona on 07706580147



Gallery Social: Prizewinning Portraits

10:30am – 12pm

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



Liddell Lyrics

11am – 12 noon (every Friday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277



Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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



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



Living Grief and Bereavement

1pm – 3pm (every 4th Monday)

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



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

August 2023



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



Heart for Art

11am – 1pm (every Tuesday)

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



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



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277



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



Porty Promenade Walk

10.30am (every Wednesday)

For more information, contact Active Communities on 0131 458 2260

August 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



Craigie Hotel Morning Meet Up

10.30am – 12 noon (every other Wednesday)

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



Bo'Ness Dementia Café

10.30 am (every Wednesday)

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



Union Canal Walking Group

10am (every Thursday)

For more information, contact Fiona on 07706580147



Forget Me Notes: Choir at Gorgie

4pm – 5pm (fortnightly on Thursdays)

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



September 2023



Liddell Lyrics

11am – 12 noon (every Friday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277



Music & Memories in Morningside

2pm — 4pm Morningside Church

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



Together in Song

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

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



Technology for Dementia Care

12 noon – 1.30pm (on Zoom)

To book, visit VOCAL at www.carerstraining.co.uk or call 0131 622 6666



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 pastoralassistant@morningsideparishchurch.org.uk

September 2023



Forget Me Notes Choir

4pm (every Monday)

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



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



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277



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



Porty Promenade Walk

10.30am (every Wednesday)

For more information, contact Active Communities on 0131 458 2260



Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

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

September 2023



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 other 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



Union Canal Walking Group

10am (every Thursday)

For more information, contact Fiona on 07706580147



Royal Reminiscence at Holyrood

10.30 – 12 noon

Book at Royal Collection Trust at www.rct.uk or call 0303 123 7300



Understanding Dementia

10am – 12pm (on Zoom)

To book, visit VOCAL at www.carerstraining.co.uk or call 0131 622 6666



Library Social: John Francis Campbell

10.30am – 12 noon

For more information, contact Beverley Casebow on b.casebow@nls.uk or call 0131 623 3700

September 2023



Liddell Lyrics

11am – 12 noon (every Friday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277



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



Forget Me Notes Choir

4pm (every Monday)

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



Music & Memories in Morningside

2pm — 4pm Morningside Church

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



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

September 2023



Heart for Art

11am – 1pm (every Tuesday)

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



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277



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



Porty 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

September 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



Union Canal Walking Group

10am (every Thursday)

For more information, contact Fiona on 07706580147



Forget Me Notes: Choir at Gorgie

4pm – 5pm (fortnightly on Thursdays)

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



Alzheimer Scotland Conference 2023

9am – 6pm

Call 0131 243 1453 or email conference@alzscot.org to book



Liddell Lyrics

11am – 12 noon (every Friday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277



Armadale Memory Café

11.00am – 1.00pm (every 3rd Friday)

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

September 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



Forget Me Notes Choir

4pm (every Monday)

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



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



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277



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

September 2023



Porty 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



Craigie Hotel Morning Meet Up

10.30am – 12 noon (every other 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



Union Canal Walking Group

10am (every Thursday)

For more information, contact Fiona on 07706580147

September 2023



Games Afternoon

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

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



Gallery Social: The Caricatures of Emilio Coia

10.30am – 12pm

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



Liddell Lyrics

11am – 12 noon (every Friday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277



Stress and Dementia

1pm – 3pm (on Zoom)

To book, visit VOCAL at www.carerstraining.co.uk or call 0131 622 6666



Music & Memories in Morningside

2pm — 4pm Morningside Church

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



Dementia-Friendly Concert

2pm

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



Heart for Art Exhibition

3pm – 5pm

Exhibition across this weekend. For more information call Jacqui on 07834 364 628

September 2023



Dunbar Outdoor Activity Group

10.30am – 12 noon (every Monday)

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



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



Living Grief and Bereavement

1pm – 3pm (every 4th Monday)

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



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 pastoralassistant@morningsideparishchurch.org.uk



Palm Café Balerno

2.30pm – 4pm (every last Tuesday)

For more information, please contact Kay Latimer 0131 449 6186

September 2023



Forget Me Notes Choir

4pm (every Monday)

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



Broxburn / Uphall Memory Café

10am – 11.30am (every 4th Tuesday)

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



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



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday)

Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277



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



Porty Promenade Walk

10.30am (every Wednesday)

For more information, contact Active Communities on 0131 458 2260

September 2023

- 27

Craigie Hotel Morning Meet Up
10.30am – 12 noon (every Wednesday)
Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
- 27

Bo’Ness Dementia Café
10.30 am (every Wednesday)
For time & information, contact 01324 559480 or email falkirkservices@alzscot.org
- 27

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
- 27

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
- 27

A Brew and Blether
2pm – 3:30pm (last Wednesday of the month)
To book, please call 0131 529 6000 or visit capitaltheatres.com
- 28

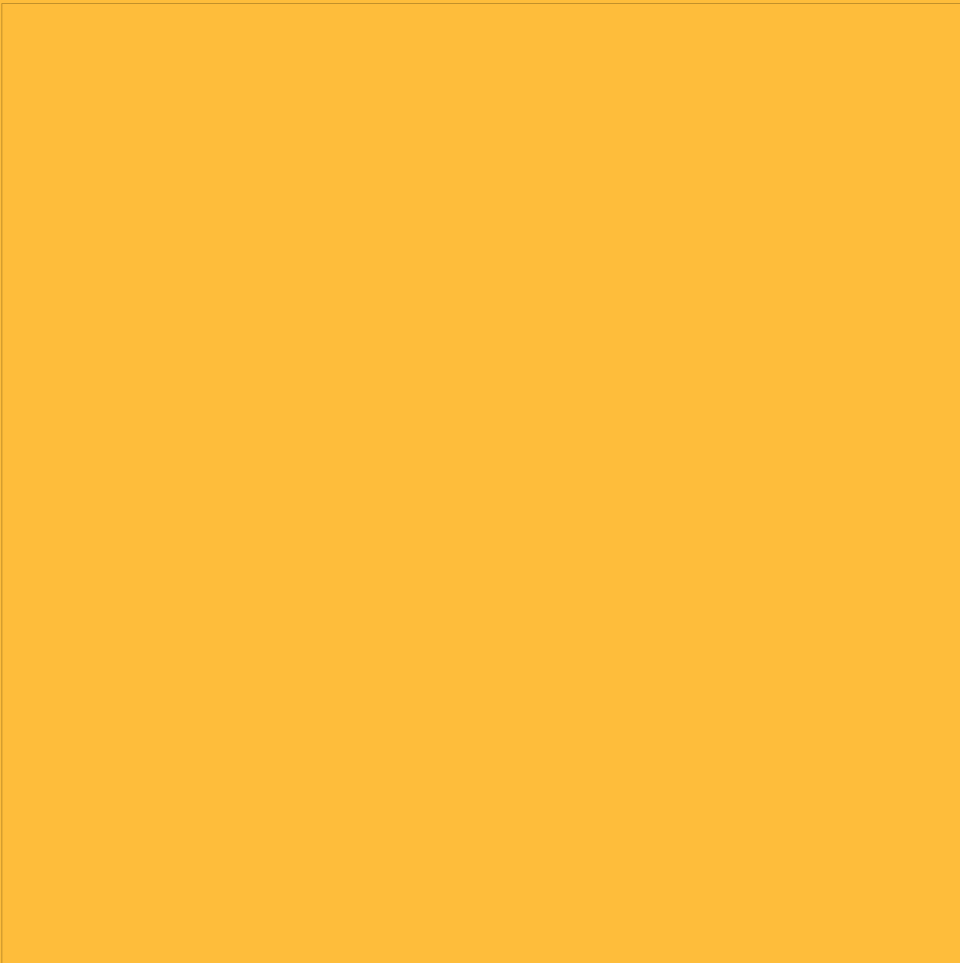
Union Canal Walking Group
10am (every Thursday)
For more information, contact Fiona on 07706580147
- 28

Forget Me Notes: Choir at Gorgie
4pm – 5pm (fortnightly on Thursdays)
To book, contact Alan on amidwinter3@btinternet.com or 07588 894 587
- 29

Liddell Lyrics
11am – 12 noon (every Friday)
Contact Gus for more details at harrowerg@ericliddell.org or call 0131 357 1277

All The World’s A Stage Podcast

Bonus Episode 6: Sir Ian Rankin



To request the full series on CD, contact me at alex.howard@capitaltheatres.com

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 persons with dementia.

email PC Yocksan Bell at

Yocksan.Bell@scotland.police.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
