

Creative voices at Capital Theatres

# DementiArts



## Doing it for themselves

Lesley Joseph and Sister Act  
Cast Join Together in Song





## Welcome to Autumn 2023

And just like that there are puddles everywhere! But even though every train in Scotland appears to be cancelled and we're starting to rummage for our big coats, our programme at Capital Theatres continues with vim and vigour.

In fact, we have exciting news to share. **Our dementia-friendly programme won the Excellence in Inclusivity category at the UK Theatre Awards!** The accolade is huge for us; but it is YOU, the community, who supplies the insatiable spirit to our dementia-friendly programme, so this award is every bit yours as it is ours. Thanks for attending our events, sharing your ideas, submitting to this magazine, and entrusting us to engage, enthrall and entertain you over the last few years.

As for this last quarter? Well I must kick off with a huge thank you to the cast of **Sister Act**, including the inimitable **Lesley Joseph**, who joined **Together in Song** for a sing-song and blether. It made for an incredibly special event with even **STV News** paying us a visit! Last month, Lucie and I attended the **Alzheimer Scotland Annual Conference** to hear the latest in dementia treatment across Scotland while **Brew & Blether** turned a sweet note with Saskia Gavin giving us an intro to beekeeping! Around this time, our **Creative Contributors** saw a work-in-progress of **Framed**, a new dementia-friendly show directed by Magdalena Schamberger, and broadcaster **Sally Magnusson** paid us a visit to speak with Willy Gilder about **Playlist For Life's** 10th birthday. Our graphic novel project **GRAND** reached storyboarding stage, and I headed to Perth for Age Scotland's new in-person **Network Forum**. Phew!

And all this is in addition to the usual Capital Theatres diet of **Tea & 'Jam'**, **Songwriting Sprint** and **Focus Group**.

So cosy up, put all three bars on the electric fire, grab an Ovaltine and enjoy the journey of the following pages.

**Alex and the Creative Engagement Team**

# In your Autumn 2023 issue

- 4 Feature**  
Alex tours new dementia-friendly National Gallery
- 6 Hidden Lives**  
Ann meets Hamish and Isabelle
- 8 Cover Story**  
Alex recalls magic of Sister Act Singing Special
- 10 Feature**  
Ron eagerly anticipates nation's first dementia arts festival
- 12 Art Corner**  
Willy and James McKillop draw in Autumn
- 14 Bold**  
Suzie Beresford investigates personal impact of BOLD
- 17 Culinary Corner**  
Mike tries a curry with a difference
- 18 ECRED**  
Dr Greenwood explores how people with advanced dementia can still be enrolled as co-researchers
- 20 Those Were the Days**  
Test your knowledge of Edinburgh gone by!
- 22 Feature**  
Tom kicks off with Easter Road sporting memories
- 24 Blog Corner**  
Paul channels the thoughts of doodle-doggy Jura
- 25 Pet Corner**  
Spicy puss Martha hisses down the lens
- 26 Diary**  
Lots to do in November and December!

**Back page has our list of useful numbers**

Please feel free to drop me, or Lucie, a line if you require further information, would like to subscribe to this magazine, or would just like a wee chat about our programme.

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Cover image: Lesley Joseph and the cast of Sister Act join us for Together in Song





# A Picture Perfect Access Experience at All New National Galleries

**This quarter, I was delighted to meet up with Maro Psyrra, Communities and Access Learning Coordinator at the National Gallery Scotland, for a tour of their refurbished galleries where dementia-friendly access is centre-frame.**

We're all familiar with the National Galleries building on The Mound. You can scarcely travel the length of Princes Street without having your eye drawn to its imposing neoclassical pillared front, declaring the latest exhibition. See a tourist's photo of Edinburgh? There's the National Gallery. A postcard of ye olde Edinburgh? Yup, there it is again...

The last few years has seen the gallery undergo a substantial redevelopment in a new commitment to putting access left-and-centre in the visitor experience. I went along to meet Maro Psyrra, the Gallery's Community and Access Learning Coordinator to find out what the dementia-friendly community in particular can expect from the Gallery's new layout.

Maro takes me to the foot of a wide staircase in a sleek lift. "One of our colleagues, who is sight impaired, was able to navigate the entire floor just using the handrail as guidance," she says, indicating an illuminated rail that has been carefully created to be a route guide. Gorgeous artworks flash out across the floor, starting from Scottish masters most recent, before going backwards through the centuries the further you advance. Audio guides are common in museums these days, but the National Galleries have gone a stage further: artworks are also audio described with accompanying BSL videos, should visitors require.

"The dementia-friendly programme covers all our galleries, including the Modern and Portrait Galleries," Maro tells me. She excitedly points out the Monarch of the Glen and various other notable paintings that drip with baronial Scottish grandeur. "In this section, we're going to run a dementia-friendly myth and legend event, focussed on old Edinburgh, finishing with teas in our learning room!"

Much like the access-centred floorplan, one feels attention to detail hasn't been spared in designing the Gallery Socials. "Have you heard of Crawford's Tea Room on Princes Street?" Maro asks me. I stare back blankly. "Well a man called Robert Burns (not that one!) was commissioned to decorate it in 1923... and it's with his artwork that we start our dementia-friendly tour into Old Edinburgh." Gazing up, I admire Burns' artwork, which has a Rennie Mackintosh feel, evoking 1920s sharp-mirrored opulence in all its glory.

With Crawford's Tea Room closing its doors in 1996, many of the Gallery's older patrons would likely remember it as a bridging point to a bygone age of 20s grandeur. "And here's an artwork by deaf artist Walter Geikie," said Maro, pulling me from my nostalgic reverie. I peer in at a gorgeous little image of a group of bright-faced children. The National Galleries practice what they preach, it turns out, featuring art displayed by people with disability as well as working closely in consultation with the RNIB and Alzheimer Scotland to build the new access-friendly Gallery.

"And look at this ..." Maro swishes open a door to reveal a bathroom like no other. Bright and airy, with showers, a lowering bed, all-round handrails and even electric winches, the disabled toilet is a shining example of the lengths companies can go (and should go) to make disabled patrons feel comfortable in their space.

By this point, we had reached room 10, where the refurbished part of the Gallery re-joins seamlessly with the pre-existing upper floor. "Check out our website as all our dementia-friendly tours and gallery socials will be going live soon!" Maro says as we bid farewell.

As an engagement coordinator who tries hard to think how best our theatres can work to serve the dementia-friendly community, it was wonderful to be well-and-truly knocked off my perch by the National Galleries' shining example of access done at its best, for those with disabilities, both seen and unseen.

**The National Gallery's coordinators are Maro Psyrra ([MPsyrra@nationalgalleries.org](mailto:MPsyrra@nationalgalleries.org)) and Meg Faragher ([MFaragher@nationalgalleries.org](mailto:MFaragher@nationalgalleries.org)). For more details about the National Galleries' Learning and Engagement Programme, please contact 0131 624 6410.**





## Hamish

Hamish is not someone who sits back in retirement. After a very distinguished career in education, where he took his expertise around the world, he became involved in a variety of musical hobbies. When I visit Hamish, his lounge is filled with a Paraguayan harp and two beautiful clarsachs, the Scottish harp. One is intricately carved with heads of salmon, symbol of Mary Queen of Scots, of whom more later.

The clarsach preceded the bagpipes and fiddle as being the instrument of Scotland, each clan having its Clarsach player and even being taken into battle to be played there in the midst of fighting as a rallying call.

Hamish first heard one being played at a church organisation's meeting where Isobel Mieras spoke about its history and invited anyone interested in learning to let her know. After a monthly meeting of the Edinburgh Clarsach Society, he arrived home with a clarsach which he just happened to have bought there. He took lessons from a local teacher and made himself another clarsach from a kit, stringing it with wire as opposed to the gut of his first one.

Hamish explains that the sound of the clarsach varies with the size of the sound box on each instrument and is played in different ways according to the strings. If the strings are metal, then the fingernails are used to pluck them, whereas if gut is used, then the pads of the fingers do the plucking. To help distinguish the notes, C is a red string and F notes are black. Levers are used to adjust the notes played by a semi-tone.

Hamish doesn't play the harp professionally but was in great demand at weddings. He played at his daughter's wedding as well as one at Dirleton Castle attended by a group of Americans, enthralled at a wedding in a castle complete with a clarsach player.

Hamish proudly shows me his award from the Guinness Book of Records commemorating the largest group of harpists playing together, all 201 of them in 2006 in Edinburgh. He tells me somewhat regretfully that that record has since been superseded by a group of over 1000 in South America.

His fingers run across the strings producing an arpeggio of glorious sound. Sadly he finds it difficult to play nowadays as his fingers aren't as nimble as they were but his eyes still light up and he becomes more animated when he speaks of his beloved harps.

And then there's bell-ringing, but that's another story!



## Isabelle

Isabelle sits on her couch, a piece of knitting in her hands. It's another pretty scarf, again in a pinky shade, her favourite colour. Last year she donated 70 scarves she had knitted to the local care home for them to sell at their open day. 'It keeps me busy,' she says. 'I can knit and watch tv at the same time.' Already, there is a bag filled with them ready for the next sale of work.

Isabelle tells me her background. She's a local lass, her parents having moved to Dunbar where she was brought up. She remembers her father taking her on the crossbar of his bicycle along the roads to North Berwick. No health and safety concerns then and certainly no crash helmets. Sadly, her father drowned in a harbour accident and her mother was left to bring up the family alone.

Isabelle's skill with her hands goes back many years to when she started working as a weaver in the West Mill in Haddington when she was 18.

'I was thrown in at the deep end when I started. A day's training was all I got. When I went into the mill first, I had to put my fingers in my ears it was so noisy,' she tells me, 'but I soon got used to it. We used high pitched coo-ees to signal to the other girls if we had something to say. They could be heard above the noise the looms made.'

But she loved working in the mill, calling it the 'Magic Factory' as she had many friends among the 300 women who worked there. She also met her husband, David, there. He had called into the factory to see his sister, one of Isabelle's friends, and when he saw his sister he waved to her. But it was Isabelle who waved back! He asked who she was and liked the look of her so they started courting. They went to dances in the Corn Exchange in Haddington, which were very popular and eventually married in 1960. They are still together, 63 years later and have two sons, 4 grand-daughters and so far, 4 great-grandchildren.

She picks up her knitting again and holds it up. 'Another one nearly finished,' she says.





## Caught in the Act

**Our monthly Together in Song concert with the Forget Me Notes choir is joyous at the best of times. But imagine the thrill when 90s comedy icon, broadcaster and Strictly star Lesley Joseph joins the fun with the wonderful cast of Sister Act in tow?**

"Birds of a feather flock together" runs the would-be-full title of the 90s hit sitcom, starring Lesley Joseph and Pauline Quirk. With Joseph playing the naughtily loveable Dorien Green, its theme tune alone is enough to transport you right back to that era of high-waisted jeans, crop-tops, Doc Martens and tracksuits (I know, I know... it seems like only yesterday).

And in a way, the age-old saying is relevant for this Together in Song concert: whilst the assembled choir may be from different walks of life, we all share at least one common 'feather' – a particularly bold and resilient feather, I might add: the feather of dementia.

I watch as Lesley Joseph moves from table to table, pulling up chairs and speaking to folk as if she had just popped round to Pauline Quirk's house with a bottle of sangria and two expensive-looking

**"I would go anywhere to support people who look after people with dementia"**

Lesley Joseph

fluted glasses. The other cast members follow suit, speaking and laughing about their shared experiences of life, art and song. Faces light up, stories are told, and the volume of singing creeps that little bit higher than in former concerts.

"My mother had dementia, she died just under 104," says Joseph. "I used to visit her every day, and the one thing that used to make a huge difference in her life was music. [Dementia is] something which affects a lot of people and I would go anywhere to support people who look after people with dementia."

By the end of the concert, as the cast trotted back down to their dressing rooms to prepare for the evening show, it felt as if all the usual barriers dividing people according to class, fame or disability had melted away. We had all flocked together. And we felt much the better for it.



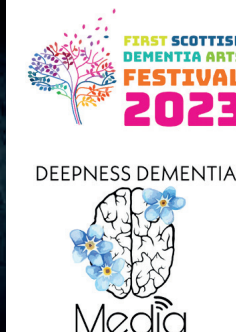


## The First Scottish Dementia Arts Festival 13th-16th November 2023

**When Ron Coleman decided to meet a group of artists, little did the long-time dementia activist know that he had inadvertently spearheaded the nation's first dementia art festival, where creative showcasing eclipses diagnosis.**

The Eden Court Centre in Inverness will host the First Scottish Dementia Arts Festival between the 13th and 16th of November 2023. When the idea was first mooted over a year ago it was initially about getting a few groups of people with dementia to carry out Art Projects and to explore the impact that these projects had on their wellbeing, resilience, and autonomy. We put together an initial draft proposal to the Ideas Fund and were selected to go forward to create a full proposal for a project that had a clearly defined research component as part of the programme.

As the proposal developed and we spoke to groups of people with dementia, family members and artists, it became clear that people not only wanted to produce art, but they also wanted to exhibit or perform their work as other artists would. We met painters, poets, photographers, film-makers, writers, actors, singers, installation-makers, dancers, musicians, and sculptors all of whom had some form of cognitive issue.



Then we had a moment... it was a glorious moment. It was the moment that the First Scottish Dementia Art Festival was born... a festival that would celebrate our work firstly as artists, rather than as people with dementia who did art.

The Ideas Fund liked our proposal and gave us the funding to make it happen. So here we are. less than eight weeks to go and what have we got? Well, it all starts at 3.00pm on the 13th of November when our exhibitions open for Eden Court members, people attending the gathering and anyone living with the impact of dementia. Our Reception and official opening is at 5.30pm in the chapel followed by tea and biscuits. All sessions are open to the public. At 7.30pm we start with a live radio performance of "What will we do about Mum?" a play about three sisters dealing with their mum's dementia after their father's death. The performance will be followed by a discussion.

On the 14th the exhibitions open at 10.30am. Look out for workshops in the afternoons and films in the Scala Cinema including "The Consultant: How Some Doctors Treat People with Dementia", and "Dementia Sucks" a film about young people with parents with dementia, along with "A Bold Conversation At The Wobbly Dog", and more.

In the evening of Tuesday the 14th November, we have scheduled a one act play called "Caught in this Moment of Time" (51mins). Based on a true story, it tells of one man's attempt to deal with his dementia and his use of Alexa AI device as his Personal Assistant. The story is told through dialogue, music, song, poetry, and dance. The play will be followed by the premiere of the "Dementia Symphony" (15mins) – a classical piece of music danced as a contemporary piece by two dancers. The evening will be rounded off with a discussion facilitated by members of the BOLD team, "Dementia The Musical" and "Dementia And All That Jazz" with Sophie Bancroft and Tom Lyle.

Thursday is a fun day with workshops, free art sessions and finishing up with an afternoon dementia-responsive disco. The workshop programme for the four days will be out soon. Other workshops will include a music workshop, a clowning workshop, a workshop by the Forget Me Notes choir, a workshop led by Willy Gilder called "Why I Do Art." Add to this a full programme of films and a couple of impromptu open mic sessions and we have the First Scottish Dementia Arts Festival!

We hope you will join us to celebrate this event.

Cheers

Ron Coleman

The Demented Poet

**To showcase your work at the Festival, or to talk about attending, please call 01851 810 789 or email [ron@deepnessdementiaradio.com](mailto:ron@deepnessdementiaradio.com)**



In this quarter's Art Corner, Willy returns with groovy cafes and moody markets, while James McKillop MBE shares "FLOURISH", an acronym created as part of the BOLD programme.



**Flourish by James McKillop**

**F**ear nothing, be the new yourself  
**L**earn as you go, and develop a new skill  
**O**rganize yourself, whatever you do  
**U**nderstand you could be a parvenu  
**R**ealize you could be an achiever  
**I**nspire others, by your own stimuli  
**S**how leadership, it can work wonders  
**H**ighlight your successes, your new found wealth

**bold** Bringing Out Leaders in Dementia









Figure 1

# Exploring Arts-Based Approaches to Social Leadership in Dementia

**The University of Edinburgh's Bold project is all about cultivating a sense of leadership for those living with dementia. Working alongside academics, it offers free social leadership development opportunities to new and emergent leaders in the dementia field. Here, Suzie Beresford takes a discursive look at how the development programme impacted her personally.**

Let me introduce myself, my name is Suzie Beresford, I had the pleasure of taking part in the bold programme and I went on to undertake a Master of Research (MRes) with Queen Margaret University. The resulting research study investigated the personal impact that bold had had and explored if this experience was mirrored by other bold partners. Bold partners are those who took part in bold; they have been affected by dementia, either living with it or helping to support or care for someone with this experience. Within this study I go on to explore my personal background and the lived experiences that relate. Using this method can help create a way of understanding our experiences, helping to provide common ground with each other and create a platform to enhance our understanding.

The research question which guided the study was 'how do arts-based methods facilitate equality of voice, democratise, and encourage engagement in group settings?'

As the full results and implications are lengthy, I will only be able to share a snapshot of some of the key findings in this article. We will look at the aims and objectives of the project, I will share some personal reflections of the bold programme and we will discover both the themes I felt, and the shared themes felt by the bold partners who took part.



Figure 2

## Aims

- To discover how my life experiences relate to the personal impact of bold.
- To explore the shared themes gathered from bold partners and create meaning of these experiences. Objectives
- To gather data through reflective journalling and explore this by further reflexivity.
- To view my online bold journey to help inform my visual bold interpretation.
- To find out from other bold partners their experience of the bold program through further analysis o To compare this to my personal experience.

## Themes

The themes I felt from my bold journey and which I represented in my bold artwork can be seen below (See Figure 1).

- Bold felt like a safe place.
- Sense of community
- Inspired by others and the programme. o Confidence to be 'bolder.'

## Figure 1 Artwork reflecting my bold journey

Reflective diary excerpt 04/08/2023 8am

"...it gave me a safe- place to share my story to create and grow as a person. I felt a sense of community and felt inspired by those around me...I also feel it has enabled me to discover myself and build-up self-worth, in fact it's given me confidence to be 'bolder'."

To enable a further in-depth discussion the group was split into three smaller groups, and these were held in separate breakout rooms. This enabled us to conduct an analysis of our experiences (See Figure 2).

## Figure 2 Process of creative hermeneutic analysis (Bloomer and McCormack 2010)

Each small group shared their visual representations (see Figure3) and took notes to relay their shared themes to the whole group.



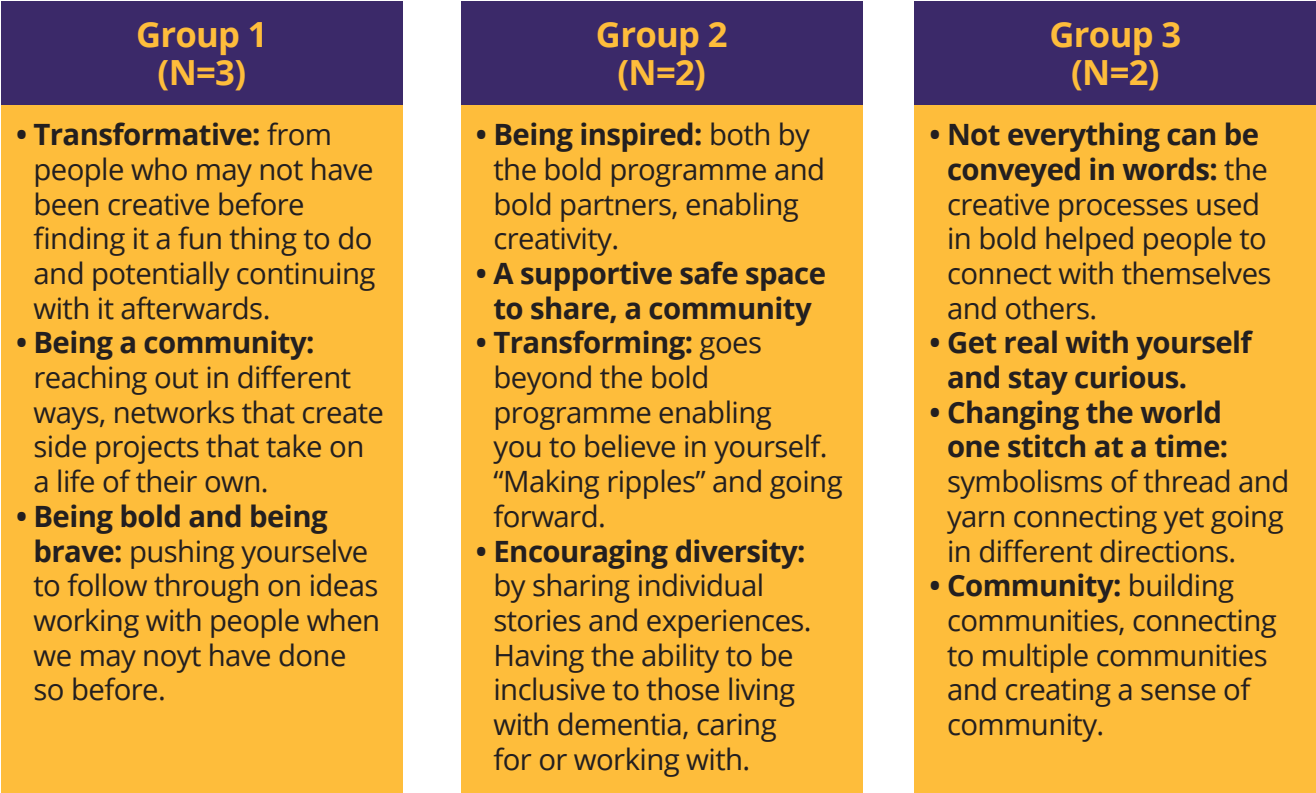


Figure 3

Once the groups had discussed the individual themes the bold partners went on to agree on shared themes. After returning from break out rooms the group discovered the themes that had encompassed all of the groups, these were:

- **Community**
- **Connection**
- **Transforming**

Figure 3 Artwork representing bold journey's

I was both excited and nervous on the run up to the online bold partner session. Seven bold partners including myself gathered online via Zoom to share our artwork, these depicted our personal bold journeys so far. After a brief introduction partners discussed how they found the process of creating it, some felt it was “challenging”. But, after they had begun to create and focus, they felt it just flowed, others related how much they had enjoyed creating their artwork.

Conclusion

The study discovered that the arts-based methods used within bold provided a means which enabled both equality of voice and social leaders to be created within a group setting. Bold had encouraged empathetic approaches to provide an informed understanding, whatever the lived experience of dementia was, all voices were seen as important. This led to communities developing, connections being formed and transformation, whether this be individually or part of a wider group. The social leaders that had been created went on to incorporate what had been learned within their roles and when they were able, to be involved in further “bold ripples.” I could see that other bold partners had also felt confidence, inspired, and benefited from the sense of community after taking part in bold. Some of the themes I had identified as having an impact on me had indeed been felt by other bold partners.

**References: Boomer, C.A. and McCormack, B. (2010) ‘Creating the conditions for growth: A collaborative practice development programme for clinical nurse leaders’, Journal of Nursing Management, 18(6), pp. 633–644. doi:10.1111/j.1365- 2834.2010.01143.x.**

# A Curry with a Difference!



We love a good curry in the Scotland, but here Mike offers a twist: a Japanese dry curry! Why not attempt it yourself thanks to Mike's easy-to-follow, dementia-friendly method?

Japanese Asian Dried Curry

Dry Curry is a no-gravy version of Asian curry rice made with ground meat and minced vegetables and often topped with a fried egg. This is a popular homestyle meal – it is full of flavour, gently spiced, with a hint of sweetness from raisins. Although not a well-known dish outside Asia, it is quick and easy to prepare.

Ingredients

In a small glass jar

Container 1

Method

- 150g of pork mince and 150g beef mince
- 1 x onion diced
- 1 x medium size carrot, grated
- 1 x green bell pepper or mild one, finely chopped
- 1 x dessertspoon of garlic paste
- 1 x dessertspoon of ginger paste
- 1 x tablespoon of curry powder (to suit your taste)
- Raisins (optional) (It's really nice to add a touch of fruity sweetness to the savoury curry.)
- Salt, pepper
- 1 x dessert spoon of dry sherry
- 60 ml of chicken stock
- 1 x dessert spoon of Worcester sauce (optional)
- 2-3 teaspoons of light soy sauce
- 2 teaspoons of running honey (optional)
- Toppings: parsley and two eggs
- In a frying pan, add a dessertspoon of oil then the contents from Small glass jar 1. Cook for 2 minutes.
- Add the contents from Container 1 and cook for further 2 minutes.
- Add the meat and cook on a medium heat for about 6-8 minutes.
- Add the stock, sherry, light soy sauce, Worcester sauce, raisins, stir in heat for a further 2-3 minutes.
- Season the mixture and let it simmer to let some of the liquid evaporate.
- Make fried/poach egg(s).
- Serve with steamed rice and place the dry curry and a fried egg on top.



# Exploring Ways to Include People with Advanced Dementia as Co-Researchers Through the Arts





In this quarter’s ECRED feature, Dr Frankie Greenwood looks the importance of inclusive, participant-led research.

In the last edition of DementiArts, you read about the first in a series of workshops, funded by the Royal Society of Edinburgh, that we at ECRED (Edinburgh Centre for Research on the Experience of Dementia) are holding to explore how we can include people with a more advanced dementia as co-researchers. The first workshops explored the ethical dilemmas that need to be considered, and we have since held a further two inspirational workshops.

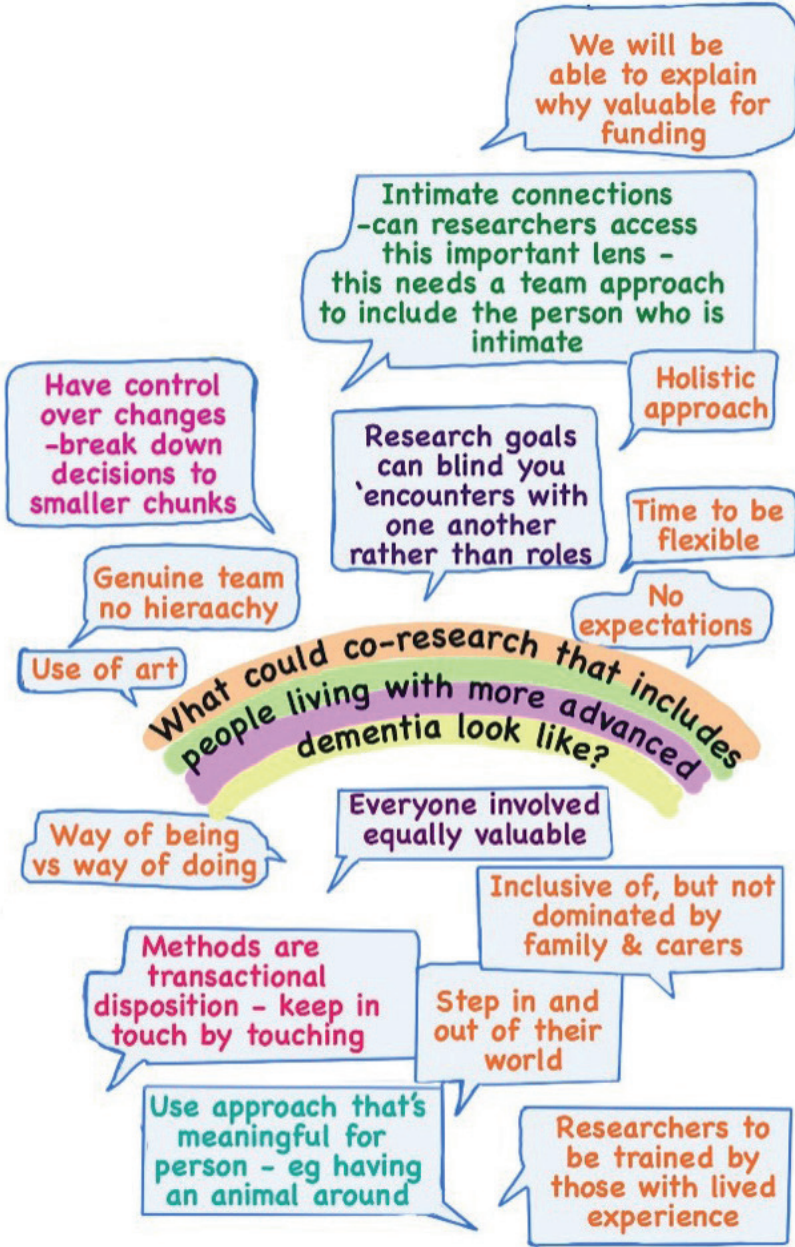
Workshop 2 took place on 30th June, and we explored how we might carry out research with people living with a more advanced dementia as co-researchers through creative and artistic methods.

Suzie Ferguson, a therapeutic clown, and Dr Jane Bentley a musician shared presentations that showed how they use creativity, attunement, and presence to see and hear what is meaningful for people with a more advanced dementia.

Our 3rd workshop took place on 30th August 2023, and was guided by the question: “What Could Co-Research Look Like When Working with People with a More Advanced Dementia?” We discussed the current understandings of co-research and the challenges and opportunities that those current understandings present for people living with a more advanced dementia. Visual artist Draw to Learn captured these discussions:

Challenges	Opportunities
<div><ul style="list-style-type: none"><li>✓ Limited understanding of cognition &amp; comms</li><li>✓ Inclusion criteria, who decides?</li><li>✓ Funding &amp; enough time &amp; people’s availability</li><li>✓ Academic researcher’s humility, recognise the surrounding ‘experts’ &amp; involve them</li><li>✓ Medical &amp; other models get in the way</li><li>✓ Getting buy-in</li><li>✓ Getting access to people living with advanced dementia</li></ul></div> 	<div><ul style="list-style-type: none"><li>✓ Use broader ways to ‘express’, communicate</li><li>✓ Involve broader range of people, team work, holistic involvement</li><li>✓ Find language other than words, whole body listening &amp; comms, adaptive interaction, eg tapping</li><li>✓ Recognise the knowledge that’s there from all sources - taken from day to day living</li><li>✓ Embrace everyone’s expertise</li><li>✓ Person centred planning</li><li>✓ How do we ‘collectively’ know the person but allow for change</li><li>✓ Train the researchers</li></ul></div> 

Finally we then used our imagination to envision the future of co-research with people with a more advanced dementia, which led to rich discussion and sharing of ideas, which are reflected below: You can read more about this workshop on the ECRED blog.



It is clear that there is a commitment from academics to find more inclusive ways of doing research. To do so we would do well to embrace creative ways of being to develop a more innovative, creative, and flexible frameworks within which we can conduct ethical research and be ethical researchers. We need to have the time, supportive structures, and the courage to step outside of our traditional methods of research, trusting that we can we find ways to include people with a more advanced dementia as co-researchers.

About Dr Frankie Greenwood

Dr Frankie Greenwood is deputy director at ECRED (Edinburgh Centre of Research on the Experience of Dementia, University of Edinburgh) 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.



# Test your Edinburgh history!



**Picture 1 (right)**

This photo was taken at the foot of what famous curly Edinburgh street?

**Picture 2 (above)**

What part of Edinburgh are we in here?



©Hamish Stevenson

**Picture 3** Here's tram number 88 trundling its way westwards. But what part of Edinburgh are we in? A bonus point if you can name the street name!



**Picture 4** Here's another tram making its way past the old George Cinema in 1953. What part of Edinburgh are we in here?

**Answers on p23**





# Football Memories at Easter Road Stadium

**Sport has such a big role in our lives; the thrill of an epic win, the family get-togethers huddled around the telly, the crushing losses and, most of all, the memory-making! Tom Wright talks here about the Easter Road Footballing Memories Group – a must for football-lovers living with dementia.**

Football Memories meetings are held at Easter Road Stadium on the first and third Monday of every month. The sessions cater not just for Hibernian supporters, but for fans of all clubs, and also for anyone who feels like they could benefit from meeting like-minded people. Find out more below.

Football Memories is a product of Alzheimer Scotland’s pioneering work on their Football Reminiscence project, using memories of football to improve the life of people with dementia. Over 88,000 people in Scotland have a diagnosis of dementia, which is the equivalent of every spectator on an average football weekend.

Many of those affected have short term memory problems, but are able to recall events from the past with some clarity. Recognising this, Alzheimer’s Scotland and the Hampden Park Scottish Football Museum have worked together to establish Football Memories, with the project aiming

to help men and women with dementia by reviving memories of players, games, goals and incidents from football matches from their younger days.

A Typical Football Memories meeting held at Easter Road Stadium in August 2016

The Football Memories programme consists of general discussions of the old days (not just football) and we also hold quizzes, share footballing memorabilia, show films of old games, invite former players for question and answer sessions, and recently members visited the Scottish Football Museum at Hampden.

Entirely run by volunteers, the meetings are very informal and take place in a friendly and relaxed atmosphere. Split into smaller groups, those attending can either join in the chat or just sit back and listen, there is absolutely no pressure exerted. Everyone appears to look forward to the meetings, which are always well attended and many of the participants have since become lifelong friends.

Anyone wishing to attend should be able to safely make their way to Easter Road Stadium either on their own or accompanied by friends or family who would also be made very welcome.

**For more information, contact Tom at the following email address: [tomwright.1972@btopenworld.com](mailto:tomwright.1972@btopenworld.com)**

**“None of us are professionals we’re just voices with ideas”**  
**Tom Dalglish, Capital Theatres Focus Group Member**

**You, the community, help shape the dementia-friendly programme here at Capital Theatres. We’re never happier than when we get to meet you, and hear what matters to you the most. Have an idea for a new event, or access consideration? Is there a theatre-based project that you’re itching to do? Or is there simply something that could be done better? If so, the Capital Theatres Focus Group is for you.**

Meeting bi-monthly, our Focus Groups are open to anyone who wants to help steer and shape the dementia-friendly programme. Contact myself, [alex.howard@capitaltheatres.com](mailto:alex.howard@capitaltheatres.com) or Lucie [lucie.jeffrey@capitaltheatres.com](mailto:lucie.jeffrey@capitaltheatres.com) if you would like to attend. See you there!  
**Next Focus Group Meeting: 10.30 – 12.30. 7th November, 2023**

## Page 21 Edinburgh History Photos Answers

- Picture 1** Cockburn Street
- Picture 2** Abbeyhill
- Picture 3** Leith! We are looking eastwards along the swing bridge that once carried Bernard Street across the Water of Leith.
- Picture 4** Portobello





# A Doggy Diary

Much like our fluffy four-legged pals, writing has always been known to be therapeutic. What better thing to do than to combine both in a blog as Paul Shaw of Dementia-Friendly Dunblane has done with pet dog Jura as a muse?

Hello, my name is Jura. How are you? I'm a Golden Oodle Doodle and for two or three days a week my mummy lets me stay in Gramps and Nanna's house.

I'm 35 doggy years old and must be very well behaved because Gramps and Nanna are always giving me doggy treats. This is a picture of me enjoying a pint of lager in Rowardennan by Loch Lomond. There's a lovely pub there where you can sit outside and swat the midges. It has great views of the loch and to the mountains beyond. Here I am waiting for my steak pie to be delivered. I'm very hungry. However, I know if I give Nanna a longing look she will reach into her pocket and find something to keep me happy until it comes.

I consider myself a bit of a musician. There are squeaky toys in the house but there is one I particularly like playing with that looks like a caterpillar. It has many different squeaky bits to it with which I entertain Nanna and Gramps in the evening. I'm also very proud of my very loud bark. When the milkman delivers the bottles at 2 o'clock in the morning I make sure Nanna and Gramps are aware as it's important they know the milk has arrived in case they fancy a cup of tea. There is also a cat called Felix who I love and I think he loves me because he doesn't seem to mind being followed around wherever he goes in the house and garden. Nanna says I should respect him because he's very old at 120 cat years but all I'm doing is protecting him.

The mornings are especially fun. I jump onto the bed when Gramps is still not properly awake and lick him all over. When he tries to hide under the bed cover I leap up and down on him. Ha ha ha!

By Paul Shaw



# Welcome to Pet Corner!

In this quarter, Claire, our Head of Creative Engagement here at Capital Theatres, offers up her cat Martha... a spicy little munchkin whose cute whiskers and peaceful sleeping repose belie a horrific, hate-filled heart.

Name	Martha, or Martha Munchkin, or "that tatty munch"
Age	14
Humans	Claire Swanson. Also, Claire Swanson's neighbour, Susan. Also, assorted other residents of Cockenzie.
Descriptions	Black and white with silky fur, golden eyes, razor sharp claws and teeth that draw blood.
Nature	Martha was made to be a Bond villain's cat but her human has failed to involve her in any dastardly plays so far. She does her best by luring strangers to pet her and then biting them out of the blue, ferociously killing socks and hair bobbles, and breaking into other cats' houses to eat their dinners, but there's only so much a cat can achieve on her own. Fed by one half of the neighbourhood and feared by the other, Martha has recently moved into Susan-next-door's house and has no plans to come home any time soon.



Receiving a new dementia diagnosis can be a daunting time. We're lucky in Edinburgh to have a host of dementia-friendly services and activities right on our doorsteps. In this calendar, we've done our best to list all such events taking place over the next quarter across the city and Lothians. Big or small, online or in person, in galleries or gardens... if it's happening over the next few months, you'll find it here.

All the events listed below are both free and certified dementia-friendly. Events highlighted in blue are Capital Theatres events that take place, here, at the Festival Theatre. Please note: as well as their events listed below, National Galleries Scotland run some excellent dementia-friendly sessions on an ad hoc basis. For more information on these, contact Meg Faragher on [MFaragher@nationalgalleries.org](mailto:MFaragher@nationalgalleries.org)

# November 2023



**Bo'Ness Dementia Café**  
Richmond Park Hotel. 10.30 am (every Wednesday)  
**For time & information, contact 01324 559480 or email [falkirkservices@alzscot.org](mailto:falkirkservices@alzscot.org)**



**Porty Promenade Walk**  
Meet at Swimming Centre Café. 10.30am (every Wednesday)  
**For more info, contact Active Communities on 0131 458 2260**



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



**Liddell Lunch Lions**  
Eric Liddell Centre 12pm – 2pm (every Wednesday)  
**For more info, contact Malin Wollberg on [wollbergm@ericliddell.org](mailto:wollbergm@ericliddell.org) or call 0131 357 1277**



**Room for Art**  
2pm – 3pm (every Wednesday)  
**To book, contact the outreach manager on [OutreachManager@artinhealthcare.org.uk](mailto:OutreachManager@artinhealthcare.org.uk) or call 0131 555 7638**

# November 2023



**North-West Edinburgh Singing Group**  
Drylaw Parish Church Hall. 2pm – 3.45pm (every 1st and 3rd Wednesday)  
**Contact Ali on 0131 467 9354**



**Union Canal Walking Group**  
Meet at Fountainbridge Square. 10am (every Thursday)  
**For more information, contact Fiona on 07706580147**



**Choir in the Park**  
Saughton Park Bandstand. 1.45pm – 3pm (fortnightly on Thursdays)  
**To book, contact the Forget Me Notes on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk) or 07588 894 587**



**Liddell Lyrics**  
Eric Liddell Centre. 11am – 12 noon (every Friday)  
**Contact Gus at [harrowerg@ericliddell.org](mailto:harrowerg@ericliddell.org) or call 0131 357 1277**



**Together in Song**  
Festival Theatre. 2pm – 3.30pm (every 1st Friday of the month)  
**To book, please call 0131 529 6000 or visit [capitaltheatres.com](http://capitaltheatres.com)**



**Dunbar Outdoor Activity Group**  
Dunbar Leisure Pool. 10.30am – 12 noon (every Monday)  
**Contact Michael on [mhuddleston@alzscot.org](mailto:mhuddleston@alzscot.org)**



**Hibs Football Memories**  
Easter Road Stadium. 10.45am – 12.45pm (Every 1st and 3rd Monday)  
**Contact Margaret on [mags@hiberniancf.org](mailto:mags@hiberniancf.org)**



# November 2023



**St Brides Music Memories**  
St Brides Centre. 10.45 – 11.45  
To book, contact the Forget Me Notes on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk) or 07588 894 587



**Big Hearts: Football and Edinburgh Memories**  
Tynecastle Stadium. 1.30pm – 3pm (every Monday and Tuesday)  
Contact Kim on [kim.ogilvie@bighearts.org.uk](mailto:kim.ogilvie@bighearts.org.uk) or call 07443 269 947



**Forget Me Notes Zoom Choir**  
4pm (every Monday)  
To book, contact Alan on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk) or 07588 894 587



**Chair Yoga**  
4.30pm – 5.45pm (every Wednesday)  
Online event. Book at 0131 315 2151 or email [admin@northedinburgharts.co.uk](mailto:admin@northedinburgharts.co.uk)



**Let’s Sing: Dementia Singing Group**  
Fisherrow Centre, Musselburgh. 11am — 12.30pm (every Tuesday)  
Contact Penny on [lets.sing.brunton@gmail.com](mailto:lets.sing.brunton@gmail.com) or call Jan on 0131 669 2888



**Heart for Art**  
Morningside Parish Church. 11am – 1pm (every Tuesday)  
Contact Jacqui on 07834 364 628 or email [pastoralassistant@morningsideparishchurch.org.uk](mailto:pastoralassistant@morningsideparishchurch.org.uk)



**Eric’s Encore Music Group**  
Eric Liddell Centre. 1.30pm – 2.30pm (every Tuesday)  
Contact Gus at [harrowerg@ericliddell.org](mailto:harrowerg@ericliddell.org) or call 0131 357 1277

# November 2023



**Big Hearts: Football and Edinburgh Memories**  
Tynecastle Stadium. 1.30pm – 3pm (every Monday and Tuesday)  
Contact Kim on [kim.ogilvie@bighearts.org.uk](mailto:kim.ogilvie@bighearts.org.uk) or call 07443 269 947



**The Teatime Club**  
St Thomas’ Church, Glasgow Road. 5pm – 7pm (every 1st & 3rd Tuesday)  
Contact Georgia on 0131 478 7784



**Bo’Ness Dementia Café**  
Richmond Park Hotel. 10.30 am (every Wednesday)  
For time & information, contact 01324 559480 or email [falkirkservices@alzscot.org](mailto:falkirkservices@alzscot.org)



**Porty Promenade Walk**  
Meet at Swimming Centre Café. 10.30am (every Wednesday)  
For more info, 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](mailto:mhuddleston@alzscot.org)



**Liddell Lunch Lions**  
Eric Liddell Centre. 12pm – 2pm (every Wednesday)  
For more info, contact Malin Wollberg on [wollbergm@ericliddell.org](mailto:wollbergm@ericliddell.org) or call 0131 357 1277



**Livingstone Memory Café**  
1 Grampian Court, EH54 6QF. 1.00pm – 2.30pm (every 2nd and 4th Wednesday of the month)  
For time & information, contact Cherie Raby on [CRaby@Alzscot.org](mailto:CRaby@Alzscot.org) or call 07786406668



# November 2023

8

## Room for Art

2pm – 3pm (every Wednesday)

To book, contact the outreach manager on OutreachManager@artinhealthcare.org.uk or call 0131 555 7638

8

## D-Café Tranent

The Fraser Centre, EH33 1AF. 2pm — 3.30pm (every 2nd Wednesday)

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

8

## Fairmilehead Singing Group

Fairmilehead Parish Church Hall. 2pm – 4pm (every 2nd and 4th Wednesday [ex. July])

Contact Alison on 0131 336 4475

9

## Union Canal Walking Group

Meet at Fountainbridge Square. 10am (every Thursday)

For more information, contact Fiona on 07706580147

9

## Barber of Seville – Dementia Friendly

Festival Theatre. 3pm.

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

9

## Forget Me Notes: Choir at Gorgie

Salvation Army Hall, Gorgie Road. 4pm – 5pm (fortnightly on Thursdays)

To book, contact Alan on alan@forgetmenotes.org.uk or 07588 894 587

10

## Liddell Lyrics

Eric Liddell Centre. 11am – 12 noon (every Friday)

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

# November 2023

13

## Dunbar Outdoor Activity Group

Dunbar Leisure Pool. 10.30am – 12 noon (every Monday)

Contact Michael on mhuddleston@alzscot.org

13

## St Brides Music Memories

St Brides Centre. 10.45 – 11.45

To book, contact the Forget Me Notes on alan@forgetmenotes.org.uk or 07588 894 587

13

## Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium. 1.30pm – 3pm (every Monday and Tuesday)

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

13

## Songwriting Sprint

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

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

13

## Forget Me Notes Zoom Choir

4pm (every Monday)

To book, contact Alan on alan@forgetmenotes.org.uk or 07588 894 587

13

## Chair Yoga

4.30pm – 5.45pm (every Wednesday)

Online event. Book at 0131 315 2151 or email admin@northedinburgharts.co.uk

14

## Let's Sing: Dementia Singing Group

Fisherrow Centre, Musselburgh. 11am — 12.30pm (every Tuesday)

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



# November 2023

14

## Heart for Art

Morningside Parish Church. 11am – 1pm (every Tuesday)

Contact Jacqui on 07834 364 628 or email  
pastoralassistant@morningsideparishchurch.org.uk

14

## Eric's Encore Music Group

Eric Liddell Centre. 1.30pm – 2.30pm (every Tuesday)

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

14

## Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium. 1.30pm – 3pm (every Monday and Tuesday)

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

15

## Bo'Ness Dementia Café

Richmond Park Hotel. 10.30 am (every Wednesday)

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

15

## Porty Promenade Walk

Meet at Swimming Centre Café. 10.30am (every Wednesday)

For more info, contact Active Communities on 0131 458 2260

15

## Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

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

15

## Liddell Lunch Lions

Eric Liddell Centre. 12pm – 2pm (every Wednesday)

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

# November 2023

15

## Room for Art

2pm – 3pm (every Wednesday)

To book, contact the outreach manager on  
OutreachManager@artinhealthcare.org.uk or call 0131 555 7638

15

## Sunflower Café, Palmerston Place

2pm – 3.30pm (every 3rd Wednesday)

For more information, phone 0131 220 1690

15

## North-West Edinburgh Singing Group

Drylaw Parish Church Hall. 2pm – 3.45pm (every 1st and 3rd Wednesday)

Contact Ali on 0131 467 9354

16

## Union Canal Walking Group

Meet at Fountainbridge Square. 10am (every Thursday)

For more information, contact Fiona on 07706580147

16

## Choir in the Park

Saughton Park Bandstand. 1.45pm – 3pm (fortnightly on Thursdays)

To book, contact the Forget Me Notes on alan@forgetmenotes.org.uk  
or 07588 894 587

17

## Liddell Lyrics

Eric Liddell Centre. 11am – 12 noon (every Friday)

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

17

## Armadale Memory Café

Armadale Community Centre. 11.00am – 1.00pm (every 3rd Friday)

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



# November 2023

20

## Dunbar Outdoor Activity Group

Dunbar Leisure Pool. 10.30am – 12 noon (every Monday)  
Contact Michael on [mhuddleston@alzscot.org](mailto:mhuddleston@alzscot.org)

20

## St Brides Music Memories

St Brides Centre. 10.45 – 11.45  
To book, contact the Forget Me Notes on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk)  
or 07588 894 587

20

## Hibs Football Memories

Easter Road Stadium. 10.45am – 12.45pm (Every 1st and 3rd Monday)  
Contact Margaret on [mags@hiberniancf.org](mailto:mags@hiberniancf.org)

20

## Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium. 1.30pm – 3pm (every Monday and Tuesday)  
Contact Kim on [kim.ogilvie@bighearts.org.uk](mailto:kim.ogilvie@bighearts.org.uk) or call 07443 269 947

20

## Forget Me Notes Zoom Choir

4pm (every Monday)  
To book, contact Alan on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk) or 07588 894 587

20

## Chair Yoga

4.30pm – 5.45pm (every Wednesday)  
Online event. Book at 0131 315 2151 or email  
[admin@northedinburgharts.co.uk](mailto:admin@northedinburgharts.co.uk)

21

## Let's Sing: Dementia Singing Group

Fisherrow Centre, Musselburgh. 11am – 12.30pm (every Tuesday)  
Contact Penny on [lets.sing.brunton@gmail.com](mailto:lets.sing.brunton@gmail.com) or call Jan on 0131 669 2888

# November 2023

21

## Heart for Art

Morningside Parish Church. 11am – 1pm (every Tuesday)  
Contact Jacqui on 07834 364 628 or e mail  
[pastoralassistant@morningsideparishchurch.org.uk](mailto:pastoralassistant@morningsideparishchurch.org.uk)

21

## Eric's Encore Music Group

Eric Liddell Centre. 1.30pm – 2.30pm (every Tuesday)  
Contact Gus at [harrowerg@ericliddell.org](mailto:harrowerg@ericliddell.org) or call 0131 357 1277

21

## Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium. 1.30pm – 3pm (every Monday and Tuesday)  
Contact Kim on [kim.ogilvie@bighearts.org.uk](mailto:kim.ogilvie@bighearts.org.uk) or call 07443 269 947

21

## The Teatime Club

St Thomas' Church, Glasgow Road. 5pm – 7pm (every 1st & 3rd Tuesday)  
Contact Georgia on 0131 478 7784

22

## Bo'Ness Dementia Café

Richmond Park Hotel. 10.30 am (every Wednesday)  
For time & information, contact 01324 559480 or email  
[falkirkservices@alzscot.org](mailto:falkirkservices@alzscot.org)

22

## Porty Promenade Walk

Meet at Swimming Centre Café. 10.30am (every Wednesday)  
For more info, contact Active Communities on 0131 458 2260

22

## Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)  
Booking essential. Please contact Michael on 0131 654 1114 or  
[mhuddleston@alzscot.org](mailto:mhuddleston@alzscot.org)



# November 2023

22

## Liddell Lunch Lions

Eric Liddell Centre. 12pm – 2pm (every Wednesday)

For more info, contact Malin Wollberg on [wollbergm@ericliddell.org](mailto:wollbergm@ericliddell.org) or call 0131 357 1277

22

## Livingstone Memory Café

1 Grampian Court, EH54 6QF. 1.00pm – 2.30pm (every 2nd and 4th Wednesday of the month)

For time & information, contact Cherie Raby on [CRaby@Alzscot.org](mailto:CRaby@Alzscot.org) or call 07786406668

22

## Room for Art

2pm – 3pm (every Wednesday)

To book, contact the outreach manager on [OutreachManager@artinhealthcare.org.uk](mailto:OutreachManager@artinhealthcare.org.uk) or call 0131 555 7638

22

## Fairmilehead Singing Group

Fairmilehead Parish Church Hall. 2pm – 4pm (every 2nd and 4th Wednesday [ex. July])

Contact Alison on 0131 336 4475

23

## Union Canal Walking Group

Meet at Fountainbridge Square. 10am (every Thursday)

For more information, contact Fiona on 07706580147

23

## Forget Me Notes: Choir at Gorgie

Salvation Army Hall, Gorgie Road. 4pm – 5pm (fortnightly on Thursdays)

To book, contact Alan on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk) or 07588 894 587

24

## Gallery Social (Phoebe Anna Traquair's Embroidery)

10:30am – 12pm (every 4th Friday)

Booking essential. Please contact [learning@nationalgalleries.org](mailto:learning@nationalgalleries.org) or call 0131 624 6410

# November 2023

24

## Liddell Lyrics

Eric Liddell Centre. 11am – 12 noon (every Friday)

Contact Gus at [harrowerg@ericliddell.org](mailto:harrowerg@ericliddell.org) or call 0131 357 1277

24

## Liddell Lyrics

Eric Liddell Centre. 11am – 12 noon (every Friday)

Contact Gus at [harrowerg@ericliddell.org](mailto:harrowerg@ericliddell.org) or call 0131 357 1277

27

## Dunbar Outdoor Activity Group

Dunbar Leisure Pool. 10.30am – 12 noon (every Monday)

Contact Michael on [mhuddleston@alzscot.org](mailto:mhuddleston@alzscot.org)

27

## St Brides Music Memories

St Brides Centre. 10.45 – 11.45

To book, contact the Forget Me Notes on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk) or 07588 894 587

27

## Tea and 'Jam'

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

To book, please call 0131 529 6000 or visit [www.capitaltheatres.com](http://www.capitaltheatres.com)

27

## 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](http://picturehouses.com/cinema/the-cameo)

27

## Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium. 1.30pm – 3pm (every Monday and Tuesday)

Contact Kim on [kim.ogilvie@bighearts.org.uk](mailto:kim.ogilvie@bighearts.org.uk) or call 07443 269 947



# November 2023

27

## Forget Me Notes Zoom Choir

4pm (every Monday)

To book, contact Alan on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk) or 07588 894 587

27

## Chair Yoga

4.30pm – 5.45pm (every Wednesday)

Online event. Book at 0131 315 2151 or email [admin@northedinburgharts.co.uk](mailto:admin@northedinburgharts.co.uk)

28

## Broxburn / Uphall Memory Café

Strathbrock Partnership Centre, EH52 5LH. 10am – 11.30am (every 4th Tuesday)

For time & information, contact Cherie Raby on [CRaby@Alzscot.org](mailto:CRaby@Alzscot.org) on 07786406668

28

## Let's Sing: Dementia Singing Group

Fisherrow Centre, Musselburgh. 11am – 12.30pm (every Tuesday)

Contact Penny on [lets.sing.brunton@gmail.com](mailto:lets.sing.brunton@gmail.com) or call Jan on 0131 669 2888

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Contact Jacqui on 07834 364 628 or email [pastoralassistant@morningsideparishchurch.org.uk](mailto:pastoralassistant@morningsideparishchurch.org.uk)

28

## Eric's Encore Music Group

Eric Liddell Centre. 1.30pm – 2.30pm (every Tuesday)

Contact Gus at [harrowerg@ericliddell.org](mailto:harrowerg@ericliddell.org) or call 0131 357 1277

28

## Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium. 1.30pm – 3pm (every Monday and Tuesday)

Contact Kim on [kim.ogilvie@bighearts.org.uk](mailto:kim.ogilvie@bighearts.org.uk) or call 07443 269 947

# November 2023

28

## Palm Café Balerno

St Joseph's Centre, Balerno. 2.30pm – 4pm (every last Tuesday)

For more information, please contact Kay Latimer 0131 449 6186

29

## Bo'Ness Dementia Café

Richmond Park Hotel. 10.30 am (every Wednesday)

For time & information, contact 01324 559480 or email [falkirkservices@alzscot.org](mailto:falkirkservices@alzscot.org)

29

## Porty Promenade Walk

Meet at Swimming Centre Café. 10.30am (every Wednesday)

For more info, contact Active Communities on 0131 458 2260

29

## Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)

Booking essential. Please contact Michael on 0131 654 1114 or [mhuddleston@alzscot.org](mailto:mhuddleston@alzscot.org)

29

## Liddell Lunch Lions

Eric Liddell Centre. 12pm – 2pm (every Wednesday)

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## Room for Art

2pm – 3pm (every Wednesday)

To book, contact the outreach manager on [OutreachManager@artinhealthcare.org.uk](mailto:OutreachManager@artinhealthcare.org.uk) or call 0131 555 7638

29

## A Brew and Blether

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

To book, please call 0131 529 6000 or visit [capitaltheatres.com](http://capitaltheatres.com)

30

## Union Canal Walking Group

Meet at Fountainbridge Square. 10am (every Thursday)

For more information, contact Fiona on 07706580147



# December 2023



## Liddell Lyrics

Eric Liddell Centre. 11am – 12 noon (every Friday)

Contact Gus at [harrowerg@ericliddell.org](mailto:harrowerg@ericliddell.org) or call 0131 357 1277



## Together in Song

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

To book, please call 0131 529 6000 or visit [www.capitaltheatres.com](http://www.capitaltheatres.com)



## Ashbrook Music Memories

492 Ferry Road, EH5 2DL. 11am – 1pm

To book, contact the Forget Me Notes on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk) or 07588 894 587



## Dunbar Outdoor Activity Group

Dunbar Leisure Pool. 10.30am – 12 noon (every Monday)

Contact Michael on [mhuddleston@alzscot.org](mailto:mhuddleston@alzscot.org)



## St Brides Music Memories

St Brides Centre. 10.45 – 11.45

To book, contact the Forget Me Notes on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk) or 07588 894 587



## Hibs Football Memories

Easter Road Stadium. 10.45am – 12.45pm (Every 1st and 3rd Monday)

Contact Margaret on [mags@hiberniancf.org](mailto:mags@hiberniancf.org)



## Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium. 1.30pm – 3pm (every Monday and Tuesday)

Contact Kim on [kim.ogilvie@bighearts.org.uk](mailto:kim.ogilvie@bighearts.org.uk) or call 07443 269 947

# December 2023



## Music, Memories & Cake

St Cuthbert's Church. 2pm – 4pm

Contact the Forget Me Notes on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk) or 07588 894 587



## Forget Me Notes Zoom Choir

4pm (every Monday)

To book, contact Alan on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk) or 07588 894 587



## Chair Yoga

4.30pm – 5.45pm (every Wednesday)

Online event. Book at 0131 315 2151 or email [admin@northedinburgharts.co.uk](mailto:admin@northedinburgharts.co.uk)



## Let's Sing: Dementia Singing Group

Fisherrow Centre, Musselburgh. 11am – 12.30pm (every Tuesday)

Contact Penny on [lets.sing.brunton@gmail.com](mailto:lets.sing.brunton@gmail.com) or call Jan on 0131 669 2888



## Heart for Art

Morningside Parish Church. 11am – 1pm (every Tuesday)

Contact Jacqui on 07834 364 628 or e mail [pastoralassistant@morningsideparishchurch.org.uk](mailto:pastoralassistant@morningsideparishchurch.org.uk)



## Eric's Encore Music Group

Eric Liddell Centre. 1.30pm – 2.30pm (every Tuesday)

Contact Gus at [harrowerg@ericliddell.org](mailto:harrowerg@ericliddell.org) or call 0131 357 1277



## The Teatime Club

St Thomas' Church, Glasgow Road. 5pm – 7pm (every 1st & 3rd Tuesday)

Contact Georgia on 0131 478 7784



# December 2023



**Big Hearts: Football and Edinburgh Memories**  
Tynecastle Stadium. 1.30pm – 3pm (every Monday and Tuesday)  
Contact Kim on [kim.ogilvie@bighearts.org.uk](mailto:kim.ogilvie@bighearts.org.uk) or call 07443 269



**Bo’Ness Dementia Café**  
Richmond Park Hotel. 10.30 am (every Wednesday)  
For time & information, contact 01324 559480 or email [falkirkservices@alzscot.org](mailto:falkirkservices@alzscot.org)



**Porty Promenade Walk**  
Meet at Swimming Centre Café. 10.30am (every Wednesday)  
For more info, 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](mailto:mhuddleston@alzscot.org)



**Liddell Lunch Lions**  
Eric Liddell Centre. 12pm – 2pm (every Wednesday)  
For more info, contact Malin Wollberg on [wollbergm@ericliddell.org](mailto:wollbergm@ericliddell.org) or call 0131 357 1277



**Room for Art**  
2pm – 3pm (every Wednesday)  
To book, contact the outreach manager on [OutreachManager@artinhealthcare.org.uk](mailto:OutreachManager@artinhealthcare.org.uk) or call 0131 555 7638



**North-West Edinburgh Singing Group**  
Drylaw Parish Church Hall. 2pm – 3.45pm (every 1st and 3rd Wednesday)  
Contact Ali on 0131 467 9354

# December 2023



**Union Canal Walking Group**  
Meet at Fountainbridge Square. 10am (every Thursday)  
For more information, contact Fiona on 07706580147



**Choir in the Park**  
Saughton Park Bandstand. 1.45pm – 3pm (fortnightly on Thursdays)  
To book, contact the Forget Me Notes on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk) or 07588 894 587



**Liddell Lyrics**  
Eric Liddell Centre. 11am – 12 noon (every Friday)  
Contact Gus at [harrowerg@ericliddell.org](mailto:harrowerg@ericliddell.org) or call 0131 357 1277



**Dunbar Outdoor Activity Group**  
Dunbar Leisure Pool. 10.30am – 12 noon (every Monday)  
Contact Michael on [mhuddleston@alzscot.org](mailto:mhuddleston@alzscot.org)



**St Brides Music Memories**  
St Brides Centre. 10.45 – 11.45  
To book, contact the Forget Me Notes on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk) or 07588 894 587



**Mistletoe and ‘Jam’!**  
11am – 12:30am (last Monday of the month)  
Tickets to be released shortly. Festival Theatre. To book, please call 0131 529 6000 or visit [capitaltheatres.com](http://capitaltheatres.com)



**Big Hearts: Football and Edinburgh Memories**  
Tynecastle Stadium. 1.30pm – 3pm (every Monday and Tuesday)  
Contact Kim on [kim.ogilvie@bighearts.org.uk](mailto:kim.ogilvie@bighearts.org.uk) or call 07443 269 947



# December 2023

11

## Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium. 1.30pm – 3pm (every Monday and Tuesday)  
Contact Kim on [kim.ogilvie@bighearts.org.uk](mailto:kim.ogilvie@bighearts.org.uk) or call 07443 269 947

11

## Forget Me Notes Zoom Choir

4pm (every Monday)  
To book, contact Alan on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk) or 07588 894 587

11

## Chair Yoga

4.30pm – 5.45pm (every Wednesday)  
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12

## Let's Sing: Dementia Singing Group

Fisherrow Centre, Musselburgh. 11am — 12.30pm (every Tuesday)  
Contact Penny on [lets.sing.brunton@gmail.com](mailto:lets.sing.brunton@gmail.com) or call Jan on 0131 669 2888

12

## Heart for Art

Morningside Parish Church. 11am – 1pm (every Tuesday)  
Contact Jacqui on 07834 364 628 or email  
[pastoralassistant@morningsideparishchurch.org.uk](mailto:pastoralassistant@morningsideparishchurch.org.uk)

12

## Eric's Encore Music Group

Eric Liddell Centre. 1.30pm – 2.30pm (every Tuesday)  
Contact Gus at [harrowerg@ericliddell.org](mailto:harrowerg@ericliddell.org) or call 0131 357 1277

12

## Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium. 1.30pm – 3pm (every Monday and Tuesday)  
Contact Kim on [kim.ogilvie@bighearts.org.uk](mailto:kim.ogilvie@bighearts.org.uk) or call 07443 269 947

# December 2023

13

## Bo'Ness Dementia Café

Richmond Park Hotel. 10.30 am (every Wednesday)  
For time & information, contact 01324 559480 or email  
[falkirkservices@alzscot.org](mailto:falkirkservices@alzscot.org)

13

## Porty Promenade Walk

Meet at Swimming Centre Café. 10.30am (every Wednesday)  
For more info, contact Active Communities on 0131 458 2260

13

## Craigie Hotel Morning Meet Up

10.30am – 12 noon (every Wednesday)  
Booking essential. Please contact Michael on 0131 654 1114 or  
[mhuddleston@alzscot.org](mailto:mhuddleston@alzscot.org)

13

## Liddell Lunch Lions

Eric Liddell Centre. 12pm – 2pm (every Wednesday)  
For more info, contact Malin Wollberg on [wollbergm@ericliddell.org](mailto:wollbergm@ericliddell.org)  
or call 0131 357 1277

13

## Livingstone Memory Café

1 Grampian Court, EH54 6QF. 1.00pm – 2.30pm (every 2nd and 4th Wednesday of the month)  
For time & information, contact Cherie Raby on [CRaby@Alzscot.org](mailto:CRaby@Alzscot.org)  
or call 07786406668

13

## D-Café Tranent

The Fraser Centre, EH33 1AF. 2pm — 3.30pm (every 2nd Wednesday)  
Booking essential. Please contact Michael on 0131 654 1114 or  
[mhuddleston@alzscot.org](mailto:mhuddleston@alzscot.org)

13

## Room for Art

2pm – 3pm (every Wednesday)  
To book, contact the outreach manager on  
[OutreachManager@artinhealthcare.org.uk](mailto:OutreachManager@artinhealthcare.org.uk) or call 0131 555 7638



# December 2023

13

## Fairmilehead Singing Group

Fairmilehead Parish Church Hall. 2pm – 4pm (every 2nd and 4th Wednesday [ex. July])  
Contact Alison on 0131 336 4475

14

## Union Canal Walking Group

Meet at Fountainbridge Square. 10am (every Thursday)  
For more information, contact Fiona on 07706580147

14

## Forget Me Notes: Choir at Gorgie

Salvation Army Hall, Gorgie Road. 4pm – 5pm (fortnightly on Thursdays)  
To book, contact Alan on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk)  
or 07588 894 587

15

## Liddell Lyrics

Eric Liddell Centre. 11am – 12 noon (every Friday)  
Contact Gus at [harrowerg@ericliddell.org](mailto:harrowerg@ericliddell.org) or call 0131 357 1277

15

## Armada Memory Café

Armada Community Centre. 11.00am – 1.00pm (every 3rd Friday)  
For time & information, contact Cherie Raby on [CRaby@Alzscot.org](mailto:CRaby@Alzscot.org)  
on 07786406668

17

## Ashbrook Music Memories

492 Ferry Road, EH5 2DL. 11am – 1pm  
To book, contact the Forget Me Notes on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk)  
or 07588 894 587

17

## Dementia Friendly Christmas Service

Greenbank Church. 3pm  
Contact Mary on [mjhadden34@gmail.com](mailto:mjhadden34@gmail.com) for more details

# December 2023

18

## Dunbar Outdoor Activity Group

Dunbar Leisure Pool. 10.30am – 12 noon (every Monday)  
Contact Michael on [mhuddleston@alzscot.org](mailto:mhuddleston@alzscot.org)

18

## St Brides Music Memories

St Brides Centre. 10.45 – 11.45  
To book, contact the Forget Me Notes on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk)  
or 07588 894 587

18

## Hibs Football Memories

Easter Road Stadium. 10.45am – 12.45pm (Every 1st and 3rd Monday)  
Contact Margaret on [mags@hiberniancf.org](mailto:mags@hiberniancf.org)

18

## Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium. 1.30pm – 3pm (every Monday and Tuesday)  
Contact Kim on [kim.ogilvie@bighearts.org.uk](mailto:kim.ogilvie@bighearts.org.uk) or call 07443 269 947

18

## Music, Memories & Cake

St Cuthbert's Church. 2pm – 4pm  
Contact the Forget Me Notes on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk)  
or 07588 894 587

18

## Forget Me Notes Zoom Choir

4pm (every Monday)  
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## Chair Yoga

4.30pm – 5.45pm (every Wednesday)  
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# December 2023

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## Heart for Art

Morningside Parish Church. 11am – 1pm (every Tuesday)  
**Contact Jacqui on 07834 364 628 or email [pastoralassistant@morningsideparishchurch.org.uk](mailto:pastoralassistant@morningsideparishchurch.org.uk)**

19

## Eric's Encore Music Group

Eric Liddell Centre. 1.30pm – 2.30pm (every Tuesday)  
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## The Teatime Club

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20

## Bo'Ness Dementia Café

Richmond Park Hotel. 10.30 am (every Wednesday)  
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20

## Porty Promenade Walk

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2pm – 3pm (every Wednesday)  
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20

## Sunflower Café, Palmerston Place

2pm – 3.30pm (every 3rd Wednesday)  
**For more information, phone 0131 220 1690**

20

## North-West Edinburgh Singing Group

Drylaw Parish Church Hall. 2pm – 3.45pm (every 1st and 3rd Wednesday)  
**Contact Ali on 0131 467 9354**

21

## Union Canal Walking Group

Meet at Fountainbridge Square. 10am (every Thursday)  
**For more information, contact Fiona on 07706580147**

21

## Choir in the Park

Saughton Park Bandstand. 1.45pm – 3pm (fortnightly on Thursdays)  
**To book, contact the Forget Me Notes on [alan@forgetmenotes.org.uk](mailto:alan@forgetmenotes.org.uk) or 07588 894 587**



# December 2023



**Liddell Lyrics**  
Eric Liddell Centre. 11am – 12 noon (every Friday)  
Contact Gus at [harrowerg@ericliddell.org](mailto:harrowerg@ericliddell.org) or call 0131 357 1277



**The Christmas Box**  
Festival Theatre. 11am & 2pm  
Tickets to be released shortly. Festival Theatre. To book, please call 0131 529 6000 or visit [capitaltheatres.com](http://capitaltheatres.com)



**Bo’Ness Dementia Café**  
Richmond Park Hotel. 10.30 am (every Wednesday)  
For time & information, contact 01324 559480 or email [falkirkservices@alzscot.org](mailto:falkirkservices@alzscot.org)



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For time & information, contact Cherie Raby on [CRaby@Alzscot.org](mailto:CRaby@Alzscot.org) or call 07786406668



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# December 2023



**Fairmilehead Singing Group**  
Fairmilehead Parish Church Hall. 2pm – 4pm (every 2nd and 4th Wednesday [ex. July])  
Contact Alison on 0131 336 4475



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Meet at Fountainbridge Square. 10am (every Thursday)  
For more information, contact Fiona on 07706580147



**Forget Me Notes: Choir at Gorgie**  
Salvation Army Hall, Gorgie Road. 4pm – 5pm (fortnightly on Thursdays)  
To book, contact Alan on [alan@foregetmenotes.org.uk](mailto:alan@foregetmenotes.org.uk) or 07588 894 587



**Liddell Lyrics**  
Eric Liddell Centre. 11am – 12 noon (every Friday)  
Contact Gus at [harrowerg@ericliddell.org](mailto:harrowerg@ericliddell.org) or call 0131 357 1277





## Useful Numbers

### Alzheimer Scotland National Office

160 Dundee Street, Edinburgh EH11 1DQ.

**Phone 0131 243 1453**

**email [alzheimerscot@alzscot.org](mailto:alzheimerscot@alzscot.org)**

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### Alzheimer Scotland Early Onset

Support and information for people supporting individuals with Early Onset dementia.

**Call 0131 551 9350 or email**

**[EdinburghServices@Alzscot.org](mailto:EdinburghServices@Alzscot.org)**

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### Dementia Dog Project

**Contact Nadia Sutherland on**

**07771 358843 or [nsutherland@Alzscot.org](mailto:nsutherland@Alzscot.org)**

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### 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](mailto:helpline@alzscot.org)**

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### Edinburgh, Midlothian & East Lothian

**Dial-A-Ride: 0131 447 9949**

**Dial-A-Bus: 0131 447 1718**

**Email: [edinburgh@handicabs.org.uk](mailto:edinburgh@handicabs.org.uk)**

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### 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](mailto:EdinburghServices@Alzscot.org)**

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### Herbert Protocol Forms

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

**email PC Yocksan Bell at**

**[Yocksan.Bell@scotland.police.uk](mailto:Yocksan.Bell@scotland.police.uk)**

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### LifeCare - extra years of zest

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

**For more information contact 0131 343 0940**

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### Movement for Memories

Designed to support people living with dementia to be active.

**Contact Edinburgh Leisure on 0131 458 2260**

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### 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**

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### 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](mailto:hello@vintagevibes.org.uk)**

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### VOCAL

A local organisation helping carers of people living with dementia.

**Call 0131 622 6666, or email  
[centre@vocal.org.uk](mailto:centre@vocal.org.uk)**

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### West Lothian

**Dial-A-Ride: 01506 633 953**

**Dial-A-Bus: 01506 633 336**

**Email: [bathgate@handicabs.org.uk](mailto:bathgate@handicabs.org.uk)**

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### West Lothian Dementia Resource Centre

**Tel: 01506 533 108 or email**

**[WestLothianServices@Alzscot.org](mailto:WestLothianServices@Alzscot.org)**

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