

Handle With Care!

Dementia Focus Group
Advises on Pop-Up
Puppet Play
More on page 10





Welcome to Autumn 2025

Here we are, another Autumn. The Festival's over and we can hear our footsteps on the Royal Mile again (assuming the seagulls aren't squawking – remind me when they leave again?) What a hot sultry summer it's been! We don't know about you, but we're looking forward to the 'season of mists and mellow fruitfulness' and a jam-packed dementia-friendly programme at Capital Theatres.

As usual, Gus and I took a break in August while the International Festival laid claim to our wonderful theatres. But the last quarter has been anything but quiet! Back in July, we launched a brand-new event **Relaxing Rhymes** – a chance to sit back and relish the beauty of poetry and art. The event went down so well that we immediately booked in Xa for further Relaxing Rhymes sessions and gave her a little box room here in DementiArts (see **Poetry With Xa** on pg9). **Tea & 'Jam'** was given an extra twist in July with guest dancer Mithun Prasad offering us seated Bollywood-inspired dancing moves! Things moved from dance to discussion in our **Focus Group** where members proffered their dementia expertise in the shaping of a stunning new show *Nosferatu* by Freda O'Byrne (pg10), while over at **Brew & Blether** things turned scenic with a beautiful session of set design.

And if that wasn't enough, Gus and I have been putting the finishing touches on a brand-new event, **Set the Scene**, while cooking up plans to bring exciting new dementia-friendly shows to our Event Rooms.

As usual, this edition of DementiArts is bursting at the staples with creativity from the dementia-friendly community, featuring psychedelic giraffes, drone art, tales of derring-do on the shores of France, spotlights on cafes and our much-loved Calendar, listing all the free dementia-friendly events taking place over the coming quarter.

Sit back, carve your pumpkins, mute *The Great British Bake Off* and enjoy the journey of the following pages.

Alex and Gus, dementia-friendly co-ordinators

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Lots to see and do in October, November and December

Back page has our list of useful numbers.

Cover credit: Marie and Daniel at The Hobby Box in February



Fostering Community in Corstorphine

In the heart of Corstorphine, a small but mighty community is gathering over coffee and cake. The newly-opened Corstorphine Dementia Café offers a welcoming space where carers and people living with dementia can connect and share experiences. Owner Jen tells us more...

Hello Jennifer, thank you for taking the time to talk to DementiArts!

Firstly, tell us a bit about the Corstorphine Dementia Café...

The Dementia Café is a passion project I set up with my late father, Eddie. He sadly passed away in June. He lived with Alzheimer's and I wanted a place where we could go together, chat with other carers and other people living with dementia, and have lots of tea, coffee and cake!

Coffee shops are not always the best - they can be busy and noisy, the cups are sometimes hard to handle if you have mobility issues and the comfy chairs are often taken or very low. We loved going out for coffee but some days we needed a more dementia friendly space.

What prompted you to set up the café?

I set up the cafe because somedays I felt very isolated as a full-time carer. I found there wasn't many places that Dad and I could go together close to home, I also wanted a safe space where I could chat with other carers about the daily struggles and small wins of being a carer. I also felt like I had learned so much I wanted to share. I've always been very positive about helping my Dad live well with dementia and I felt I had more to give the carer community. Even though Dad is no longer with us the dementia cafe is keeping motivated in helping others.

"...an unpaid carer for someone with dementia knows every day is different, every day there's a new challenge but every day there can be joy and fun and laughter and I want the Café to be there for all those moments"

Jen

Corstorphine Dementia Cafe

First Monday of Every Month
11am - 1pm
Craigs Bank Church
Corstorphine, EH12 8HD

Providing companionship, activities and support for anyone affected by dementia.

A relaxed, safe and warm space for people with memory difficulties and their carers.

Tea, Coffee & Cake Provided.
Parking Available.

ANY QUERIES OR TO VOLUNTEER PLEASE CONTACT
JENNIFER - 07792143787



Is there good opportunity to meet with other carers at the cafe?

It's a great place to meet other carers, especially if you live in the Corstorphine area. We talk about local issues, things that matter to us in our community, places that are dementia friendly and we've made great connections knowing that we're all close by. We help each other with the admin that comes with dementia and share our ups and downs. I hope that everyone that comes feels welcomed and leaves feeling a little better, a little less alone and definitely full of cake. I always have lots of leaflets and print-outs for people to take away helping them with whatever they may be struggling with or need support with at that time.

Do I have to book a space?

Absolutely not. I know better than most that sometimes with dementia, plans don't always go to plan. So it's a drop-in, you don't have to book, and we're always happy to meet new people.

What are the café's opening hours?

We're here the first Monday of every month from 11 till 1.

What's your long-term plan and dream for the café going forward?

For me, the Café was always about the community that Dad and I lived in and being able to support people at any stage of the dementia journey. I hope the Café can grow and I would love for the Café to become a weekly group, not just monthly. A place that people can come when they're having a good day, when they're having a bad day, somewhere that they can come and share tips, advice, support, information as being an unpaid carer for someone with dementia knows every day is different, every day there's a new challenge but every day there can be joy and fun and laughter and I want the Café to be there for all those moments.

What's the café's address so I can visit?

The address is 19 Craigs Bank, Edinburgh EH12 8HD

For more information, contact Jennifer on jennifermacclennan@hotmail.co.uk or 07792143787. You'll also find the upcoming dates in our calendar at the back of this issue.

“The first time I saw West Side Story...I remember thinking ‘wow, theatre is the best thing in the world’”

Meet Katie Daniel, our marvellous Marketing Account Manager. When she's not spreading the word about shows, she's spreading joy on the dancefloor. In this issue, Katie lets DementiArts peek into her personal playlist, from Doric singalongs to disco grooves. Expect bookworms, trumpet impressions, and a boogie or two in the kitchen.

By Katie Daniel.

Which song reminds you of your hometown?

When I was in primary school we'd be introduced to various Scots songs, maybe around Burns Night or St Andrew's Day but I can't quite remember. The most memorable one to me is by Andy Stewart called *Donald, Where's Your Troosers?* Or as we Doric folk up in Aberdeenshire sing it - *Donald, Far's Yer Troosers?*

Which song reminds you of your childhood?

For this one, I'm going to pick *Send Me On My Way* by Rusted Root because it has a very youthful, happy energy that feels like childhood. This song also reminds me of the 1996 *Matilda* movie. I resembled the precocious wee reader quite a bit when I was younger. Now sometimes when I'm leading a dance class, I'll use this for a warm up song because it instantly makes people smile and feel light, sprightly and ready to run and jump around the room.

Which song takes you back to a special memory in your life?

The first time I saw *West Side Story* at His Majesty's Theatre in Aberdeen, I remember thinking 'wow theatre is the best thing in the world'. Specifically, during the *Dance at the Gym* suite, seeing the music come together perfectly with the dance, set, costume and lighting had me awestruck. I always wanted life to be as full and exciting as that and since then I've seen countless productions and get to work every day toward that kind of symphony.

Which song always gets you dancing and/or singing along?

It's not very hard to get me dancing! But a song that my body can't resist boogie-ing to is Jungle's *Back on 74*. It's got this easy kind of 70s vibe and there is a brilliant music video with groovy choreography by Shay Latukolan which plays in my mind every time I hear the song. If there's a dancefloor nearby, or I'm just in my kitchen, I will definitely be there bopping along.

Which song reminds you of someone special?

When my dad is in a good mood, he loves singing around the house. The main song that makes me think of his singing is *Can't Take My Eyes Off You* by Frankie Valli. Not sure that he's singing it for any one particular person or just thinking about our family in general, but it's very sweet. Plus, that brass section pre-chorus is so much fun. It makes you want to become the trumpet and go ba da da da da da da!

Have you thought about making a playlist for a loved one living with dementia? Visit playlistforlife.org.uk for advice on how to create *The Soundtrack of your Life* or email rebecca@playlistforlife.org.uk





A Kilt Filled with Franks

It’s not every day a Scotsman is pelted with cash. Now 89 and living with dementia, here James recalls a snapshot from his vibrant career, which saw him liberating European towns and working with African rangers.

By James McCarthy

The ferry from Folkestone was crowded but I managed to get some sleep on a hard bench, having hitch-hiked from Aberdeen on a somewhat smelly fish lorry. It was a very hot day and with a heavy rucksack I persuaded the attractive young farm girl to give me some drinking water. She kept glancing at my ex-army kilt, asking where I was from and where I was bound. My French was just good enough to let her know that I was heading for Norway for summer work in the woods. The crowd ahead on the road were getting increasingly excited by the imminent arrival of the Tour de France but my attempt to cross in front was frustrated by a push by the policeman shoving me back into the waiting and very excited crowd of cheering onlookers. The kilt seemed to attract attention, but all was revealed when my hostess explained that the waiting crowd were remembering that my own regiment - the Black Watch - had chased the remainder of the fleeing German army out of town. When I explained that I was walking to Norway, this appeared to be the signal for a collection to help me on my way - this took the form of a very large lady who pinned me to the local pub floor, while many of the onlookers saw this as a signal to fill my somewhat tattered sporran with whatever francs they had. My glass was refilled many times...while the crowd shouted out *La Marseillaise* with great fervour.

A government consultant, biographer and King African Riffler, James McCarthy’s career has been varied to say the least. As well as introducing the first course in forest ecology for African rangers, he also deputy directed the Nature Conservancy Council in Scotland. He lives with dementia and has three grown-up children.

Hope is the thing with feathers

Welcome to our very first Poetry With Xa. Each quarter, the leader of our new *Relaxing Rhymes* event will share a poem, a thought and one of her own artworks. Xa choses each poem carefully for its relaxing, dementia-friendly qualities. Expect elegant elegies, soothing sonnets and balmy ballads!

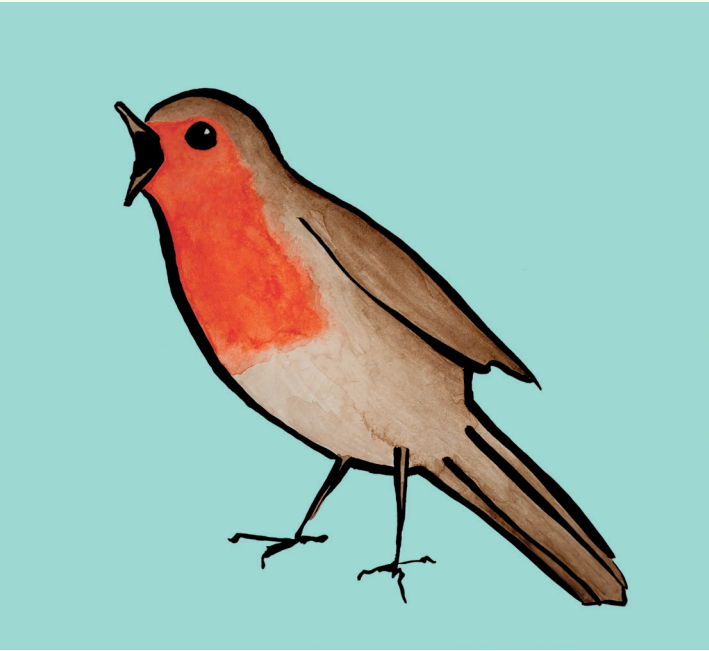


Image: © 2025 Xa Shaw Stewart



Hope is the thing with feathers

Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all,

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I’ve heard it in the chilliest land,
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.

— Emily Dickinson

Xa’s Thought:

Emily Dickinson was born in 1830 and although her work wasn’t well known at the time, she’s now seen as one of America’s greatest ever poets. She might have lived a very secluded life, but there is something in the way she writes about things like courage, loneliness and wonder that anyone can relate to. I love this poem about hope, which she imagines as a brave little bird. It is a beautiful piece of writing, where the lines resonate with a hidden music. Try reading the poem twice – does it feel different the second time?

Xa Shaw Stewart is the presenter of *Relaxing Rhymes* – a dementia-friendly session at Capital Theatres where you can enjoy some of the world’s best poetry being read aloud. Just now her favourite poet is Sir Thomas Wyatt.



Love At First Bite!

In Freda O’Byrne’s *Nosferatu*, the erstwhile Dracula travels light, his home and victims all zipped up in a suitcase. Here, Freda shares what she learned having delivered the show to the Capital Theatres’ Focus Group, where dementia best practice is put under the spotlight

by Freda O’Byrne

Nosferatu is a playful story in a suitcase influenced by the 1922 silent horror film, and uses object theatre and puppetry to reflect the artistry of the expressionist German filmmaker F. W. Murnau.

I was very excited (if not a little nervous) to be invited to bring *Nosferatu* along to the Capital Theatres Focus Group to hear their responses to it. Following a brief sharing of elements of the piece was a wide-ranging discussion, involving disparate views and ideas, always focused on helping to make the show the best it could be. We learnt, from the responses, that the show works in multiple ways.

I discovered that there was not just one answer, there were a lot of ‘depends’, and these ‘depends’ are the clues I need to follow to build flexibility into the show so that it can be as responsive, inclusive and engaging as possible.

I was uplifted by the certainty of the group about the elements of the show I shared. It was clear these



“I was very excited (if not a little nervous) to be invited to bring *Nosferatu* along to the Capital Theatres Focus Group to hear their responses to it.”

Freda O’Byrne

aspects worked and should remain the same until we share the whole show. We discussed puppetry as an art form and how it relied on the investment of individual audience members. The feeling was that the show constantly offered “micro engagements” through visual, auditory and even sensory elements.

It was suggested that I find a way of pausing the show, stepping out of it if interaction and engagement called for it, so I am working on a way to do this with the soundtrack. It will involve some technical wizardry that I am looking forward to learning about.

I arrived feeling a little nervous and at sea, but left feeling that I had learnt a lot, had received affirmation, and was very moved by the energy and generosity with which the group responded to the questions posed.

Freda O’Byrne is a physical theatre director, storyteller, and puppeteer. Recently she has been working with older people in a care home setting using puppetry performance – ‘tiny world’ performances set in suitcases – workshops, relaxation and visualisation exercises.



Ravishing Ramen

As the evenings turn cooler, Mike shares his comforting bowl of Tan-Men. With tender pork, hearty noodles, and fresh greens in a warming miso broth, it’s a simple and nourishing dish to enjoy on autumn nights.

Ingredients:

- 1 packet of Udon or Ramen noodles
- 100g of pork fillet or pork chop with fat and bone removed, cut into short strips
- 1 - 2 eggs
- 1 plant of Pak Choi – cut into 3cm pieces
- 50g of string beans or similar, cut into 2cm pieces
- Miso stock/paste
- 1 dessertspoon of ginger paste

Method:

1. Bring the miso stock to the boil, add the pork and boil for 5 minutes
2. Add the udon/ramen noodles
3. Boil the egg for about 5 minutes making sure it is not hard boiled, peel of the shells and half it. Feel free to add two eggs.
4. Add the green vegetables and cook for about 3 minutes.
5. Serve hot.

Mike Cheung is a keen cook, retired teacher and activist living with dementia. Mike is aware of how easy it is to live off ready meals and takeaways in the early stages of dementia. Through his simplified, dementia-friendly recipes, Mike hopes to remind people of the importance of a nutritious, healthy diet for both mind and body.



Lullabies and Battle Cries

The applecart has been upset at DementiArts’ favourite Perthshire farm. This time, however, it’s not the alpacas but Mother Goose who’s ruffling feathers ...
By Paul Shaw

It’s a warm summer’s day at the Alpaca trekking centre though any peace is short-lived by the noisy geese who always disturb the tranquil atmosphere around the barn. This time though there’s a good reason for the racket – six beautiful goslings have just hatched and are starting to learn about life on the farm. Mother Goose is very proud of her offspring. She is making even more noise than usual, if that was possible, honking and hissing her way out of the shelter and down the track to the nearby field. Together, with her entourage of protective and equally noisy Ganders, they are a thoroughly threatening sight. Anyone would be well advised to think twice before crossing their path and suffer the consequences! She is of course teaching them nursery rhymes, as all good Mother Geese do.

Goosey Goosey Gosling,
Time to do some jostling
Thro’ the barn, along the path,
And down towards the cafe.
There I met the farmer
He wouldn’t get out the way
So I bit him on the bottom
Such fun to start the day



Want to hear more of Paul’s farmyard antics?
Scan the QR code on the left!



Carer Draws Smiles with New Art Initiative

Satya's aspiration is clear: to ensure his residents receive recognition for their creativity on a par with the rest of the artistic community. Here he talks to DementiArts about setting up "Royston's Creations" and showcases the stunning work of its debut artist, Pat Gibson.

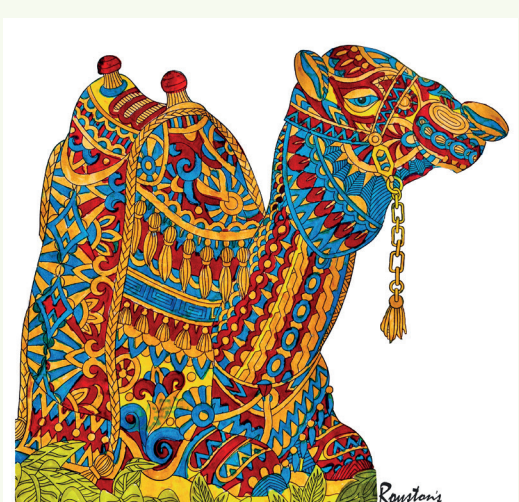
By Satya Sai Mothadaka

There are numerous quotations from renowned artists that linger in our minds over the years; but these thoughts are often overshadowed by our hectic daily routines, not to mention the busy pace Edinburgh of life. Eventually, we all arrive at a stage in life where we are free from responsibilities, akin, some might say, to small children who possess abundant freedom and time.

Welcome to Royston Court Care Home, one of the care homes operated by the Edinburgh City Council in partnership with the NHS. Our facility accommodates 60 residents, each with various physical and mental disabilities. Since working here, I have become acquainted with the wonderful residents, some of whom are



"Art washes away from the soul the dust of everyday life."
Pablo Picasso



in their late 80s and 90s, and who exhibit remarkable enthusiasm and energy for learning new things. Through this magazine, which is genuinely dedicated to elderly individuals, I would like to introduce you to the creative works of one such resident, **Pat Gibson**.

Pat's artistic creations stem from her interest in coloured fantasy illustrations. She finds joy in these pictures, and the creation of her own artwork as part of a daily routine brings her both satisfaction and happiness. Upon viewing her creations, I felt compelled to share them with other care home communities, and the public, to encourage people to consider the hidden talents of their loved ones.

It was experiencing Pat's joy firsthand that prompted me to initiate "Royston's Creations." Going forward, I hope to showcase the hidden artistic talents of more residents at Royston Court Care Home, giving them equal footing with the rest of Edinburgh's artistic community. Furthermore, I hope to showcase residents' creative work in a range of T-Shirts, Coffee mugs, Tote bags, Greeting Cards and coasters, the proceeds from which can be donated back to care settings.

Here's to Royston's Creations!

Satya is a contemporary artist, Photographer and an art educator. In addition to his artistic practice, he works at Royston Court Care Home in the capacity of a carer/activity leader. He also runs the non-profit organization, the Mothadaka. Find out more about Satya at mothadaka.org



Binding Hearts with Pages

What happens when you make a book? And what happens if that book’s made not by one person, but by the hands of the dementia community, the National Library of Scotland, the Heart of Newhaven community hub and a professional book binder? You better read on to find out...

By Cassandra Barron

My bookbinding studio is at The Heart of Newhaven where the Dementia Meeting Centre (DMC) is based. Prior to this project, I was aware of the group and the fantastic work Jan Brown and her team of volunteers are doing, but I hadn’t really engaged with the members in a creative way. Jan and I attended one of the first ‘Books That Shaped Us’ sessions led by the National Library of Scotland (NLS) which invited us to suggest a favourite book for the Dear Library exhibition, open until April 2026 as part of the NLS centenary celebrations. We enjoyed a lovely afternoon discussing favourite books and memories of reading, so when Beverley, Learning & Outreach Officer at NLS, came to The Heart of Newhaven Community to lead a similar session with the Dementia Meeting Centre I asked if I could go along too.

It was so interesting hearing the DMC (Dementia Meeting Centre) members reflect on books that have meant something to them throughout their lives and share stories of how they got into reading as a child. Everyone was so enthused and eager to keep the conversations going, so myself, Jan and Beverley hatched a plan to try and capture the conversation in a creative way.

I recall The Jolly Postman being one of my favourite childhood reads – a book made up of envelopes, each one holding different letters and papery treasures that relate to people in the story. I devised an envelope book structure and held a creative session that invited each of the DMC members to create a ‘book card’ to reflect on the books that have held meaning for them.

With Beverley’s help we gathered copies of excerpts, illustrations and book covers from the NLS archive, inspired by the books DMC members mentioned in that initial conversation and then provided each member with a set of visual prompts to work with. Together we chatted all things books, cut, stuck and collaged, which

“It was SUCH fun and such great anecdotes. Already looking forward to more!!!!” Many, many thanks” **Heart of Newhaven Community Member**



resulted in a collection of ‘book cards’ – some people also added their own writing and reflections to their card and contributed to audio recordings made by NLS.

I then went away and created a bespoke envelope for each of the DMC members involved in the project, using collage and illustrations to reference the members chosen book/s and the ‘book card’ contained inside. I then bound the collection of envelopes together using an exposed French link stitch and added a front and back cover.

The finished book brings together an eclectic mix of genres and personal stories, it is a celebration of books, reading and the vibrant community at DMC. It is so great to see this book on display at the *Dear Library* exhibition and it was a real treat to visit with Jan and some of the DMC members back in July.

For me, one of the most memorable comments about this project came from one of the DMC members, who was an avid reader throughout childhood but now finds reading a challenge. They reflected on how wonderful it has been to recall the books of his childhood and how the project has enabled them to unlock happy memories of reading with their Grandma, visits to the local library, discovering the Famous Five and the important role books have played in their life.

It was also great to hear members of the group express their excitement at being part of an exhibition at such a prestigious venue, sharing the news with friends and family who plan to visit. After the exhibition this book will go into the NLS archive and will be available for people to leaf through in the reading room for years to come, providing a tangible legacy of the DMC and the books that have shaped its members.’

Both the Heart of Newhaven and the National Library of Scotland run regular dementia-friendly events. Check out our calendar for their listings for this quarter.

Background: By Jan Brown - Meeting Centre Manager

At the Heart of Newhaven Dementia Meeting Centre, we develop activities that resonate with the interests of our members. It takes a while to get to know new members and this opportunity, to discuss the importance of Libraries and reading in our lives, gave us all an insight into what has shaped each other’s lives.

Working with Cass was a lovely experience. Firstly, she came in and shared her passion for book binding and, through other creative projects, she really got to know our members; so when we discussed the idea of creating a book, all our members felt comfortable sharing their individual stories. Working closely with the library team meant the creative process was well-planned and skilfully executed ensuring that our members really felt their input was valued. When the exhibition opened, we were all invited to attend and got a behind-the-scenes look at the library. It was a proud moment for many of our members to see the display and how Cass had created unity and diversity of our contributions.



John, the Roses Man

John’s life is a bouquet of accomplishments: international hockey player, Writer to the Signet, and legal protector of endangered songbirds. Yet it’s his work with plants that brings the rosiest blush to his cheeks. And there’s good reason for it, as Ann discovers in this quarter’s Hidden Lives...

By Ann Burnett

94-year-old John is a modest man, not wanting to mention his many achievements until pressed to speak of them. The one that lights up his eyes is his joy in his former garden and especially his magnificent display of roses. His name is engraved ten times on the Gifford Horticultural Society Rose Bowl for his winning floribunda roses before they moved house and the garden was taken over by another keen gardener who continued winning prizes with the roses. John has an entry in this year’s competition for the roses, although he no longer lives at home but is a resident in a care home. His wife Ann, helped by their gardener, is choosing one of the many magnificent plants from their garden. She’ll cut it on the day so that it looks its best. The secret they tell me is to get them to bloom at just the right time, too soon and they’ll have passed their best, too early and the roses will still be in bud. But how they do that is their secret!



John was a solicitor and a Writer to the Signet in Edinburgh, dealing mainly with winding up estates of the deceased and sorting out disputes among the families involved. He often dealt with trusts for the protection of songbirds though this was subsumed by the RSPB. The family would often visit sites such as at the Boat of Garten to see the work done there with the ospreys.

Away from the law he was very sporty throughout his life, playing hockey with the Inverleith team and later, being an over 50s International Hockey Player and representing Scotland in competitions in France. He was a fast runner so he mainly played on the wing.

The whole family are great dog lovers. Early on, there were two red setters, Bracken and Fern, followed by a spaniel, Kiri, named for the great New Zealand soprano. Ann, who had six cocker spaniels before she married him, brought Blaze and Rory, the latter being a magnificent tracking dog who could scent any dead creature some distance away. The family are carrying on the tradition as their son’s wife has therapy dogs which she takes into hospitals, care homes and even universities to give support to students there.

When he was a child, the family had holidayed often in North Berwick though his father who had been a Moderator of the Church of Scotland once spent a weekend at Balmoral as a guest of the late queen. John took his own children all over Scotland, stopping to climb a munro here and there.

He and his wife Anne were keen travellers, especially to Australia where his older sister still lives in Melbourne. When they were first married, they travelled across Australia on the Indian-Pacific railway from Sydney to Perth. The train was so long that when he went to walk its length, his wife couldn’t find him and he almost missed his lunch as it took 15 minutes to walk back.

But it’s the memory of his magnificent roses that give him most pleasure and that magnificent rose bowl he won ten times.

Ann is the author of **A Last Journey**, her memoir of caring for her late husband, Bill who had Lewy-Body dementia. As well as writing Hidden Lives, she is a member of the Capital Theatres Dementia-Friendly Focus Group and the Edinburgh Centre for Research on the Experience of Dementia (ECRED).



Soaring High

John’s drone shots are viewed all over the world on YouTube. Here, he shares a sample of his photography along with some choice words on not letting dementia define who he is and what he can enjoys.

By John Berwick

I have been flying drones for around 11 years since a family member introduced it to me and I took it up as a hobby. I have travelled all over Scotland flying my drone. I love introducing people to seeing the world from a different perspective. I especially love going to the wild places in the Highlands as the scenery is stunning. When the drone is flying above the landscape then it’s a true bird’s eye view and you get to see things that you could never see if you were just on the ground.

I started uploading the videos to YouTube as I knew that it was a safe way for me to store the videos and I could always go back and see them myself in the future. It’s also a nice way to share the work so that everyone can enjoy the views. I also pair the videos with a music track to help people enjoy the experience more. I get people watching it from all over the world.

I have a recent diagnosis of Alzheimer’s disease but am very open about my dementia diagnosis and feel that I am still the same person. I am making the most of every opportunity in the moment and don’t dwell on things. I don’t feel that having Alzheimer’s disease defines me and I don’t see it as the end of the road – I can still enjoy a lot of things.

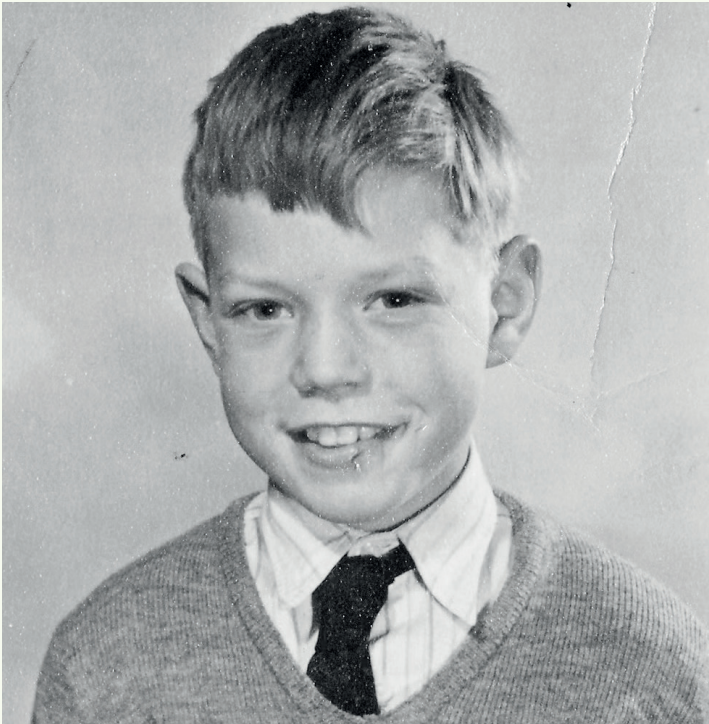
I am happy to share my work with those living with dementia as the videos could help with boosting someone’s mood or even helping them to reminisce about places they can’t get to anymore. I am very happy to think that someone could gain some benefit and enjoyment from watching the videos.



Enjoy these images? Why not visit John’s YouTube channel to view more of his beautiful work? Scan the QR Code!
My Youtube channel is https://www.youtube.com/results?search_query=jaybee2786

Those Were the Days

Before they were famous! These childhood snaps show some well-known faces long before the bright lights and big stages. Can you guess which celebrities these kids grew up to be?
By Gus Harrower



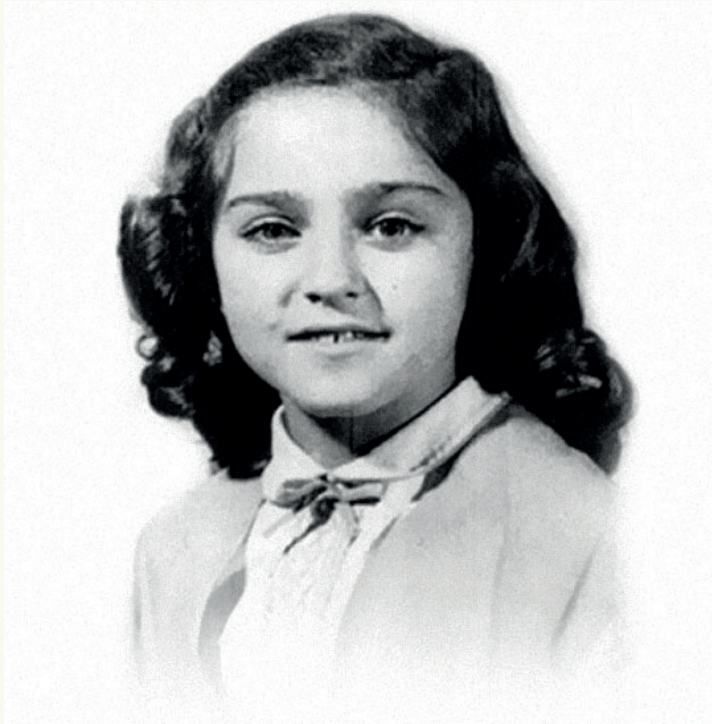
▲ **Celebrity 1** – A frontman whose lips are as famous as his swagger.



▲ **Celebrity 2** – A Brooklyn girl who turned a “Funny” face into global stardom.



▲ **Celebrity 4** – The voice that carried from Hoboken to Hollywood.



▲ **Celebrity 5** – She caused a “Material” stir and became the queen of reinvention.



▲ **Celebrity 3** – A midfield maestro and survivor of a tragedy who lifted a nation’s spirits.



▲ **Celebrity 6** – A drummer who took the long and winding road from Liverpool to world fame.



▲ **Celebrity 7** – This milkman’s lad became the suavest spy of them all.

Answers on page XX.



Welcome to Pet Corner!

In this month’s Pet Corner, we meet Tally - the six-month-old Border Terrier pup belonging to Izzy, a fellow Creative Engagement Coordinator. He’s already proving to be equal parts mischief-maker and heart-melter - with a name inspired by his dad’s favourite dram, a grin to win anyone over, and enough energy to keep his humans firmly on their toes!

Name	Talisker (Tally for short!)
Age	6 months
Human	Izzy Sivewright
Description	<p>Back in March, our long-awaited Border Terrier pup trotted into our lives. He’s named Tally, short for Talisker, his dad’s favourite whisky. In fact, such was our devotion to this name that we made a pilgrimage all the way to the Isle of Skye to fetch a bottle from the Talisker distillery itself. The idea was to keep it as a “birthday reserve,” raising a toast to him every year. A fine plan, until a particularly lively human birthday party finished it off early.</p> <p>If we had to sum Tally up in a single word, it would be <i>whirlwind</i>! He’s an excitable rogue who thinks he’s one of the “big dogs” and hasn’t quite worked out where the <i>off switch</i> is. A stroll around the block can easily turn into a social occasion, since he’s convinced every passer-by is there to admire him. At puppy day care, he’s the class clown, whipping the others into games of chase before collapsing into a snuffly snooze.</p> <p>But behind all the mischief is a very good boy: generous with cuddles, armed with the sweetest chocolate-brown eyes, and more than capable of wriggling out of trouble with a single look.</p>

Join our Focus Group

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

We are seeking people with a dementia diagnosis to join our Capital Theatres Focus Group. Our Focus Group meets bi-monthly and gives people living with dementia an active, tangible role in shaping the Creative Engagement programme here at Capital Theatres. Tea, coffee and biscuits are served at each meeting, we lay on a lunch for Focus Group members at least twice a year, and we try our best to offer theatre benefits where we can.

So if you have a dementia diagnosis and feel excited to start shaping the dementia programme across our theatres (or even have an idea for an event yourself!) we’d love to have you along.

Please contact Alex at alex.howard@capitaltheatres.com or 0131 622 8102 if you would like to learn more. We can of course make any adjustments necessary to make your attendance more comfortable at our sessions.

See you there!
Festival Theatre, 13-29 Nicolson Street, Edinburgh EH8 9FT



Receiving a dementia diagnosis can be a daunting time. We’re fortunate in Edinburgh to have a wide range of dementia-friendly services and activities right on our doorstep. In this calendar, we’ve done our best to list events happening over the next quarter across the city and the Lothians. Big or small, online or in person, in galleries or gardens — if it’s taking place in the coming months, you’ll find it here.

Events highlighted in blue are Capital Theatres events held here at the Festival Theatre.

Alzheimer Scotland also offers a wealth of activities across Edinburgh and the Lothians. This list doesn’t cover all their fantastic programmes, so for more information, please contact:

Edinburgh: EdinburghServices@alzscot.org / 0131 551 9350

West Lothian: WestLothianServices@alzscot.org / 01506 533 108

Mid & East Lothian: mhuddleston@alzscot.org / 0131 654 1114

October 2025

Wednesday October 1st

- 10.30am–11.15am

Porty Promenade Walk
Meet at Swimming Centre Café, EH15 2BS
For more info, contact Active Communities on 0131 458 2260
- 10.30am – 12noon

Alzheimer Scotland D’Café - Musselburgh
St Andrews High Church, EH21 7EA
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
- 10.30am–12noon

Craigie Hotel Morning Meet
Craigie Hotel, EH26 9BZ
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
- 10.30am – 2.30pm

Heart of Newhaven Meeting Centre
The Heart of Newhaven, EH6 4HY
Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
- 12noon–2pm

Liddell Lions Lunch
Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
- 1pm–2.30pm

Livingston Memory Café
West Lothian Brain Health and Dementia Resource Centre, EH54 6QF
Contact westlothianservices@alzscot.org or call 01506 533 108
- 2pm–3.45pm

North-West Edinburgh Singing Group
Drylaw Parish Church Hall, EH4 2RG
Contact Ali on 0131 467 9354

Thursday October 2nd

- 10.30am – 11.45am

Chair Yoga
North Edinburgh Arts, EH4 4AB
Contact admin@northedinburgharts.co.uk or 0131 315 2151
- 1.30pm – 3pm

Alzheimer Scotland D’Café
Cowan Court, EH26 8BF
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
- 1.45pm–2.45pm

Choir in the Park
Saughton Park Glasshouse, EH11 3BQ
Contact admin@forgetmenotes.org.uk or 07588 894 587

Friday October 3rd

- 10am – 12pm

Memory Lane Cafe
Saughtonhall Church, EH12 5TR
Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
- 10.30am - 12noon

Morning Meet Up
Alzheimer Scotland Head Office, EH11 1DQ
Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
- 11am – 12.45pm

Ashbrook Community Choir
492 Ferry Road, EH5 2DL
Contact admin@forgetmenotes.org.uk or 07588 894 587
- 2pm–3pm

Together in Song
Festival Theatre, EH8 9FT
Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

Monday October 6th

- 10.30am – 12noon

Redbrick Café - Social Circle (under 65)
West Lothian Brain Health and Dementia Resource Centre, EH54 6QF
Contact westlothianservices@alzscot.org or call 01506 533 108
- 10.30am - 12.30pm

Dementia Friendly Social Club
North Edinburgh Arts, EH4 4AB
Contact admin@northedinburgharts.co.uk or 07493 876 130
- 10.45am – 11.45am

St Brides Community Choir
St Brides Centre, EH11 2DZ.
Contact admin@forgetmenotes.org.uk or 07588 894 587

Calendar

10.45am–12.15pm	Hibs Football Memories Easter Road Stadium, EH7 5QG Contact Eleanor on eleanor@hiberniancf.org
11am-1pm	Jen’s Dementia Drop-in Café Craigs Bank Church, EH12 8HD Contact Jen on jennifermaclennan@hotmail.co.uk or 077921443787
1pm–3pm	Big Hearts: Football and Edinburgh Memories Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
2pm-3pm	Music, Memories & Cake St Cuthbert’s Episcopal Church, EH13 0BB Booking essential. Contact Nicki on 0131 441 7580
2pm – 3.30pm	Alzheimer Scotland D’Café The Dunbar Town House, EH42 1ER Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
2pm–4pm	Music & Memories Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
3.45pm–5pm	Forget Me Notes Zoom Choir Online Event Contact admin@forgetmenotes.org.uk or 07588 894 587

Tuesday October 7th

11am – 12.30pm	Let’s Sing: Dementia Choir Fisherrow Centre, Musselburgh, EH12 6AT Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
11am – 1pm	Heart for Art Morningside Parish Church EH10 6BU Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
12pm-2pm	Culture Club The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838

Calendar

1pm–3pm	Big Hearts: Football and Edinburgh Memories Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
1.30pm – 2.30pm	Eric’s Encore Music Group Eric Liddell Community, EH10 4DP Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
5pm–7pm	The Teatime Club St Thomas’ Church, Glasgow Road Contact Georgia on 0131 478 7784

Wednesday October 8th

10.30am–11.15am	Porty Promenade Walk Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
10.30am - 12noon	Botanics Walking Group Royal Botanic Garden Edinburgh, EH3 5NY Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
10.30am–12noon	Craigie Hotel Morning Meet Craigie Hotel, EH26 9BZ Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
10.30am – 2.30pm	Heart of Newhaven Meeting Centre The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
12noon–2pm	Liddell Lions Lunch Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
1pm–2.30pm	Livingston Memory Café West Lothian Brain Health and Dementia Resource Centre, EH54 6QF Contact westlothianservices@alzscot.org or call 01506 533 108
2pm	Animal Afternoons: Alpacas Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
2pm – 3.30pm	Alzheimer Scotland D’Café - Tranent The Fraser Centre, EH33 1AF Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

Thursday October 9th

- 10.30am – 11.45am

Chair Yoga
North Edinburgh Arts, EH4 4AB
Contact admin@northedinburgharts.co.uk or 0131 315 2151
- 4pm – 5pm

Gorgie Community Choir
Salvation Army Hall, EH11 2RT
Contact admin@forgetmenotes.org.uk or 07588 894 587

Friday October 10th

- 10am – 12pm

Memory Lane Cafe
Saughtonhall Church, EH12 5TR
Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
- 10.30am – 12pm

Library Social: Songs for Autumn Days
George IV Bridge, EH1 1EW
Contact Beverley at learning@nls.uk or 0131 623 3700
- 10.30am - 12noon

Morning Meet Up
Alzheimer Scotland Head Office, EH11 1DQ
Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821

Monday October 13th

- 10.30am – 12noon

Redbrick Café - Social Circle (under 65)
West Lothian Brain Health and Dementia Resource Centre, EH54 6QF
Contact westlothianservices@alzscot.org or call 01506 533 108
- 10.30am - 12noon

Alzheimer Scotland D’Café
Oxgangs Library, EH13 9LY
Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
- 10.30am - 12.30pm

Dementia Friendly Social Club
North Edinburgh Arts, EH4 4AB
Contact admin@northedinburgharts.co.uk or 07493 876 130
- 10.45am – 11.45am

St Brides Community Choir
St Brides Centre, EH11 2DZ.
Contact admin@forgetmenotes.org.uk or 07588 894 587
- 1pm–3pm

Big Hearts: Football and Edinburgh Memories
Tynecastle Stadium, EH11 2NL
Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889

- 2pm–4pm

Music & Memories
Morningside Parish Church, EH10 6BQ
Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
- 2pm – 4pm

Gentle Exercise Class
Morningside Parish Church EH10 6BU
Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
- 3.45pm–5pm

Forget Me Notes Zoom Choir
Online Event
Contact admin@forgetmenotes.org.uk or 07588 894 587

Tuesday October 14th

- 11am – 12.30pm

Let’s Sing: Dementia Choir
Fisherrow Centre, Musselburgh, EH12 6AT
Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
- 11am – 1pm

Heart for Art
Morningside Parish Church EH10 6BU
Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
- 12pm-2pm

Culture Club
The Heart of Newhaven, EH6 4HY
Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
- 1pm–3pm

Big Hearts: Football and Edinburgh Memories
Tynecastle Stadium, EH11 2NL
Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
- 1.30pm – 2.30pm

Eric’s Encore Music Group
Eric Liddell Community, EH10 4DP
Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
- 2pm – 3.30pm

Alzheimer Scotland D’Café
Dalkeith Baptist Church, EH22 1JE
Contact Michael on mhuddleston@alzscot.org or call 0131 654 1114

Wednesday October 15th

- 10.30am–11.15am

Porty Promenade Walk
Meet at Swimming Centre Café, EH15 2BS
For more info, contact Active Communities on 0131 458 2260

10.30am–12noon	Craigie Hotel Morning Meet Craigie Hotel, EH26 9BZ Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
10.30am – 12noon	Alzheimer Scotland Walking Group Saughton Park, EH11 3BQ Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
10.30am – 2.30pm	Heart of Newhaven Meeting Centre The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
11am – 12.15pm	Comfy Ceilidh Festival Theatre, EH8 9FT Booking essential. Call 0131 529 6000 or visit capitaltheatres.com
12noon–2pm	Liddell Lions Lunch Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
1pm–2.30pm	Livingston Memory Café West Lothian Brain Health and Dementia Resource Centre, EH54 6QF Contact westlothianservices@alzscot.org or call 01506 533 108
2pm–3.45pm	North-West Edinburgh Singing Group Drylaw Parish Church Hall, EH4 2RG Contact Ali on 0131 467 9354
2pm–4pm	Games Afternoon Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

Thursday October 16th

10.30am – 11.45am	Chair Yoga North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 0131 315 2151
1.30pm – 3pm	Alzheimer Scotland D’Café Cowan Court, EH26 8BF Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
1.45pm–2.45pm	Choir in the Park Saughton Park Glasshouse, EH11 3BQ Contact admin@forgetmenotes.org.uk or 07588 894 587

Friday October 17th

10am – 12pm	Memory Lane Cafe Saughtonhall Church, EH12 5TR Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
10.30am - 12noon	Morning Meet Up Alzheimer Scotland Head Office, EH11 1DQ Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
11am – 12.45pm	Ashbrook Community Choir 492 Ferry Road, EH5 2DL Contact admin@forgetmenotes.org.uk or 07588 894 587

Monday October 20th

10.30am – 12noon	Redbrick Café - Social Circle (under 65) West Lothian Brain Health and Dementia Resource Centre, EH54 6QF Contact westlothianservices@alzscot.org or call 01506 533 108
10.30am - 12.30pm	Dementia Friendly Social Club North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 07493 876 130
10.45am – 11.45am	St Brides Community Choir St Brides Centre, EH11 2DZ. Contact admin@forgetmenotes.org.uk or 07588 894 587
10.45am–12.15pm	Hibs Football Memories Easter Road Stadium, EH7 5QG Contact Eleanor on eleanor@hiberniancf.org
1pm–3pm	Big Hearts: Football and Edinburgh Memories Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889

2pm-3pm	Music, Memories & Cake St Cuthbert’s Episcopal Church, EH13 0BB Booking essential. Contact Nicki on 0131 441 7580
2pm–4pm	Music & Memories Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
3.45pm–5pm	Forget Me Notes Zoom Choir Online Event Contact admin@forgetmenotes.org.uk or 07588 894 587

Tuesday October 21st

11am – 12.30pm	Let’s Sing: Dementia Choir Fisherrow Centre, Musselburgh, EH12 6AT Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
11am – 1pm	Heart for Art Morningside Parish Church EH10 6BU Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
12pm-2pm	Culture Club The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
1pm—3pm	Big Hearts: Football and Edinburgh Memories Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
1.30pm – 2.30pm	Eric’s Encore Music Group Eric Liddell Community, EH10 4DP Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
5pm—7pm	The Teatime Club St Thomas’ Church, Glasgow Road Contact Georgia on 0131 478 7784

Wednesday October 22nd

10.30am—11.15am	Porty Promenade Walk Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
10.30am—12noon	Craigie Hotel Morning Meet Craigie Hotel, EH26 9BZ Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
10.30am – 12noon	Alzheimer Scotland Tea and Blether Ocean Terminal, EH6 6JJ Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
10.30am – 2.30pm	Heart of Newhaven Meeting Centre The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838

12noon—2pm	Liddell Lions Lunch Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
1pm—2.30pm	Livingston Memory Café West Lothian Brain Health and Dementia Resource Centre, EH54 6QF Contact westlothianservices@alzscot.org or call 01506 533 108

Thursday October 23rd

10.30am – 11.45am	Chair Yoga North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 0131 315 2151
1.30pm - 3.45pm	Reel Memories: Dementia Friendly Film Screening North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 07493 876 130
2pm – 3.30pm	Alzheimer Scotland D’Café - Prestonpans Prestonpans Community Centre, EH32 9QS Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
4pm – 5pm	Gorgie Community Choir Salvation Army Hall, EH11 2RT Contact admin@forgetmenotes.org.uk or 07588 894 587

Friday October 24th

10am – 12pm	Memory Lane Cafe Saughtonhall Church, EH12 5TR Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
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Monday October 27th

10.30am – 12noon	Redbrick Café - Social Circle (under 65) West Lothian Brain Health and Dementia Resource Centre, EH54 6QF Contact westlothianservices@alzscot.org or call 01506 533 108
10.30am - 12.30pm	Dementia Friendly Social Club North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 07493 876 130
10.30am – 12noon	Alzheimer Scotland Singing Group Royal Botanic Garden Edinburgh, EH3 5NY Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821

10.45am – 11.45am	St Brides Community Choir St Brides Centre, EH11 2DZ. Contact admin@forgetmenotes.org.uk or 07588 894 587
11am – 12.30pm	Tea and ‘Jam’ Festival Theatre, EH8 9FT Booking essential. Call 0131 529 6000 or visit capitaltheatres.com
1pm–3pm	Big Hearts: Football and Edinburgh Memories Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
2pm – 4pm	Gentle Exercise Class Morningside Parish Church EH10 6BU Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
3.45pm–5pm	Forget Me Notes Zoom Choir Online Event Contact admin@forgetmenotes.org.uk or 07588 894 587

Tuesday October 28th

11am – 12.30pm	Let’s Sing: Dementia Choir Fisherrow Centre, Musselburgh, EH12 6AT Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
11am – 1pm	Heart for Art Morningside Parish Church EH10 6BU Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
12pm-2pm	Culture Club The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
1pm–3pm	Big Hearts: Football and Edinburgh Memories Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
1.30pm – 2.30pm	Eric’s Encore Music Group Eric Liddell Community, EH10 4DP Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
2pm – 3.30pm	Alzheimer Scotland D’Café Dalkeith Baptist Church, EH22 1JE Contact Michael on mhuddleston@alzscot.org or call 0131 654 1114

3pm – 4.30pm	PALM Dementia Café St. Joseph Centre, EH14 7EH Contact palmcafebalerno@gmail.com or call 07711046014
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Wednesday October 29th

10.30am–11.15am	Porty Promenade Walk Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
10.30am–12noon	Craigie Hotel Morning Meet Craigie Hotel, EH26 9BZ Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
10.30am – 2.30pm	Heart of Newhaven Meeting Centre The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
11am – 12.30pm	Set the Scene Festival Theatre, EH8 9FT Booking essential. Call 0131 529 6000 or visit capitaltheatres.com
12noon–2pm	Liddell Lions Lunch Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
1pm–2.30pm	Livingston Memory Café West Lothian Brain Health and Dementia Resource Centre, EH54 6QF Contact westlothianservices@alzscot.org or call 01506 533 108

Thursday October 30th

10.30am – 11.45am	Chair Yoga North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 0131 315 2151
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Friday October 31st

10am – 12pm	Memory Lane Cafe Saughtonhall Church, EH12 5TR Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
10.30am - 12noon	Morning Meet Up Alzheimer Scotland Head Office, EH11 1DQ Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821

Calendar		Calendar	
November 2025			
Monday November 3rd			
10.30am – 12noon	Redbrick Café - Social Circle (under 65) West Lothian Brain Health and Dementia Resource Centre, EH54 6QF Contact westlothianservices@alzscot.org or call 01506 533 108	1pm—3pm	Big Hearts: Football and Edinburgh Memories Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
11am-1pm	Jen’s Dementia Drop-in Café Craigs Bank Church, EH12 8HD Contact Jen on jennifermaclessan@hotmail.co.uk or 077921443787	1.30pm – 2.30pm	Eric’s Encore Music Group Eric Liddell Community, EH10 4DP Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
10.30am - 12.30pm	Dementia Friendly Social Club North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 07493 876 130	5pm—7pm	The Teatime Club St Thomas’ Church, Glasgow Road Contact Georgia on 0131 478 7784
10.45am—12.15pm	Hibs Football Memories Easter Road Stadium, EH7 5QG Contact Eleanor on eleanor@hiberniancf.org	Wednesday November 5th	
1pm—3pm	Big Hearts: Football and Edinburgh Memories Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889	10.30am—11.15am	Porty Promenade Walk Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
2pm – 3.30pm	Alzheimer Scotland D’Café The Dunbar Town House, EH42 1ER Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org	10.30am – 12noon	Alzheimer Scotland D’Café - Musselburgh St Andrews High Church, EH21 7EA Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
2pm—4pm	Music & Memories Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk	10.30am—12noon	Craigie Hotel Morning Meet Craigie Hotel, EH26 9BZ Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
Tuesday November 4th		10.30am – 12noon	Alzheimer Scotland Walking Group Saughton Park, EH11 3BQ Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
11am – 12.30pm	Let’s Sing: Dementia Choir Fisherrow Centre, Musselburgh, EH12 6AT Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888	10.30am – 2.30pm	Heart of Newhaven Meeting Centre The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
11am – 1pm	Heart for Art Morningside Parish Church EH10 6BU Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk	12noon—2pm	Liddell Lions Lunch Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
12pm-2pm	Culture Club The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838	1pm—2.30pm	Livingston Memory Café West Lothian Brain Health and Dementia Resource Centre, EH54 6QF Contact westlothianservices@alzscot.org or call 01506 533 108
Page 38		2pm—3.45pm	North-West Edinburgh Singing Group Drylaw Parish Church Hall, EH4 2RG Contact Ali on 0131 467 9354
		Page 39	

Thursday November 6th

- 10.30am – 11.45am

Chair Yoga
North Edinburgh Arts, EH4 4AB
Contact admin@northedinburgharts.co.uk or 0131 315 2151
- 1.30pm – 3pm

Alzheimer Scotland D’Café
Cowan Court, EH26 8BF
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

Friday November 7th

- 10am – 12pm

Memory Lane Cafe
Saughtonhall Church, EH12 5TR
Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
- 2pm—3pm

Together in Song
Festival Theatre, EH8 9FT
Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

Monday November 10th

- 10.30am – 12noon

Redbrick Café - Social Circle (under 65)
West Lothian Brain Health and Dementia Resource Centre, EH54 6QF
Contact westlothianservices@alzscot.org or call 01506 533 108
- 10.30am - 12noon

Alzheimer Scotland D’Café
Oxgangs Library, EH13 9LY
Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
- 10.30am - 12.30pm

Dementia Friendly Social Club
North Edinburgh Arts, EH4 4AB
Contact admin@northedinburgharts.co.uk or 07493 876 130
- 1pm—3pm

Big Hearts: Football and Edinburgh Memories
Tynecastle Stadium, EH11 2NL
Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
- 2pm – 4pm

Gentle Exercise Class
Morningside Parish Church EH10 6BU
Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

Tuesday November 11th

- 11am – 12.30pm

Let’s Sing: Dementia Choir
Fisherrow Centre, Musselburgh, EH12 6AT
Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
- 11am – 1pm

Heart for Art
Morningside Parish Church EH10 6BU
Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
- 12pm-2pm

Culture Club
The Heart of Newhaven, EH6 4HY
Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
- 1pm—3pm

Big Hearts: Football and Edinburgh Memories
Tynecastle Stadium, EH11 2NL
Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
- 1.30pm – 2.30pm

Eric’s Encore Music Group
Eric Liddell Community, EH10 4DP
Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
- 2pm – 3.30pm

Alzheimer Scotland D’Café
Dalkeith Baptist Church, EH22 1JE
Contact Michael on mhuddleston@alzscot.org or call 0131 654 1114

Wednesday November 12th

- 10.30am—11.15am

Porty Promenade Walk
Meet at Swimming Centre Café, EH15 2BS
For more info, contact Active Communities on 0131 458 2260
- 10.30am - 12noon

Botanics Walking Group
Royal Botanic Garden Edinburgh, EH3 5NY
Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
- 10.30am—12noon

Craigie Hotel Morning Meet
Craigie Hotel, EH26 9BZ
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
- 10.30am – 2.30pm

Heart of Newhaven Meeting Centre
The Heart of Newhaven, EH6 4HY
Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838

Calendar

12noon–2pm

Liddell Lions Lunch
Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277

1pm–2.30pm

Livingston Memory Café
West Lothian Brain Health and Dementia Resource Centre, EH54 6QF
Contact westlothianservices@alzscot.org or call 01506 533 108

2pm – 3.30pm

Alzheimer Scotland D’Café - Tranent
The Fraser Centre, EH33 1AF
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

Thursday November 13th

10.30am – 11.45am Chair Yoga
North Edinburgh Arts, EH4 4AB
Contact admin@northedinburgharts.co.uk or 0131 315 2151

Friday November 14th

10am – 12pm Memory Lane Cafe
Saughtonhall Church, EH12 5TR
Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com

10.30am – 12noon Library Social: Maps
George IV Bridge, EH1 1EW
Contact Beverley at learning@nls.uk or 0131 623 3700

10.30am - 12noon Morning Meet Up
Alzheimer Scotland Head Office, EH11 1DQ
Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821

Monday November 17th

10.30am – 12noon Redbrick Café - Social Circle (under 65)
West Lothian Brain Health and Dementia Resource Centre, EH54 6QF
Contact westlothianservices@alzscot.org or call 01506 533 108

10.30am - 12.30pm Dementia Friendly Social Club
North Edinburgh Arts, EH4 4AB
Contact admin@northedinburgharts.co.uk or 07493 876 130

10.45am–12.15pm Hibs Football Memories
Easter Road Stadium, EH7 5QG
Contact Eleanor on eleanor@hiberniancf.org

Calendar

11am – 12pm

Relaxing Rhymes
Festival Theatre, EH8 9FT
Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

1pm–3pm

Big Hearts: Football and Edinburgh Memories
Tynecastle Stadium, EH11 2NL
Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889

2pm–4pm

Music & Memories
Morningside Parish Church, EH10 6BQ
Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

Tuesday November 18th

11am – 12.30pm Let’s Sing: Dementia Choir
Fisherrow Centre, Musselburgh, EH12 6AT
Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888

11am – 1pm

Heart for Art
Morningside Parish Church EH10 6BU
Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

12pm-2pm

Culture Club
The Heart of Newhaven, EH6 4HY
Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838

1pm–3pm

Big Hearts: Football and Edinburgh Memories
Tynecastle Stadium, EH11 2NL
Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889

1.30pm – 2.30pm

Eric’s Encore Music Group
Eric Liddell Community, EH10 4DP
Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

5pm–7pm

The Teatime Club
St Thomas’ Church, Glasgow Road
Contact Georgia on 0131 478 7784

Wednesday November 19th

- 10.30am–11.15am

Porty Promenade Walk
Meet at Swimming Centre Café, EH15 2BS
For more info, contact Active Communities on 0131 458 2260
- 10.30am–12noon

Craigie Hotel Morning Meet
Craigie Hotel, EH26 9BZ
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
- 10.30am - 12noon

Alzheimer Scotland Walking Group
Saughton Park, EH11 3BQ
Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
- 10.30am - 2.30pm

Heart of Newhaven Meeting Centre
The Heart of Newhaven, EH6 4HY
Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
- 12noon–2pm

Liddell Lions Lunch
Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
- 1pm–2.30pm

Livingston Memory Café
West Lothian Brain Health and Dementia Resource Centre, EH54 6QF
Contact westlothianservices@alzscot.org or call 01506 533 108
- 2pm–3.45pm

North-West Edinburgh Singing Group
Drylaw Parish Church Hall, EH4 2RG
Contact Ali on 0131 467 9354
- 2pm–4pm

Games Afternoon
Morningside Parish Church, EH10 6BQ
Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

Thursday November 20th

- 1.30pm - 3pm

Alzheimer Scotland D’Café
Cowan Court, EH26 8BF
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
- 10.30am - 11.45am

Chair Yoga
North Edinburgh Arts, EH4 4AB
Contact admin@northedinburgharts.co.uk or 0131 315 2151

Friday November 21st

- 10am - 12noon

Memory Lane Cafe
Saughtonhall Church, EH12 5TR
Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
- 10.30am - 12noon

Morning Meet Up
Alzheimer Scotland Head Office, EH11 1DQ
Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821

Monday November 24th

- 10.30am - 12noon

Redbrick Café - Social Circle (under 65)
West Lothian Brain Health and Dementia Resource Centre, EH54 6QF
Contact westlothianservices@alzscot.org or call 01506 533 108
- 10.30am - 12noon

Alzheimer Scotland Singing Group
Royal Botanic Garden Edinburgh, EH3 5NY
Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
- 10.30am - 12.30pm

Dementia Friendly Social Club
North Edinburgh Arts, EH4 4AB
Contact admin@northedinburgharts.co.uk or 07493 876 130
- 11am - 12.30pm

Tea and ‘Jam’
Festival Theatre, EH8 9FT
Booking essential. Call 0131 529 6000 or visit capitaltheatres.com
- 1pm–3pm

Big Hearts: Football and Edinburgh Memories
Tynecastle Stadium, EH11 2NL
Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
- 2pm - 4pm

Gentle Exercise Class
Morningside Parish Church EH10 6BU
Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

Tuesday November 25th

- 11am - 12.30pm

Let’s Sing: Dementia Choir
Fisherrow Centre, Musselburgh, EH12 6AT
Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
- 11am - 1pm

Heart for Art
Morningside Parish Church EH10 6BU
Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

12pm-2pm	Culture Club The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
1pm–3pm	Big Hearts: Football and Edinburgh Memories Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
1.30pm – 2.30pm	Eric’s Encore Music Group Eric Liddell Community, EH10 4DP Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
2pm – 3.30pm	Alzheimer Scotland D’Café Dalkeith Baptist Church, EH22 1JE Contact Michael on mhuddleston@alzscot.org or call 0131 654 1114
3pm – 4.30pm	PALM Dementia Café St. Joseph Centre, EH14 7EH Contact palmcafebalerno@gmail.com or call 07711046014

Wednesday November 26th

10.30am–11.15am	Porty Promenade Walk Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
10.30am–12noon	Craigie Hotel Morning Meet Craigie Hotel, EH26 9BZ Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
10.30am – 12noon	Alzheimer Scotland Tea and Blether Ocean Terminal, EH6 6JJ Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
10.30am – 2.30pm	Heart of Newhaven Meeting Centre The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
12noon–2pm	Liddell Lions Lunch Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
1pm–2.30pm	Livingston Memory Café West Lothian Brain Health and Dementia Resource Centre, EH54 6QF Contact westlothianservices@alzscot.org or call 01506 533 108

2pm – 3pm	Brew and Blether Festival Theatre, EH8 9FT Booking essential. Call 0131 529 6000 or visit capitaltheatres.com Thursday November 27th
10.30am – 11.45am	Chair Yoga North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 0131 315 2151
2pm – 3.30pm	Alzheimer Scotland D’Café - Prestonpans Prestonpans Community Centre, EH32 9QS Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

Friday November 28th

10am – 12pm	Memory Lane Cafe Saughtonhall Church, EH12 5TR Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
10.30am - 12noon	Morning Meet Up Alzheimer Scotland Head Office, EH11 1DQ Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821

Saturday November 29th

2pm	Dementia Friendly Concert Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
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December 2025

Monday December 1st

10.30am – 12noon	Redbrick Café - Social Circle (under 65) West Lothian Brain Health and Dementia Resource Centre, EH54 6QF Contact westlothianservices@alzscot.org or call 01506 533 108
10.30am - 12.30pm	Dementia Friendly Social Club North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 07493 876 130
10.45am–12.15pm	Hibs Football Memories Easter Road Stadium, EH7 5QG Contact Eleanor on eleanor@hiberniancf.org

11am-1pm	Jen’s Dementia Drop-in Café Craigs Bank Church, EH12 8HD Contact Jen on jennifermaclessan@hotmail.co.uk or 077921443787
1pm–3pm	Big Hearts: Football and Edinburgh Memories Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
2pm – 3.30pm	Alzheimer Scotland D’Café The Dunbar Town House, EH42 1ER Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
2pm–4pm	Music & Memories Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

Tuesday December 2nd

11am – 12.30pm	Let’s Sing: Dementia Choir Fisherrow Centre, Musselburgh, EH12 6AT Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
11am – 1pm	Heart for Art Morningside Parish Church EH10 6BU Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
12pm-2pm	Culture Club The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
1pm–3pm	Big Hearts: Football and Edinburgh Memories Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
1.30pm – 2.30pm	Eric’s Encore Music Group Eric Liddell Community, EH10 4DP Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
5pm–7pm	The Teatime Club St Thomas’ Church, Glasgow Road Contact Georgia on 0131 478 7784

Wednesday December 3rd

10.30am–11.15am	Porty Promenade Walk Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
10.30am – 12noon	Alzheimer Scotland D’Café - Musselburgh St Andrews High Church, EH21 7EA Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
10.30am–12noon	Craigie Hotel Morning Meet Craigie Hotel, EH26 9BZ Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
10.30am – 12noon	Alzheimer Scotland Walking Group Saughton Park, EH11 3BQ Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
10.30am – 2.30pm	Heart of Newhaven Meeting Centre The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
12noon–2pm	Liddell Lions Lunch Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
1pm–2.30pm	Livingston Memory Café West Lothian Brain Health and Dementia Resource Centre, EH54 6QF Contact westlothianservices@alzscot.org or call 01506 533 108
2pm–3.45pm	North-West Edinburgh Singing Group Drylaw Parish Church Hall, EH4 2RG Contact Ali on 0131 467 9354

Thursday December 4th

10.30am – 11.45am	Chair Yoga North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 0131 315 2151
1.30pm – 3pm	Alzheimer Scotland D’Café Cowan Court, EH26 8BF Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

Friday December 5th

- 10am – 12pm

Memory Lane Cafe
Saughtonhall Church, EH12 5TR
Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
- 10.30am - 12noon

Morning Meet Up
Alzheimer Scotland Head Office, EH11 1DQ
Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821

Monday December 8th

- 10.30am – 12noon

Redbrick Café - Social Circle (under 65)
West Lothian Brain Health and Dementia Resource Centre, EH54 6QF
Contact westlothianservices@alzscot.org or call 01506 533 108
- 10.30am - 12noon

Alzheimer Scotland D’Café
Oxgangs Library, EH13 9LY
Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
- 10.30am - 12.30pm

Dementia Friendly Social Club
North Edinburgh Arts, EH4 4AB
Contact admin@northedinburgharts.co.uk or 07493 876 130
- 1pm—3pm

Big Hearts: Football and Edinburgh Memories
Tynecastle Stadium, EH11 2NL
Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
- 2pm – 4pm

Gentle Exercise Class
Morningside Parish Church EH10 6BU
Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

Tuesday December 9th

- 11am – 12.30pm

Let’s Sing: Dementia Choir
Fisherrow Centre, Musselburgh, EH12 6AT
Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
- 11am – 1pm

Heart for Art
Morningside Parish Church EH10 6BU
Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

- 12pm-2pm

Culture Club
The Heart of Newhaven, EH6 4HY
Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
- 1pm—3pm

Big Hearts: Football and Edinburgh Memories
Tynecastle Stadium, EH11 2NL
Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
- 1.30pm – 2.30pm

Eric’s Encore Music Group
Eric Liddell Community, EH10 4DP
Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
- 2pm – 3.30pm

Alzheimer Scotland D’Café
Dalkeith Baptist Church, EH22 1JE
Contact Michael on mhuddleston@alzscot.org or call 0131 654 1114

Wednesday December 10th

- 10.30am—11.15am

Porty Promenade Walk
Meet at Swimming Centre Café, EH15 2BS
For more info, contact Active Communities on 0131 458 2260
- 10.30am - 12noon

Botanics Walking Group
Royal Botanic Garden Edinburgh, EH3 5NY
Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
- 10.30am—12noon

Craigie Hotel Morning Meet
Craigie Hotel, EH26 9BZ
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org
- 10.30am – 2.30pm

Heart of Newhaven Meeting Centre
The Heart of Newhaven, EH6 4HY
Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
- 12noon—2pm

Liddell Lions Lunch
Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
- 1pm—2.30pm

Livingston Memory Café
West Lothian Brain Health and Dementia Resource Centre, EH54 6QF
Contact westlothianservices@alzscot.org or call 01506 533 108
- 2pm – 3.30pm

Alzheimer Scotland D’Café - Tranent
The Fraser Centre, EH33 1AF
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

Thursday December 11th

- 10.30am – 11.45am

Chair Yoga
North Edinburgh Arts, EH4 4AB
Contact admin@northedinburgharts.co.uk or 0131 315 2151
- 1.30pm - 3.45pm

Reel Memories: Dementia Friendly Film Screening
North Edinburgh Arts, EH4 4AB
Contact admin@northedinburgharts.co.uk or 07493 876 130

Friday December 12th

- 10am – 12pm

Memory Lane Cafe
Saughtonhall Church, EH12 5TR
Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
- 10.30am – 12pm

Library Social: Maps
George IV Bridge, EH1 1EW
Contact Beverley at learning@nls.uk or 0131 623 3700
- 10.30am - 12noon

Morning Meet Up
Alzheimer Scotland Head Office, EH11 1DQ
Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821

Monday December 15th

- 10.30am – 12noon

Redbrick Café - Social Circle (under 65)
West Lothian Brain Health and Dementia Resource Centre, EH54 6QF
Contact westlothianservices@alzscot.org or call 01506 533 108
- 10.30am - 12.30pm

Dementia Friendly Social Club
North Edinburgh Arts, EH4 4AB
Contact admin@northedinburgharts.co.uk or 07493 876 130
- 10.45am–12.15pm

Hibs Football Memories
Easter Road Stadium, EH7 5QG
Contact Eleanor on eleanor@hiberniancf.org
- 11am – 12.30pm

Mistletoe and ‘Jam’
Festival Theatre, EH8 9FT
Booking essential. Call 0131 529 6000 or visit capitaltheatres.com
- 1pm–3pm

Big Hearts: Football and Edinburgh Memories
Tynecastle Stadium, EH11 2NL
Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889

- 2pm–4pm

Music & Memories
Morningside Parish Church, EH10 6BQ
Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

Tuesday December 16th

- 11am – 12.30pm

Let’s Sing: Dementia Choir
Fisherrow Centre, Musselburgh, EH12 6AT
Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
- 11am – 1pm

Heart for Art
Morningside Parish Church EH10 6BU
Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
- 12pm-2pm

Culture Club
The Heart of Newhaven, EH6 4HY
Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
- 1pm–3pm

Big Hearts: Football and Edinburgh Memories
Tynecastle Stadium, EH11 2NL
Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
- 1.30pm – 2.30pm

Eric’s Encore Music Group
Eric Liddell Community, EH10 4DP
Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
- 3pm – 4.30pm

ALM Dementia Café
St. Joseph Centre, EH14 7EH
Contact palmcafebalerno@gmail.com or call 07711046014
- 5pm–7pm

The Teatime Club
St Thomas’ Church, Glasgow Road
Contact Georgia on 0131 478 7784

Wednesday December 17th

- 10.30am–11.15am

Porty Promenade Walk
Meet at Swimming Centre Café, EH15 2BS
For more info, contact Active Communities on 0131 458 2260
- 10.30am–12noon

Craigie Hotel Morning Meet
Craigie Hotel, EH26 9BZ
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

Calendar

- 10.30am – 12noon

Alzheimer Scotland Walking Group
Saughton Park, EH11 3BQ
Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
- 10.30am – 2.30pm

Heart of Newhaven Meeting Centre
The Heart of Newhaven, EH6 4HY
Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 0131 259 6838
- 12noon–2pm

Liddell Lions Lunch
Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
- 1pm–2.30pm

Livingston Memory Café
West Lothian Brain Health and Dementia Resource Centre, EH54 6QF
Contact westlothianservices@alzscot.org or call 01506 533 108
- 2pm–3.45pm

North-West Edinburgh Singing Group
Drylaw Parish Church Hall, EH4 2RG
Contact Ali on 0131 467 9354
- 2pm–4pm

Games Afternoon
Morningside Parish Church, EH10 6BQ
Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

Thursday December 18th

- 1.30pm – 3pm

Alzheimer Scotland D’Café
Cowan Court, EH26 8BF
Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

Friday December 19th

- 10am – 12pm

Memory Lane Cafe
Saughtonhall Church, EH12 5TR
Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
- 10.30am - 12noon

Morning Meet Up
Alzheimer Scotland Head Office, EH11 1DQ
Booking essential. Contact Karolina on kkuna@alzscot.org or 07557801821
- 11am and 1.30pm

The Christmas Box
Festival Theatre, EH8 9FT
Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

Calendar

Tuesday December 23rd

- 2pm – 3.30pm

Alzheimer Scotland D’Café
Dalkeith Baptist Church, EH22 1JE
Contact Michael on mhuddleston@alzscot.org or call 0131 654 1114



Those Were the Days
answers from page 22

- Celebrity 1 – Mick Jagger
- Celebrity 2 – Barbara Streisand
- Celebrity 3 – Bobby Charlton
- Celebrity 4 – Frank Sinatra
- Celebrity 5 – Madonna
- Celebrity 6 – Ringo Starr
- Celebrity 7 – Sean Connery

Useful Numbers

Alzheimer Scotland

National Office

160 Dundee Street, Edinburgh EH11 1DQ.

Phone 0131 243 1453

email alzheimers@alzscot.org

Alzheimer Scotland

Early Onset

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

Call 0131 551 9350 or

email EdinburghServices@Alzscot.org

Dementia Helpline

0808 808 3000

The 24 hour Dementia Helpline is free and confidential, and you don't even have to give your name if you prefer not to.

Call at any time for information, signposting and emotional support, or email helpline@alzscot.org

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

Lothian Buses

Lothian endeavours to provide an inclusive service for bus travel in Edinburgh that is accessible to all.

For more information call 0131 555 6363 or email accessibility@lothianbuses.co.uk

Movement for Memories

Designed to support people living with dementia to be active.

Contact Edinburgh Leisure on

0131 458 2260

National Dementia Advisor Service

Provides information, advice and advocacy relating to all aspects of brain health and dementia.

Call 0300 373 5774 or email

NDAS@alzscot.org

Regional Dementia Advisors

Michael Huddleston (East/Mid Lothian): 0131 654 1114

Caroline O'Hara (Edinburgh): 0131 551 9350

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