



## Life Easel Cabaret Ol' Chum!

Showbiz-Themed Art Class  
Tried For Size

More on page 8





Welcome to Winter 2025/2026

Gosh, it's as cold as a cast iron commode out there this morning. Blackford Pond has frozen over and the grass is crunchy underfoot. It truly is the season of feasts and drams by the fireside!

Before I say anymore, it's time to welcome our lovely Lucie back from maternity leave! So many of you have been asking after Lucie, and she returns to us with the equally lovely news that Gus will be staying in post, swelling the numbers of your smiling dementia friendly cohort to three coordinators. We're delighted to spend the coming year with you, our community, dancing, singing, chatting and – I dare say – cooking up the odd new idea in our Focus Group.

Speaking of new ideas, this last quarter has been a poetic, picturesque panoply of new events! In November, we had **Set the Scene**, an all-new art class in which we celebrated theatrical costumes in all their glory. **Relaxing Rhymes** offered peace and calm, thanks to Xa's inimitable recitation style, while **Comfy Ceilidh** waged a riotous return, Lucie at the helm, in a whirl of pliés and pas de basques. (My arms are still recovering!)

As well as new delights, we enjoyed **Tea & 'Jam'**, **Brew & Blether** and **Together in Song**, the latter of which enjoyed a bumper afternoon in our F1 foyer, while Gus and Lucie got busy organising our festive care home tour, **The Christmas Box**. But who could forget **Mistletoe and 'Jam'** when the wee ones from Hope Cottage Nursery paid a visit for festive frolics under the Festival Theatre Christmas tree? Too much cuteness!

As we await those all-important snowdrops to pop through the soil, always remember that we at Capital Theatres are here for you – drop in for a natter, peruse this magazine, or attend a dementia-friendly event (remember to book to avoid disappointment!) We're here come rain, sleet or shine!

As for now, snuggle up and enjoy the journey of the following pages with a hot toddy, a leftover mincIE and an optional purring cat.

Alex, Gus, Lucie and the Creative Engagement Team

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Cover credit: Alex Howard





# The Meeting Centre Miracle

You can see why attendees wake up “wishing it’s a Meeting Centre day.” From film screenings to book design, these hyper local community centres are changing the face of dementia care in Scotland. By Dawn Irvine.

## Community, Creativity and Connection

Built on more than 30 years of evidence from the Netherlands, where the model was first developed and rigorously evaluated, Meeting Centres offer a proven, life-enhancing approach for people with dementia and their families.

Across Scotland, Meeting Centres are reshaping local dementia support. These hyper-local social clubs provide emotional, social and practical support for people with early to moderate dementia and their families. Members are calling them “youth clubs for older people” that “arriving feels like getting a warm hug.”

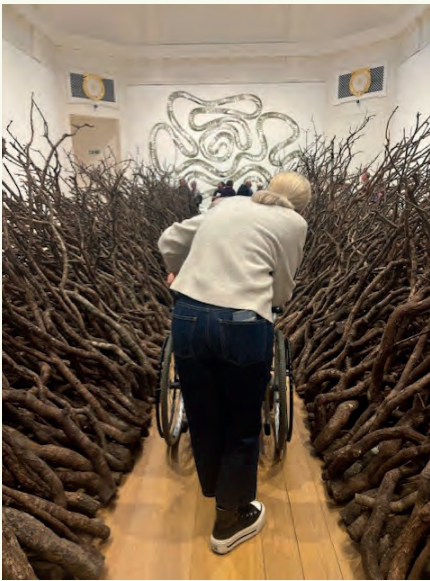
Since June 2024, the movement has grown from 19 to 37 Meeting Centres across 17 local authority areas, now supporting 1,023 members with around 3,900 attendances each month. The model, embedded in Scotland’s National Dementia Strategy, promotes person-centred care, community integration, and member-led activities. Meeting Centres Scotland (MCS), founded in 2023, supports this growing network with training, guidance, learning and peer exchanges and a vision of a Meeting Centre in every community.



## Meeting Centres in Edinburgh: The Heart of Newhaven Dementia Meeting Centre

At the Heart of Newhaven, the Meeting Centre combines creativity with calm connection. Members recently co-produced a bespoke book of favourite reads with artist Cassandra Barron, a project invited into the National Library of Scotland’s centenary exhibition, Dear Library. Workshop host Fenella Kerr attended the opening and the wider group went to see their work on display – a proud, affirming moment!

The Heart’s programme grows from members’ interests: art sessions, music, conversation and shared refreshments. Projects like the above harness memory and storytelling, helping members reconnect to their interests, and one another, in a welcoming space.



Photos clockwise from far left: A Gathering at Musselburgh; Andy Goldsworthy Visit; Musselburgh MC poppies; What a Book!



## Sunshine Social Meeting Centre

The Sunshine Social, as named by members at North Edinburgh Arts, has been running for two months but already has regulars and new faces drawn in through the NHS and community referrals. Qi Gong, Seated Yoga and seasonal workshops, most recently a Christmas card-making session led by NEA’s artist-in-residence, are bringing creativity and movement to the group. Members recently attended a concert at the Usher Hall and are planning a Christmas party on 15 December. NEA also hosts free monthly dementia-friendly film screenings, the next of which is Scrooge on 11 December.



## The Meeting Place - Warmth and Practical Support in the Pentlands

Dementia Friendly Pentlands runs The Meeting Place community café every Monday 10am – 4pm at the 42nd Pentland Scout Hall, in Currie. 30 regular members, including people living with dementia, Parkinson’s or experiencing loneliness, come together to enjoy a two-course lunch (£5), chair-based exercise, endless tea and coffee, bingo, quizzes and visits from VOCAL carers support, plus a visit from a local councillor on alternate weeks. Other joys include low-cost outings, the annual panto and the new Pentlands Men’s Shed.



## Liddell Lions

Co-production is core to Liddell Lions at The Eric Liddell Community. When one member expressed a love of magic, the group agreed that they wanted a Magic Show. The centre’s fundraising team backed an application and they invited Jim the Magician, a dementia activist, to deliver an inclusive, accessible performance. The dementia-friendly show welcomed over 30 community attendees and embodied the Meeting Centre ethos: activities shaped by members’ interests. A quote from a member says it all: “Liddell Lions is my happy place.”

The Eric Liddell Community has provided neighbourhood care for over 40 years. Its breadth of services, from community programmes to specialist day care means people can move through various supports as needs change.



## Musselburgh Tuesday Club

The Musselburgh Meeting Centre’s volunteer-run Tuesday Club, based at St Andrew’s High Church and developed by Dementia Friendly East Lothian, offers a “welcoming and safe space” for people with dementia, and carers. Local MP Ian Murray recently visited after helping a member with a benefits application, praising volunteers and the vital social connection the club provides. Members call the club a lifeline, saying “we know we are not alone” and say small groups like this make a big difference.

Meeting Centres offer a simple miracle: belonging. Visit [meetingcentres.scot](http://meetingcentres.scot) to find your local Centre or to peruse Meeting Centres Scotland’s newsletter and 3-monthly calendar.





Photos clockwise from left:  
 At the Rugby; Dancing High!;  
 The Cutest Fairy of them All!;  
 With Grandma; Walking Pickle



**Flared Jeans and Ballet Scenes**

With Lucie back in the fold, we thought it was the perfect time to hear her Playlist for Life! Her music choices are a helter skelter of happy memories, from belting out Atomic Kitten in assembly, to her grandma’s comic skits, to seeing her first ballet at the Festival Theatre.

**Which song reminds you of your hometown?**

I am a bit of a rugby fan so whenever I hear ‘Flower of Scotland’, I think of the Murrayfield fans singing their hearts out.

**Which song reminds you of your childhood?**

Back in primary school, there was a music competition and my friends and I entered singing Atomic Kitten’s version of ‘The Tide is High.’ I remember being passed the mic for my verse and feeling like a true pop star in the assembly hall with my crimped hair and flared sparkly jeans. I felt the bee’s knees!

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

One of my first memories of theatre was being taken as a young child to see Swan Lake at The Festival Theatre. A particular standout moment was the ‘Dance of the Cygnets,’ a beautiful tune which inspired me to want to dance and be on the stage.

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

‘Saturday Night’ by Whigfield, a classic that makes me think of school discos dancing my heart out. Anything 90s, with a set choreographed routine that everyone knows, brings me a lot of joy!

**Which song reminds you of someone special?**

‘Itsi Bitsi Teenie Weenie Yellow Polkadot Bikini’ always makes me think of my grandma. This was her go-to show song with her choir. She would have the audience in hysterics with her fold-out cardboard cutout.

Have you thought about making a playlist for a loved one living with dementia? Visit [playlistforlife.org.uk](https://playlistforlife.org.uk) for advice on how to create The soundtrack of your life or email [rebecca@playlistforlife.org.uk](mailto:rebecca@playlistforlife.org.uk)



**A New Life**

As well as feeling isolating, a dementia diagnosis can draw into focus the shortcomings of the care sector. At 89 years old, James reflects on these and, in turn, the age-old question: what when the carer needs cared for? By James McCarthy.

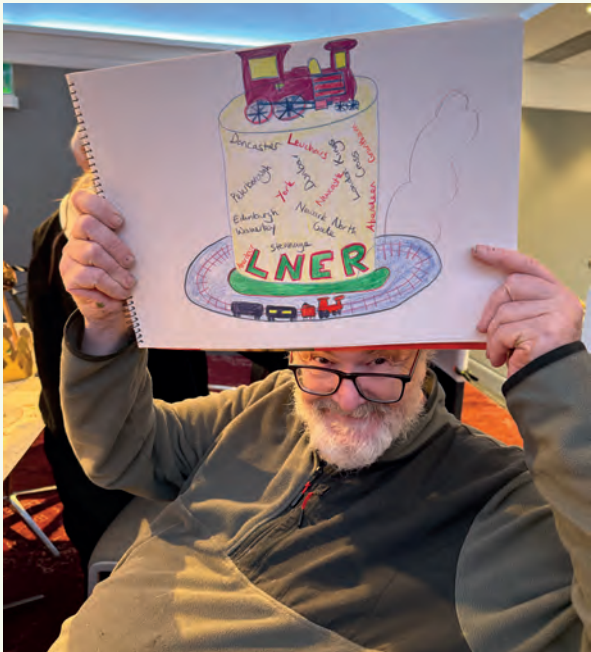
Having recently celebrated my 89th birthday and having had both dementia and Alzheimer’s confirmed, I have been brought up short by a completely new challenge, i.e. how to accept and adapt to a different lifestyle with good grace. With the death of my wife in 2017, I have had to adapt to a quite changed existence, fortunately supported by my three offspring, two of whom live relatively close. I also had the good fortune, after much travel overseas, to be based in Edinburgh as Deputy Director (Scotland) of the Nature Conservancy, allowing me to visit some of the more remote areas of this country and, via scholarships, to spend time in unexplored East African territories.

Returning to the UK, I have had to make considerable adjustments to my lifestyle and responsibilities, not made easier by my declining physical and mental health in recent years. It has been a revelation to discover the extent of mental health deficiencies, in particular, in the UK and the quite admirable voluntary sector propped up by carers, often themselves challenged by age and health issues. While these are to be admired, they also reveal the serious shortcomings in care for the elderly and, not least, their demands on those who too often are themselves in need of support.

This is a new world for me. I am dependent on support from various quarters, and I all too often get into a muddle over dates and the times of meetings with others who are suffering from similar challenges. I do have the odd advantage of experiencing a challenging upbringing which has exposed the continuing deficiencies in our social services – the too frequent ‘turning of a blind eye’ – to those most in need.

A government consultant, biographer and King’s African Rifler, 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.





Photos clockwise from top left: Willy Painting; Hats off to that, Lucie!; What a glamour puss; Suits you, Karen

# You Scene This?

**In November, we launched Set the Scene, an event aimed at using art to celebrate the worlds of theatre, showbiz and everything in between. Here, delivery artist Karen reflects on how her childhood love of set design inspired the marriage of art and stage. By Karen Clulow.**

Hi, my name is Karen Clulow. It's lovely to meet you and share some of my interests in arts and theatre.

As a child, I was always creating – often building furniture for my dolls out of packaging, then painting and decorating it to suit the worlds I imagined for them. Sometimes that meant constructing entire homes in the bottom of my wardrobe!

I was equally fascinated by nature. I loved making miniature gardens from plants and flowers in my parents' garden, which my mum would proudly enter into the local church fêtes.

At secondary school, I joined the musical theatre groups. Rather than performing on stage, I discovered a love for painting scenery for productions such as The King and I, HMS Pinafore, Carousel, and many more. I also became the props person — and I still have two tables that were made for The King and I!

Today, as a sculptor and artist, I feel that my work continues to “set the scene.” Through sculpture, drawing, and painting, I aim to tell stories that intrigue, surprise, and bring joy to those who encounter them.

*Fancy coming along to Set the Scene? Sign up to our dementia mailing list at [capitaltheatres.com](https://capitaltheatres.com) to hear about upcoming sessions.*

# The Cloths of Heaven

Welcome to our second Poetry With Xa, where the leader of Relaxing Rhymes shares a poem, a thought and one of her own artworks. This quarter, Xa brings us the misty imagery of Yeats, and an important message about the delicate nature of dreams.



Image: © 2025 Xa Shaw Stewart

**He Wishes for the Cloths of Heaven**  
**by W. B. Yeats**

Had I the heavens' embroidered cloths,  
Enwrought with golden and silver light,  
The blue and the dim and the dark cloths  
Of night and light and the half-light,  
I would spread the cloths under your feet:  
But I, being poor, have only my dreams;  
I have spread my dreams under your feet;  
Tread softly because you tread on my dreams.

**Xa's Thought:**

William Butler Yeats wrote this in 1899. His poems often featured the Irish landscape. Its ancient trees, stones and lakes fascinated him. For Yeats, nature was full of mystery. He understood that things are not always as they seem.

This poem is about beauty. It's also about trust. When I read it, I am reminded of looking up at Edinburgh's night sky. In winter, when the sky becomes truly dark, the stars twinkle more brightly and the moon is very bright. The universe seems very big. I like to think we all have our place in it.

*Xa Shaw Stewart is the presenter of Relaxing Rhymes. Everyone is welcome at these relaxing, dementia-friendly sessions. Book a ticket for free at [capitaltheatres.com/activities/relaxing-rhymes/](https://capitaltheatres.com/activities/relaxing-rhymes/)*





# Yang-Yang Crispy Beef

When the nights get chilly, it's tempting to call in a takeaway. But why, when Mike does the hard work for you with this easy-to-follow take on a Chinese takeaway classic?

### Ingredients:

#### Steak

- Peanut oil, for frying
- 1 sirloin steak, cut 1.5 cm thick and finely sliced
- 2 tablespoons of cornflour
- sea salt

#### Sauce

- 1 tablespoon of light soy sauce
- ½ tablespoon of sweet chilli sauce
- 1 small orange, zested and juiced
- ½ head of cos lettuce, shredded
- ¼ cucumber, sliced in half, seeds removed and sliced into half-moons
- 1 scallion, thinly sliced on the bias, for garnish
- ½ tablespoon of rice wine vinegar

#### Method:

1. Marinate the beef strips in a bowl and add cornflour. Toss until the beef has absorbed the cornflour.
2. Heat a wok over high heat and fill it halfway up with peanut oil. Heat the oil, for about 20 seconds.
3. Fry the beef in small batches until golden, 3 to 4 minutes. Drain on paper towels and season with sea salt.
4. For the sauce: Set another wok or sauté pan over high heat and add the soy sauce, chilli sauce and orange juice. Bring to a simmer and cook until it becomes thickened and coats the back of a spoon, 1 to 2 minutes. Toss the beef in the sauce to coat thoroughly.
5. Serve on a bed of shredded lettuce and sliced cucumber, sprinkled with rice vinegar. Then garnish with the scallions and orange zest.

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. With his simplified, dementia-friendly recipes, Mike hopes to remind people of the importance of a nutritious, healthy diet for both mind and body.



Sheila

# The Planet's Year Off

**Lockdown is a time many of us would rather forget, and yet volunteer Sheila has managed to twist retrospect into a fantastic philosophical maxim: what if Mother Earth was trying to tell us something? By Sheila Godman.**

Over the past week, the UK COVID-19 inquiry has brought back many recollections of that strange, unsettling time. For many, it was a horrendous experience, and one that they will never forget.

In the days running up to the first lockdown, I remember feeling a lack of control, and a sense of bewilderment. When will we see our family and friends again? Will we live through this? I did not buy a breadmaker. Nor did I make banana bread. But I did stockpile a few toilet rolls... and quite a lot of pasta. I did not go for walks as instructed by those in charge – too many puffing and panting joggers for that. Not to mention couples out walking who would glare accusingly, and cross the street to give one an even wider berth. That invoked a feeling of even more rejection and isolation.

Instead, I took my frustrations out on my garden, created new borders, and revamped the whole space. Digging holes can be very therapeutic, far more so than baking banana bread in my opinion. A morning routine I started was to light a scented candle. Sometimes I would choose one that was “uplifting and energising” (good for channelling my inner Monty Don); other times it might be “calming and gentle”. Never bemoan that Secret Santa gift of yet another scented candle, some day it might be a godsend. This sensory treat would be accompanied by some soothing and spiritually uplifting music. Gerald Finzi became my go-to composer, with JS Bach standing in the wings ready to go on stage next.

Last thing at night, I became obsessed with listening to the Shipping Forecast (perhaps I did go a bit crazy during Lockdown after all...) There was something very reassuring in hearing the familiar names of Viking, Biscay, Fair Isle, German Bight, Dogger, etc. Perhaps we would be safe after all.

Only then could I go to sleep safe in the knowledge that, despite the chaos and misery that the human race had brought upon itself, our wonderful planet was carrying on as usual. Perhaps she was enjoying a period of respite from us...

Sheila Godman is a volunteer on the Capital Theatres Dementia programme. She also sits on the Dementia Friendly Focus Group and has been pivotal in the safe delivery and creative development of our events since 2018.





9TEEN9



For-Eva Young!

Henry Ford once said, “Anyone who stops learning is old, whether at twenty or eighty.” Never was this adage more profoundly embodied than in 99-year-old Eva, whose creative ardour would give David Hockney a run for his money. By Satya Sai Mothadaka.

‘9TEEN9.’ You read that correctly as 99, but my attention was immediately drawn to the word “TEEN.” This is due to my encounter with a 99-year-old resident who possesses remarkable enthusiasm, boundless energy, and a profound curiosity for exploring the latest technologies, much like a teenager. Her enthusiasm to learn reminds me of the legendary artist Michelangelo, who, at the age of 87, famously stated, “I’m still learning.”

A welcome poster on her door, adorned with bold letters and painted flowers, reads, “I like it when you SMILE and say HELLO upon entering. This room is my home.” This is the home of Eva Langford, who is set to celebrate her 99th birthday in a few months.

Welcome to another episode of Royston Creatives, where I share inspirational encounters, engaging conversations, and heartfelt experiences with the residents of Royston Court Care Home.

In this article, I would like to share some of my conversations with Eva, which are truly inspirational. As an activity coordinator, whenever I meet her to initiate a chat for an activity, I must focus on my language phonetics. And thanks to her correcting my phonetics with her extensive English vocabulary, I get to learn something new every day in her presence.

Her energy levels are remarkably high; she expresses a desire to learn many things. She aspires to be an inspirational public figure, yet her self-criticism holds her back. She states, “I am not an artist or creative, but I want to learn...” This scenario reminds me of discussions I used to have with my students when I was an art

“Live as if you were to die tomorrow. Learn as if you were to live forever.”  
Mahatma Gandhi



Photos clockwise from main image: Eva at Work; Eva with her Tree! Eva’s Earrings

teacher: “the moment a deep desire to learn arises in your mind, it indicates that you have already achieved half of your goal; the other half requires practical demonstration of artistic works to society.”

To engage her in new digital artwork, I have shown her the £68 million artwork titled Pool with Two Figures by the renowned British artist David Hockney, along with his latest digital creations and a photo of myself with the esteemed artist. Her response was, “Oh, he is only 88 years old, still a kid...”

I will certainly not to forget to mention a particular project involving the creation of ‘resin-filled earrings’ by her. After I showed her the outcome of her designs, her only criticism was that she had not filled the resin, so couldn’t fully claim it as her own creation, which I subsequently did for her, (using filler ‘resin’ is not recommended for her at that age). Here, in addition to helping her understand the concept of ‘Design by artist and execution by hired craftsmen’, I presented her with the works of one of Britain’s iconic artists, and one of my personal favourites, Sir Anish Kapoor. In particular, I shared his renowned public art project The Arcelor Mittal Orbit, located in the Olympic Park and Sky Mirror installed in various cities worldwide.

Eva is the only resident who has dedicated her efforts exclusively to Royston’s ongoing wall art project, which she named Tree of Life. This project was created on a wall using vinyl sticker cuttings through which all are invited to express their feelings on life, each thought on a different leaf. She cut the leaves precisely and directed the placement of the spots on the tree branch where they were to be affixed.

It’s noteworthy that one of the drawers in her chest of drawers resembles a colourful artwork, adorned with a beautifully arranged colourful scarf collection, meticulously organised as if in a showroom. Her daily schedule, and diary entries, reflect her unique personality. I believe the secret to her exceptional health and limitless enthusiasm for learning at this stage of her life is rooted in her perspective on living. She displays deep appreciation for even the smallest blessings she receives and shows compassion towards others.

When asked about any message intended for the community through this article, she discusses world peace, expressing her distress upon watching and reading news about war and crime, and she aspires to promote peace globally.

I trust that she will uphold her positive attitude and well-being as she remains involved with her new creations.

Before I conclude today’s episode, I would like to share beautiful quotations from world-famous personalities about “age and learning”.

I look forward to seeing you all with my next episode of Royston Creatives, as I celebrate the lives and creative works of my residents.

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 organisation, the Mothadaka. Find out more about Satya at mothadaka.org





## A Mix that Matters

**We're lucky to host an array of dementia friendly events at Capital Theatres. Here, our Hidden Lives columnist reminds us why breadth and variety are just as important as quality for a dementia friendly audience. By Ann Burnett.**

I'm watching and listening, fascinated, as Freda, the actress, opens a small suitcase on a stool to reveal a tiny theatre. The backdrop is in the lid of the case, while the interior holds the stage itself. She picks up a variety of wooden blocks and from them she fashions a tale she calls Nosferatu, another name for a vampire. The differently shaped blocks become boats, walls, houses in her hands while rough-shaped bodies take on different personalities according to the voice she employs in turn. Soft music in the background sets the atmosphere while she brings to life each character with appropriate gestures and menacing expressions. Lifting up the 'stage' reveals another setting on the underside and so the scene moves on and the tale progresses. The music changes, and Freda's gestures turn more threatening and the tension builds. We are all eyes and ears. At the end we discuss with her how to make it more dementia friendly, where the audience should sit, and how to cope with unexpected audience interaction. She makes notes on our suggestions.

Just another typical Festival Theatre Focus Group meeting led by Alex, Lucie and Gus. We are a mixed group of people, all with one thing in common: we all have lived experience of dementia. Every six weeks or so, we meet at the theatre to hear from Alex, Lucie and Gus about what is being provided by them for the dementia community, and their carers, at the theatres. We also provide feedback to the Capital Theatres team on what's on offer, and whether new ideas are possible or just plain daft. **We don't hold back and most importantly,**



Left, Freda mid show and above, *Terror in a Trunk!*

**we're listened to and our opinions respected and noted.** From our personal experiences, we know only too well how someone with dementia is likely to respond to a situation and how it can be adapted to make it more dementia friendly.

Personally, being a member of the Focus group has helped me tremendously. I was deep in mourning for the loss of my husband to dementia, but was gently encouraged by Alex and Dawn to step out of my comfort zone and take part in life again. Their advice and support in the writing of my book, *A Last Journey*, about Bill and his illness, and their links to Age Scotland led to its successful publication. The launch was held in the Festival theatre and many from the Focus group attended.

**So often, what is considered suitable entertainment for people with dementia, just isn't. What does a former University professor make of being presented with a picture to colour in or a child's jigsaw?** Instead, the Festival Theatre's programme offers a rich and rewarding arts experience and for it, it won the *Excellence in Inclusivity* award at the 2023 UK Theatre Awards, held in London's Guildhall. The citation described it as a "pioneering and ambitious" dementia-friendly programme. We felt, in the focus group, that we'd been part of that success and hopefully we'll continue to support the development of the dementia friendly activities on offer.

*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).*





# On the Road to Inclusion

Our buses in Edinburgh are famously the best in the UK, but did you know Lothian offers fully assisted journeys? We speak to Olivia, Lothian’s Accessibility and Inclusion Officer, to find out how and why Edinburgh’s buses always stop for everyone. By Olivia Sklenar

What is a “supported journey,” and how can it help someone living with dementia feel more confident using buses?

A **Supported Journey** is a personalised, one-to-one travel session designed to help individuals build confidence in using public transport independently. During the session, our Accessibility and Inclusion Officer will meet with the customer and accompany them on a live bus journey, offering reassurance, practical guidance, and advice about accessible features such as ramps and priority seating. The focus is on promoting independence, with support provided only as needed, and the opportunity for customers to ask questions or practice specific aspects of travel that they find challenging.

Each **Supported Journey** is tailored to the customer’s needs and goals. Participants can arrange for the officer to meet them at their door or at a nearby bus stop, and the journey can be to or from a chosen destination within the network. The experience allows individuals to familiarise themselves with the layout of different buses, practice safe boarding and alighting, and learn how to communicate with drivers. **Supported Journeys** are open to anyone who would benefit from extra support—including people with visible or hidden disabilities, those who are getting used to a new mobility aid, those new to independent travel, or anyone seeking reassurance while developing greater confidence on public

Are there any small changes or features on buses that make a big difference for passengers with dementia?

All buses within our fleet have four priority seats near the front of the vehicle, and at least one wheelchair accessible space, with many of our buses also having an additional shared space for buggies or walkers, or a second wheelchair space. Safety and accessibility are at the heart of our vehicle procurement and bus design process, with innovative new features being added to new vehicles joining our fleet. Our newest



Lothian buses

vehicles have been fitted with Audio and Visual Next Stop Announcement systems, hearing loops and Dementia Friendly flooring. We have also used an innovative new bell push system with separate tones for the wheelchair accessible space, priority seating and main saloon seats, giving our driving colleagues additional information about the accessibility needs of the customers wishing to alight from the bus.

How does your team work with families, carers, or support groups to make bus travel easier and more welcoming?

Our Accessibility and Inclusion Officer is available to meet with groups and organisations to speak about our services and the support that we can offer, answer any questions and gather feedback.

**Try a Bus Events** are available for schools and groups, creating opportunities for people with additional support needs to practice boarding and alighting the vehicle, discuss the conditions of carriage, the role of the driver, how to plan a journey and what to do if something goes wrong.

Lothian colleagues are available to support customers with setting up and navigating our Bus and Tram app, by visiting us at our Shandwick Place TravelHub or contacting our Accessibility and Inclusion Officer directly for an App familiarisation session at your local group.

What would you say to someone who feels nervous about taking the bus but would like to give it a try?

Lothian recognises that using public transport can feel daunting, particularly for those new to bus travel or experiencing changes in mobility or health. The company is committed to offering an inclusive and supportive service so that every customer enjoys a positive travel experience. Lothian takes pride in the professionalism of its drivers, who are trained to provide both safe driving and respectful, understanding assistance to all passengers.

If you have any questions, concerns, or require additional support, help is readily available.

To find out more, contact 0131 555 6363, email [Accessibility@LothianBuses.co.uk](mailto:Accessibility@LothianBuses.co.uk), visit the Lothian website, or drop in to one of the TravelHubs at Waverley Bridge or Shandwick Place.





Small Stars, Big Drama

Ann’s latest interviewee is a multitalented marvel. Read on to find how a chance encounter on a show tour led to the formation of an inspirational power couple whose theatrical work with young stars went on to launch many a career (and even a Fringe First!). By Ann Burnett.

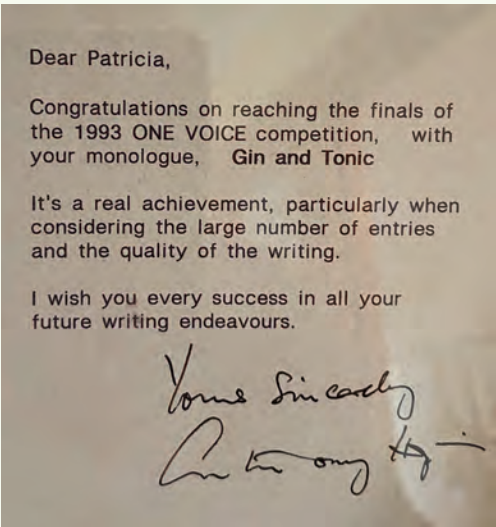
As Pat opens the door, I am immediately struck by the beautiful artwork in the hallway. Then I spot a letter from Sir Anthony Hopkins, which sits in a frame on her bookcase. It praises her for reaching the finals in an international monologue competition. This is obviously a woman of no mean talent.

Pat trained at LAMDA by correspondence, as after the war, that was the only way she could afford it. She was a gold medallist and set out to further her ambitions to work in the theatre, becoming the ASM at the King’s Theatre, Glasgow. It was on a tour of Bus Stop that she met her husband, Jim, a keen am-dram actor, and they hit it off, becoming not only a very successful drama duo but a happily married couple as well.

They moved to Haddington, where she joined Lothian Players and appeared in many of their productions, including *The Killing of Sister George* and starring as Queen Eleanor in *The Lion in Winter*. She also turned her attention to directing plays such as *The Odd Couple* and *Tom Jones* and writing plays herself, like *Dual Reflections*, which had its premiere in Edinburgh.

She concentrated on directing, which she found she enjoyed. ‘You can see the whole picture and draw the audience’s eye to what you want them to look at. For instance, why is he standing behind the chair?’

But being the director meant that she had to deal with any problems that surfaced, as when one of her



Photos clockwise from main image: Combined Lothian Players and Youth Group, Pat’s Husband Jim is far Right; Pat; Letter from Sir Anthony; Pat and Youth Group.



main players dropped out almost at the last minute, and she was left to find someone else to play the part. Luckily, Jim, her husband, was on hand to step in despite the fact that he was in Abu Dhabi at the time and not due back till a week before opening night. She says, ‘He had to learn the part by correspondence!’ But Jim was a wonderful waffler, as she called him, and if he ever forgot his lines, he could always fill in with some improvisation until such time as he could remember what came next.

In 1982, she and Jim set up the Theatre of Youth for 10 to 18-year-olds and directed them in a series of plays performed at the Edinburgh Festival Fringe. She also encouraged them to develop other theatrical skills like directing and choreography, and unsurprisingly, many of the youngsters went on to careers in the theatre.

Lothian Players, too, followed the successes of the youngsters at the Edinburgh Festival by winning, in 1987, the Fringe First Award for *France to Fotheringay*, written by one of their members, Douglas Currie.

Bringing up a family, often on her own as Jim’s work took him abroad for lengthy periods, writing, directing, and putting on productions, would have been enough for anyone, but she developed another skill as a jazz singer, appearing again at the Fringe. She bursts into a jazzed-up version of *The Lady is a Tramp*, remembers all the words, and holds the tune like the professional she is.

I glance again at the paintings in the hallway on my way out. She certainly has an eye for talent and plenty of it herself.

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).



# Art Corner

## Figures in Flux

All it takes is a reflective surface on a Lothian bus for Willy Gilder to launch into Claude Monet mode. Recently set back with ill health, we're delighted to see him return with a bang bigger than one of Botticelli's... I'll leave it there.



ADHD Self Portrait



Bus Reflection!



Self Portrait as an AI Hallucination



Swirly Self Portrait



Theme and Variations



Edinburgh



Meeting



Willy



The Broadcaster's Bad Dream

Do you have a piece for Art Corner? We're always on the lookout for interesting new art works from the dementia community. Email your submission to [alex.howard@capitaltheatres.com](mailto:alex.howard@capitaltheatres.com)



# Those Were the Days

Step back in time this festive season! These photographs capture Edinburgh at Christmas in the 1960s and 70s – twinkling lights, bustling streets, and memories of holidays gone by. Enjoy a little trivia along the way as we revisit Christmas past together. By Gus Harrower



**Photo 1** – This sparkling tree has stood on a famous Edinburgh hillside every Christmas since the 1940s. Do you know which spot it is?



**Photo 2** – This elephant had a short, sweet name. Was she called: A) Dolly, B) Dali or C) Daisy



**Photo 4** – This English actor delivered presents at the Sick Kids Hospital in 1962. What was his name?



**Photo 5** – This frozen pond became a popular skating spot during the big freeze of 1962. Which park was it in?



**Photo 3** – This festive crowd is gathered outside a well-known Edinburgh department store that once stood on Princes Street. Can you remember its name?



**Photo 6** – Many Edinburgh families visited this store at Christmas to see the decorations – and try out the toy train! Can you name the shop?



**Photo 7** – In this picture from 1965, Santa arrives by helicopter, not his usual sleigh! He's touching down on which well-known park?

Answers on page 55.





Lyra and Pan enjoy the views from their city pad.

# Welcome to Pet Corner!

A theatre is only as good as its shows; and a theatre programmer is only as good as her purring frolicsome felines! And this pair are exceptional. Meet Munya, our senior programmer, and her gorgeous calico cats.

Name	Lyra and Pan (aka the Girlies, or the Furry Nightmares, depending on the day!)
Age	5 and 4
Human	Munya Redman-Bayasi
Description	Lyra and Pan are two calico cats from Yorkshire. We rescued them separately during the pandemic – Lyra came to live with us just before the second lockdown in 2020, and Pan joined our family in 2021. Our girls may not be blood-relatives, but they do have a proper sister relationship – best friends one minute, mortal enemies the next!
Nature	Lyra is our sassy queen – ruler of the roost, ready to show you her displeasure, but really a big sweetie inside. She loves nothing more than cuddling, and since we brought her home during the pandemic in 2020 she has been my constant companion whenever I work from home. She’s also an expert at finding new cosy spots to hide in and we often open a cupboard to see two yellow eyes blinking back at us.  Pan is the happiest cat I know, always purring, and with the biggest eyes I’ve ever seen. She is totally food-obsessed, and often when I get home from work I can hear her yelling hello from 2 floors up for her dinner! She’s also a big cuddler, loving nothing more than curling up on chests at bedtime and waking us in the morning with a hand-lick.

# DementiArts Calendar

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](mailto:EdinburghServices@alzscot.org) / 0131 551 9350

West Lothian: [WestLothianServices@alzscot.org](mailto:WestLothianServices@alzscot.org) / 01506 533 108

Mid & East Lothian: [mhuddleston@alzscot.org](mailto:mhuddleston@alzscot.org) / 0131 654 1114

## January 2026

### Friday January 2nd

10am – 12pm

**Memory Lane Cafe**

Saughtonhall Church, EH12 5TR  
Contact Jenny on 07881288909 or [jenny@themurrayfieldclub.com](mailto:jenny@themurrayfieldclub.com)

### Monday January 5th

10am – 4pm

**Dementia Friendly Pentlands**

42nd Pentlands Scout Group, EH14 5QR  
Contact [themeetingplacejcb@outlook.com](mailto:themeetingplacejcb@outlook.com) or 07711 046 014

10.30am - 12.30pm

**Sunshine Social Club**

North Edinburgh Arts, EH4 4AB  
Contact [admin@northedinburgharts.co.uk](mailto: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](mailto: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](mailto:eleanor@hiberniancf.org)

11am-1pm

**Jen’s Dementia Drop-in Café**

Craigs Bank Church, EH12 8HD  
Contact Jen on [jennifermaclean@hotmai.co.uk](mailto:jennifermaclean@hotmai.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](mailto:scott.troup@bighearts.org.uk) or call 07766432889



# Calendar

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

## Tuesday January 6th

<b>11am – 12.30pm</b>	<b>Let’s Sing: Dementia Choir</b> Fisherrow Centre, Musselburgh, EH12 6AT Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
<b>11am – 1pm</b>	<b>Heart for Art</b> Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
<b>12pm-2pm</b>	<b>Culture Club</b> The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
<b>1pm – 2.30pm</b>	<b>Eric’s Encore Music Group</b> Eric Liddell Community, EH10 4DP Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
<b>1pm—3pm</b>	<b>Big Hearts: Football and Edinburgh Memories</b> Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
<b>5pm—7pm</b>	<b>The Teatime Club</b> St Thomas’ Church, Glasgow Road Contact Georgia on 0131 478 7784

## Wednesday January 7th

<b>10.30am—11.15am</b>	<b>Porty Promenade Walk</b> Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
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# Calendar

<b>10.30am – 12noon</b>	<b>Alzheimer Scotland Walking Group</b> Meet at Saughton Park Bandstand, EH11 3BQ Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
<b>10.30am – 12.30pm</b>	<b>Heart of Newhaven Meeting Centre</b> The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
<b>12noon—2pm</b>	<b>Liddell Lions Lunch</b> Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
<b>2pm—3.45pm</b>	<b>North-West Edinburgh Singing Group</b> Drylaw Parish Church Hall, EH4 2RG Contact Ali on 0131 467 9354

## Thursday January 8th

<b>10.30am – 11.45am</b>	<b>Chair Yoga</b> North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 0131 315 2151
<b>4pm – 5pm</b>	<b>Gorgie Community Choir</b> Salvation Army Hall, EH11 2RT Contact admin@forgetmenotes.org.uk or 07588 894 587

## Friday January 9th

<b>10.30am – 12noon</b>	<b>Alzheimer Scotland Morning Meet Up</b> 160 Dundee Street, EH11 1DQ Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
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## Monday January 12th

<b>10am – 4pm</b>	<b>Dementia Friendly Pentlands</b> 42nd Pentlands Scout Group, EH14 5QR Contact themeeetingplacejcb@outlook.com or 07711 046 014
<b>10.30am – 12noon</b>	<b>Alzheimer Scotland Dementia Café</b> Oxgangs Library, EH13 9LY Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
<b>10.30am - 12.30pm</b>	<b>Sunshine Social Club</b> North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 07493 876 130



<b>10.45am – 11.45am</b>	<b>St Brides Community Choir</b> St Brides Centre, EH11 2DZ. Contact admin@forgetmenotes.org.uk or 07588 894 587
<b>1pm—3pm</b>	<b>Big Hearts: Football and Edinburgh Memories</b> Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
<b>2pm</b>	<b>Gentle Exercise Class</b> Morningside Parish Church EH10 6BU Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
<b>3.45pm—5pm</b>	<b>Forget Me Notes Zoom Choir</b> Online Event Contact admin@forgetmenotes.org.uk or 07588 894 587

Tuesday January 13th

<b>11am – 12.30pm</b>	<b>Let’s Sing: Dementia Choir</b> Fisherrow Centre, Musselburgh, EH12 6AT Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
<b>11am – 1pm</b>	<b>Heart for Art</b> Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
<b>12pm-2pm</b>	<b>Culture Club</b> The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
<b>1pm – 2.30pm</b>	<b>Eric’s Encore Music Group</b> Eric Liddell Community, EH10 4DP Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
<b>1pm—3pm</b>	<b>Big Hearts: Football and Edinburgh Memories</b> Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889

Wednesday January 14th

<b>10.30am—11.15am</b>	<b>Porty Promenade Walk</b> Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
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<b>10.30am – 12noon</b>	<b>Alzheimer Scotland Walking Group</b> Botanic Gardens West Gate, Arboretum Place EH3 5NY Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
<b>10.30am – 12.30pm</b>	<b>Heart of Newhaven Meeting Centre</b> The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
<b>11am – 12pm</b>	<b>Relaxing Rhymes</b> Festival Theatre, EH8 9FT Booking essential. Call 0131 529 6000 or visit capitaltheatres.com
<b>12noon—2pm</b>	<b>Liddell Lions Lunch</b> Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277

Thursday January 15th

<b>10.30am – 11.45am</b>	<b>Chair Yoga</b> North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 0131 315 2151
<b>10.30am – 12noon</b>	<b>Art in the City</b> National Portrait Gallery, EH2 1JD Contact Susie at Susannah.cavill@edinburgh.gov.uk
<b>1.45pm—2.45pm</b>	<b>Choir in the Park</b> Saughton Park Glasshouse, EH11 3BQ Contact admin@forgetmenotes.org.uk or 07588 894 587

Friday January 16th

<b>10am – 12noon</b>	<b>Memory Lane Cafe</b> Saughtonhall Church, EH12 5TR Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
<b>10.30am – 12noon</b>	<b>Alzheimer Scotland Morning Meet Up</b> 160 Dundee Street, EH11 1DQ Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
<b>10.30am – 12noon</b>	<b>Museum Socials</b> National Museum of Scotland, EH1 1JF Contact publicevents@nms.ac.uk or 03001 236 789
<b>11am – 12pm</b>	<b>Spartans Community Choir</b> Spartans FC, EH5 2HF Contact admin@forgetmenotes.org.uk or 07588 894 587



Monday January 19th

10am – 4pm	<b>Dementia Friendly Pentlands</b> 42nd Pentlands Scout Group, EH14 5QR Contact themeetingplacejcb@outlook.com or 07711 046 014
10.30am - 12.30pm	<b>Sunshine Social Club</b> North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 07493 876 130
10.45am – 11.45am	<b>St Brides Community Choir</b> St Brides Centre, EH11 2DZ. Contact admin@forgetmenotes.org.uk or 07588 894 587
10.45am–12.15pm	<b>Hibs Football Memories</b> Easter Road Stadium, EH7 5QG Contact Eleanor on eleanor@hiberniancf.org
1pm–3pm	<b>Big Hearts: Football and Edinburgh Memories</b> Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
2pm-3pm	<b>Music, Memories &amp; Cake</b> St Cuthbert’s Episcopal Church, EH13 0BB Booking essential. Contact Nicki on 0131 441 7580
2pm–4pm	<b>Music &amp; Memories</b> Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
3.45pm–5pm	<b>Forget Me Notes Zoom Choir</b> Online Event Contact admin@forgetmenotes.org.uk or 07588 894 587

Tuesday January 20th

11am – 12.30pm	<b>Let’s Sing: Dementia Choir</b> Fisherrow Centre, Musselburgh, EH12 6AT Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
11am – 1pm	<b>Heart for Art</b> Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

12pm-2pm	<b>Culture Club</b> The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
1pm – 2.30pm	<b>Eric’s Encore Music Group</b> Eric Liddell Community, EH10 4DP Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
1pm–3pm	<b>Big Hearts: Football and Edinburgh Memories</b> Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
5pm–7pm	<b>The Teatime Club</b> St Thomas’ Church, Glasgow Road Contact Georgia on 0131 478 7784

Wednesday January 21st

10.30am–11.15am	<b>Porty Promenade Walk</b> Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
10.30am – 12noon	<b>Alzheimer Scotland Walking Group</b> Meet at Saughton Park Bandstand, EH11 3BQ Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
10.30am – 12.30pm	<b>Heart of Newhaven Meeting Centre</b> The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
11am – 12.30pm	<b>Comfy Ceilidh (A Celebration of Burns)</b> Festival Theatre, EH8 9FT Booking essential. Call 0131 529 6000 or visit capitaltheatres.com
12noon–2pm	<b>Liddell Lions Lunch</b> Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
2pm–3.45pm	<b>North-West Edinburgh Singing Group</b> Drylaw Parish Church Hall, EH4 2RG Contact Ali on 0131 467 9354
2pm–4pm	<b>Games Afternoon</b> Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



Thursday January 22nd

- 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 January 23rd

- 10am – 12noon

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

**Alzheimer Scotland Morning Meet Up**  
160 Dundee Street, EH11 1DQ  
Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org

Monday January 26th

- 10am – 4pm

**Dementia Friendly Pentlands**  
42nd Pentlands Scout Group, EH14 5QR  
Contact themeetingplacejcb@outlook.com or 07711 046 014
- 10.30am – 12noon

**Alzheimer Scotland Singing Group**  
Botanic Gardens West Gate, Arboretum Place EH3 5NY  
Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
- 10.30am - 12.30pm

**Sunshine 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
- 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

**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 January 27th

- 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 6BQ  
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 07425 458 845
- 1pm – 2.30pm

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

Wednesday January 28th

- 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 – 12.30pm

**Heart of Newhaven Meeting Centre**  
The Heart of Newhaven, EH6 4HY  
Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
- 12noon–2pm

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



**2pm – 3pm**  
**Brew and Blether**  
Festival Theatre, EH8 9FT  
Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

Thursday January 29th

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

Friday January 30th

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

**10.30am – 12noon Alzheimer Scotland Morning Meet Up**  
160 Dundee Street, EH11 1DQ  
Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org

February 2026

Monday February 2nd

**10am – 4pm Dementia Friendly Pentlands**  
42nd Pentlands Scout Group, EH14 5QR  
Contact themeetingplacejcb@outlook.com or 07711 046 014

**10.30am - 12.30pm Sunshine 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

**11am-1pm Jen’s Dementia Drop-in Café**  
Craigs Bank Church, EH12 8HD  
Contact Jen on jennifermaclean@hotmai.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–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 February 3rd

**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 6BQ  
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 07425 458 845

**1pm – 2.30pm Eric’s Encore Music Group**  
Eric Liddell Community, EH10 4DP  
Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

**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

**5pm–7pm The Teatime Club**  
St Thomas’ Church, Glasgow Road  
Contact Georgia on 0131 478 7784

Wednesday February 4th

**10.30am–11.15am Porty Promenade Walk**  
Meet at Swimming Centre Café, EH15 2BS  
For more info, contact Active Communities on 0131 458 2260



# Calendar

<b>10.30am – 12noon</b>	<b>Alzheimer Scotland Walking Group</b> Meet at Saughton Park Bandstand, EH11 3BQ Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
<b>10.30am – 12.30pm</b>	<b>Heart of Newhaven Meeting Centre</b> The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
<b>12noon–2pm</b>	<b>Liddell Lions Lunch</b> Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
<b>2pm–3.45pm</b>	<b>North-West Edinburgh Singing Group</b> Drylaw Parish Church Hall, EH4 2RG Contact Ali on 0131 467 9354

## Thursday February 5th

<b>10.30am – 11.45am</b>	<b>Chair Yoga</b> North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 0131 315 2151
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## Friday February 6th

<b>10am – 12noon</b>	<b>Memory Lane Cafe</b> Saughtonhall Church, EH12 5TR Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
<b>10.30am – 12noon</b>	<b>Alzheimer Scotland Morning Meet Up</b> 160 Dundee Street, EH11 1DQ Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
<b>2pm–3pm</b>	<b>Together in Song</b> Festival Theatre, EH8 9FT Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

## Monday February 9th

<b>10am – 4pm</b>	<b>Dementia Friendly Pentlands</b> 42nd Pentlands Scout Group, EH14 5QR Contact themeetingplacejcb@outlook.com or 07711 046 014
<b>10.30am – 12noon</b>	<b>Alzheimer Scotland Dementia Café</b> Oxgangs Library, EH13 9LY Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org

# Calendar

<b>10.30am - 12.30pm</b>	<b>Sunshine Social Club</b> North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 07493 876 130
<b>10.45am – 11.45am</b>	<b>St Brides Community Choir</b> St Brides Centre, EH11 2DZ. Contact admin@forgetmenotes.org.uk or 07588 894 587
<b>1pm–3pm</b>	<b>Big Hearts: Football and Edinburgh Memories</b> Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
<b>2pm</b>	<b>Gentle Exercise Class</b> Morningside Parish Church EH10 6BU Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
<b>3.45pm–5pm</b>	<b>Forget Me Notes Zoom Choir</b> Online Event Contact admin@forgetmenotes.org.uk or 07588 894 587

## Tuesday February 10th

<b>11am – 12.30pm</b>	<b>Let’s Sing: Dementia Choir</b> Fisherrow Centre, Musselburgh, EH12 6AT Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
<b>11am – 1pm</b>	<b>Heart for Art</b> Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
<b>12pm-2pm</b>	<b>Culture Club</b> The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
<b>1pm – 2.30pm</b>	<b>Eric’s Encore Music Group</b> Eric Liddell Community, EH10 4DP Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
<b>1pm–3pm</b>	<b>Big Hearts: Football and Edinburgh Memories</b> Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889



Wednesday February 11th

- 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 Walking Group**  
Botanic Gardens West Gate, Arboretum Place EH3 5NY  
Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
- 10.30am – 12.30pm

**Heart of Newhaven Meeting Centre**  
The Heart of Newhaven, EH6 4HY  
Booking essential. Contact jan.brown@heartofnewhaven.co.uk  
or 07425 458 845
- 12noon–2pm

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

Thursday February 12th

- 10.30am – 11.45am

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

Friday February 13th

- 10am – 12noon

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

**Alzheimer Scotland Morning Meet Up**  
160 Dundee Street, EH11 1DQ  
Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org

Monday February 16th

- 10am – 4pm

**Dementia Friendly Pentlands**  
42nd Pentlands Scout Group, EH14 5QR  
Contact themeetingplacejcb@outlook.com or 07711 046 014
- 10.30am - 12.30pm

**Sunshine 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–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 February 17th

- 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 6BQ  
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 07425 458 845
- 1pm – 2.30pm

**Eric’s Encore Music Group**  
Eric Liddell Community, EH10 4DP  
Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
- 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
- 5pm–7pm

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



## Wednesday February 18th

10.30am–11.15am	<b>Porty Promenade Walk</b> Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
10.30am – 12noon	<b>Alzheimer Scotland Walking Group</b> Meet at Saughton Park Bandstand, EH11 3BQ Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
10.30am – 12.30pm	<b>Heart of Newhaven Meeting Centre</b> The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
12noon–2pm	<b>Liddell Lions Lunch</b> Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
2pm–3.45pm	<b>North-West Edinburgh Singing Group</b> Drylaw Parish Church Hall, EH4 2RG Contact Ali on 0131 467 9354
2pm–4pm	<b>Games Afternoon</b> Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

## Thursday February 19th

10.30am – 11.45am	<b>Chair Yoga</b> North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 0131 315 2151
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## Friday February 20th

10am – 12noon	<b>Memory Lane Cafe</b> Saughtonhall Church, EH12 5TR Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
10.30am – 12noon	<b>Alzheimer Scotland Morning Meet Up</b> 160 Dundee Street, EH11 1DQ Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
10.30am – 12noon	<b>Art in the City</b> People’s Story Museum, 163 Canongate, EH8 8BN Contact Susie at Susannah.cavill@edinburgh.gov.uk

10.30am – 12noon	<b>Museum Socials</b> National Museum of Scotland, EH1 1JF Contact publicevents@nms.ac.uk or 03001 236 789
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## Monday February 23rd

10am – 4pm	<b>Dementia Friendly Pentlands</b> 42nd Pentlands Scout Group, EH14 5QR Contact themeetingplacejcb@outlook.com or 07711 046 014
10.30am – 12noon	<b>Alzheimer Scotland Singing Group</b> Botanic Gardens West Gate, Arboretum Place EH3 5NY Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
10.30am - 12.30pm	<b>Sunshine Social Club</b> North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 07493 876 130
10.45am – 11.45am	<b>St Brides Community Choir</b> St Brides Centre, EH11 2DZ. Contact admin@forgetmenotes.org.uk or 07588 894 587
11am – 12.30pm	<b>Tea and ‘Jam’</b> Festival Theatre, EH8 9FT Booking essential. Call 0131 529 6000 or visit capitaltheatres.com
1pm–3pm	<b>Big Hearts: Football and Edinburgh Memories</b> Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
2pm	<b>Gentle Exercise Class</b> Morningside Parish Church EH10 6BU Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
3.45pm–5pm	<b>Forget Me Notes Zoom Choir</b> Online Event Contact admin@forgetmenotes.org.uk or 07588 894 587

## Tuesday February 24th

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

<b>11am – 1pm</b>	<b>Heart for Art</b> Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email <a href="mailto:pastoralassistant@morningsideparishchurch.org.uk">pastoralassistant@morningsideparishchurch.org.uk</a>
<b>12pm-2pm</b>	<b>Culture Club</b> The Heart of Newhaven, EH6 4HY Booking essential. Contact <a href="mailto:jan.brown@heartofnewhaven.co.uk">jan.brown@heartofnewhaven.co.uk</a> or 07425 458 845
<b>1pm – 2.30pm</b>	<b>Eric’s Encore Music Group</b> Eric Liddell Community, EH10 4DP Contact Valeria at <a href="mailto:lembov@ericliddell.org">lembov@ericliddell.org</a> or call 0131 357 1277
<b>1pm—3pm</b>	<b>Big Hearts: Football and Edinburgh Memories</b> Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on <a href="mailto:scott.troup@bighearts.org.uk">scott.troup@bighearts.org.uk</a> or call 07766432889

## Wednesday February 25th

<b>10.30am—11.15am</b>	<b>Porty Promenade Walk</b> Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
<b>10.30am – 12.30pm</b>	<b>Heart of Newhaven Meeting Centre</b> The Heart of Newhaven, EH6 4HY Booking essential. Contact <a href="mailto:jan.brown@heartofnewhaven.co.uk">jan.brown@heartofnewhaven.co.uk</a> or 07425 458 845
<b>12noon—2pm</b>	<b>Liddell Lions Lunch</b> Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on <a href="mailto:lembov@ericliddell.org">lembov@ericliddell.org</a> or 0131 357 1277

## Thursday February 26th

<b>10.30am – 11.45am</b>	<b>Chair Yoga</b> North Edinburgh Arts, EH4 4AB Contact <a href="mailto:admin@northedinburgharts.co.uk">admin@northedinburgharts.co.uk</a> or 0131 315 2151
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## Friday February 27th

<b>10am – 12noon</b>	<b>Memory Lane Cafe</b> Saughtonhall Church, EH12 5TR Contact Jenny on 07881288909 or <a href="mailto:jenny@themurrayfieldclub.com">jenny@themurrayfieldclub.com</a>
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# Calendar

<b>10.30am – 12noon</b>	<b>Alzheimer Scotland Morning Meet Up</b> 160 Dundee Street, EH11 1DQ Booking essential. Contact Karolina on 07557 801821or <a href="mailto:kkuna@alzscot.org">kkuna@alzscot.org</a>
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## March 2026

### Monday March 2nd

<b>10am – 4pm</b>	<b>Dementia Friendly Pentlands</b> 42nd Pentlands Scout Group, EH14 5QR Contact <a href="mailto:themeetingplacejcb@outlook.com">themeetingplacejcb@outlook.com</a> or 07711 046 014
<b>10.30am - 12.30pm</b>	<b>Sunshine Social Club</b> North Edinburgh Arts, EH4 4AB Contact <a href="mailto:admin@northedinburgharts.co.uk">admin@northedinburgharts.co.uk</a> or 07493 876 130
<b>10.45am—12.15pm</b>	<b>Hibs Football Memories</b> Easter Road Stadium, EH7 5QG Contact Eleanor on <a href="mailto:eleanor@hiberniancf.org">eleanor@hiberniancf.org</a>
<b>10.45am – 11.45am</b>	<b>St Brides Community Choir</b> St Brides Centre, EH11 2DZ. Contact <a href="mailto:admin@forgetmenotes.org.uk">admin@forgetmenotes.org.uk</a> or 07588 894 587
<b>11am-1pm</b>	<b>Jen’s Dementia Drop-in Café</b> Craig’s Bank Church, EH12 8HD Contact Jen on <a href="mailto:jennifermacclennan@hotmail.co.uk">jennifermacclennan@hotmail.co.uk</a> or 077921443787
<b>1pm—3pm</b>	<b>Big Hearts: Football and Edinburgh Memories</b> Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on <a href="mailto:scott.troup@bighearts.org.uk">scott.troup@bighearts.org.uk</a> or call 07766432889
<b>2pm—4pm</b>	<b>Music &amp; Memories</b> Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email <a href="mailto:pastoralassistant@morningsideparishchurch.org.uk">pastoralassistant@morningsideparishchurch.org.uk</a>
<b>3.45pm—5pm</b>	<b>Forget Me Notes Zoom Choir</b> Online Event Contact <a href="mailto:admin@forgetmenotes.org.uk">admin@forgetmenotes.org.uk</a> or 07588 894 587

### Tuesday March 3rd

<b>11am – 12.30pm</b>	<b>Let’s Sing: Dementia Choir</b> Fisherrow Centre, Musselburgh, EH12 6AT Contact Penny on <a href="mailto:lets.sing.brunton@gmail.com">lets.sing.brunton@gmail.com</a> or call Jan on 0131 669 2888
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<b>11am – 1pm</b>	<b>Heart for Art</b> Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
<b>12pm-2pm</b>	<b>Culture Club</b> The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
<b>1pm – 2.30pm</b>	<b>Eric’s Encore Music Group</b> Eric Liddell Community, EH10 4DP Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
<b>1pm—3pm</b>	<b>Big Hearts: Football and Edinburgh Memories</b> Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
<b>5pm—7pm</b>	<b>The Teatime Club</b> St Thomas’ Church, Glasgow Road Contact Georgia on 0131 478 7784

Wednesday March 4th

<b>10.30am—11.15am</b>	<b>Porty Promenade Walk</b> Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
<b>10.30am – 12noon</b>	<b>Alzheimer Scotland Walking Group</b> Meet at Saughton Park Bandstand, EH11 3BQ Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
<b>10.30am – 12.30pm</b>	<b>Heart of Newhaven Meeting Centre</b> The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
<b>12noon—2pm</b>	<b>Liddell Lions Lunch</b> Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
<b>2pm—3.45pm</b>	<b>North-West Edinburgh Singing Group</b> Drylaw Parish Church Hall, EH4 2RG Contact Ali on 0131 467 9354

Thursday March 5th

<b>10.30am – 11.45am</b>	<b>Chair Yoga</b> North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 0131 315 2151
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Friday March 6th

<b>10am – 12noon</b>	<b>Memory Lane Cafe</b> Saughtonhall Church, EH12 5TR Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
<b>10.30am – 12noon</b>	<b>Alzheimer Scotland Morning Meet Up</b> 160 Dundee Street, EH11 1DQ Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
<b>2pm—3pm</b>	<b>Together in Song</b> Festival Theatre, EH8 9FT Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

Monday March 9th

<b>10am – 4pm</b>	<b>Dementia Friendly Pentlands</b> 42nd Pentlands Scout Group, EH14 5QR Contact themeeetingplacejcb@outlook.com or 07711 046 014
<b>10.30am – 12noon</b>	<b>Alzheimer Scotland Dementia Café</b> Oxgangs Library, EH13 9LY Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
<b>10.30am - 12.30pm</b>	<b>Sunshine Social Club</b> North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 07493 876 130
<b>10.45am – 11.45am</b>	<b>St Brides Community Choir</b> St Brides Centre, EH11 2DZ. Contact admin@forgetmenotes.org.uk or 07588 894 587
<b>1pm—3pm</b>	<b>Big Hearts: Football and Edinburgh Memories</b> Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
<b>2pm</b>	<b>Gentle Exercise Class</b> 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 March 10th

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 6BQ  
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 07425 458 845

1pm – 2.30pm

Eric’s Encore Music Group

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

1pm–3pm

Big Hearts: Football and Edinburgh Memories

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Wednesday March 11th

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 Walking Group

Botanic Gardens West Gate, Arboretum Place EH3 5NY  
Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org

10.30am – 12.30pm Heart of Newhaven Meeting Centre

The Heart of Newhaven, EH6 4HY  
Booking essential. Contact jan.brown@heartofnewhaven.co.uk  
or 07425 458 845

11am – 12pm

Relaxing Rhymes

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

Thursday March 12th

10.30am – 11.45am Chair Yoga

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

Friday March 13th

10am – 12noon

Memory Lane Cafe

Saughtonhall Church, EH12 5TR  
Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com

10.30am – 12noon

Alzheimer Scotland Morning Meet Up

160 Dundee Street, EH11 1DQ  
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Monday March 16th

10am – 4pm

Dementia Friendly Pentlands

42nd Pentlands Scout Group, EH14 5QR  
Contact themeeetingplacejcb@outlook.com or 07711 046 014

10.30am - 12.30pm

Sunshine 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–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 March 17th

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 6BQ  
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  
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Eric’s Encore Music Group

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

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Big Hearts: Football and Edinburgh Memories

Tynecastle Stadium, EH11 2NL  
Booking essential. Contact Scott on scott.troup@bighearts.org.uk  
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The Teatime Club

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

Wednesday March 18th

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 Walking Group

Meet at Saughton Park Bandstand, EH11 3BQ  
Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org

10.30am – 12.30pm Heart of Newhaven Meeting Centre

The Heart of Newhaven, EH6 4HY  
Booking essential. Contact jan.brown@heartofnewhaven.co.uk  
or 07425 458 845

12noon—2pm

Liddell Lions Lunch

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

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 March 19th

10.30am – 11.45am

Chair Yoga

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

10.30am – 12noon

Art in the City

Museum of Edinburgh, 142 Canongate, EH8 8DD  
Contact Susie at Susannah.cavill@edinburgh.gov.uk

Friday March 20th

10am – 12pm

Memory Lane Cafe

Saughtonhall Church, EH12 5TR  
Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com

10.30am – 12noon

Museum Socials

National Museum of Scotland, EH1 1JF  
Contact publicevents@nms.ac.uk or 03001 236 789

Monday March 23rd

10am – 4pm

Dementia Friendly Pentlands

42nd Pentlands Scout Group, EH14 5QR  
Contact themeetingplacejcb@outlook.com or 07711 046 014

10.30am – 12noon

Alzheimer Scotland Singing Group

Botanic Gardens West Gate, Arboretum Place EH3 5NY  
Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org

10.30am - 12.30pm

Sunshine Social Club

North Edinburgh Arts, EH4 4AB  
Contact admin@northedinburgharts.co.uk or 07493 876 130



<b>10.45am – 11.45am</b>	<b>St Brides Community Choir</b> St Brides Centre, EH11 2DZ. Contact admin@forgetmenotes.org.uk or 07588 894 587
<b>1pm—3pm</b>	<b>Big Hearts: Football and Edinburgh Memories</b> Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
<b>2pm</b>	<b>Gentle Exercise Class</b> Morningside Parish Church EH10 6BU Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
<b>3.45pm—5pm</b>	<b>Forget Me Notes Zoom Choir</b> Online Event Contact admin@forgetmenotes.org.uk or 07588 894 587

Tuesday March 24th

<b>11am – 12.30pm</b>	<b>Let’s Sing: Dementia Choir</b> Fisherrow Centre, Musselburgh, EH12 6AT Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
<b>11am – 1pm</b>	<b>Heart for Art</b> Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
<b>12pm-2pm</b>	<b>Culture Club</b> The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
<b>1pm – 2.30pm</b>	<b>Eric’s Encore Music Group</b> Eric Liddell Community, EH10 4DP Contact Valeria at lembov@ericliddell.org or call 0131 357 1277
<b>1pm—3pm</b>	<b>Big Hearts: Football and Edinburgh Memories</b> Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889

Wednesday March 25th

<b>10.30am—11.15am</b>	<b>Porty Promenade Walk</b> Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
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<b>10.30am – 12.30pm</b>	<b>Heart of Newhaven Meeting Centre</b> The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
<b>12noon—2pm</b>	<b>Liddell Lions Lunch</b> Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277
<b>2pm – 3pm</b>	<b>Brew and Blether</b> Festival Theatre, EH8 9FT Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

Thursday March 26th

<b>10.30am – 11.45am</b>	<b>Chair Yoga</b> North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 0131 315 2151
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Friday March 27th

<b>10am – 12noon</b>	<b>Memory Lane Cafe</b> Saughtonhall Church, EH12 5TR Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
<b>10.30am – 12noon</b>	<b>Alzheimer Scotland Morning Meet Up</b> 160 Dundee Street, EH11 1DQ Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org

Saturday March 28th

<b>2pm</b>	<b>Dementia Friendly Concert</b> Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
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Monday March 30th

<b>10am – 4pm</b>	<b>Dementia Friendly Pentlands</b> 42nd Pentlands Scout Group, EH14 5QR Contact themeetingplacejcb@outlook.com or 07711 046 014
<b>10.30am - 12.30pm</b>	<b>Sunshine Social Club</b> North Edinburgh Arts, EH4 4AB Contact admin@northedinburgharts.co.uk or 07493 876 130



# Calendar

- 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
- 3.45pm–5pm

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

## Tuesday March 31st

- 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 6BQ  
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 07425 458 845
- 1pm – 2.30pm

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

# Join our Focus Group

“ None of us are professionals we’re just voices with ideas”  
**Tom Dalgleish, 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







Portrait of Ron  
by his friend Willy Gilder

# Ron Coleman

In November, we learned of the sad passing of pioneering artist and dementia activist Ron Coleman. Ron's indefatigable and fiercely creative approach to dementia activism gave rise to the 100/6000 Gathering, Deepness Dementia Media, the Scottish Dementia Arts Festival, and many other creative projects that we have connected with over the years. He was a prolific poet and playwright, and we were lucky enough to present his plays Caught in this Moment of Time and Dementia the Musical in our Studio Theatre – both memorable and challenging pieces that taught its audiences about the power of creative expression of those living with dementia. Unparalleled in his determination to showcase the talents of the dementia community, Ron knew a thing or two about putting people centre stage, challenging stigmas, and holding people to account – and inspiring others to do the same. We will continue to be inspired by Ron's methods, the legacy of which will doubtless reverberate for years to come, and we send our thoughts to his wife Karen, daughter Francesca, and wider family during this difficult time.

*Gus, Lucie, Alex and the Creative Engagement Team*

## Those Were the Days answers from page 22

- Photo 1 – The Mound
- Photo 2 – B) Dali
- Photo 3 – Binns Department Store
- Photo 4 – Donald Sinden
- Photo 5 – Inverleith Park
- Photo 6 – Jenners
- Photo 7 – Leith Links



# Useful Numbers

## **Alzheimer Scotland**

### **National Office**

160 Dundee Street, Edinburgh EH11 1DQ.

Phone 0131 243 1453

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

## **Alzheimer Scotland**

### **Early Onset**

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

Call 0131 551 9350 or

email [EdinburghServices@Alzscot.org](mailto: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](mailto:helpline@alzscot.org)

## **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)

## **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)

## **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)

## **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](mailto: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](mailto: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](mailto: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](mailto:centre@vocal.org.uk)

## **West Lothian**

Dial-A-Ride: 01506 633 953

Dial-A-Bus: 01506 633 336

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

## **West Lothian Dementia Resource Centre**

Tel: 01506 533 108 or email

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