



Poetry in Motion!

New Relaxing Rhymes Event
Receives Rapturous Reception

More on page 8



Welcome to Spring 2026

I'm writing this in a frenzy of spring fever having just emerged from our dementia-friendly Relaxing Rhymes event. There's nothing like a spot of Wordsworth and a handful of daffodils to fill the soul with hope for the longer days ahead.

And they are going to be exciting days, too: our beloved **King's Theatre** will be reopening in a matter of months, we have exciting plans shaping up with the **Healing Arts Festival** in June and a slew of wonderful new **volunteers** are soon to be showing their faces at our events. The Creative Engagement Team are also delighted to welcome our **new colleague, Nina**, into the role of Heritage Engagement Assistant for the coming year. Read all about Nina's favourite tunes in **Playlist Corner!**

But let's not get ahead of ourselves: so much has happened over the last few blustery months! Firstly, we kicked off the new year with our **relaxed panto**, followed by a bard-tastic Burns-themed **Comfy Ceilidh**. In January, **Relaxing Rhymes** was made even more relaxing by being delivered off site at Cramond Residence, before we rolled up our sleeves for a Picasso-esque **Brew & Blether** with the brilliant Fenella Kerr.

Throw into this colourful mix some brilliant **Tea & 'Jam'** sessions, two lively **Focus Group** chats, a **Together in Song** so packed to the gunnels we had to get extra biscuits, and a feature in the **Edinburgh Evening News** for our work supporting ScotGov's **ReThink Dementia** campaign, and we can safely say 2026 got off to a flying start!

This issue of DementiArts is all about the importance of creativity for all. So sit back, get the mister on those daffodil trumpets, and enjoy the artistic expressions of the coming pages.

Alex, Gus, Lucie and the Creative Engagement Team

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Lots to see and do in April, May and June

Back page has our list of useful numbers.

Cover credit: Greg Macvean



The Wow Factor!

The Wow Factor Group know a thing or two about getting from A to B, whether it's trekking up a mountain or using the centre's minibus to get folk to discos. Here, participants tell us in their own words what they love about Scotland's premier dementia-friendly social group. By Kath Kyle

Everyone has the right to interesting, life-enhancing and genuinely fun leisure activities. If we get those activities right for those living with dementia, then we get them right for everybody. That is where the Weekday Wow Factor started, going on to blossom into our legendary Daytime Discos and Minibus Adventures, bringing movement, music and friendship into as many lives as possible. For the past eight years, older adults across Scotland, have created communities that are accessible, inclusive and welcoming – as only Wowers can be.

Below are a series of Wow testimonials, recorded by Wow volunteers.

"I've been coming along to Portal Arts for about 6 months. I just love it and think it's great. You get to know people. I would like it to be on twice a week – such a lovely crowd. I've got five kids and this feels like a break from home life!"

Cathy Hamilton

"We go for wee runs and have nice chats. I would never really go out [had I not come here]. I used to meet friends about my age... but that hasn't been for years. People moved away. I didn't [have] much social life. I look forward to it here. I've made friends."

Betty McCallum



"I'm 85 years old and doing things I never thought in my I'd being doing at this age. For instance, last week we were at the top of a mountain with the snow doing Tai Chi. It's a wonderful organisation."

Nan

"My age? 27 – 1 – 43! It's nice to see the young folk. I like the people I meet here. But I do things my way. (Ask no questions!)"

Margaret Gibson

"I'm 84. Wow is what's held me after losing my husband. It's better than being lonely in the house – you're out meeting people doing new things. I enjoy and getting out in the fresh air. I like trying new physical things. Today we tried curling for the first time – I thoroughly enjoyed it, though I'll never be in the 'GB' team!"

Esther Campbell

"I look forward to the days out – either coming into Govan or going on a bus trip. We all stayed together in Wales for a week [...] Everybody's equal – nobody is above anyone else [...] my family can hardly believe some of the places we've been!"

Les



"I just came to work at the WoW at the end of the summer in 2025. You know what, it's the best job I've EVER had. It's like going out to play again. I get to meet some lovely elderly people who are so diverse. They're always so grateful to be picked up on the bus to be taken out to physical activity – bowling, walk in the park, a place of interest. LOTS of good Glaswegian banter. "

Joan Louise-ZITA Philips

"I like this group very much – I like the company and staff and you as well! They help you a lot. It was a good long walk to Silverburn this morning for the curling!"

Maggie

"To me it makes me feel younger coming here – the company you get. It keeps your mind active... especially talking to one particaulr wee woman. We wind each other up (which is great for me!) She gets her own back, you know? She's great for me that wee woman! I'm going to tell her you says she fancies me! "

Robert

"I come to pass the time pleasantly here, which is the most important thing. In the house the whole time you get very lonely."

Billy

To find out more about Weekday Wow Factor, email Pasma Sallis at pasna.sallis@weekdaywowfactor.com or call on 07717 732542.



Nina Shares Nostalgia

By Nina Al-Gailani

Which song reminds you of your hometown?

Body copy A bit of a silly one but in primary school we would always sing at assemblies and one of the most memorable songs was 'Spring Chicken.'

Which song reminds you of your childhood?

From around the age of 8, I started going to a local drama group and we would always do a big summer show. At the end of it, after the performances, everyone would come together and march on to the stage for a mini choreographed closing routine to the classic 'There is No Business Like Show Business.'

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

The song 'Everybody Needs Somebody to Love' takes me back to hanging out with my best friends after school, when we would always play the video game Just Dance which ensued a whole lot of laughter and nonsense.

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

'Fascination' by Alphabeat has always been able to get me up for a boogie since I was tiny and I would jump around the whole house dancing and put on shows for my parents.

Which song reminds you of someone special?

'You Are My Sunshine' will forever be associated with my Dad who sang it to calm me down and settle me when I was little

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



Verses to Wander By

Our new event Relaxing Rhymes is all about the places words can take us. Featuring intervals of gentle music, art and sensory engagement, it's the perfect way to let your mind drift away to the sound of beautiful poetry being read aloud. By Xa Shaw Stewart

I believe that being read to is one of the greatest pleasures there is.

That's why I started Relaxing Rhymes, a dementia-friendly event at the Festival Theatre. If you come along, you'll be welcomed into a spacious room with a small group of people who are all there to listen to poetry. I'll read some beautiful poems out loud, while you just sit back and relax.

I curate the poems for each Relaxing Rhymes session with care. I don't write them myself; I choose from the vast library of great poems that already exist. I really like the ones that bring nature indoors – poems about hearing a bird burst into song or about watching rain drip off leaves on a tree.

Perhaps I'd better tell you a little about myself before going any further. I used to work at a major publisher in London, and I am a professional book editor. I like playing with the cogs and wheels that make sentences tick.

Recently, I met someone who writes manuals for a living. He explained that there are 'rules' about writing manuals. You need to make the instructions as clear as you possibly can. That means you use the same technical terms consistently, and you don't mess about with long sentences.

Poems are different. Unlike manuals, they're not trying to tell you what to do or how to think. Often, a poem is a way for the person writing it to express a strong emotion, or explain an idea that is almost too big to put into words.

Poems are also about what you bring to them as a reader. Every person will read a poem in their own way.

I used to hate poetry. Really. I didn't like it at all. I think I was put off by English lessons when I was about nine

"Often, a poem is a way for the person writing it to express a strong emotion, or explain an idea that is almost too big to put into words."



years old – we studied a book where all the poems were so gloomy! For years afterwards, I thought that you had to have a degree in critical theory if you wanted to read poems.

But things changed. I fell in love with poetry.

One of the reasons I find poetry magical is that you can simply enjoy the words on the page in front of you. There's no need to remember what came on the page before, or figure out what is coming next. It's about living in the present moment. It's about feelings. A lot of this resonates with people who are experiencing dementia, I think.

Dementia changes relationships. It pushes people to connect with their loved ones in new ways, which is not easy. Reading aloud is a special way to spend time together. For that reason, I prefer working with small groups. At Relaxing Rhymes, there will be fifteen people in the room at the very most, because I want to be able to connect with everyone there.

The poems that most people know well are the ones they read at school, a long time ago. I think it's good to share poems that everyone will recognise. I also like to share work which the audience will find fresh and inspiring – poems that are relatable and celebrate the mystery of everyday life. That means you'll get W.B. Yeats, Christina Rossetti and Robert Burns rubbing shoulders with living poets like Jackie Kay, John F. Deane and Lemn Sissay.

Everyone is welcome at Relaxing Rhymes. For me, every session is a chance to slow down, focus on beautiful words, and find companionship by quietly experiencing big feelings in the company of others. When a session ends, I always come out feeling uplifted from my heart to my toes, like a balloon that's about to float off.

There is still so much I don't understand about poetry, and I find that enchanting. I feel lucky, because I can keep exploring the magic of poems by sharing them with people like you.

Relaxing Rhymes takes place bi-monthly at the Festival Theatre. Spaces limited. To book, visit our website or call the Festival Theatre box office 0131 529 6000.



Crunchy Kimchi Made Easy

Tangy, spicy and packed with crunch – this kimchi recipe is easier than you might think. With Mike’s simple method, you can create a bold, flavour-packed classic in your own kitchen. Make a jar today and enjoy the taste of Korea all week long.

Ingredients:

- 1 cabbage
- 3 garlic cloves, crushed
- 1 inch piece ginger, grated
- 2 tbsp fish sauce (optional)
- 2 tbsp sriracha chilli sauce
- 1 tbsp golden caster sugar
- 3 tbsp rice vinegar
- 8 radishes, coarsely grated
- 2 carrots, cut into matchsticks or coarsely grated
- 4 spring onions, finely shredded

Method:

- 1 Slice the cabbage into 2.5cm strips. Tip into a bowl, mix with 1 tbsp sea salt, then set aside for 1 hour. Meanwhile, make the kimchi paste by blending the garlic, ginger, fish sauce (if using), chilli sauce, sugar and rice vinegar together in a small bowl.
- 2 Rinse the cabbage under cold running water. Drain and dry thoroughly. Transfer to a large bowl and toss through the paste, along with the radishes, carrot and spring onions.
- 3 Serve straight away or pack into a large jar, seal and leave to ferment at room temperature overnight, then chill. It will keep in the fridge for up to 2 weeks – the flavour will improve the longer it’s left.

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.



Seaside Sunsets

Recognise this location? This quarter, John flies his drone over a familiar East Lothian harbour town, famous for its golf, horseraces, and... well.. mussels. John is a photographer and drone enthusiast living with dementia. More examples of his drone work can be found my scanning the QR code left.



“Let your artwork speak”

For Satya at Royston Care home, art isn't just something to pass the time – it's a vital flourishing of the soul whose importance has been noted by luminaries through the ages. Indulge in these latest beautiful offerings from Royston's residents. By Satya Sai Mothadaka

Welcome to another episode of Royston's Creative Art Corner, where I share inspiring encounters, engaging discussions, and heartfelt experiences with the residents of Royston Court Care Home.

In this episode, in alignment with Edward Hopper's perspective, I invite you to appreciate some of the selected creations by our residents. Edward Hopper once remarked, "if you could say it in words, there would be no reason to paint." This emphasizes the importance of trusting your visual expression rather than relying on verbal or written descriptions, letting colour, form, and emotions serve as fundamental principles for art to communicate.

Action Over Thinking: Andy Warhol advised not to think about making art, but to just get it done and let others decide if it is good. Similarly, Ray Bradbury believed that thinking is the enemy of creativity.

Authenticity and Emotion: Vincent van Gogh believed in painting from the soul, while Frida Kahlo asserted that she never painted dreams, but her own reality.

Purpose of Art: Robert Rauschenberg viewed the artist's job as being a "witness to his time in history."

Freedom and Process: Wassily Kandinsky stated, "There is no must in art because art is free" and Leonardo da Vinci noted, "art is never finished, only abandoned."

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

The Joy of Birdsong

This quarter, Xa brings us a Scottish poet whose appreciation of life's little moments pays homage to the tiny birds who enliven our hedgerows this time of year.



Song

By Alan Spence

the littlest bird
sang all for me
its song was love
it set me free

sang at my birth
and at my death
it sang its song
with my last breath

the littlest bird
sang in my soul
its song was joy
it made me whole
it made me whole

it set me free
it sang its song
its song was me



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Xa's Thought:

The poet Alan Spence was born in Glasgow in 1947 and these days he lives in Edinburgh. His poems are often about little moments in everyday life. This one is about listening to a tiny bird sing. Perhaps it's a dunnock, which some people call a 'hedge sparrow'. The sound is musical, clear and bright.

At this time of year, the trees and bushes are full of robins, wrens, dunnocks and chaffinches singing. If you listen closely, sometimes a bird's song can change you for a while and set you free. Just like a poem can.

Xa Shaw Stewart is the presenter of Relaxing Rhymes. These are relaxing, dementia-friendly sessions where everyone is welcome. Book a ticket on the Capital Theatres website or call 0131 529 6000

'Song' by Alan Spence is taken from Glasgow Zen (Canongate, 2002). Image © 2026 Xa Shaw Stewart.

Have your say

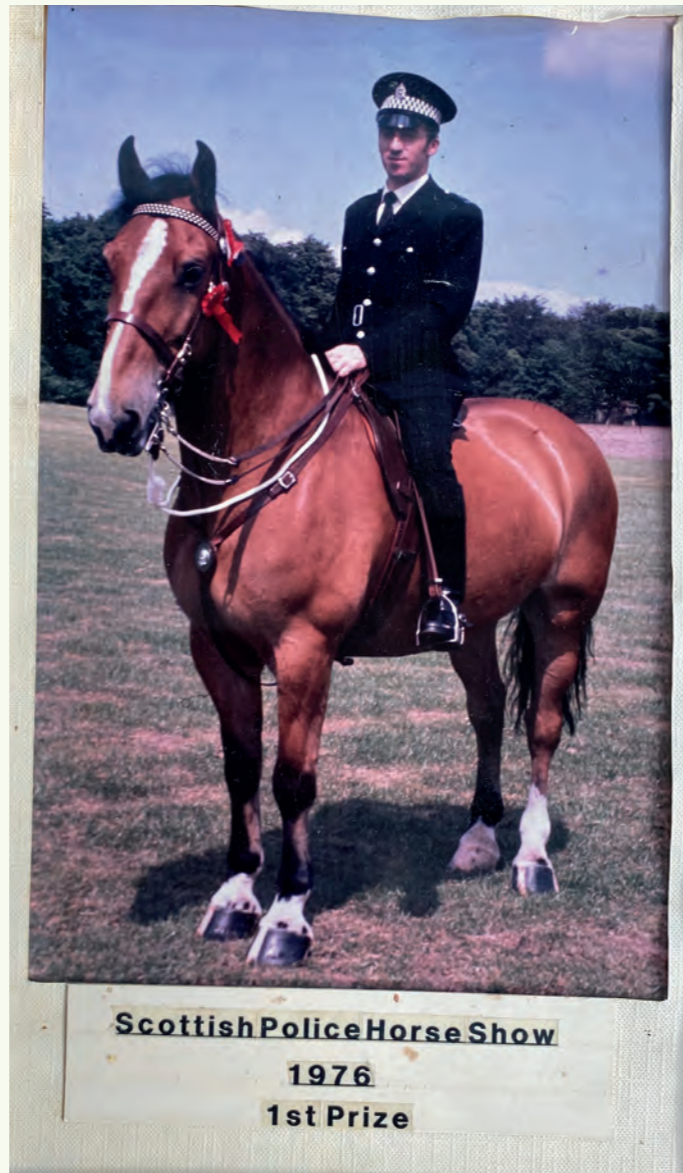
Could do with more copies? Love our Lead Articles?
Peeved by Pet Corner?

We're always looking for ways to keep DementiArts as relevant, entertaining and useful as possible for our friends in the dementia-friendly community.

We'd love it if you scanned the QR code below and completed our reader's questionnaire.



Hidden Lives



The counting horse

For some people, a life is inextricably linked to a particular animal. For banjo-playing Jock, that animal was his horse, Sodj – a gelding who, as Ann discovers, lived almost as many lives as the proverbial nine live-d feline!

I'm sitting in Jenny and Jock's conservatory and we're watching a flock of hen pheasants under the bird feeders in their garden patiently waiting for scraps to fall. Beyond the garden, the view stretches from Traprain Law in the east right round to the Moorfoot hills in the west, following the sun. I could sit here all day.

But that's not why I'm here. I want to talk to Jock about the interesting life he's had.

In the early seventies, Jock bought his horse Soldier, or Sodj for short, from an Irish trader who told him he was four years old, but Jock suspected that Sodj was younger, perhaps just three years old and newly broken. He was a big gelding, over 16 hands and Jock began training him using a Vulcanite bit which was kinder to the horse's mouth. Jock had never trained a horse before so he began to read up books about it. Fortunately, Jenny, his wife, had had horses all her life and still kept a mare so she could help him with it. Jock trained Sodj to walk backwards in a straight line and to step sideways either to right or left, and even to count up to five, all skills which the horse would require in its later life.

Jock took part with Sodj in the Musselburgh Rideout where the Honest Lad carries the Burgh Flag around the town's boundaries followed by the horses and riders, something they both enjoyed.



After a few years, Jock sold Sodj to the Edinburgh Mounted Police and he became a very valued member of it, renamed Kojak by them because of his lack of mane on his head. Jock's training led him to being very successful, especially in controlling crowds at football matches. Once Kojak escorted the Queen in her car over George V bridge in Edinburgh. He served Edinburgh's police for many years and was the first police horse to be retired rather than euthanised at the end of his working life.

In the garden, a glorious male pheasant has arrived to inspect the females though he'll have to fight it out with any other male as only the strongest gets to mate with them.

In later life, Jock became a member of the Winton Ceilidh Band, made up of several local lads, Alan, Jock, Alec, Davey and Dougie. Jock played the banjo and the mouth organ and they performed at various day centres and old folks homes in the Lothians as well as the Corn Exchange in Haddington. They played Scottish songs and dances and had a regular stint at Marshall Meadows Hotel near Berwick at Hogmanay. For that they dressed in their best kilts and could bring their wives to enjoy the festivities as well.

Every year Jock and Jenny made a trip to Ireland, particularly Donegal where he played with the local ceilidh groups there and both were made to feel very welcome.

Jock still plays his mouth organ for our singing group when we entertain the residents of care homes. We're trying to persuade him to resurrect his banjo!

*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).*



Welcome to Pet Corner!

Tucked away at the Festival Theatre stage door live three unlikely theatre residents. Meet Thespis, Leonard, and Fi – our African Dwarf Frogs, named after a Greek theatre pioneer, a sci-fi legend, and a much-loved former colleague. They may not appear on stage, but they’re certainly part of the company!

Names	Thespis, Leonard, and Fi
Age	2 years (probably)
Human	The Capital Theatres stage door team
Description	Our African Dwarf Frogs live their whole lives in the water, but still have to swim up to the surface to breathe air. The species originates from the forested areas of equatorial West Africa, but ours came from Dobbies.
Nature	Our frogs are peaceful little creatures who spend most of their day crawling around under the bogwood in their tank. We can't keep fish in the tank with them, as the frogs have terrible eyesight, and the fish would eat all of the food before the frogs had any idea it was even there. At night, if you listen carefully once the lights go out, you can hear the frogs communicating with each other, making a squeaking noise rather than a croak. At least one of the frogs is female, and one male, as we've had tadpoles appear occasionally. We have no idea which is which, though!

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 Brain Health and Dementia Resource Centre: EdinburghServices@alzscot.org / 0131 551 9350

Lauriston Castle Outdoor Brain Health and Dementia Resource Centre: lauristonservices@alzscot.org / 0131 392 8334

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

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

April 2026

Wednesday April 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 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 – 1pm

Don't Dine Alone

Queens Manor Care Home, EH4 8DU

Booking essential. Contact 0131 339 9653

12noon–2pm

Liddell Lions Lunch

Eric Liddell Community, EH10 4DP

Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1270

2pm–3.45pm

North-West Edinburgh Singing Group

Drylaw Parish Church Hall, EH4 2RG

Contact Ali on 0131 467 9354

Thursday April 2nd

1.45pm–2.45pm

Choir in the Park

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

2.30pm – 4pm

Royal Reminiscence: Dementia Friendly Afternoons

Abbey Strand Centre, EH8 8DU
Booking essential. Contact Fiona access@rct.uk or 07590 776 979

Friday April 3rd

10am – 12pm

Memory Lane Cafe

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

11am – 12pm

Spartans Community Choir

Spartans FC, EH5 2HF
Contact admin@forgetmenotes.org.uk or 07588 894 587

Monday April 6th

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 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 stcuthbertsrector@gmail.com or 0131 441 7580

Tuesday April 7th

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 – 2pm

Eric's Encore Music Group

Eric Liddell Community, EH10 4DP
Contact Irene at mccarthy@ericliddell.org or call 0131 357 1270

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 April 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 **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 – 1pm

Don't Dine Alone

Queens Manor Care Home, EH4 8DU
Booking essential. Contact 0131 339 9653

12noon–2pm

Liddell Lions Lunch

Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1270

2pm – 4pm

Fairmilehead Singing Group

Fairmilehead Parish, EH10 7AA
Contact Alison on 0131 336 4475

Thursday April 9th

4pm – 5pm

Gorgie Community Choir

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

Friday April 10th

10am – 12pm

Memory Lane Cafe

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

Monday April 13th

10am – 4pm

Dementia Friendly Pentlands

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

10.30am – 12noon

Alzheimer Scotland Dementia Café

Oxgangs Library, EH13 9LY
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

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

2pm–4pm

Music & Memories

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

Tuesday April 14th

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

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Wednesday April 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

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

11am – 12.15pm

Comfy Ceilidh

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

12noon – 1pm

Don't Dine Alone

Queens Manor Care Home, EH4 8DU
Booking essential. Contact 0131 339 9653

Calendar

12noon–2pm

Liddell Lions Lunch

Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1270

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 April 16th

1.45pm–2.45pm

Choir in the Park

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

Friday April 17th

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

11am – 12pm

Spartans Community Choir

Spartans FC, EH5 2HF
Contact admin@forgetmenotes.org.uk or 07588 894 587

Monday April 20th

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

Calendar

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 stcuthbertsrector@gmail.com
or 0131 441 7580

2pm–4pm

Music & Memories

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

Tuesday April 21st

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 – 2pm

Eric's Encore Music Group

Eric Liddell Community, EH10 4DP
Contact Irene at mccarthy@ericliddell.org or call 0131 357 1270

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 April 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 – 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 – 1pm

Don't Dine Alone

Queens Manor Care Home, EH4 8DU
Booking essential. Contact 0131 339 9653

12noon–2pm

Liddell Lions Lunch

Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1270

2pm – 4pm

Fairmilehead Singing Group

Fairmilehead Parish, EH10 7AA
Contact Alison on 0131 336 4475

Thursday April 23rd

4pm – 5pm

Gorgie Community Choir

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

Friday April 24th

10am – 12noon

Memory Lane Cafe

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

10.30am – 12noon

Gallery Social

National Gallery of Scotland, EH2 2EL
Booking essential. Contact learning@nationalgalleries.org or 0131 624 6410

Monday April 27th

10am – 4pm

Dementia Friendly Pentlands

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

10.30am – 12noon

Alzheimer Scotland Dementia Café

Oxgangs Library, EH13 9LY
Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org

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

Tuesday April 28th

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 – 2pm

Eric's Encore Music Group

Eric Liddell Community, EH10 4DP
Contact Irene at mccarthy@ericliddell.org or call 0131 357 1270

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 April 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 – 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 – 1pm

Don't Dine Alone

Queens Manor Care Home, EH4 8DU
Booking essential. Contact 0131 339 9653

12noon–2pm

Liddell Lions Lunch

Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1270

Thursday April 30th

10.30am – 12noon **Dementia Cafe**

Queens Manor Care Home, EH4 8DU
For more info, contact 0131 339 9653

May 2026

Friday May 1st

10am – 12pm

Memory Lane Cafe

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

11am – 12pm

Spartans Community Choir

Spartans FC, EH5 2HF
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 May 4th

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@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 stcuthbertsrector@gmail.com
or 0131 441 7580

2pm–4pm

Music & Memories

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

Tuesday May 5th

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 – 2pm

Eric's Encore Music Group

Eric Liddell Community, EH10 4DP
Contact Irene at mccarthy@ericliddell.org or call 0131 357 1270

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

5pm–7pm

The Teatime Club

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

Wednesday May 6th

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

11am – 12pm

Relaxing Rhymes

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

12noon – 1pm

Don't Dine Alone

Queens Manor Care Home, EH4 8DU
Booking essential. Contact 0131 339 9653

12noon–2pm

Liddell Lions Lunch

Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1270

2pm–3.45pm

North-West Edinburgh Singing Group

Drylaw Parish Church Hall, EH4 2RG
Contact Ali on 0131 467 9354

Thursday May 7th

1.45pm–2.45pm

Choir in the Park

Saughton Park Bandstand, EH11 3BQ
Contact admin@forgetmenotes.org.uk or 07588 894 587

Calendar

2.30pm – 4pm

Royal Reminiscence: Dementia Friendly Afternoons

Abbey Strand Centre, EH8 8DU
Booking essential. Contact Fiona access@rct.uk or 07590 776 979

Friday May 8th

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 May 11th

10am – 4pm

Dementia Friendly Pentlands

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

10.30am – 12noon

Alzheimer Scotland Dementia Café

Oxgangs Library, EH13 9LY
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

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

Tuesday May 12th

- 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 – 2pm** **Eric’s Encore Music Group**
Eric Liddell Community, EH10 4DP
Contact Irene at mccarthy@ericliddell.org or call 0131 357 1270

- 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 May 13th

- 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 – 1pm** **Don’t Dine Alone**
Queens Manor Care Home, EH4 8DU
Booking essential. Contact 0131 339 9653

- 12noon–2pm** **Liddell Lions Lunch**
Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1270

- 2pm – 4pm** **Fairmilehead Singing Group**
Fairmilehead Parish, EH10 7AA
Contact Alison on 0131 336 4475

Thursday May 14th

- 4pm – 5pm** **Gorgie Community Choir**
Salvation Army Hall, EH11 2RT
Contact admin@forgetmenotes.org.uk or 07588 894 587

Friday May 15th

- 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

- 11am – 12pm** **Spartans Community Choir**
Spartans FC, EH5 2HF
Contact admin@forgetmenotes.org.uk or 07588 894 587

Monday May 18th

- 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-3pm** **Music, Memories & Cake**
St Cuthbert’s Episcopal Church, EH13 0BB
Booking essential. Contact Nicki on stcuthbertsrector@gmail.com
or 0131 441 7580

2pm–4pm

Music & Memories

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

Tuesday May 19th

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 – 2pm

Eric’s Encore Music Group

Eric Liddell Community, EH10 4DP
Contact Irene at mccarthy@ericliddell.org or call 0131 357 1270

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 May 20th

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 – 1pm

Don’t Dine Alone

Queens Manor Care Home, EH4 8DU
Booking essential. Contact 0131 339 9653

12noon–2pm

Liddell Lions Lunch

Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1270

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 May 21st

1.45pm–2.45pm

Choir in the Park

Saughton Park Bandstand, EH11 3BQ
Contact admin@forgetmenotes.org.uk or 07588 894 587

Friday May 22nd

10am – 12pm

Memory Lane Cafe

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

10.30am – 12noon

Gallery Social

National Portrait Gallery, EH2 1JD
Booking essential. Contact learning@nationalgalleries.org or 0131 624 6410

Monday May 25th

10am – 4pm

Dementia Friendly Pentlands

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

10.30am – 12noon

Alzheimer Scotland Dementia Café

Oxgangs Library, EH13 9LY
Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org

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

Tuesday May 26th

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 – 2pm Eric’s Encore Music Group

Eric Liddell Community, EH10 4DP
Contact Irene at mccarthy@ericliddell.org or call 0131 357 1270

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 May 27th

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 – 1pm Don’t Dine Alone

Queens Manor Care Home, EH4 8DU
Booking essential. Contact 0131 339 9653

12noon–2pm Liddell Lions Lunch

Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1270

2pm – 3pm Brew and Blether

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

2pm – 4pm Fairmilehead Singing Group

Fairmilehead Parish, EH10 7AA
Contact Alison on 0131 336 4475

Thursday May 28th

10.30am – 12noon Dementia Cafe

Queens Manor Care Home, EH4 8DU
For more info, contact 0131 339 9653

4pm – 5pm Gorgie Community Choir

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

Friday May 29th

10am – 12pm Memory Lane Cafe

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

Saturday May 30th

2pm Dementia Friendly Concert

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

June 2026

Monday June 1st

- 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 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** **Community Creatives**
Festival Theatre, EH8 9FT
Booking essential. Call 0131 529 6000 or visit capitaltheatres.com
- 2pm-3pm** **Music, Memories & Cake**
St Cuthbert’s Episcopal Church, EH13 0BB
Booking essential. Contact Nicki on stcuthbertsrector@gmail.com or 0131 441 7580
- 2pm–4pm** **Music & Memories**
Morningside Parish Church, EH10 6BQ
Contact Jacqui on 07834 364 628
or email pastoralassistant@morningsideparishchurch.org.uk

Tuesday June 2nd

- 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 – 2pm** **Eric’s Encore Music Group**
Eric Liddell Community, EH10 4DP
Contact Irene at mccarthy@ericliddell.org or call 0131 357 1270
- 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 June 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 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 – 1pm** **Don’t Dine Alone**
Queens Manor Care Home, EH4 8DU
Booking essential. Contact 0131 339 9653
- 12noon–2pm** **Liddell Lions Lunch**
Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1270

2pm–3.45pm

North-West Edinburgh Singing Group

Drylaw Parish Church Hall, EH4 2RG
Contact Ali on 0131 467 9354

Thursday June 4th

1.45pm–2.45pm

Choir in the Park

Saughton Park Bandstand, EH11 3BQ
Contact admin@forgetmenotes.org.uk or 07588 894 587

2.30pm – 4pm

Royal Reminiscence: Dementia Friendly Afternoons

Abbey Strand Centre, EH8 8DU
Booking essential. Contact Fiona access@rct.uk or 07590 776 979

Friday June 5th

10am – 12pm

Memory Lane Cafe

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

11am – 12pm

Spartans Community Choir

Spartans FC, EH5 2HF
Contact admin@forgetmenotes.org.uk or 07588 894 587

Monday June 8th

10am – 4pm

Dementia Friendly Pentlands

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

10.30am – 12noon

Alzheimer Scotland Dementia Café

Oxgangs Library, EH13 9LY
Booking essential. Contact Karolina on 07557 801821 or 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

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

Tuesday June 9th

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 – 2pm

Eric's Encore Music Group

Eric Liddell Community, EH10 4DP
Contact Irene at mccarthy@ericliddell.org or call 0131 357 1270

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 June 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

Alzheimer Scotland Walking Group

Botanic Gardens West Gate, Arboretum Place EH3 5NY
Booking essential. Contact Karolina on 07557 801821 or 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 – 1pm

Don't Dine Alone

Queens Manor Care Home, EH4 8DU
Booking essential. Contact 0131 339 9653

12noon–2pm

Liddell Lions Lunch

Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1270

2pm – 4pm **Fairmilehead Singing Group**
 Fairmilehead Parish, EH10 7AA
 Contact Alison on 0131 336 4475

Thursday June 11th

4pm – 5pm **Gorgie Community Choir**
 Salvation Army Hall, EH11 2RT
 Contact admin@forgetmenotes.org.uk or 07588 894 587

Friday June 12th

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

Monday June 15th

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-3pm **Music, Memories & Cake**
 St Cuthbert's Episcopal Church, EH13 0BB
 Booking essential. Contact Nicki on stcuthbertsrector@gmail.com or 0131 441 7580

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

Tuesday June 16th

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 – 2pm **Eric's Encore Music Group**
 Eric Liddell Community, EH10 4DP
 Contact Irene at mccarthyi@ericliddell.org or call 0131 357 1270

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 June 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 **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

11am – 12.15pm **Comfy Ceilidh (Healing Arts Scotland)**
 Festival Theatre, EH8 9FT
 Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

12noon – 1pm **Don't Dine Alone**
 Queens Manor Care Home, EH4 8DU
 Booking essential. Contact 0131 339 9653

12noon–2pm **Liddell Lions Lunch**
Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1270

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 June 18th

1.45pm–2.45pm **Choir in the Park**
Saughton Park Bandstand, EH11 3BQ
Contact admin@forgetmenotes.org.uk or 07588 894 587

Friday June 19th

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

11am – 12pm **Spartans Community Choir**
Spartans FC, EH5 2HF
Contact admin@forgetmenotes.org.uk or 07588 894 587

Monday June 22nd

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

10.30am – 12noon **Alzheimer Scotland Dementia Café**
Oxgangs Library, EH13 9LY
Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org

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

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

Tuesday June 23rd

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 – 2pm **Eric's Encore Music Group**
Eric Liddell Community, EH10 4DP
Contact Irene at mccarthyi@ericliddell.org or call 0131 357 1270

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 June 24th

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 – 1pm

Don't Dine Alone

Queens Manor Care Home, EH4 8DU
Booking essential. Contact 0131 339 9653

12noon–2pm

Liddell Lions Lunch

Eric Liddell Community, EH10 4DP
Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1270

2pm – 4pm

Fairmilehead Singing Group

Fairmilehead Parish, EH10 7AA
Contact Alison on 0131 336 4475

Thursday June 25th

10.30am – 12noon Dementia Cafe

Queens Manor Care Home, EH4 8DU
For more info, contact 0131 339 9653

4pm – 5pm

Gorgie Community Choir

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

Friday June 26th

10am – 12pm

Memory Lane Cafe

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

10.30am – 12noon Gallery Social

National Portrait Gallery, EH2 1JD
Booking essential. Contact learning@nationalgalleries.org or 0131 624 6410

Monday June 29th

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

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

Tuesday June 30th

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 – 2pm

Eric's Encore Music Group

Eric Liddell Community, EH10 4DP
Contact Irene at mccarthyj@ericliddell.org or call 0131 357 1270

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

Useful Numbers

Alzheimer Scotland

National Office

160 Dundee Street, Edinburgh EH11 1DQ.

Phone 0131 243 1453

email alzheimer@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