



Keep Calm & Ceilidh On!

Comfy Ceilidh Side-Steps
Into Healing Arts

More on page 15



Welcome to Summer 2026

Over halfway through the year. How did that happen? And yet here we are – summertime, and the dandelions are seed pompoms again.

I couldn't help but take stock when assembling this DementiArts. Once upon a time, this little magazine was two sides of A4; then it was a magazine and we were scrabbling for articles. This quarter, we've had so many submissions showcasing the inspiring lives and work of those living with dementia, that I had to keep back content for the next edition. You talented bunch!

And what about Capital Theatres? Well, depending on when you picked up this copy of DementiArts, our beloved King's Theatre has (or will imminently be) reopened! We have many exciting plans in store, and it's a joy to have 'The Grand Old Lady of Leven Street' back with us in all her glory (Many thanks to those of you who participated in our **Hope In A Bottle** King's memories workshop).

And as for the Festival Theatre? Well, we went 'festival' in the truest sense of the word with our new **Community Creatives** event, setting up a Glastonbury-style concert to celebrate **Dementia Heroes'** new Glasgow-based festival. **Brew & Blether** festooned May Day folk stories with garlands, while **Relaxing Rhymes** delivered a springtime posey of poetry and art. **Tea & Jamboree** came round again, with the kiddywinks from Hope Cottage Nursery making an appearance, while Lucie and I met with **Singapore Museums and Galleries** to pool dementia best practice learnings, so we can all keep on top of our game.

And who could forget Lucie's epic **Comfy Ceilidh** sessions to celebrate **Healing Arts Scotland 2026** (even Scotland's Chief Medical Officer was up dancing!) and our reprieve of care homes tour **Jack in the Box**? My, it's been all go!

So, while we await your smiling presence back at the King's, why not get feasting on the following pages with a summer salad and Aperol spritz? There's plenty across these summery pages (including news of *three* dementia-themed festivals), so don't forget the ponchos and Factor 50!

Alex, Gus, Lucie and the Creative Engagement Team

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Cover Image: Audience Member at Comfy Ceilidh (Healing Arts Scotland Special) on 17th June.

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Johnny’s Story: The Magic of Music

Johnny tells how he started singing for people with dementia after seeing the powerful impact music had on his dad Stan. By Johnny Collington

I worked all my life in business and to say that I never expected to end up performing to audiences as a singer and guitarist in my 60s is a massive understatement.

It all started about six years ago when I took early retirement and moved back to Edinburgh from London to be closer to family. My mum Betty had passed away and my dad Stan was in his 90s and needed more support.

Dad was diagnosed initially with severe cognitive impairment, but his condition progressed quickly to dementia. He moved into a care home and soon could no longer communicate.

I’d never been much of a musician in the past, but I owned a guitar and knew a few chords. By chance I took the guitar with me on a visit to see dad and tried to play and sing a couple of traditional Scottish songs that I knew he liked.

Amazingly, as soon as I started playing, I could see him connect with me and start singing along. It was like magic how he suddenly came to life, and I could see him trying to recall the words to the songs. I realised then that music is indeed a great connector.

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SING-A-LONG SCOTLAND
WITH JOHNNY COLLINGTON

Come and join a feel good show as Johnny plays guitar and sings a selection of favourite Scottish sing-a-long songs. The show has been created for people living with dementia, their families, friends and carers of all ages. Taking place in LifeCare's fully accessible hub in Stockbridge

AUGUST 7TH-14TH 2026
15:00-16:00

LifeCare
2 Cheyne Street
Edinburgh
EH4 1JB

Free show, donations welcome on the day. All proceeds will be split between LifeCare Edinburgh and Alzheimers Scotland

LifeCare (Edinburgh) Limited
0131 343 0940
enquiries@lifecare-edinburgh.org.uk
www.lifecare-edinburgh.org.uk
Charity No. SC012641



Main image: Johnny Entertaining at Lauriston
Left: Johnny’s Fringe Flyer
Above: Johnny with Dad, Stan

From that point I started seriously teaching myself how to play the guitar and looked for more songs to sing – anything quite traditionally Scottish with a good beat is always a winner.

Before long, the manager of dad’s care home asked if I’d play for all the residents – many of whom also had dementia. They also seemed to really brighten up when they heard the music. It was remarkable. That’s when I thought, there’s something more here.

I decided to look for other places to play. I set up a website with some branding and now play to a growing number of care homes, day centres and other venues across central and east Scotland.

Last summer I spoke to the manager at Alzheimer Scotland’s new outdoor dementia resource centre in the grounds of Lauriston Castle. I’m now performing for groups there twice a month and it’s been fantastic to see that same positive reaction. We genuinely have the basis of a sing-a long choir developing.

Alzheimer Scotland do amazing work and I always try to collect donations for them wherever I perform in place of any fees.

Dad died earlier this year aged 99, but I want to keep performing, keep giving back to the community and supporting Alzheimer Scotland for as long as I’m able to do so and continue to get the reaction I’m getting.

Now at the age of 62, I have registered to play at the Edinburgh Fringe festival for a week from August 7th – 14th from 3:00pm to 4:00pm at the LifeCare Centre in Cheyne Street, Stockbridge. The show will be called ‘Singalong for Scotland’ and it will be aimed at people living with dementia and their supporters, as well as older people, encouraging them to come, join in and see the magic that music can bring.

I am on a new journey

To book tickets for Johnny’s fringe show, visit singup4.com, or give him a call on 07823 443120.



Healing Through Harmony

This quarter, the indefatigable Satya at Royston Court conducts a Shakespeare-inspired experiment with flute music and nature sounds. By Satya Mothadaka

William Shakespeare perfectly captured the idea of nature as a grand, interwoven concert in *The Merchant of Venice*: **“Earth has music for those who listen.”**

I refer to it as **“The Sounds of Comfort”**—a journey into **Flute Melodies and Nature’s Symphony for those with Elderly Dementia**. This initiative serves as a social experiment aimed at restoring calm through sound, utilizing flute music intertwined with the gentle sounds of birdsong and flowing rivers.

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

As an artist, my deepest desire is to connect with nature, as it plays a vital role in my journey towards self-wellbeing. Whenever I immerse myself in nature, I always ensure to bring my flute along.

Every day is a gift in the hands of Mother Nature; I embrace the changes of weather without complaint. One beautiful day in the Scottish Highlands, while walking alongside a river stream, I was captivated by the harmonious symphony of birds singing—a breathtaking melodic dialogue that, when combined with the river’s gentle flow, created a rich tapestry of sound across the landscape as I closed my eyes to align my flute’s rhythm with this natural orchestra, I felt a surge of positive emotions, alleviating my mental fatigue and enhancing my mental well-being.



Fluting Down The Canal!

This experience brings to mind the wisdom of the renowned philosopher Jiddu Krishnamurti, who hailed from my home state of Andhra Pradesh, India. He often spoke of the importance of sitting in silence to “hear the lapping of the water... and watch the flight of birds.” He described these natural sounds as offering “extraordinary riches” that calm the mind. Connecting this philosophical perspective to Buddhism, (which I practice in my art works) the act of listening to the flute, especially by the riverside, is seen as a human imitation of nature’s voice. When I play the Bamboo flute, it is designed to harmonize effortlessly with the birdsong in the trees and the murmuring of the river stream. My ultimate artistic aspiration is to synchronize my rhythm to the point of merging with the sounds of the natural world, rather than competing against them.

I came to understand that the blend of the river’s gentle flow, the melodies of birds, and the soothing notes of a flute is widely recognized as acoustic therapy and meditation, known for its ability to calm the nervous system. This connection is deeply rooted in our evolutionary history, where these sounds represent tranquillity and a lack of environmental danger.

As I made my way home, my sole focus was to recreate this harmonious experience within the confines of care home for the elderly residents who are unable to venture outside.

I turned this vision into reality by organizing one-on-one sessions where I played the calming flute music alongside the sounds of flowing water and chirping birds through a mobile app.

The outcomes were truly enchanting, particularly in terms of sensory and reflexive responses that are difficult to articulate.

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



In-Tent on Fun

Every great festival starts with a grand idea. Ours started with a cup of tea, an impossible request for 50 mannequins, and a man getting stuck in a tent... By Willy Gilder

‘Could you do us an art activity based on the idea of a Festival please?’ asked my friend Alex.

I said yes. I always say yes to doing anything involving art – but the problem is I couldn’t for the life of me think of what a Festival-related art afternoon might look like.

So Alex and I sat down for lunch in the Festival Theatre café and started to throw some ideas around over cups of tea. My first thought was to create clothes for festival goers. Could we acquire 50 life-sized mannequins that we could ask people to clothe? This got reduced down to having a series of paper cut outs for people to draw onto.

Art can frighten people. Especially people worried about not being able to draw. But I find that if you can offer people something relatable like a paper doll suddenly they find that they can draw clothes!

I wanted to establish a Festival theme so said we needed a real tent in the room. Alex thought I was joking. I wasn’t. So in the end we got our tent, and bunting, and live music!



Main image:
A Heaven-Sent Tent
Clockwise from
top left: Willy
Getting Stuck;
Sheila Crafting
Characters,
Willy & (Feline)
Alex; A Familiar
Bearded Face

I’d planned to be inside the tent and make a grand entrance when announced. But when we rehearsed this I got stuck half way out, so we scrapped that idea! I’m a bit too portly for small tents.

At the last minute I realised we needed face paint for the full Woodstock experience. The theatre had some – but only in colours to create make-believe bruises! Still, you can be creative with browns and purples. Alex demanded to be a cat, typically.

Everyone seemed to have fun, and get stuck in – and soon our tent became an exhibition of brightly clothed festival goers.

Amazingly, Cliff popped in to sing ‘Summer Holiday’ with a bit of help from Gus and he was followed by no less than John, Paul, George and Ringo.

We all had a jolly time at the Festival Theatre Festival.

Are you living with dementia and have a skill you’d like to share? If so, our new event Community Creatives is a supported hour-long session where you take the stage! Delivery fee included. Contact us for more details, or to book.

Fringe Feature

This page, below: Julie Smith
Right: By a Thread (2025) at Assembly - photo by David Monteith-Hodge
Opposite page: Cirque Kalabanté WOW (World of Words), Assembly (2025) - David Monteith-Hodge



Fringe For All!

The Edinburgh Fringe doesn't have to be overwhelming. We spoke to Community Engagement Officer Julie Smith about accessibility, affordability and the support available to help everyone enjoy the festival.

Hello Julie, thanks so much for chatting to DementiArts!

The Festival Fringe can be an overwhelming time for locals. What are some of the ways you as Community Engagement Officer help to connect locals to the magic?

My main role is working with communities around the city to ensure as many people as possible get to experience the magic of the Fringe. I also point people in the direction of Fringe Society services that help make it easier for people to navigate the festival. I think the Fringe can be overwhelming if you don't know where to start looking, but with a bit of guidance, I believe you can find a slice of the Fringe that's just right for you.

The Fringe brings to mind cramped, inaccessible venues; the antithesis to a 'dementia-friendly' environment! How do you combat this perception in your role?

It's all about sharing information. People know their own access needs, so armed with the right information,



they can plan a great Fringe experience. If you're happy using our website, you can use the show search filters to find shows that are, for example, in accessible venues, or have captioning. Alternatively, you can pick up a copy of the printed Fringe programme to browse shows – at the back there's a page dedicated to shows with access enhancements like captioning.

And finally, you can contact our access booking service. They can help people with specific access requirements to book tickets and arrange free companion tickets if needed to attend a performance. They can also help you get early access to a show, allowing you more time to find the seats that will be right for you, or avoid waiting in a queue if you find it hard standing around.

This year we're launching a digital Enhanced Performances Guide. This will include information on captioned, BSL-interpreted, audio-described and relaxed performances and touch tours. This guide aims to cut through the overwhelm of the printed programme and website, making it easier for audiences to find shows that suit them.

Personally, my family and I enjoy seeing relaxed performances – the traditional rules of theatre etiquette are relaxed, creating a more welcoming atmosphere for people with sensory requirements. It could include



Above: Dragons & Mythical Beasts at Underbelly. Photo credit: David Monteith-Hodge.

the audience being allowed to walk around or make noise during the performance, or that the lights are not dimmed down in the auditorium.

I remember a time when Fringe shows were 50p – now they’re the price of normal theatre ticket. I fear it’s not affordable for me...

50p tickets sound amazing – those were the days! There are still affordable ways to enjoy the Fringe, including free or pay-what-you-can shows, and 2for1 ticket offers for many shows on 10 and 11 August. There’s also the Fringe Street Events – free to enjoy, though donations are encouraged! We also have the Fringe community tickets, free for locals who experience barriers to attending the Fringe – you can email Alex at Capital Theatres to find out more.

Do you offer advice about transport to and from shows?

Town can get busy, so I recommend putting aside extra time for your journey – even if you end up being early, it can provide a good opportunity to spot performers dashing around in full costume! There are also shows in South Gyle, Clermiston, Silverknowes, West Granton and Leith, if the city centre feels a bit daunting.

What if I’m based in a care setting? Can you organise trips for a group of us?

We can help staff access the free community tickets, and our access booking service can advise on anything access-related. We can also help staff contact artists to enquire about bringing a show to you. They can get in touch on communities@edfringe.com.

If you could change one thing about Edinburgh in August, what would it be?

I’d love for everyone who lives in Edinburgh to feel that the Fringe is for them. I know some people feel like it’s too busy, too expensive or too inaccessible. I think it’s such an amazing resource right in our town. I’d love for everyone to get a chance to experience it and find a way to take part. It’s why I love working with the Fringe Society and enabling people to do so.

For questions about Fringe accessibility, call the Fringe Access Booking line on 0131 226 0002 or email accessbookings@edfringe.com. To access community fringe tickets, give me (Alex) a call on 0131 622 8102



Left: Arvind and the Motion
Below: Willy & Alex; Dementia Fest Hits the Big Smoke



A Son Drawn to Art

For Arvind, caring for his dad with dementia was a shining example of life mirroring art, whose triumphant legacy is now embodied in a charity, a festival, and even a government motion.
By Arvind Salwan

As I write this, I’m scanning the sprawling London skyline, as my train departs a busy King’s Cross. I’m already looking forward to resting my eyes on the more settled Edinburgh skyline in a few hours, before I arrive back home, in Glasgow.

It’s been a poignant 48 hours, as I had been invited to the Houses of Parliament to be presented with an Early Day Motion for the work of Dementia Heroes, in Glasgow. I set up this grassroots group, now a charity, last June, in memory of my late father, who lived with dementia. I hold him entirely responsible for this trip, in a good way, of course. It’s one of those a ‘full circle’ experiences, as he and my mother emigrated to London, as newlyweds, before the Swinging Sixties. They arrived from New Delhi, young, educated and hoping to start a family and make a new life of happy memories. Some years after I was born to the last tunes of the Fab Four, they bade farewell to London, and arrived in the West End of Glasgow, a dichotomy of parks and green space, post-industrial scarred sandstone tenements and grand Victorian and Georgian-style architecture.

One of these buildings was Kelvingrove Art Gallery and Museum, a regal, striking legacy of the 1901 Glasgow International Exhibition. We lived a five-minute walk away and the leafy, tree-lined Kelvin Way tethered me to this ‘Palace of Fine Arts’, as the Victorians had named it.

I fondly remember the first time I excitedly ran into the place, with my dad, not knowing that this was to become the start of my lifelong passion for arts and culture. I was five-years-old.

Indeed, in my childlike wonderment, it was a grand, stately palace, dedicated to arts and culture, with its wonderful organ concerts. A mesmerising, magical place of ancient civilisations, hiding their histories and

their mysteries in long, echoey corridors, which served as exciting passage ways for would-be time travellers. In my vivid imagination, exhibits and artefacts came to life after hours, and were welcome guests in my dreams of childhood innocence – the stuff of memories.

If a place ever had a soul, it was this place, nestled adjacent to the winding River Kelvin, feeding the Clyde, at one end of the splendid Kelvin Way... or, as my dad and I called it, the Magic Tree Tunnel. The red sandstone, then hidden behind the dark soot skin of the Industrial Age and the smoke from a sea of tenement chimneys of my own youth.

Sunday was the one day my immigrant parents did not work, and so, the afternoons were when they and I would leave our two-up tenement flat and stroll along to the far end of the Magic Tree Tunnel. I was a little fearful of the large, lifelike bronze statues bookending the bridge over the River Kelvin, custodians of my enchanted art gallery and museum. These visits were a regular feature of my childhood and adolescence and provided an informal, fun education on everything from the gold painted masks of Ancient Egyptian pharaohs to Medieval knights in shining armour, from the buzzing beehive to the dangerous dinosaurs; and from Dali’s iconic painting of Christ of Saint John of the Cross, with its foreboding celestial to terrestrial angle of the crucifixion to the vivid, frenzied oil paintings by Van Gogh, an artist whose life journey I was to discover for myself in later life, through my own travels and research. This included going to South of France for my honeymoon, to visiting Paris with my beautiful wife on her first birthday as a new mum; and a visit to the to the Netherlands, when BBC Radio Scotland asked me to present a programme about my lifelong interest in the artist.

Rather poignantly, my wife and I met for the first time at the art gallery and museum, some 30 years ago. It became a literal touchstone when we had our children, at the (then) Queen Mother’s Hospital, just across the road. Around 20 years ago, we even undertook a fundraising campaign for the Kelvingrove Refurbishment Appeal. Our family name was etched – in gold paint – on the benefactors’ wall. I would never have believed that my life could become so intertwined with a place that had serendipitously shaped me during my formative years. Well, perhaps the artefacts knew more than they could let on... unless it was after hours, of course.

Another exhibition was Sir Roger, an elephant from India, and this appealed to both father and son. It was the first time I heard that ‘elephants never forget’, something my dad had been taught as a young boy.

In more recent years, we also enjoyed visits to the Burrell Collection, as we both had a fondness for stained glass, something that my dad got comfort from, especially if we visited on a sunny day and the glass lit up. We also made a point of always stopping to admire Rodin’s The Thinker, something that now holds bittersweet memories for me.

As the train periodically pulls in and out of different stops, I can’t help thinking it is a bit like life itself – a journey of discovery, of moving forward, of meeting people, cherishing past memories and making new ones. In London, I was also humbled to have been invited to another palace – Buckingham Palace – to mark 50 years of the King’s Trust (formerly the Prince’s Trust). Whilst travelling in and around central London, I was amused by posters for the Six musical and intrigued by posters for To Kill a Mockingbird, Sinatra the Musical, Jesus Christ Superstar and, of course, Hamilton and The Lion King. My dad was an accomplished singer and had a love for music, particularly the Beatles, Elvis, Neil Diamond, Sinatra and the Rat Pack.

If it not been in memory of my dad, and the love he instilled in me for arts and culture, I had no cause to visit London. We are blessed to have a life that is well lived. His compassion, kindness and quiet example guides the support that Dementia Heroes now provides to others across Glasgow, through art, music and sensory green spaces.

In June, the inaugural Dementia Fest will feature events and activities in Glasgow’s West, including dementia-friendly walks in local parks, memory boxes in libraries and artefact and reminiscence activities at the Kelvingrove Art Gallery and Museum. D in the Park is a free, open-air concert on Kelvin Way and the Wee Dementia Film Festival hosted at the Kelvin Hall.

They say life imitates art, right? Thank you, dad.

Arvind is a member of the Scottish Government Dementia Strategy Group Lived Experience Panel and sits on similar groups at Dementia UK, Alzheimer Research UK and the Dementia Services Development Centre, University of Stirling. Dementia Fest is free for all and listings can be found on Eventbrite.



Photo: Lucie Mid Pas-de-Basque!

Dancing The Way to Wellness

In June, the Healing Arts Scotland festival made a stop off at the Festival Theatre for Comfy Ceilidh. Here we speak to the festival’s founder about her inspirations, dreams and hopes for those who attended this year’s event who live with dementia. By Catherine Cassidy-Dedics

Thank you for talking to DementiArts, Catherine! Firstly, tell us what kicked off your interest the arts?

I started Highland dancing as a child which I loved, especially the Sword Dance and the Highland Fling. When I moved up to Perth High School there was a fantastic PE teacher Fiona Pedgrift who ran contemporary dance lunchtime and after-school clubs and I fell in love with the expressive nature of the artform.

What is it about creativity and movement that’s so important for those living with dementia and other cognitive conditions?

As we know, the body holds lots of emotion and memory; moving to music freely releases many of those feelings and sends those happy endorphins around. Human contact is also a powerful connector providing us with a sense of self in relation to others around us, being part of a group in can feel empowering and reassuring. Also creativity through dance provides a self-expression that can feel very personal as we use our own bodies to create shapes, rhythm and pattern to express a theme or idea with others or on our own. If you think of how much joy and happiness is shared during a ceilidh it’s easy to understand that deep sense of connection shared by dancing together.

In your time advocating for improved physical, mental and social health, what are some of the stand-out discoveries you’ve made about the dementia community in Scotland?

I think the most exciting thing for me is to understand is that when a dancer living with dementia participates in a session with younger adults and especially children, the benefits for them and others are increased significantly. It’s also wonderful to learn how the arts and creativity can support the sharing of memories and wisdom between families and generations where dementia might feel like a barrier between them.

Lucie delivered Comfy Ceilidh and she simply loves a pas-de-basque! Do you have a favourite dance move...?

I loved the whole ceilidh experience but especially when you get to stamp your feet and shout ‘heee youuuuuuu!’ before you meet your new partners for the Dashing White Sergeant.

To find out more about Healing Arts Festival, check out their website at www.healingartsscotland.org/

Poetry With Xa

Sky, Sea and Starlight

Poetry has the power to transport us. This quarter, Xa brings us a poem that is the perfect companion for quiet contemplation.



Peace

by Sara Teasdale

Peace flows into me
As the tide to the pool by the shore;
It is mine forevermore,
It ebbs not back like the sea.

I am the pool of blue
That worships the vivid sky;
My hopes were heaven-high,
They are all fulfilled in you.

I am the pool of gold
When sunset burns and dies —
You are my deepening skies,
Give me your stars to hold.



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Xa’s Thought:
Sara Teasdale was born in 1884, and she was the first person ever to win a Pulitzer Prize for poetry. When I begin to read this poem, I feel myself relax. I imagine being at the beach, with waves rushing gently over the sand. The sea is a deep blue colour, and the sky above it is pale blue. As night falls, the colour of the sky gradually becomes more intense. The stars start to shine.

Peace is the perfect title for the poem, because reading it makes me feel at peace with the world.

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

King’s Memories



Happiness Fills the Room

As a little girl, Georgina remembers getting in her Sunday best and going to the King’s Theatre. Now 86, this joy is remembered with her son over fish suppers and dancing. By Georgina Shaw

We are met by caring and very helpful volunteers and staff.

We all sit at table and are served our chip shop dinner; everybody visible relaxes. Smiles and laughter fill the air as we catch up.

The entertainment starts. Fragile, vulnerable people transform into care free, confident dancers.

Happiness fills the room; carers smile and enjoy. Quiet voices sing with words of their youth, every word ‘lived in’ like the time.

I like my fish, bread and butter and coffee that are served by the volunteers. After our tea, we blether and get cake. For the last part, I dance (I love dancing – it makes me happy).

Georgina Shaw, aged 86

Do you have a memory of one of our theatres you’d like to share? If so, get in contact and we can meet and record your memory.

Photo: Georgina at the King’s



Opposite page far left, Margaret and sister, Kay, and left, Margaret with plaques.
This page left, Margaret with pic of tap dancing dress and below, Margaret in highland outfit.



Step in Time

A dance aficionado and an unlikely Maltese reunion are the stuff of Ann’s Hidden Lives this quarter. But how exactly do you ‘chassis beat one’? By Ann Burnett

92-year-old Margaret is sitting in her chair trying to teach me a basic tap dancing move. ‘Draw up, change, chassis beat one,’ she tells me, moving her feet ably through the moves while I shuffle about trying to copy her. She comes from a dancing family; her parents were keen ballroom dancers and it was they who encouraged her and her sister Kay to follow in their footsteps – literally!

Margaret went to the Becky Brandon School of Dancing in Tranent where she learned tap, ballet and Highland. She didn’t like ballet much, preferring Highland and tap and winning a drawer full of medals in competitions and displays. She had a selection of outfits which she wore depending on what kind of dancing she was doing, including a very pretty outfit for tap dancing when she was very young. Her Highland outfit was a dark green kilt and waist coat for performing the Sword Dance or the Highland Fling.

But tap dancing was her favourite. She moves her footstool out of the way, the better to teach me the steps – draw up, change, chassis beat one.

She performed at the Town Hall shows in Tranent when she sang as she tap danced in the Johnny Victory shows, and even travelled to Dunfermline to dance, her mother worried that she would miss the last bus home.

The family went to Ireland one year where she and her dad entered a ballroom dancing competition winning a prize for their modern waltz, while her mum and uncle won for their old fashioned waltz.

After Margaret married Willie, the dancing took a back seat while she worked in Edinburgh at the City Chambers, with the responsibility of issuing driving licences and in charge of the large staff.

Margaret’s dad had served in Malta during the war and had made a good friend, Johnnie, there among the residents. Many years later, he won £500 on Spot the Ball, a massive sum in those days and when his daughters asked him what he wanted to do with the money, he said he would like to go to Malta to see if he could find his friend from the war days.

So the trip was organised and he and his family flew to Malta on his search. But where to start? They tried a shop and the owner told them to go to the church when the bells were ringing. The first person to leave the church was Johnnie! They recognised each other immediately and so began a friendship that lasted many years. Margaret proudly shows me the little plaques that other close friends Manuel and his wife sent to Margaret and Willie from Malta on the occasion of their golden and platinum wedding anniversaries.

Margaret and her sister have visited Malta often, Kay, her sister, more than forty times especially to Sliema their favourite spot.

But at 92, Margaret’s travelling and dancing days are over though she enjoys talking over her memories and demonstrating her skills. Draw up, change, chassis beat one.

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!

Equal parts diva, detective and pub enthusiast, Bonnie takes life seriously – especially when there’s a cat to monitor or chicken on the menu.

Name	Bonnie
Age	5 years old
Human	Marion Geoffray – Talent Development Coordinator
Description	After having asked my parents for a dog most of my childhood, Bonnie made a grand serendipitous entrance into my life! She’s the most gorgeous, funny and sweet girl but she also has a mind of her own! Her favourite things to do are go to pubs/cafes, the beach and road trips! She doesn’t like to be petted on the head (or without asking) but she would do anything for some chicken! She loves a good ear scratch and shoulder rub. She takes her patrolling duties around the house very seriously, especially when it comes to watching for the cat, but she tolerates sharing her bed with him and loves to be groomed by him on occasion.
Nature	Bonnie is a real drama queen which is no surprise because her mum is an actress. Like most cocker spaniels, she has a strong temper (she loves the sound of her own bark) but with the softest heart. She generally prefers dogs to humans at the exception of her dedicated entourage. She has mastered the “Princess Diana” side eye look that will make your heart melt providing that you give her a treat in return.

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

Summer 2026

July 2026

Wednesday July 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
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 July 2nd

10.30am – 12.30pm	Dementia Friendly East Lothian The Coffee Lounge, St Andrews High Church, EH21 7EA Contact Dominika on 07882 573 392 or dominika@dfel.org.uk
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Calendar

1.45pm – 2.45pm **Choir in The Park**
Saughton Park Bandstand, EH11 3BQ
Contact admin@forgetmenotes.org.uk

Friday July 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

2pm–3pm **Together in Song**
Festival Theatre, EH8 9FT
Booking essential. Call 0131 529 6000 or visit capitaltheatres.com

Monday July 6th

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

10.30am – 12noon **Love to Move**
The Heart of Newhaven, EH6 4HY
Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845

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 jennifermacclennan@hotmail.co.uk or 077921443787

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

1pm – 3.30pm **Movie Afternoon**
Alzheimer Scotland National Centre, EH12 8JY
Booking essential. Contact Karolina on 07557 801 821 or kkuna@alzscot.org

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 July 7th

11am – 12.30pm **Let’s Sing: Dementia Choir**
St. Peters Church Hall, Musselburgh, EH21 7AD
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

11am – 1pm **Heart of Newhaven Meeting Centre**
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 July 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 801 821 or kkuna@alzscot.org
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 July 9th

10.30am – 12.30pm	Dementia Friendly East Lothian The Coffee Lounge, St Andrews High Church, EH21 7EA Contact Dominika on 07882 573 392 or dominika@dfel.org.uk
4pm – 5pm	Gorgie Community Choir Salvation Army Hall, EH11 2RT Contact admin@forgetmenotes.org.uk or 07588 894 587

Friday July 10th

10am – 12pm	Memory Lane Cafe Saughtonhall Church, EH12 5TR Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
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Monday July 13th

10am – 4pm	Dementia Friendly Pentlands 42nd Pentlands Scout Group, EH14 5QR Contact themeetingplacejcb@outlook.com or 07711 046 014
10.30am – 12noon	Love to Move The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845

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

Tuesday July 14th

11am – 12.30pm	Let’s Sing: Dementia Choir St. Peters Church Hall, Musselburgh, EH21 7AD 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
11am – 1pm	Heart of Newhaven Meeting Centre 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 July 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
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10.30am – 12noon	Alzheimer Scotland Walking Group Meet at Saughton Park Bandstand, EH11 3BQ Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
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 July 16th

10.30am – 12.30pm	Dementia Friendly East Lothian The Coffee Lounge, St Andrews High Church, EH21 7EA Contact Dominika on 07882 573 392 or dominika@dfel.org.uk
1.45pm – 2.45pm	Choir in The Park Saughton Park Bandstand, EH11 3BQ Contact admin@forgetmenotes.org.uk

Friday July 17th

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 July 20th

10am – 4pm	Dementia Friendly Pentlands 42nd Pentlands Scout Group, EH14 5QR Contact themeetingplacejcb@outlook.com or 07711 046 014
10.30am – 12noon	Love to Move The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
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
1pm – 3.30pm	Movie Afternoon Alzheimer Scotland National Centre, EH12 8JY Booking essential. Contact Karolina on 07557 801 821 or kkuna@alzscot.org
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 July 21st

11am – 12.30pm	Let’s Sing: Dementia Choir St. Peters Church Hall, Musselburgh, EH21 7AD 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
11am – 1pm	Heart of Newhaven Meeting Centre 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 July 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
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 July 23rd

10.30am – 12.30pm	Dementia Friendly East Lothian The Coffee Lounge, St Andrews High Church, EH21 7EA Contact Dominika on 07882 573 392 or dominika@dfel.org.uk
4pm – 5pm	Gorgie Community Choir Salvation Army Hall, EH11 2RT Contact admin@forgetmenotes.org.uk or 07588 894 587

Friday July 24th

10am – 12pm	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 July 27th

10am – 4pm	Dementia Friendly Pentlands 42nd Pentlands Scout Group, EH14 5QR Contact themeeetingplacejcb@outlook.com or 07711 046 014
10.30am – 12noon	Love to Move The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
10.30am – 12noon	Alzheimer Scotland Walking Group Botanic Gardens West Gate, Arboretum Place, EH3 5NY Booking essential. Contact Karolina on 07557 801 821 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
10.30am – 12noon	Alzheimer Scotland Dementia Café Oxgangs Library, EH13 9LY Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org
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 July 28th

11am – 12.30pm	Let’s Sing: Dementia Choir St. Peters Church Hall, Musselburgh, EH21 7AD 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

11am – 1pm	Heart of Newhaven Meeting Centre 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 July 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
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

Thursday July 30th

10.30am – 12noon	Dementia Cafe Queens Manor Care Home, EH4 8DU For more info, contact 0131 339 9653
10.30am – 12.30pm	Dementia Friendly East Lothian The Coffee Lounge, St Andrews High Church, EH21 7EA Contact Dominika on 07882 573 392 or dominika@dfel.org.uk

Friday July 31st

10am – 12pm	Memory Lane Cafe Saughtonhall Church, EH12 5TR Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
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August 2026

Monday August 3rd

10am – 4pm	Dementia Friendly Pentlands 42nd Pentlands Scout Group, EH14 5QR Contact themeeetingplacejcb@outlook.com or 07711 046 014
10.30am – 12noon	Love to Move The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
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 jennifermaclessan@hotmail.co.uk or 077921443787
1pm–3pm	Big Hearts: Football and Edinburgh Memories Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
1pm – 3.30pm	Movie Afternoon Alzheimer Scotland National Centre, EH12 8JY Booking essential. Contact Karolina on 07557 801 821 or kkuna@alzscot.org
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 August 4th

11am – 12.30pm	Let’s Sing: Dementia Choir St. Peters Church Hall, Musselburgh, EH21 7AD 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
11am – 1pm	Heart of Newhaven Meeting Centre 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 August 5th

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
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 August 6th

10.30am – 12.30pm	Dementia Friendly East Lothian The Coffee Lounge, St Andrews High Church, EH21 7EA Contact Dominika on 07882 573 392 or dominika@dfel.org.uk
1.45pm – 2.45pm	Choir in The Park Saughton Park Bandstand, EH11 3BQ Contact admin@forgetmenotes.org.uk

Friday August 7th

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 August 10th

10am – 4pm	Dementia Friendly Pentlands 42nd Pentlands Scout Group, EH14 5QR Contact themeeetingplacejcb@outlook.com or 07711 046 014
10.30am – 12noon	Love to Move The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
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

Tuesday August 11th

11am – 12.30pm	Let’s Sing: Dementia Choir St. Peters Church Hall, Musselburgh, EH21 7AD 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
11am – 1pm	Heart of Newhaven Meeting Centre 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 August 12th

10.30am—11.15am	Porty Promenade Walk Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
10.30am – 12noon	Alzheimer Scotland Walking Group Botanic Gardens West Gate, Arboretum Place, EH3 5NY Booking essential. Contact Karolina on 07557 801 821 or kkuna@alzscot.org
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 August 13th

10.30am – 12.30pm	Dementia Friendly East Lothian The Coffee Lounge, St Andrews High Church, EH21 7EA Contact Dominika on 07882 573 392 or dominika@dfel.org.uk
4pm – 5pm	Gorgie Community Choir Salvation Army Hall, EH11 2RT Contact admin@forgetmenotes.org.uk or 07588 894 587

Friday August 14th

10am – 12pm	Memory Lane Cafe Saughtonhall Church, EH12 5TR Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
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Monday August 17th

10am – 4pm	Dementia Friendly Pentlands 42nd Pentlands Scout Group, EH14 5QR Contact themeetingplacejcb@outlook.com or 07711 046 014
10.30am – 12noon	Love to Move The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
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
1pm – 3.30pm	Movie Afternoon Alzheimer Scotland National Centre, EH12 8JY Booking essential. Contact Karolina on 07557 801 821 or kkuna@alzscot.org

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

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 August 18th

11am – 12.30pm
Let’s Sing: Dementia Choir
St. Peters Church Hall, Musselburgh, EH21 7AD
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

11am – 1pm
Heart of Newhaven Meeting Centre
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

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

Wednesday August 19th

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

10.30am – 12noon
Alzheimer Scotland Walking Group
Meet at Saughton Park Bandstand, EH11 3BQ
Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org

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 August 20th

10.30am – 12.30pm
Dementia Friendly East Lothian
The Coffee Lounge, St Andrews High Church, EH21 7EA
Contact Dominika on 07882 573 392 or dominika@dfel.org.uk

1.45pm – 2.45pm
Choir in The Park
Saughton Park Bandstand, EH11 3BQ
Contact admin@forgetmenotes.org.uk

Friday August 21st

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 August 24th

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

10.30am – 12noon
Love to Move
The Heart of Newhaven, EH6 4HY
Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845

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

10.30am – 12noon
Alzheimer Scotland Walking Group
Botanic Gardens West Gate, Arboretum Place, EH3 5NY
Booking essential. Contact Karolina on 07557 801 821 or kkuna@alzscot.org

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 – 3.30pm	Alzheimer Scotland Dementia Café Oxgangs Library, EH13 9LY Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org

Tuesday August 25th

11am – 12.30pm	Let’s Sing: Dementia Choir St. Peters Church Hall, Musselburgh, EH21 7AD 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
11am – 1pm	Heart of Newhaven Meeting Centre 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 August 26th

10.30am—11.15am	Porty Promenade Walk Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
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 August 27th

10.30am – 12noon	Dementia Cafe Queens Manor Care Home, EH4 8DU For more info, contact 0131 339 9653
10.30am – 12.30pm	Dementia Friendly East Lothian The Coffee Lounge, St Andrews High Church, EH21 7EA Contact Dominika on 07882 573 392 or dominika@dfel.org.uk
4pm – 5pm	Gorgie Community Choir Salvation Army Hall, EH11 2RT Contact admin@forgetmenotes.org.uk or 07588 894 587

Friday August 28th

10am – 12pm	Memory Lane Cafe Saughtonhall Church, EH12 5TR Contact Jenny on 07881288909 or jenny@themurrayfieldclub.com
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Monday August 31st

10am – 4pm	Dementia Friendly Pentlands 42nd Pentlands Scout Group, EH14 5QR Contact themeetingplacejcb@outlook.com or 07711 046 014
10.30am – 12noon	Love to Move The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
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

September 2026

Tuesday September 1st

11am – 12.30pm **Let’s Sing: Dementia Choir**
St. Peters Church Hall, Musselburgh, EH21 7AD
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

11am – 1pm **Heart of Newhaven Meeting Centre**
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 September 2nd

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

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

Thursday September 3rd

2.30pm – 4pm **Royal Reminiscence: Dementia Friendly Afternoons**
Abbey Strand Centre, EH8 8DU
Booking essential. Contact Fiona access@rct.uk or 07590 776 979

10.30am – 12.30pm **Dementia Friendly East Lothian**
The Coffee Lounge, St Andrews High Church, EH21 7EA
Contact Dominika on 07882 573 392 or dominika@dfel.org.uk

1.45pm – 2.45pm **Choir in The Park**
Saughton Park Bandstand, EH11 3BQ
Contact admin@forgetmenotes.org.uk

Friday September 4th

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 September 7th

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

Calendar

10.30am – 12noon	Love to Move The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
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 jennifermaclessan@hotmail.co.uk or 077921443787
1pm–3pm	Big Hearts: Football and Edinburgh Memories Tynecastle Stadium, EH11 2NL Booking essential. Contact Scott on scott.troup@bighearts.org.uk or call 07766432889
1pm – 3.30pm	Movie Afternoon Alzheimer Scotland National Centre, EH12 8JY Booking essential. Contact Karolina on 07557 801 821 or kkuna@alzscot.org
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 September 8th

11am – 12.30pm	Let’s Sing: Dementia Choir St. Peters Church Hall, Musselburgh, EH21 7AD Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
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Calendar

11am – 1pm	Heart of Newhaven Meeting Centre The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
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
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 801 821 or kkuna@alzscot.org
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 September 10th

10.30am – 12.30pm	Dementia Friendly East Lothian The Coffee Lounge, St Andrews High Church, EH21 7EA Contact Dominika on 07882 573 392 or dominika@dfel.org.uk
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4pm – 5pm
Gorgie Community Choir
Salvation Army Hall, EH11 2RT
Contact admin@forgetmenotes.org.uk or 07588 894 587

Friday September 11th

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

Monday September 14th

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

10.30am – 12noon
Love to Move
The Heart of Newhaven, EH6 4HY
Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845

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 September 15th

11am – 12.30pm
Let’s Sing: Dementia Choir
St. Peters Church Hall, Musselburgh, EH21 7AD
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

11am – 1pm
Heart of Newhaven Meeting Centre
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 September 16th

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

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

Thursday September 17th

- 10.30am – 12.30pm

Dementia Friendly East Lothian
The Coffee Lounge, St Andrews High Church, EH21 7EA
Contact Dominika on 07882 573 392 or dominika@dfel.org.uk
- 11am – 12pm

Step in Time
Festival Theatre, EH8 9FT
Booking essential. Call 0131 529 6000 or visit capitaltheatres.com
- 1.45pm – 2.45pm

Choir in The Park
Saughton Park Bandstand, EH11 3BQ
Contact admin@forgetmenotes.org.uk

Friday September 18th

- 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 September 21st

- 10am – 4pm

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

Love to Move
The Heart of Newhaven, EH6 4HY
Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
- 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
- 1pm – 3.30pm

Movie Afternoon
Alzheimer Scotland National Centre, EH12 8JY
Booking essential. Contact Karolina on 07557 801 821 or kkuna@alzscot.org
- 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 September 22nd

- 11am – 12.30pm

Let’s Sing: Dementia Choir
St. Peters Church Hall, Musselburgh, EH21 7AD
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
- 11am – 1pm

Heart of Newhaven Meeting Centre
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 September 23rd

10.30am–11.15am	Porty Promenade Walk Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
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 September 24th

10.30am – 12noon	Dementia Cafe Queens Manor Care Home, EH4 8DU For more info, contact 0131 339 9653
10.30am – 12.30pm	Dementia Friendly East Lothian The Coffee Lounge, St Andrews High Church, EH21 7EA Contact Dominika on 07882 573 392 or dominika@dfel.org.uk
4pm – 5pm	Gorgie Community Choir Salvation Army Hall, EH11 2RT Contact admin@forgetmenotes.org.uk or 07588 894 587

Friday September 25th

10am – 12pm	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

Saturday September 26th

2pm	Dementia Friendly Concert Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
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Monday September 28th

10am – 4pm	Dementia Friendly Pentlands 42nd Pentlands Scout Group, EH14 5QR Contact themeetingplacejcb@outlook.com or 07711 046 014
10.30am – 12noon	Love to Move The Heart of Newhaven, EH6 4HY Booking essential. Contact jan.brown@heartofnewhaven.co.uk or 07425 458 845
10.30am – 12noon	Alzheimer Scotland Walking Group Botanic Gardens West Gate, Arboretum Place, EH3 5NY Booking essential. Contact Karolina on 07557 801 821 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
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
2pm – 3.30pm	Alzheimer Scotland Dementia Café Oxgangs Library, EH13 9LY Booking essential. Contact Karolina on 07557 801821or kkuna@alzscot.org

Tuesday September 29th

11am – 12.30pm	Let’s Sing: Dementia Choir St. Peters Church Hall, Musselburgh, EH21 7AD Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888
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Calendar

11am – 1pm	Heart for Art Morningside Parish Church, EH10 6BQ Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk
11am – 1pm	Heart of Newhaven Meeting Centre 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 September 30th	
10.30am–11.15am	Porty Promenade Walk Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
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

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.**



Useful Numbers

Alzheimer Scotland

National Office

160 Dundee Street, Edinburgh EH11 1DQ.

Phone 0131 243 1453

email alzheimerscot@alzscot.org

Alzheimer Scotland

Early Onset

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

Call 0131 551 9350 or

email EdinburghServices@Alzscot.org

Dementia 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