



Doff to a great start!

New dance event pirouettes
through ages of showbiz

More on page 9



Welcome to Autumn 2026

Well, here we are. The conkers are falling, Fringe posters are coming down, and the smell of the brewery is strong on the Edinburgh breeze. It must be September.

And what a remarkable few weeks it's been here at Capital Theatres; perhaps the most action-packed I can recall! And the reason? Why, **The Grand Old Lady of Leven Street has reopened her doors**, of course! It has been a joy of a lifetime to see the King's Theatre welcoming audiences again, marrying together her stories of old ahead of an exciting, community-focussed future. Have you seen those turquoise stairwells yet? Checked out the refurbished bars? If not, you must come along as the building is now **fully accessible to all levels**. With two lifts, new wheelchair spaces, transfer seats, accessible toilets and a gorgeous café open six days a week, it's the perfect place to drop by whether you're in to see a show or not. Now the most accessible Edwardian theatre in the UK, it's time to make plans for how the Grand Old Lady will sit within our dementia friendly programme. Stay tuned over the coming months for more news on that front!

King's swooning aside, this Fringe, Gus, Lucie and I saw an array of dementia-related shows and caught up with some exciting new companies. (Did anyone see *Sand* at Summerhall? If not, catch them next Fringe, you'll thank me). There was acrobatic storytelling, comedy and classical music, all portraying the experience of dementia in innovative ways. Speaking of comedy, who could forget July's **Brew & Blether**? I didn't know what to expect from 'laughter therapy' but it's safe to say I'm a convert! And that fabulous **Together in Song**, featuring Alan and Paul crooning musical numbers; **Tea & 'Jam'**, raucous as ever; and a **Relaxing Rhymes** featuring model trains, conkers and cheeky nut-themed poems... It's almost hard to believe August is the dementia programme's 'month off'!

This issue's theme is about finding care in unexpected places and appreciating the smaller things. And with the broiling days over, surely it's the perfect season for it. So kick through the fallen leaves, get out the guising masks and settle down with a pumpkin and watch the fire embers flicker... with DementiArts, of course.

Alex, Gus, Lucie and the Creative Engagement Team

In your Autumn 2026 issue

- 4 Spotlight**
Top Teatime Tucker
- 6 Playlist Corner**
Lori's Lyrical Loveliness
- 8 Lead Article**
It's about (Step) in Time!
- 10 Gallery**
Show up, Glow up!
- 12 Royston Creatives**
A Flair for Traquair
- 15 Feature 2**
A 'Manor' of Queens
- 16 Poetry with Xa**
Starlit Streams & Skies
- 17 Review**
Barbara's Robot Ruminations
- 18 Hidden Lives**
Sandra's Serendipitous Supper
- 20 Pet Corner**
Gus Goes Gooley for Grey Grimalkin
- 21 Calendar**
Lots to see and do in October, November and December

Back page has our list of useful numbers.
Cover Image: Greg MacVean

Contact us

Alex Howard – alex.howard@capitaltheatres.com

Gus Harrower – gus.harrower@capitaltheatres.com

Lucie Jeffrey – lucie.jeffrey@capitaltheatres.com



Clockwise from far left: Can't go wrong with a fish supper; A quick dance; Visit from Forget Me Notes; Clap to the beat; Happy Teatime Clubbers.



Fish ‘n’ Jokes

It's the perfect Teatime Club recipe. But what makes a one-off gathering into a lasting community? Karen, the manager of the Teatime Club tells us more... By Karen Brown.

At the Corstorphine Dementia Project, we know that dementia doesn't just affect the person living with it, it touches the lives of carers, partners, family and friends too. That's why creating opportunities to come together, relax, and enjoy each other's company is such an important part of what we do.

Our Teatime Club is one of those opportunities. It's a warm, welcoming evening gathering where people living with dementia can come along with their carers, loved ones, or key supporters and spend a few hours enjoying each other's company in a friendly, understanding environment. Attendance is completely free, and **sessions run on the first and third Tuesday of each month at St Thomas's Church, Glasgow Road, Edinburgh.**

For many families, evenings can feel long or isolating. The Teatime Club offers a chance to step away from the routines of the day, slow down, and simply enjoy being together. There's no schedule to stick to, no appointments or tasks, just companionship, laughter, and shared moments that brighten the day. Every session centres on something very simple but deeply meaningful: food, conversation, and community. Members and carers sit down together to enjoy a comforting meal, classic fish and chips, followed by a cup of tea and plenty of chat. The atmosphere is relaxed, giving everyone the freedom to take part however they feel comfortable.

And then there's the entertainment. We often bring in visiting performers, with music being a firm favourite. Many members sing along to familiar songs, tap their feet to the rhythm, or simply smile as the tunes fill the room. There's no pressure to join in, but these musical moments almost always bring joy, laughter, and a lovely sense of shared connection.

Carers are right there with their loved ones, supporting and sharing in the experience. Dementia can make social situations more challenging, and having someone familiar nearby helps everyone feel more at ease. While our amazing staff and volunteers work well to create a friendly, welcoming, and supportive environment, their kindness, patience, and dedication are deeply appreciated by every member and carer. Their care ensures the evening is not just relaxed and enjoyable, but truly special for everyone who attends.

The Teatime Club also sits alongside our main daytime service, the Jubilee Club, our day centre for people living with dementia. During the day, members enjoy a wide range of activities, music, gentle exercise, games, creative projects, or simply time to chat over lunch and tea. The focus is always on supporting wellbeing, encouraging independence, and helping people feel included. Many of the friendships formed at the Jubilee Club continue into the evenings at the Teatime Club, strengthening connections.

Across both services, the goal is the same: creating dementia-friendly spaces where people can enjoy meaningful experiences, feel welcomed, and continue to be part of a community. Whether someone joins the Jubilee Club during the day or the Teatime Club in the evening, they are part of the same supportive, understanding network.

What makes these evenings truly special, though, isn't just the food or music, it's the people who attend. The smiles when friends arrive, the laughter over a shared joke, and the kindness shown from one table to another make the Teatime Club feel like more than just a gathering, it feels like a community.

At its heart, the Teatime Club is about connection. It's about creating a space where people living with dementia, and those who care for them, can relax, enjoy themselves, and feel part of something bigger. And yes, there's always time for fish and chips, a cuppa, and a good blether.

Playlist Corner



Dad knows best!

This quarter’s Playlist Corner takes in school trips and pop hits from Lori, our newest Creative Engagement team member, whose father’s timely advice sparked a love of performance.
By Lauri Stott.

Which song reminds you of your hometown?

Paolo Nutini – These Streets

I spent a lot of time listening to this song whilst I was at university in York and missing home... I was only two and a half hours away on the train but I milked the homesickness big time! My English flatmates knew to be extra kind to me when this song was blaring from my bedroom. They sometimes even let me make them haggis. (Also, yes – this song is in fact about Glasgow but I’m sure too many people have already answered something by The Proclaimers)

Which song reminds you of your childhood?

Carly Simon – Coming Around Again

This song reminds me of being in the car on frosty mornings on the way to primary school. My mum had the Carly Simon CD which also featured a random cover of Incey-Wincey-Spider (which my brother and I would beg her to play over and over). I always thought my mum looked like Carly in the album cover of the CD!



Clockwise from far left: Lori with Mum; Cuddling Grandma Ball; Flower Girl; Destined to perform; Soulful Scenes.



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

In My Life – The Beatles

The Beatles were the first band I can remember loving. I had a talent show when I was about nine, which my dad suggested I do a cover for on the piano of this song “as no one else will do it!” He was right! No one in my class except the teacher knew the song, so when I asked everyone to sing along, I was pretty unsuccessful. My hands were shaking as I played, it was one of my earliest memories of performing – but I loved it!

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

The Time Warp – The Rocky Horror Picture Show

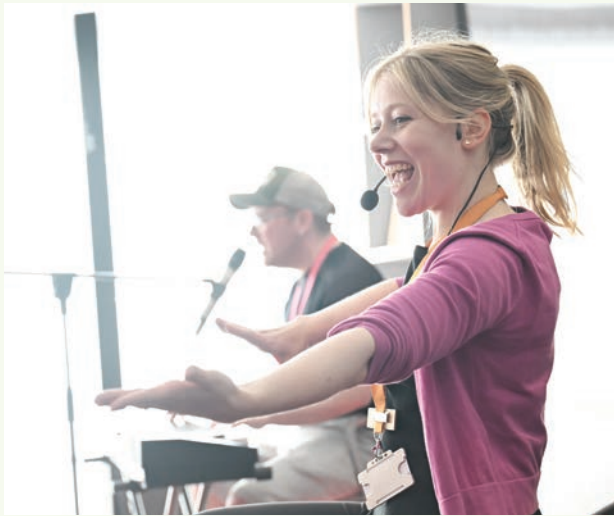
I couldn’t make a ‘Playlist for Life’ without including something from Rocky Horror! One of my all-time favourite films and musicals, The Time Warp never fails to get me on the dancefloor. It’s just a jump to the left...

Which song reminds you of someone special?

Dream A Little Dream Of Me – The Mamas and Papas

This song is very special to me and part of one of my earliest memories; my lovely Granny Ball used to sing this to me to sleep when I was wee. She has a very gentle voice and still loves to sing! She is one of my favourite people ever, and a part of the dementia community herself.

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



Participants at the first "Step in Time" on 17th September. Images © Greg McVean



Step in Time

Kick your knees up at Step in Time! This new dementia-friendly event explores different musical and dance styles from the comfort of your seat. Try some tap, practice your pliés and swing with Sinatra, all accompanied by live music in a genre-spanning theatrical session. By Lucie Jeffrey.

Capital Theatres regularly hosts dementia-friendly workshops and creative activities at the Festival Theatre. Our newest event, Step in Time, is a seated dance session led by Lucie Jeffrey, with live music from Gus Harrower.

Playful and genre-spanning, the sessions invite participants to enjoy live music, explore a variety of dance styles, and get creative from the comfort of their seats. Props will be used to add to the theatrical experience.

Inspired by the success of Comfy Ceilidh, Step in Time offers a new way to explore movement, music and performance. Having trained professionally in musical theatre, Lucie is keen for participants to discover their inner Gene Kelly or Margot Fonteyn. Step in Time will explore a variety of dance styles whether this be ballet, tap, jazz, charleston or samba... Lucie likes the challenge of adapting every style of dance to a seated format.

The sessions are accessible for all, and everyone is encouraged to take part in whatever way feels right for them — whether that means singing along to well-loved tunes, trying on a sparkly top hat or giving a new dance step a go.

Step in Time is all about having fun. With plenty of repetition and a relaxed pace, everyone can join in and enjoy the session in their own way.

Can't wait to see you all kicking your knees up at Step in Time soon!

Gallery A Quarter in Pictures

Laughter therapy, chainmail and a reopened King's. That's what you call a busy quarter in theatreland.



Clockwise from far left: Alex, Willy, Sheila and Sylvia at King's Reopening; That's a prickly one! Gilmerton Care Home at Relaxing Rhymes; Old Curiosity Shop; The New King's Cafe (photo by Anneleen Lindsay); Laughter Therapy at Brew & Blether; What's Alex up to now?; King's Dome; Those Turquoise Tiles! (photo by Anneleen Lindsay); Crossreach Residents Attend Relaxing Rhymes.



Clockwise from far left: Nature's Cathedral; At the bow; Why hello Ros!



Never Spare the Care!

With Satya’s matchless skill for celebrating his residents, this quarter we meet Ros - a woman who, despite a challenging illness, can still find peace in art and turn the staff at a city-centre beauty spot into a gaggle of excitement at her arrival. By Satya Sai Mothadaka.

“One touch of nature makes the whole world kin” – William Shakespeare.

She refuses to give up until her final shot is taken; with time running out and an indomitable spirit, she opts to seize the beauty of nature. Even when facing life’s toughest storm, she teaches us all how to truly live. She refuses to let her illness define her. Instead, she defines her days by the things she loves most. Watching her tend to her hobbies with such passion is a beautiful reminder of her strength. Her eyes light up when she is outside, finding peace, comfort, and joy in the beauty of nature. She is a stunning example of grace, courage, and an everlasting love for the world around her.

Welcome to another episode of Royston’s Creative Corner, where I share uplifting encounters, engaging conversations, and heartfelt moments with the residents of Royston Court Care Home.

Meet Rosalyn Parsons, who embodies Shakespeare’s words perfectly. She is a passionate photographer, singer and a storyteller who believes in living in the moment and capturing the simple beauty of nature. Her remarkable ability to find calmness in nature is truly inspiring. During our barge trip at Ratho, organized by Seagull Trust, she took numerous stunning pictures of the landscape while enjoying the boat trip.

Each image she captures brings back memories of my teaching days, when we would take students on adventurous excursions to the Himalayas. One such trip led us to the breathtaking Chandratat Lake, nestled at an altitude of 14,000 feet above sea level, a hidden gem of Mother Nature among the hills. A student approached me for advice on how to take the perfect photo, and I said to him, “You are fortunate to be standing here in front of this magnificent lake, surrounded by stunning beauty. Close your eyes, feel the essence of nature, and capture images from any angle with your camera; trust me, the results will be extraordinary.”



Left: Ros at the Mansfield Traquair Centre
Below: Selfie time



You might be wondering why this article is titled “Against the Clock.” The reason is that Ros’s life has become constrained due to her diagnosis of Motor Neuron Disease (MND), a condition for which no effective treatment or medication has been developed yet, and research is still ongoing. She is fully aware of her condition.

It’s important to highlight Ros’s years of volunteer work as a helper at the Mansfield Traquair Centre. Even today, her enthusiasm for promoting the centre remains unwavering, as she continues to hand out visiting cards with the centre’s hours to everyone she encounters. When I asked her about her connection to the centre, she expressed a desire for me to accompany her there. I took her by taxi, and upon our arrival, I maneuvered her wheelchair towards the large red entrance gate. I was met with a heartwarming reception, as the entire staff gathered to greet her. The atmosphere was charged with emotion, resembling a reunion with those who had worked alongside her. She was eager for me to meet everyone and to see the wall murals she often spoke about. However, due to MND, her bulbar muscles had been affected, resulting in a loss of functional speech and voluntary muscle control. I could sense her awareness of time slipping away, and she wanted me to bring her closer to the murals so she could touch the walls with her hands. On the taxi ride back, my mind was engulfed in a silence akin to a black hole, my eyes blurred by the passing traffic as I struggled to contain my emotions. After returning her to her room, I turned on the TV for her. As I activated the floor sensor before leaving, I noticed a news report about the devastation of war, which is taking the lives of thousands of innocent people around the world. On one side, we work to create a peaceful and joyful life for one person, while on the other, humanity is embroiled in violence against itself.

As my shift comes to an end, I write my name in the log and step into the open air... looking up at the sky above... life goes on, I shall content with silence.

I would like to conclude my article with a meaningful quote by the renowned photographer Ansel Adams “When words become unclear, I shall focus with photographs. When images become inadequate, I shall content with silence.”

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



Left: featured guest!; Below: Dine in style at Queens Manor



Home is where the heart is

For the manager of Queens Manor Care Home, work isn’t just an exhilarating mix of calls, meetings and timesheets – it’s about family spirit and spending as much time with residents as possible.
By Margaret-Ann Davidson.

I can honestly say that no two days are ever the same here at Queens Manor care home. I joined Barchester Healthcare in February 2024 and it was one of the best decisions I have ever made. Those two and a half years have gone by amazingly quickly.

It is an understatement to say life is busy at Queens Manor! With 55 residents and 65 staff to look after, plus over 200 relatives and visitors, every minute of every day is incredibly hectic – but in a good way. I very much enjoy caring for people of any age, from infants through to older people. It is what I have done my whole life both at work and at home, and I find it very fulfilling.

The best part of my job is looking after our residents: it is so rewarding to know that you are making someone’s life better and helping them to continue to do the things that they love, or to try new things. I love finding out our residents’ stories and getting to know them really well so that we can ensure the care we are providing is person-centred and tailored to each individual.

At Queens Manor, we ensure we always have something going on that our residents can get involved with. I have a wonderful team, and having only started in 2024 myself, I am the new girl! We have a very stable team, with a lot of our staff having been at our home since it first opened back in 2019.

We have a lot of brilliant initiatives, such as the fantastic Fringe Care Festival performances that have just taken place, bringing shows from the Edinburgh Fringe Festival into our home for the residents and their loved ones to enjoy. We are lucky to have been part of Fringe Cares since the very start in 2022: it started here in Queens Manor, all thanks to our amazing friend Joe Goldblatt. We have a variety of entertainment in the home and all kinds of different activities for the residents to take part in; or not, if they prefer to be quieter some of the time.

From the moment I walk through the door each day I have a packed diary of meetings and calls. I spend my days supporting the team and the residents in whatever way they need me. I can always be found having a chat with someone whether it is a resident, a family member or one of my team. I like to be working alongside the team, with the residents rather than spending time in my office, unless someone needs some privacy of course.

I think it is an absolute privilege to do the job that I do. I am incredibly proud of our home and everyone in it. It can be challenging, but also very satisfying. We all pull together like a family. We have a ‘whole home’ approach which means everyone pitches in where they are needed and no one ever says ‘that’s not my job’. We are a very happy crew and we make sure our residents enjoy themselves and have the best possible time.

To enquire about places at Queens Manor, contact Margaret-Ann at MargaretAnn.Davidson@barchester.com or phone 0131 339 9653

Poetry With Xa

Spare the Care!

A reflective poem from Xa this quarter, from a poet whose itinerant life taught him a thing or two about noticing the smaller things.



Leisure W. H. Davies

What is this life if, full of care,
We have no time to stand and stare?

No time to stand beneath the boughs
And stare as long as sheep or cows.

No time to see, when woods we pass,
Where squirrels hide their nuts in grass.

No time to see, in broad daylight,
Streams full of stars, like skies at night.

No time to turn at Beauty's glance,
And watch her feet, how they can dance.

No time to wait till her mouth can
Enrich that smile her eyes began.

A poor life this if, full of care,
We have no time to stand and stare.



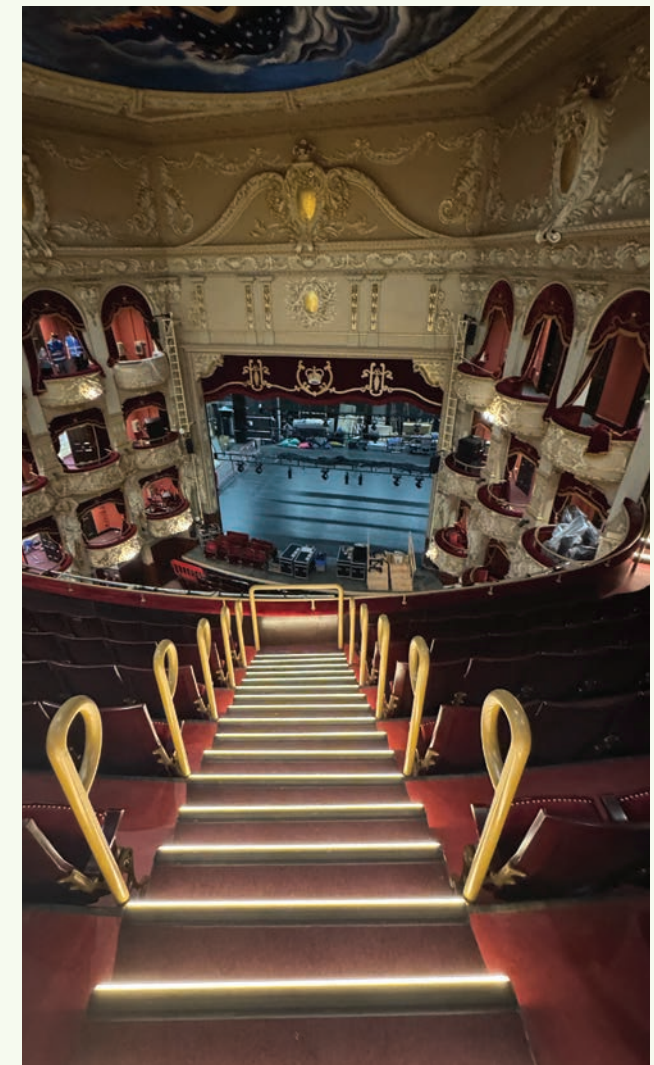
© 2026 Xa Shaw Stewart

Xa's Thought:

W. H. Davies was born in the south of Wales in 1871. Before becoming a poet, he lived as a tramp. He travelled across England, the USA and Canada by train and on foot. It was a wild life, by the sound of things.

Davies did not have the security of a home, so he learnt a new way of thinking. His poems are often about setting your mind free. The poem 'Leisure' invites you to follow nature's example, and let go of your cares for a while.

Xa Shaw Stewart is an editor and writer. Just now, she's reading a collection of poems by James Berry.



The Sparkly Lady

Would robots be serving the interval ice creams? Our dementia-friendly volunteer, Barbara, wasn't sure what to expect as she rounded the corner to the King's on opening night. Fortunately, the Grand Old Lady didn't fail to impress... and then some! By Barabara Muir.

I so enjoyed being asked to attend the opening of the King's Theatre and witness the transformation of the now Sparkly Lady in her new attire.

I bumped into a lady I knew and hadn't seen for ages. She lives very near the King's and she was excited to be a part of the Opening Night. She so enjoyed the evening and, as she said, she is "knocking on a bit" and was amazed at being able to visit all the parts of the theatre, so easily. She enjoyed the entertainment, the comfortable seats, the staff who looked after her and bumping into neighbours and friends, not to mention enjoying the Lady herself, looking so grand. She said the whole evening was pure bliss.

I enjoyed the exotic wooden panelling in the bar, holding the fort, with trendy new furnishings. It was an exciting evening, watching it all unfold, propelling my thoughts into future entertainment. Would there be a lot of robots? There are so many different professions required to put on a live show!

Here's a toast to this new, sparkly, Lady who will enjoy bringing laughter, tears, history and wild imaginings to Auld Reekie as well as international citizens, well into a new Millenia.

We're planning to have some dementia-friendly "magic moments" at the King's over the coming months. Keep up-to-date with the dementia-friendly mailing list or email Alex, Lucie or Gus for more.

Photos from left: Barbara and Editor Alex acting his age; What a face lift!



Uncle Sam’s Ham!

Not many people can claim to have had lunch with a former USA president, but for ex-care commissioner Sandra, it was less the grand connections and more helping those less fortunate which put the spring in her step. By Ann Burnett.

Sandra Chalmers was born at the Crask in Sutherland in 1939, safely delivered by her auntie, the local midwife, who described her as a shrimp, not that you'd know that when you meet her. She sets a cracking pace along the corridor as we try to find a quiet spot for our chat.

She has illustrious ancestors, tracing them back to the first prime minister of Canada, Sir John Macdonald who was a relative on her mother's side.

Sandra was a sporty child, a runner at school in the Borders, but tennis was her passion becoming the local champion. Later in life she took up golf, squash and curling.

She's had a variety of jobs and experiences in her working life, finishing up as a member of Scotland's Care Commission, charged with inspecting all care facilities in the country, from children's homes right up to nursing homes and care homes for the elderly. She's now living in one herself which she chose after checking out its credentials.

'And I still like to have a look around at everything,' she smiles mischievously.

So how did she get there?

Initially she trained as a nurse working in the Borders at Peel hospital and in the fever hospitals. Then she joined the Territorial Army and spent three years as a Red Cap, the first woman in Scotland to be a member of the military police. It was there she met her husband, Bob who served in the Police special branch and was trained in protection of important visitors to our shores. One was President George Bush Snr



Clockwise from far left: The Mischievous Smile; Off to tennis; Sandra as a nurse



who was very impressed with the country and its people, so much so that Sandra and Bob were invited to visit him in Washington DC where they had lunch with him in the White House.

'Did you know that President George Bush didn't like boiled ham,' Sandra tells me, putting on a fake American accent. 'I can just hear him saying that.'

She's been a great traveller all her life. When her husband's friends through work visited from Hawaii, they encouraged them to come and visit them which they eagerly did, not once but several times. They made two round the world trips spending time in Malta, Kenya and Japan as well as Tonga. That came about through another police connection, Tom Pellicano, who visited Scotland representing the Tongan police. An invitation to visit him in Tonga was eagerly taken up and off they went again.

Another job took her to Moray House in Edinburgh where she worked in social work and became a member of staff in the Church of Scotland children's homes. Her friendly, kind and warm personality encouraged the children to talk about what was happening in their lives and the difficulties they were having. She made such an impression on them that many have kept in touch, with a few of them still arriving regularly at the home to take her out to lunch.

The Care Commission in Scotland was set up in 2002 till 2011 when it was superseded by the Care Inspectorate. Their job was to oversee all kinds of care facilities and to set standards and suggest improvements. Sandra, with her broad skills set was asked to join them in setting up the organisation.

Her success in that is evident in the care home she now lives in. But she still likes to keep her standards up and her eye on things!

*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!

Meet Pigeon, the newest addition to Gus’s household, as we get to know this curious, chatty and characterful little cat.

Name	Pigeon
Age	3 Months
Human	Gus Harrower – Creative Engagement Coordinator
Description	Son of Mikki, and brother to five other furry felines, Pigeon is the newest arrival to the plethora of pets in the Creative Engagement Team. I had hummed and hawed about getting any kind of pet as I never had any growing up, however when we saw the first photo of Pigeon (orange collar), I was sold. Still a kitten, Pigeon is at that wonderful stage where absolutely everything is interesting. A cardboard box? Fascinating. A mysterious noise from another room? Must investigate.
Nature	Pigeon is a vocal little character with a personality that is already beginning to shine through. He is particularly fond of letting people know exactly what he thinks usually through a selection of tiny meows, chirps and mysterious little noises. He is also very curious about people and likes to know what is going on. If we are downstairs, Pigeon would much rather be involved than left out of the action. He is still learning about boundaries and independence, so there can occasionally be a little protest when the door closes and we mysteriously disappear! He loves exploring, chasing things and generally behaving like a tiny predator who has absolutely no idea how small he is. He’s also now the wallpaper on my phone so I’m a changed man.

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

Autumn 2026

Thursday October 1st

- 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 Glasshouse, EH11 3BQ
Contact admin@forgetmenotes.org.uk

Friday October 2nd

- 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 October 5th

- 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
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 October 6th

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

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
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 October 7th

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

Thursday October 8th

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 October 9th

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

Monday October 12th

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 October 13th

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 October 14th

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 – 12.30pm	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
12noon – 2pm	Liddell Lions Lunch Eric Liddell Community, EH10 4DP Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1270

Thursday October 15th

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 Glasshouse, EH11 3BQ Contact admin@forgetmenotes.org.uk

Friday October 16th

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 October 19th

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
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 October 20th

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 October 21st

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

Thursday October 22nd

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 October 23rd

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 October 26th

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

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 October 27th

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 October 28th

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

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 October 29th

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 October 30th

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

Monday November 2nd

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
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 November 3rd

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

Wednesday November 4th

10.30am – 11.15am	Porty Promenade Walk Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
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 November 5th

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 Glasshouse, EH11 3BQ Contact admin@forgetmenotes.org.uk
Friday November 6th	
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 November 9th

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 November 10th

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 November 11th

10.30am – 11.15am	Porty Promenade Walk Meet at Swimming Centre Café, EH15 2BS For more info, contact Active Communities on 0131 458 2260
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 November 12th

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 November 13th

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

Monday November 16th

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

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 November 17th

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
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 November 18th

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

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 November 19th

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 Glasshouse, EH11 3BQ
Contact admin@forgetmenotes.org.uk

Friday November 20th

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 November 23rd

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 November 24th

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 November 25th

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 November 26th

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

Thursday November 28th

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 November 27th

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 November 30th

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

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

December 2026

Tuesday December 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 December 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

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 December 3rd

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 Glasshouse, EH11 3BQ
Contact admin@forgetmenotes.org.uk

Friday December 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

Monday December 7th

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
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 December 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

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 December 9th

- 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

Thursday December 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
- 11am – 12pm

Step in Time
Festival Theatre, EH8 9FT
Booking essential. Call 0131 529 6000 or visit capitaltheatres.com
- 4pm – 5pm

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

Friday December 11th

- 10am – 12pm

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

Monday December 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
- 11am – 12pm

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

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

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

Tuesday December 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 December 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
- 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 December 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
- 1.45pm – 2.45pm

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

Friday December 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 December 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
- 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 December 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

Calendar

Monday December 28th

- 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 December 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
- 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

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.



**Festival
Theatre**

**Studio
Theatre**

**King’s
Theatre**

Capital Theatres is a registered Scottish Charity SC018605

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