

Creative voices at Capital Theatres

DementiArts



What a Picture!

Photos, fashions and
film stars collide in all-new
"Picture a Song" event

More on page 8



Welcome to Autumn 2024

It is a truth, universally acknowledged, that summer doesn't come to Scotland until the second week of September...

Recognise that quote? Hopefully not, because it doesn't exist! What DOES exist, though, is stunning sunshine on the afternoon I'm writing this, and a DementiArts that is strongly themed around the literary accomplishments of the dementia friendly community.

But firstly, a quick recap. Summer is all about heading out, and here at Capital Theatres we've been doing just that, bringing our programme into care settings around the city. Our **Care Home Storytelling Sessions** completed their pilot last week, with our wonderful storyteller Claire McNicol delivering over 15 Scottish folktales across multiple settings. Lucie and I will now take stock and decide whether to roll the programme out further, in addition to our famous winter **Care Homes Tour**. If you're an interested care home, do let us know!

We launched an all-new event last week! **Picture A Song** is a fresh take on **Songwriting Sprint** with the inimitable Gus Harrower, conducting us on a musical rollercoaster through time with many an accompanying image! We kicked off with Elvis and 50s rock & roll; you can hear all about how it went in Gus' interview with Lucie on page 8. Earlier in the summer, the Northern Lighthouse Board shined at Brew & Blether, unlocking the secrets of lighthouse keeping, while **Together in Song** took on a musicals theme. **Comfy Ceilidh** was a sell-out once again, while calls for a second season of **The Hobby Box** have been answered with a new season starting next week, showcasing a replenished pick & mix of artifacts and curios from all over. Special thanks to **Marks & Spencer, Museum & Galleries Edinburgh, THELMA** and **West Lothian Libraries** for their memory box loans.

And if that wasn't enough, two books are launching this Autumn: a stunning poetry collection *in the palm of a spider's hand* from Gerald King, and *A Last Journey* from DementiArt's own Hidden Lives columnist Ann Burnett. As a bod who studied words for many years, I can safely say both are brilliant. You can learn all about them in this edition.

So without further ado, I'll let you read over the community-led delights of the following pages, pausing briefly to say a huge thank you to DementiArts readers new and old whose creativity, care and community-minded enterprise give us a reason to keep existing!

Alex and the Creative Engagement Team

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Please feel free to drop me, or Lucie, a line if you require further information, would like to subscribe to this magazine, or would just like a wee chat about our programme.

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Cover Photo Credit: Greg Macvean



Eric Liddell Sprinting Ahead!

The Eric Liddell Centre has long been a respected provider of dementia friendly activities in South Edinburgh. What might come as a surprise, though, is the size and generosity of its programme for unpaid carers, in addition to those living with dementia symptoms themselves. Fiona Brown tells us more...

The Eric Liddell Community (ELC) is based at Holy Corner. We recognise that care partners have different experiences and diverse needs. We provide a range of services that reflects this by offering both support for health and wellbeing, as well as preventing loneliness and isolation.

The Carers Program

These are free weekly activities aimed at care partners, in person and online. A new program is created quarterly and can be sent directly to you or picked up at the hub.

Eric's Escapes

Join us for fun and laughter on our overnight breaks away from your cared-for as part of a small group (maximum 10), with everything organised and paid for. It could be a theatre break to Inverness or making chocolate truffles in the Scottish Borders. All accommodation is individual (no sharing or snoring!) and we will always be close to public transport at any

activity. These breaks aim to be restorative and relaxing, but equally offer a chance for you to connect and chat with other care partners.

We also have daybreaks, with the option to bring your cared-for along, as part of a group (maximum 20), with everything organised and paid for. It could be seeing birds of prey with lunch on the canal in West Lothian or visiting a historic house and garden with lunch. You can make the break your own, spending your time as you see fit. All breaks leave directly from the ELC hub by accessible coach.

Befriending Sessions

We offer 1-to-1 and group meetings based on the principles of befriending. The sessions are flexible to fit around the ever-changing needs of life as a care partner, giving you space to be yourself with a friendly face and a safe space to talk.

- **Care to Chat**

Meeting regularly, 1-to-1, in person. This ranges from meeting at the ELC hub for a coffee and chat, to going for a walk, playing pitch and put, or meeting at the carer's home. All meetings are at a mutually agreed location, with volunteers always respecting confidentiality and boundaries.

- **Transition Talking**

Our new short-term service is for caring partners transitioning after their cared-for has moved into a care home or has passed away. Partnerships last for 3-6 months to support people through these challenging times. All meetings are at a mutually agreed location, with volunteers always respecting confidentiality and boundaries.

- **Common Threads Craft Group**

Carers can come along and join our fortnightly group to crochet, knit and mend, with no prior experience necessary. Get together and socialise within a safe and friendly space.

- **Social and Therapeutic Horticulture**

A new online group befriending project coming soon. No experience or garden will be required. The sessions provide a chance to enjoy the positive effects of plants and nature on health and wellbeing in a safe environment.

- **Dementia Community Support**

Join us with other care partners and cared-for. Together we enjoy a weekly freshly made soup and sandwich, followed by an activity ranging from boccia and seated exercise to board games and indoor gardening. The group also go on regular outings from Britannia to the Festival Theatre.

- **Open Community Activities**

We host various dementia friendly activities from singalong music to a healthy two-course lunch, and a Community Living Room to relax on a Friday lunchtime with the team and other members of the community for sandwiches and cakes with fun and games.

My name is Fi, and I am a Churchill Fellow in Social and Therapeutic Horticulture focusing on unpaid carer mental health and wellbeing. I work partly at Eric Liddell Community managing the Care to Chat and Eric's Escapes services. The rest of the week I work freelance in Social and Therapeutic Horticulture – this could be running a therapeutic gardening course for veterans, to carers and people living with dementia, to people with learning disabilities, designing and creating a new community therapeutic garden or writing magazine articles in this area. Basically, I love using plants and gardens for people's health and wellbeing.

Contact me at brownf@ericliddell.org or 0131 357 1270.



Jessie with the Beautiful Voice

This quarter Ann meets Jessie, who time travels through song, back to when she wore a beautiful white dress, singing the evening away in her band to Cliff Richard and Roy Orbison numbers, after a long shift at the wire mill.

Jessie is singing along with the gentleman who has arrived to entertain the residents in the care home. He's singing songs from the 60s and 70s with backing tracks from his sound system and Jessie knows every word and quietly joins in. She has a lovely soprano voice and it's no surprise to find out she was a singer herself in her youth.

Jessie was born in 1935 and brought up in Musselburgh. Her mother had a good voice too and sang around the house while Jessie began singing in the choir at primary school and then in the church choir. After she left school in the 1950s and began working at the cotton mill in the town, she joined a local band and they regularly performed in the Masonic Hall and other venues in the area. She bought herself a glamorous, long white dress to wear when singing but she never wore make-up.

"My father would never have allowed it," she explains but she was pretty enough to get away without make-up. She certainly looked stunning in her dress on the stage.

The dance band was made up of three brothers and some friends. Jim Wright, standing next to Jessie in the photo, was the leader and he and his brothers played the saxophone, trumpet and piano while Jessie and another lad provided the vocals. The band did have a name but Jessie has forgotten it.



They played the standards of the time, Frank Sinatra and Dean Martin numbers, Doris Day and Tony Bennett: "Come Fly With Me", "Che Sera Sera", "I Get a Kick Out of You", "Fly Me to the Moon" and many, many more, all played with a swing as was the fashion at the time for dancing.

After a day's work in the mill, Jessie would rush home to wash and change into her white dress ready for another show. Even after she married local lad, Jim Robinson, who worked in the town's wire mill, and had a son, Colin, she would still go out to sing with the band.

"The money I earned let me buy stockings," she explains.

She learned the songs from listening to them on the radio and they've stayed with her for over 60 years.

Eddie Raven, who is today's entertainer, visits homes and day centres on a regular basis now that he's retired and knows all the songs from when Jessie was singing with the band as well as many from the 80s. Jessie joins in with most of them, usually word perfect and right on key; Cliff Richard's "Summer Holiday", "Things" by Bobby Darren and Roy Orbison's "Pretty Woman."

When Eddie sings the Carpenters, "I'm On the Top of the World", Jessie can't resist and is up and dancing with one of the regular visitors. For 89 she's looking good and still enjoying singing and swinging to the music. She's that young lassie in the beautiful long white dress again, entertaining the crowd who come to hear her and dance to the band.



Picturing the Perfect Playlist

If a picture tells a thousand words, then music is the food of love. We combined both in our all-new event **Picture A Song!** Here our very own Lucie speaks with Gus Harrower to find out more...

For those who don't know you, Gus, can you tell us a bit about yourself?

"I'm a musician, singer songwriter and session artist and I work a lot around Scotland with different musicians, people like Callum Beattie or Alas de Liona. Alongside that, I am a dementia friendly engagement artist who likes to work within dementia friendly communities in Scotland, primarily in Fife and the Central Belt, using music to bring a better sense of wellbeing to people living with dementia, their family and friends."

Today we are delivering a new event at the Festival Theatre, can you tell us a wee bit about **Picture A Song!**

"I think the visual arts, storytelling and music are so linked intrinsically and we do music events here, we've got Together in Song and Tea and 'Jam'. With this event we're bringing something new, a visual aid and a story. This week we are talking about Elvis, his life and his music, so we are going to use music, storytelling and visuals to hopefully bring a fun experience for everyone involved today."

You do a lot of work with music and the dementia friendly community, why do you think this is so important?

"Music is so powerful, and you see it all the time, whether it be a viral video demonstrating how someone living with dementia can recall a song from 60 years ago, but I am very lucky to see it first-hand at events when we get people up dancing. And what is amazing is



hearing people's stories associated with these songs, how a song can remind them of people, places, feelings... and that's what I love. I feel very lucky to bring that to people and I am lucky that I learned the piano when I did because otherwise, I wouldn't be able to. So, it's very special to see and it's nice to see people's moods lifted. You may see someone is having a bit of an off day, nine times out of ten they'll leave our events and they're feeling better for that and that's amazing. It might just be for a short time, but you cannot put a price on that."

Has there been any standout magic moments for you at our events?

"There's a couple that come along who can often be a bit quiet, but they always get up and dance, actually a lot of the time it's the Elvis songs they like. I'm pretty sure I played "Can't Help Falling in Love", when it was a wedding anniversary and that was really special. That brought a tear to my eye actually because it was a very beautiful thing, and I hope it took them back to when they got married. I think this was maybe their 60th wedding anniversary, and it was so amazing to see. We see so many special moments every time we do an event and they're brilliant. Especially when we have the wee kids come along to our events, the intergenerational aspect is amazing. Particularly when they were walking about saying hello to everyone, that is adorable and special, and it's great that we can do that here!"

Thanks a lot for speaking with me today, Gus, we do hope you can join us at Picture A Song one day in the future!

Picture a Song can be booked at capitaltheatres.com or by calling us on 0131 529 6000. See the calendar at the back of this edition of DementiArts for the next dates!



Friendly Fringe

Shula Hawes is a special kind of person. Refusing to accept that big festivals should be the sole preserve of the young, she set up an Edinburgh Fringe dementia friendly buddy group, scrutinizing venue accessibility, taking on ticketing duties and chumming people with dementia and access needs to a variety of shows. I think Colin's throw of the juggling club described below speaks volumes as to the project's success...

There are those who choose to sit in the front row of a show at the Edinburgh Fringe Festival, and those who prefer to stay out of the limelight. For me, I am much more likely to sit in the front row when I'm buoyed up with a group of friends, and even more so when I know there is no chance of audience participation! This is how we found ourselves on the front row at the circus, the same venue we'd seen a Korean musical a couple of hours before. To be that close was incredible, we got to see the playful wink of the contortionist

while in an inconceivable pose and the cheeky smile of the hunky acrobat after he'd flipped across the stage!

Then it happened: the thing I had promised would definitely not happen during this show. One of our group, Colin, was passed a juggling club and instructed to throw it very precisely – in both place and time – to ensure the act would work smoothly. Will it make its destination on cue?

During the Fringe last year, I visited several people with dementia, in my capacity as a post-diagnostic support link worker, who said they weren't going to anything. They said they were overwhelmed by the hugeness of the Fringe programme, or put off by needing digital tickets on their phones. They also wondered whether having dementia would affect their experience of the shows. Dementia covers a vast range of symptoms and experiences. The biggest risk factor towards developing dementia is age – something which goes hand in hand with increased chances of poorer hearing and vision, mobility challenges and other health conditions. However, the Fringe offers a great opportunity to access an enormous variety of shows from around the world and most aren't prohibitively long.

This year, I wanted to support more people with dementia and their friends from Edinburgh to access the Fringe. This included:

- Choosing shows and booking tickets
- Speaking with venues about access needs
- Being there to meet people at the venue
- Chatting about the show afterwards
- Writing reviews to share with other people with dementia

We started small, offering tickets for four to six people for eight shows. We were able to get free tickets for all these shows through the Fringe's Community Ticketing Initiative which is open to anyone experiencing barriers to access. We considered the accessibility of venues, staff friendliness, distressing or confusing content and loud noises. We saw a range of shows, from storytelling, to circus, to musicals and live music. After each show, we talked about what we liked and any considerations for people living with dementia who might want to attend. These were typed up as a review and shared online.

We saw some cracking shows and were able to share the joys of the Fringe together. We were wowed by the spectacular bold acrobatics in the big top, moved by the words and music of Rabbin Burns, reduced to laughter at a Korean dame in an internationally renowned musical, and entranced by the fiddle in a beautiful kirk. One particular highlight, though, was simply chatting and drinking cups of tea in the sunshine, in one of the group's gardens – just off the Royal Mile. We'd definitely like to build in more of this next time. We hope to be doing this again next year, so if you'd like to be kept up-to-date please email me to be put on the mailing list. We've got to know some great venues. We also have a better sense of what types of shows work and some groups to look out for in 2025. We will create another varied programme, add more tea stops, include more plays and comedy shows and give out optional synopses of the works we're going to see to ensure we can all keep up.

So finally, should you sit in the front row? Colin is given the cue and throws the juggling club so beautifully, it rotates smoothly, sparkling in the light, and directly into the hand of the showman. The audience erupts into joyous applause.

Shula Hawes, Arts and Dementia Practitioner, Edinburgh
shulaconnects@gmail.com



Rice and Shine!

Traditionally used to accommodate leftovers, Special Fried Rice is now a Chinese staple that dates back all the way to Sui Dynasty of 589AD! Here Mike encapsulates all the tradition in a simple, dementia friendly recipe for you to enjoy.

Special Fried Rice

Ingredients:

- 1 packet of cooked boiled rice
- Cooked chicken, shredded
- Cooked prawns
- 1 small onion diced
- 1 tablespoon soy sauce
- 1 egg lightly beaten
- 1 egg for topping the dish (optional)
- Chopped spring onion and parsley (optional)

Method:

- Put the vegetable oil into a pan
- Add the beaten egg and when cooked, add the rice and other ingredients
- With the heat low, stirring in the soy sauce, keep stirring until rice is properly heated
- Garnish with spring onions or parsley
- Serve!

Note: You can add a fried or poached egg on top of the rice to finish the dish.

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



Talk about Cock of the Walk...

Now here's a rooster with attitude: meet Bruiser, Perth and Kinross's latest cockerel gangster, who struts his stuff rightly and royally but who, underneath it all, is a real DIAMOND GEEZER.

Wotcha! Bruiser Rooster's the name. This trekking joint is my patch along with my twin bro Buster. Folks 'round here call us as the Bray Twins 'cos we have lots of fun in the 'ay. Sounds like them gangsters don't it, but we're just an 'armless pair of chickens minding our own business, not like that poncy Peacock fella who struts 'round like he's got straw stuck up his derrière. Me, my bro and our mate Bouncer get him right riled mind, it's such a laugh. He fans his feathers out when he's angry, tries to chase us away but he ain't got much between those ears of 'is to be honest. Us crafty cocks dart in when he's distracted and nick 'is mealworms. The look on that pretty face when he sees there ain't none of them worms left has us in stitches. Sorry mate but they're resting in our tummies!
COCK-A-DOODLE DOO!

We have a lot of laughs in the barn, wot with them Alpacas spitting all over the joint. We creeps underneath one of them and give it a good peck on the foot. Funny thing is he thinks 'is mate has done it and PTOOEY. Before you know it they're all at it, PTOOEY everywhere, a firework display of epic spit proportions. COCK-A-DOODLE-DOO.

There's some cool chicks in the joint. Their eyes glaze up by the way I walk and go cock crazy when I ruffles me black feathers. There's plenty of nooks and crannies to let them have a closer look, know wot I mean? Mind, if this perfect posing don't work I've got a stash of mealworms as back up, they're easy game after a few of them COCK A DOODLE DOO!

The safety of the residents is our number one concern. We look after them alpacas and their savings out of the goodness of our hearts, gives them plenty of time to practice their spitting. Here's a picture of me an' Buster checking the stash, don't want the dudes to go short in these tough times do we? Tell you what, we even give them an early morning call, a rousing chorus of COCK-A-DOODLE-DO. Ain't they lucky they've got us around eh?



A Journey in Words

Regular readers will be familiar with *DementiArts'* "Hidden Lives" section – a series of biography spotlights brilliantly showcasing unsung community talents. Penned by former BBC writer Ann Burnett, Ann is now bringing her own 'hidden life' to the fore in a much-anticipated memoir. Below is a taster of what's to come...

Ann's memoir, *A Last Journey*, details her husband's dementia and their life together before Lewy Body dementia stuck its claws into him. She has been writing for many years with much success, including a stint writing *Postman Pat* stories every week for five years, including *Postman Pat* annuals, and producing over 100 TV and radio scripts for BBC children's programmes.

All through her husband Bill's illness, Ann neither had the time nor the inclination to write, and feared she'd lost her writing mojo; but slowly she began again, writing short pieces for *DementiArts*. She took part in dementia research with Marianne, a Ph.D. student from Dundee University, who interviewed her over six months as part of her research, looking into the effects of professional carers coming into a home. For one hour every fortnight over Zoom during lockdown, Ann was able to share what was happening to Bill and how she was coping and feeling.

After Bill died in 2022, Marianne sent Ann the transcripts of their conversations, and she realised how much she'd actually forgotten about that terrible time. So she began jotting down bits here and there – about the equipment that they'd had to acquire from Occupational Therapy; the struggles she'd had to get carers in to help with keeping Bill at home; his determination to keep moving – and eventually she came to the conclusion that she had the makings of a book.

She says, "*A Last Journey is by no means a misery memoir. After all, there were many good times as we travelled extensively and lived in both Canada and Australia. We circumnavigated the globe with many adventures along the way such as attending a full session of the US Senate in the Capitol building in Washington when we weren't invited or nearly being sold to a Masai warrior in Kenya.*"

Unfortunately, Bill's dementia progressed rapidly and he required full-time care from Ann and an army of helpers coming into their home. Sadly, he died only three years after diagnosis, leaving behind a last gift, his story. Now Ann is publishing their story for all to read in the hope that it will help others on their journey through dementia.

***A Last Journey* will be launching on 15th October at 2pm in the Festival Theatre Event Rooms. Do come along and tell your friends! To book a place, visit capitaltheatres.com or call 0131 529 6000.**



A LAST JOURNEY

Ann Burnett





In the palm of a spider's hand: Rewriting the Story of Dementia

I've read a fair amount of poetry. It's rare, though, that I find something as gripping, tender and varied in its array of emotions and cadences than Gerald King's new poetry collection about his dementia journey. Below, Gerald's publisher boom saloon tells us more...

A new poetry book is poised to challenge everything you think you know about dementia. *In the palm of a spider's hand* by Gerald King, who was diagnosed with young-onset Alzheimer's at 55, stands as a direct rebuttal to the dehumanising narratives perpetuated by mainstream media. At a time when the dementia crisis is deepening, this ground-breaking publication seeks to redefine how we understand and engage with the lived dementia experience. King's words liken Alzheimer's to "still waters laced with rough skinned crocodiles," question "why me?" and highlight the vital importance of comfort, kindness, patience and understanding to collectively navigate the dementia journey – pressing insights delivered via some of the most engaging literary mechanisms.

Mainstream media too often reduces people with dementia to passive, voiceless shadows – an image perpetuated by stock photos of vacant faces and constant dependency. But *in the palm of a spider's hand* breaks the mould. Written entirely post-diagnosis by Gerald King, who was told he'd never work with words or numbers again due to the degeneration of his brain, this collection of poetry is a powerful testament to the untapped potential of many living with dementia.

The importance – and timeliness – of such a work cannot be overstated. As dementia rates continue to rise, with over 944,000 people currently living with the condition in the UK and that number expected to soar, the time for change is now. King's work is not just poetry; it's a bold statement of pushing back against a narrative that too often writes off people with dementia as incapable or unable. His words are living proof that creativity and contribution don't end upon diagnosis – they evolve.

For a copy of Gerald's collection, and rights or stocklist enquiries, please contact Rachel from boom saloon at rachel@boomsaloon.com

Together Forever

Long-time readers of DementiArts may recall Peter Charleton's riveting, colourful memoir extracts, published way back in issues 8 to 10. Here he returns with a touching poem on his life more recently, as a carer to his wife, whose touching, bluesy cadences really come to life when read aloud.

I waken every morning and I go to bed each night
with one and only thought in mind, for to-morrow to be all right.
Your needs they grow more complex and change from day to day.
Your memory it does falter and slowly fade away.
You tell me that you love me, yet you know not who I am.
You see me as a Carer and a Very Lovely Man.
I will do my very best for you and I hope I always can.
We live each day together as we did from the very start,
Yet on a daily basis we seem to drift apart.
You, will live in your world, and I will live in mine
and we will deal with all that happens, until we both decline.
Our age it is a barrier to all that does unfold
Yet we will battle on each day
And fight against the cold.
The cold it comes in many forms from North, South, East and West
However, it does come to us, you know I'll do my best,
to care for you forever, as I always have professed.
Our love will grow, of that I know, you'll always have my hand
Like each and every one of us, we'll find what God has planned.

Peter Charleton. 2021.



Taking a Leaf from Nature's Book

This time of year, our trees are preparing for their greatest show. Anyone who's been up north to Dunkeld and Pitlochry in October will know the spilt auburn, yellow and brown leaves are like nothing on earth! Here Jenny Ferne, reflects on what autumn means to her.

Trees

Trees. Funny old things. They're always somewhere nearby and if you walk around Edinburgh, you'll see them, standing patiently, branches spread out, sometimes dropping leaves (or branches, or pinecones) on the ground.

As you walk past, you may hear a whisper, as the wind ruffles the leaves or, in autumn, you may walk on the dry, fallen leaves and hear a crunching as they break apart beneath your feet.

Or you may (after looking round carefully to check that no one is watching) go up to the tree and touch the rough texture of the bark cautiously.

But now, imagine a world without trees.

There are so many creatures, even insects, which depend on trees for their livelihood, even for their very survival and in the olden days, so did we. We'd make jam from the berries, medicines from the leaves, we'd use the trunks for boat building, house building, any type of building at all, including scaffolding. Then we'd use the wood for fires, for musical instruments.

So, again, imagine a world without trees.

And next time you're out, just support your local trees. You could give the roots a drink of water, you could talk to the tree (just don't expect an answer, though), you could clear rubbish from around them, It's not much, I know, but any help to trees will help them to survive in a strange world where there's too much unexpected sun and far windier nights than they are used to.

Being a tree these days is not what it used to be, and expecting a tree to adapt and survive is a big ask. We, as humans, may need to help them out just a little bit.

Jenny Ferne is a trustee of the Beltane Fire Society. She is looking to improve access across the Samhuinn and Beltane festivals, keen to make them more dementia friendly. If anyone has any thoughts, would like to get involved or have a chat with Jenny, please contact me at alex.howard@capitaltheatres.com and I'll happily put you in touch!



At Brew and Blether, we were joined by the talented Rachel Arthur from boom saloon who showed us how to get creative with words. By taking phrases and words from pages in newspapers, books and magazines, some inspiring creations were formed. It just goes to show, anyone can be a poet.

A piece by Jacqueline

This mango jacket

Who's in and who's out?

Pandora!

I'm a bit outrageous - always have been

Simple pleasures



A piece by Doreen and Joseph

A favourite first
Standing up amongst the best
Whatever area we're from,
fight the right
A new social beginning,
where we're all introduced
Housed in a festival of brew and blethers
Working together on paper to bring colour to our lives.

A piece by Daniel and Michael

I love me, and
I love helping you
It's when you're happy,
so very happy.
You feel life is worth it!
Joy is playing,
Let's go

Those Were the Days

As the nights draw in, it's time to hunker down with a fire and good film. Scotland is home to some stunning acting talent. Can you name these stars of the silver screen?



Actor One

Who can forget his unforgettable portrayal of Begbie in Danny Boyle's adaptation of Irvine Welsh's *Trainspotting*?



Actor Two

He was Hagrid in the *Harry Potter* movies but before that he was Big Jazza in the 1987 John Byrne TV series *Tutti Frutti!*



Actor Three

This Rwandan-born actor grew up in Dunfermline and is the latest reincarnation of *Dr Who*, but made his name playing Eric Effiong alongside Gillian Anderson in *Sex Education*!



Actor Four

This wonderful Edinburgh-born actor is famed for playing Ian Rankin's formidable *Rebus* in the eponymous noughties TV series.



Actor Five

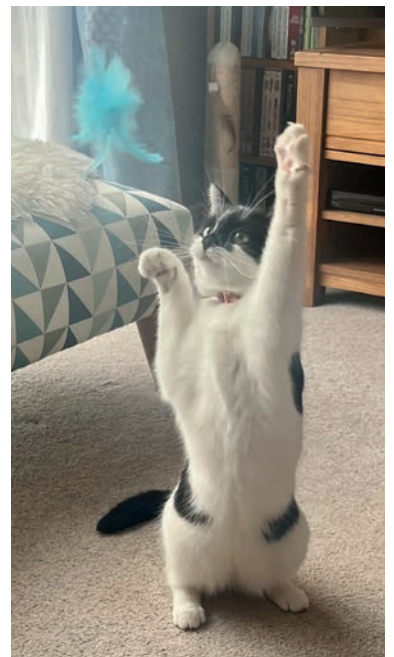
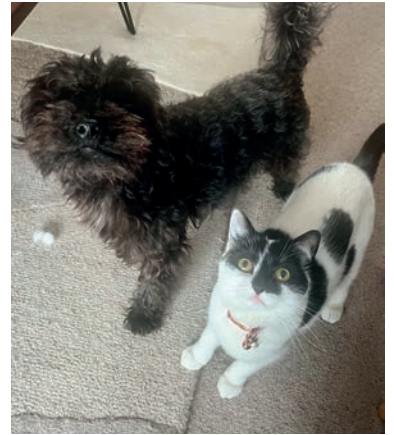
This Glasgow-born actress was the first Scot to be nominated for an Oscar and who won a Golden Globe for playing "Mrs Anna" in the 1957 film *The King and I*, alongside Yul Brynner.



Actor Six

This Gorebridge-born actress, born in 1934, is famed for her role as the long-suffering wife to Victor Meldrew in *One Foot In The Grave*.

Answers on p46



Welcome to Pet Corner!

Furbabies make the most wonderful hot water bottles as the nights start getting chiller, and what better way to keep your bed cosy than to have not one but TWO cuddly four-legged friends? This quarter, we turn to a well-kent face around the Festival Theatre - none other than my partner-in-crime Lucie - and her beloved cat Marie of *Aristocats* fame...

Name	Marie
Age	1
Human	Lucie (Creative Engagement Coordinator)
Description	Black and white cat with a cute stripe down her nose and velvet pink collar.
Hobbies	Sunbathing in her hammock in the window and frolicking around with her toys.

Named after Marie from the Disney classic *The Aristocats*, she is a loving, sweet natured girl who has a playful temperament. She may be small, but she stands up to her big brother, Pickle the dog, and loves nothing more than surprising him when he comes in from a dog walk by giving him the biggest cuddles. Marie also is a keen musician and likes to join in with playing the piano. She is a fun wee cat who keeps her parents thoroughly entertained every day!

Receiving a new dementia diagnosis can be a daunting time. We're lucky in Edinburgh to have a host of dementia friendly services and activities right on our doorsteps. In this calendar, we've done our best to list all such events taking place over the next quarter across the city and Lothians. Big or small, online or in person, in galleries or gardens...

If it's happening over the next few months, you'll find it here.

All the events listed below are both free and certified dementia friendly. Events highlighted in blue are Capital Theatres events that take place at the Festival Theatre. Please note: as well as their events listed below, National Galleries Scotland run some excellent dementia friendly sessions on an ad hoc basis. For more information on these, contact Meg Faragher on MFaragher@nationalgalleries.org

To book Capital Theatres' events, please call 0131 529 6000 or visit capitaltheatres.com

Creative Engagement Coordinators (Dementia friendly):

Alex Howard alex.howard@capitaltheatres.com

Lucie Jeffrey lucie.jeffrey@capitaltheatres.com

October 2024



Choir in the Park

1.45pm-2.45pm
(fortnightly on Thursdays) Saughton Park Glasshouse To book contact the Forget Me Notes on paul@forgetmenotes.org.uk or 07588 894 587



Forget Me Notes: Choir at Gorgie

4pm-5pm (fortnightly on Thursdays) Salvation Army Hall Gorgie Road Contact the Forget Me Notes on paul@forgetmenotes.org.uk or 07588 894 587



Together in Song

2pm-3pm Festival Theatre Call 0131 529 6000 or visit capitaltheatres.com



Memory Lane Café

10am-2noon (every Friday ex 25/10 & 22/11 & 13/12)
Saughtonhall United Reform Church Call Jenny on 07881 288090 or email jenny@themurrayfieldclub.com



Dunbar Outdoor Activity Group

1030am-12 noon (every Monday)
Dunbar Leisure Pool Contact Michael on mhuddleston@alzscot.org



Hibs Football Memories

1045am-12.45pm
(Every 1st and 3rd Monday)
Easter Road Stadium Contact Margaret on mags@hiberniancf.org



Big Hearts: Football and Edinburgh Memories

1.30pm-3pm (every Monday and Tuesday) Tynecastle Stadium Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Gentle Exercise Class

2pm-4pm (twice monthly)
Morningside Parish Church Contact Jacqui on 07834 364 628 or email pastoralassistant@morningside-parishchurch.org.uk



Music & Memories

2pm-4pm Morningside Parish Church Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

 **Bathgate Memory Café**
2.30pm-4pm (every 1st Monday)
Bathgate Memory Café EH48 1QW
Lauren Heap lheap@alzscot.org or
call 077693641791

 **Forget Me Notes
Zoom Choir**
4pm (every Monday) Online Contact
Paul on paul@forgetmenotes.org.uk
or 07588 894 587

 **Big Hearts: Football
and Edinburgh
Memories**
1.30pm-3pm (every Monday and
Tuesday) Tynecastle Stadium
Contact Kim on
kim.ogilvie@bighearts.org.uk
or call 07443 269 947

 **Creative Corner Craft
Group**
10.30am-12noon (1st Tuesday of the
month) Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org
or call 077693641791


 **North Berwick Carer
Support Group**
10.30am-12noon
Nether Abbey Hotel EH39 4BQ


 **Let's Sing: Dementia
Singing Group**
11am-12.30pm (every Tuesday)
Fisherrow Centre Musselburgh
Contact Penny on
lets.sing.brunton@gmail.com
or call Jan on 0131 669 2888


 **Heart for Art**
11am-1pm (every Tuesday) Morningside
Parish Church Contact Jacqui on
07834 364 628 or email pastoralas-
sistant@morningsideparishchurch.org

 **Eric's Encore Music
Group**
1.30pm-2.30pm (every Tuesday)
Eric Liddell Centre Contact Gus at
harrowerg@ericliddell.org or call
0131 357 1277

 **Livi Legends Football
Club**
1pm-2.30pm (1st Tuesday of the
month) Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org or call
077693641791

 **The Teatime Club**
5pm-7pm (every 1st & 3rd Tuesday)
St Thomas' Church Glasgow Road
Contact Georgia on 0131 478 7784

 **Porty Promenade Walk**
1030am (every Wednesday) Meet at
Swimming Centre Café For more info
Contact Active Communities on 0131
458 2260

 **Bo'Ness Dementia Café**
1030am (every Wednesday)
Richmond Park Hotel Contact
01324 559480 or email
falkirkservices@alzscot.org

 **Heart Dementia
Meeting Centre**
1030am-12.30pm (every Wednesday)
Anchor Building - Newhaven Contact
Jan on 0131 259 6838 or
jan.brown@heartofnewhaven.co.uk

 **Craigie Hotel Morning
Meet Up**
10.30am-12 noon (every Wednesday)
Craigie Hotel EH26 9BZ Booking
essential, please contact Michael
on 0131 654 1114 or
mhuddleston@alzscot.org



Liddell Lunch Lions

12pm-2pm (every Wednesday)
Eric Liddell Centre Contact Malin Wollberg on
wollbergm@ericliddell.org
or 0131 357 1277



Livingstone Memory Café

1.00pm-2.30pm (every 2nd and 4th Wednesday) 1 Grampian Court EH54 6QF Contact Lauren Heap
lheap@alzscot.org
or call 07769364179



A Bit of Everything Music Group

1.30pm-3pm (1st Wednesday of the month) Grampian Court EH54 6QF Contact Lauren Heap at
lheap@alzscot.org or call
077693641791



D-Café Tranent

2pm-3.30pm (every 2nd Wednesday) The Fraser Centre EH33 1AF Booking essential Contact Michael on
0131 654 1114 or
mhuddleston@alzscot.org



North-West Edinburgh Singing Group

2pm-3.45pm (every 1st and 3rd Wednesday) Drylaw Parish Church Hall Contact Ali on 0131 467 9354



Chair Yoga

4.30pm-5.30pm (every Wednesday) Online event Book at
0131 315 2151 or email
admin@northedinburgharts.co.uk



Union Canal Walking Group

10am (every Thursday) Meet at Fountainbridge Square Contact Fiona on 07706580147



Bloom & Blether

1pm-2.30pm (every Thursday) Grampian Court EH54 6QF Contact Lauren Heap at lheap@alzscot.org or call 077693641791



The Sunlight Café

2pm-3.30pm (every 2nd Thursday) 2 Blackfaulds Place



Memory Lane Café

10am-12noon (every Friday ex 25/10 & 22/11 & 13/12) Saughtonhall United Reform Church Call Jenny on 07881 288090 or email
jenny@themurrayfieldclub.com



Library Social: Meet the Scots Scriever

1030am-12noon (every second Friday of the month) National Library of Scotland Contact Beverley on
b.casebow@nls.uk for more information



Liddell Lyrics

11am-12 noon (every Friday) Eric Liddell Centre Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277



Dementia The Musical

By Ron Coleman
7.15pm The Studio



Dunbar Outdoor Activity Group

1030am-12 noon (every Monday) Dunbar Leisure Pool Contact Michael on mhuddleston@alzscot.org



Redbrick Under 65s Café

11am-12.30pm (every 2nd Monday) Grampian Court EH54 6QF Contact Lauren Heap at lheap@alzscot.org or call 077693641791

14

Big Hearts: Football and Edinburgh Memories

1.30pm-3pm (every Monday and Tuesday) Tynecastle Stadium Contact Kim on kim.ogilvie@bighearts.orguk or call 07443 269 947

14

Picture a Song

2pm-3pm (every 2nd Monday of the month) Festival Theatre Call 0131 529 6000 or visit capitaltheatres.com

14

Music & Memories

2pm-4pm Morningside Parish Church Contact Jacqui on 07834 364 628 or email pastoralassistant@morningside-parishchurch.orguk

14

Forget Me Notes Zoom Choir

4pm (every Monday) Online Contact Paul on paul@forgetmenotes.org.uk or 07588 894 587

15

Big Hearts: Football and Edinburgh Memories

1.30pm-3pm (every Monday and Tuesday) Tynecastle Stadium Contact Kim on kim.ogilvie@bighearts.orguk or call 07443 269 947

15

Let's Sing: Dementia Singing Group

11am-12.30pm (every Tuesday) Fisherrow Centre Musselburgh Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888

15

Heart for Art

11am-1pm (every Tuesday) Morningside Parish Church Contact Jacqui on 07834 364 628 or email pastoralassistant@morningside-parishchurch.org

15

A Last Journey: Book Launch

2pm-3pm Festival Theatre Call 0131 529 6000 or visit capitaltheatres.com

15

Eric's Encore Music Group

1.30pm-2.30pm (every Tuesday) Eric Liddell Centre Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277

16

Porty Promenade Walk

10.30am (every Wednesday) Meet at Swimming Centre Café For more info Contact Active Communities on 0131 458 2260

16

The Caring Café - Linlithgow

10.30am-12noon (every 3rd Wednesday) 52 Blackness Road

16

Bo'Ness Dementia Café

10.30am (every Wednesday) Richmond Park Hotel Contact 01324 559480 or email falkirkservices@alzscot.org

16

Craigie Hotel Morning Meet Up

10.30am-12 noon (every Wednesday) Craigie Hotel EH26 9BZ Booking essential, please contact Michael on 0131 654 1114 or mhuddlestone@alzscot.org

16

Heart Dementia Meeting Centre

10.30am-12.30pm (every Wednesday) Anchor Building, Newhaven Contact Jan on 0131 259 6838 or jan.brown@heartofnewhaven.co.uk

16 **Liddell Lunch Lions**
12pm-2pm (every Wednesday)
Eric Liddell Centre
Contact Malin Wollberg on
wollbergm@ericliddell.org
or 0131 357 1277

16 **Sunflower Café**
2pm-3.30pm (every 3rd Wednesday)
Palmerston Place, Palmerston Place
Church For more information, phone
0131 220 1690

16 **Games Afternoon**
2pm-4pm Morningside Parish
Church Contact Jacqui on
07834 364 628 or email
pastoralassistant@morningside-
parishchurch.org

16 **Chair Yoga**
4.30pm-5.30pm (every Wednesday)
Online event Book at 0131 315 2151
or email
admin@northedinburgharts.co.uk

17 **Union Canal Walking
Group**
10am (every Thursday)
Meet at Fountainbridge Square
Contact Fiona on 07706580147

17 **The Hobby Box**
11am-12noon Festival Theatre
Call 0131 529 6000 or visit
capitaltheatres.com

17 **Bloom & Blether**
1pm-2.30pm (every Thursday)
Grampian Court EH54 6QF Contact
Lauren Heap at lheap@alzscot.org
or call 077693641791

17 **Choir in the Park**
1.45pm-2.45pm (fortnightly on
Thursdays) Saughton Park Glasshouse
To book contact the Forget Me Notes
on paul@forgetmenotes.org.uk or
07588 894 587

17 **Forget Me Notes:
Choir at Gorgie**
4pm-5pm (fortnightly on Thursdays)
Salvation Army Hall Gorgie Road
Contact the Forget Me Notes on
paul@forgetmenotes.org.uk or
07588 894 587

18 **Memory Lane Café**
10am-12noon
(every Friday ex 25/10 & 22/11 & 13/12)
Saughtonhall United Reform Church
Call Jenny on 07881 288090 or email
jenny@themurrayfieldclub.com

18 **Liddell Lyrics**
11am-12 noon (every Friday)
Eric Liddell Centre Contact Gus at
harrowerg@ericliddell.org
or call 0131 357 1277

18 **Armadale Memory Café**
11.00am-1.00pm (every 3rd Friday)
Armadale Community Centre
Lauren Heap lheap@alzscot.org
or call 07769364179

21 **Dunbar Outdoor
Activity Group**
1030am-12 noon (every Monday)
Dunbar Leisure Pool
Contact Michael on
mhuddleston@alzscot.org

21 **Hibs Football Memories**
1045am-12.45pm (Every 1st and 3rd
Monday) Easter Road Stadium Contact
Margaret on mags@hiberniancf.org

21 **Memory Café
- Blackburn / Whitburn**
12.30pm-2pm (every 3rd Monday)
United Football Club EH47 7LL
Contact Lauren Heap
lheap@alzscot.org or call
07769364179

21

Big Hearts: Football and Edinburgh Memories

1.30pm-3pm (every Monday and Tuesday) Tynecastle Stadium Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947

21

Gentle Exercise Class

2pm-4pm (twice monthly) Morningside Parish Church Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

21

Music & Memories

2pm-4pm Morningside Parish Church Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

21

Forget Me Notes Zoom Choir

4pm (every Monday) Online Contact Paul on paul@forgetmenotes.org.uk or 07588 894 587

22

Big Hearts: Football and Edinburgh Memories

1.30pm-3pm (every Monday and Tuesday) Tynecastle Stadium Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947

22

Let's Sing: Dementia Singing Group

11am-12.30pm (every Tuesday) Fisherrow Centre Musselburgh Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888

22

Heart for Art

11am-1pm (every Tuesday) Morningside Parish Church Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org

22

Eric's Encore Music Group

1.30pm-2.30pm (every Tuesday) Eric Liddell Centre Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277

22

The Teatime Club

5pm-7pm (every 1st & 3rd Tuesday) St Thomas Church Glasgow Road Contact Georgia on 0131 478 7784

23

Porty Promenade Walk

1030am (every Wednesday) Meet at Swimming Centre Café For more info Contact Active Communities on 0131 458 2260

23

Bo'Ness Dementia Café

1030am (every Wednesday) Richmond Park Hotel Contact 01324 559480 or email falkirkservices@alzscot.org

23

Craigie Hotel Morning Meet Up

10.30am-12 noon (every Wednesday) Craigie Hotel EH26 9BZ Booking essential, please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

23

Heart Dementia Meeting Centre

1030am-12.30pm (every Wednesday) Anchor Building, Newhaven Contact Jan on 0131 259 6838 or jan.brown@heartofnewhaven.co.uk

23

Liddell Lunch Lions

12pm- 2pm (every Wednesday) Eric Liddell Centre Contact Malin Wollberg on wollbergm@ericliddell.org or 0131 357 1277

23

Livingstone Memory Café

1.00pm-2.30pm (every 2nd and 4th Wednesday) 1 Grampian Court EH54 6QF Contact Lauren Heap lheap@alzscot.org or call 07769364179

23

North-West Edinburgh Singing Group

2pm-3.45pm (every 1st and 3rd Wednesday) Drylaw Parish Church Hall Contact Ali on 0131 467 9354

23

Chair Yoga

4.30pm-5.30pm (every Wednesday) Online event Book at 0131 315 2151 or email admin@northedinburgharts.co.uk

24

Union Canal Walking Group

10am (every Thursday) Meet at Fountainbridge Square Contact Fiona on 07706580147

24

Forget Me Not Café - East Calder

10am-12noon (every last Thursday) Easter Calder Parish Church EH53 0HF Contact Lauren Heap lheap@alzscot.org or call 07769364179

24

Bloom & Blether

1pm-2.30pm (every Thursday) Grampian Court EH54 6QF Contact Lauren Heap at lheap@alzscot.org or call 077693641791

25

Sing in the City Choir

10am-12noon (every Friday ex 25/10 & 22/11 & 13/12) Saughtonhall United Reform Church Call Jenny on 07881 288090 or email jenny@themurrayfieldclub.com

25

Liddell Lyrics

11am-12 noon (every Friday) Eric Liddell Centre Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277

28

Dunbar Outdoor Activity Group

1030am-12 noon (every Monday) Dunbar Leisure Pool Contact Michael on mhuddleston@alzscot.org

28

Tea and 'Jam'

11am-12.30pm (last Monday of the month) Festival Theatre Call 0131 529 6000 or visit capitaltheatres.com

28

Knit and Natter

11am-12.30pm (every 4th Monday) Grampian Court EH54 6QF Contact Lauren Heap at lheap@alzscot.org or call 077693641791

28

Forget Me Notes Zoom Choir

4pm (every Monday) Online Contact Paul on paul@forgetmenotes.org.uk or 07588 894 587

29

Let's Sing: Dementia Singing Group

11am-12.30pm (every Tuesday) Fisherrow Centre Musselburgh Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888

29

Heart for Art

11am-1pm (every Tuesday) Morningside Parish Church Contact Jacqui on 07834 364 628 or email pastoralassistant@morningside-parishchurch.org

29

Eric's Encore Music Group

1.30pm-2.30pm (every Tuesday)
Eric Liddell Centre Contact Gus at
harrowerg@ericliddell.org
or call 0131 357 1277

30

Porty Promenade Walk

10.30am (every Wednesday)
Meet at Swimming Centre Café
For more info Contact Active
Communities on 0131 458 2260

30

Bo'Ness Dementia Café

10.30am (every Wednesday)
Richmond Park Hotel
Contact 01324 559480 or email
falkirkservices@alzscot.org

30

Craigie Hotel Morning Meet Up

10.30am-12 noon (every Wednesday)
Craigie Hotel EH26 9BZ Booking
essential, please contact Michael
on 0131 654 1114 or
mhuddleston@alzscot.org

30

Heart Dementia Meeting Centre

10.30am-12.30pm (every Wednesday)
Anchor Building, Newhaven
Contact Jan on 0131 259 6838 or
jan.brown@heartofnewhaven.co.uk

30

Liddell Lunch Lions

12pm-2pm (every Wednesday)
Eric Liddell Centre
Contact Malin Wollberg on
wollbergm@ericliddell.org
or 0131 357 1277

30

Chair Yoga

4.30pm-5.30pm (every Wednesday)
Online event Book at 0131 315 2151
or email
admin@northedinburgharts.co.uk

31

Union Canal Walking Group

10am (every Thursday)
Meet at Fountainbridge Square
Contact Fiona on 07706580147

31

Bloom & Blether

1pm-2.30pm (every Thursday)
Grampian Court EH54 6QF Contact
Lauren Heap at lheap@alzscot.org
or call 077693641791

31

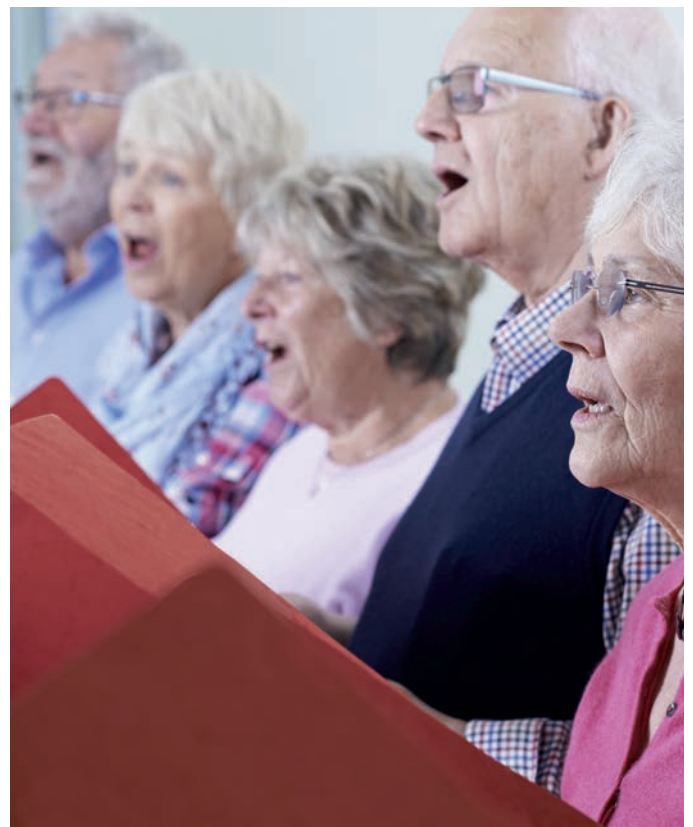
Choir in the Park

1.45pm-2.45pm (fortnightly on
Thursdays) Saughton Park Glasshouse
To book contact the Forget Me Notes
on paul@forgetmenotes.org.uk
or 07588 894 587

31

Forget Me Notes: Choir at Gorgie

4pm-5pm (fortnightly on Thursdays)
Salvation Army Hall Gorgie Road
Contact the Forget Me Notes on
paul@forgetmenotes.org.uk
or 07588 894 587




November 2024

 **Memory Lane Café**
10am-12noon (every Friday ex 25/10 & 22/11 & 13/12)
Saughtonhall United Reform Church
Call Jenny on 07881 288090 or email jenny@themurrayfieldclub.com

 **Liddell Lyrics**
11am-12 noon (every Friday)
Eric Liddell Centre Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277

 **Together in Song**
2pm-3pm Festival Theatre
Call 0131 529 6000 or visit capitaltheatres.com

 **Dunbar Outdoor Activity Group**
10.30am-12 noon (every Monday)
Dunbar Leisure Pool Contact Michael on mhuddleston@alzscot.org

 **Hibs Football Memories**
10.45am-12.45pm (Every 1st and 3rd Monday) Easter Road Stadium
Contact Margaret on mags@hiberniancf.org

 **Big Hearts: Football and Edinburgh Memories**
1.30pm-3pm (every Monday and Tuesday) Tynecastle Stadium Contact Kim on kim.ogilvie@bighearts.orguk or call 07443 269 947

 **Music & Memories**
2pm-4pm Morningside Parish Church Contact Jacqui on 07834 364 628 or email pastoralassistant@morningside-parishchurch.orguk

 **Gentle Exercise Class**
2pm-4pm (twice monthly) Morningside Parish Church Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.orguk

 **Bathgate Memory Café**
2.30pm-4pm (every 1st Monday)
Bathgate Memory Café EH48 1QW
Lauren Heap lheap@alzscot.org or call 077693641791

 **Forget Me Notes Zoom Choir**
4pm (every Monday) Online Contact Paul on paul@forgetmenotes.org.uk or 07588 894 587

 **Big Hearts: Football and Edinburgh Memories**
1.30pm-3pm (every Monday and Tuesday) Tynecastle Stadium
Contact Kim on kim.ogilvie@bighearts.orguk or call 07443 269 947

 **DF Focus Group**
10.30am-12noon Festival Theatre
Call 0131 529 6000 or visit capitaltheatres.com

 **Creative Corner Craft Group**
10.30am-12noon (1st Tuesday of the month) Grampian Court EH54 6QF
Contact Lauren Heap at lheap@alzscot.org or call 077693641791

 **Let's Sing: Dementia Singing Group**
11am-12.30pm (every Tuesday)
Fisherrow Centre Musselburgh
Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888



Heart for Art

11am-1pm (every Tuesday)
Morningside Parish Church
Contact Jacqui on 07834 364 628 or
email pastoralassistant@morningsideparishchurch.org



Eric's Encore Music Group

1.30pm-2.30pm (every Tuesday)
Eric Liddell Centre Contact Gus at
harrowerg@ericliddell.org
or call 0131 357 1277



The Teatime Club

5pm-7pm (every 1st & 3rd Tuesday)
St Thomas, Church Glasgow Road
Contact Georgia on 0131 478 7784



Livi Legends Football Club

1pm-2.30pm (1st Tuesday of the
month) Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org
or call 077693641791



The Teatime Club

5pm-7pm (every 1st & 3rd Tuesday)
St Thomas, Church Glasgow Road
Contact Georgia on 0131 478 7784



Porty Promenade Walk

10.30am (every Wednesday)
Meet at Swimming Centre Café
For more info Contact Active
Communities on 0131 458 2260



Bo'Ness Dementia Café

10.30am (every Wednesday)
Richmond Park Hotel
Contact 01324 559480 or email
falkirkservices@alzscot.org



Craigie Hotel Morning Meet Up

10.30am-12 noon (every Wednesday)
Craigie Hotel EH26 9BZ
Booking essential, please contact
Michael on 0131 654 1114 or
mhuddleston@alzscot.org



Heart Dementia Meeting Centre

10.30am-12.30pm (every Wednesday)
Anchor Building, Newhaven
Contact Jan on 0131 259 6838 or
jan.brown@heartofnewhaven.co.uk



Liddell Lunch Lions

12pm-2pm (every Wednesday)
Eric Liddell Centre
Contact Malin Wollberg on
wollbergm@ericliddell.org
or 0131 357 1277



A Bit of Everything Music Group

1.30pm-3pm (1st Wednesday of the
month) Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org or call
077693641791



North-West Edinburgh Singing Group

2pm-3.45pm (every 1st and 3rd
Wednesday) Drylaw Parish Church
Hall Contact Ali on 0131 467 9354



Chair Yoga

4.30pm-5.30pm (every Wednesday)
Online event Book at 0131 315 2151
or email
admin@northedinburgharts.co.uk



Union Canal Walking Group

10am (every Thursday)
Meet at Fountainbridge Square
Contact Fiona on 07706580147



Bloom & Blether

1pm-2.30pm (every Thursday)
Grampian Court EH54 6QF Contact
Lauren Heap at lheap@alzscot.org
or call 077693641791



Choir in the Park

1.45pm-2.45pm (fortnightly on
Thursdays) Saughton Park Glasshouse
To book contact the Forget Me Notes
on paul@forgetmenotes.org.uk
or 07588 894 587



Memory Lane Café

10am-12noon (every Friday ex 25/10
& 22/11 & 13/12)
Saughtonhall United Reform Church
Call Jenny on 07881 288090 or email
jenny@themurrayfieldclub.com



**Library Social: Robert
Louis Stevenson**

10.30am-12noon (every second Friday
of the month) National Library of
Scotland Contact Beverley on
b.casebow@nls.uk for more information



Liddell Lyrics

11am-12 noon (every Friday)
Eric Liddell Centre Contact Gus at
harrowerg@ericliddell.org
or call 0131 357 1277



Dementia Arts Festival

9am-5pm Various Central Edinburgh
Locations



**Dunbar Outdoor
Activity Group**

10.30am-12 noon (every Monday)
Dunbar Leisure Pool Contact Michael
on mhuddleston@alzscot.org



Redbrick Under 65s Café

11am-2.30pm (every 2nd Monday)
Grampian Court EH54 6QF Contact
Lauren Heap at lheap@alzscot.org
or call 077693641791



Picture a Song

2pm-3pm (every 2nd Monday
of the month) Festival Theatre
Call 0131 529 6000 or visit
capitaltheatres.com



**Big Hearts: Football and
Edinburgh Memories**

1.30pm-3pm (every Monday and
Tuesday) Tynecastle Stadium
Contact Kim on
kim.ogilvie@bighearts.orguk
or call 07443 269 947



Music & Memories

2pm-4pm Morningside Parish
Church Contact Jacqui
on 07834 364 628 or email
pastoralassistant@morningside-
parishchurch.orguk



**Forget Me Notes
Zoom Choir**

4pm (every Monday) Online Contact
Paul on paul@forgetmenotes.org.uk
or 07588 894 587



Dementia Arts Festival

9am-5pm Various Central Edinburgh
Locations. To participate or attend
Contact Karen & Ron on
01851 810 789 or email
ron@deepnessdementiaradio.com



**Big Hearts: Football and
Edinburgh Memories**

1.30pm-3pm (every Monday and
Tuesday) Tynecastle Stadium Contact
Kim on kim.ogilvie@bighearts.orguk
or call 07443 269 947



**Creative Corner Craft
Group**

10.30am-12noon (1st Tuesday of the
month) Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org
or call 077693641791



12 Let's Sing: Dementia Singing Group

11am-12.30pm (every Tuesday)
Fisherrow Centre Musselburgh
Contact Penny on
lets.sing.brunton@gmail.com
or call Jan on 0131 669 2888



12 Heart for Art

11am-1pm (every Tuesday)
Morningside Parish Church
Contact Jacqui on 07834 364 628 or
email pastoralassistant@morningsideparishchurch.org



12 Eric's Encore Music Group

1.30pm-2.30pm (every Tuesday)
Eric Liddell Centre Contact Gus at
harrowerg@ericliddell.org
or call 0131 357 1277



13 Dementia Arts Festival

9am-5pm
Various Central Edinburgh Locations




13 Bo'Ness Dementia Café

10.30am (every Wednesday)
Richmond Park Hotel
Contact 01324 559480 or email
falkirkservices@alzscot.org



13 Craigie Hotel Morning Meet Up

10.30am-12 noon (every Wednesday)
Craigie Hotel EH26 9BZ Booking
essential, please contact Michael
on 0131 654 1114 or
mhuddleston@alzscot.org



13 Heart Dementia Meeting Centre

10.30am-12.30pm (every Wednesday)
Anchor Building, Newhaven
Contact Jan on 0131 259 6838 or
jan.brown@heartofnewhaven.co.uk



13 Liddell Lunch Lions

12pm-2pm (every Wednesday)
Eric Liddell Centre Contact
Malin Wollberg on
wollbergm@ericliddell.org
or 0131 357 1277



13 Livingstone Memory Café

1.00pm-2.30pm (every 2nd and 4th
Wednesday) 1 Grampian Court EH54
6QF Contact Lauren Heap
lheap@alzscot.org
or call 07769364179



13 D-Café Tranent

2pm-3.30pm (every 2nd Wednesday)
The Fraser Centre EH33 1AF
Booking essential
Contact Michael on 0131 654 1114
or mhuddleston@alzscot.org



13 Games Afternoon

2pm-4pm Morningside Parish
Church
Contact Jacqui on 07834 364 628 or
email pastoralassistant@morningsideparishchurch.org



13 Chair Yoga

4.30pm-5.30pm (every Wednesday)
Online event Book at 0131 315 2151
or email
admin@northedinburgharts.co.uk



14 Dementia Arts Festival

9am-5pm
Various Central Edinburgh Locations



14 Union Canal Walking Group

10am (every Thursday)
Meet at Fountainbridge Square
Contact Fiona on 07706580147



Bloom & Blether

1pm-2.30pm (every Thursday)
Grampian Court EH54 6QF
Contact Lauren Heap at lheap@alzscot.org or call 077693641791



The Sunlight Café

2pm-3.30pm (every 2nd Thursday)
2 Blackfaulds Place, EH47 9AS
Contact Lauren Heap
lheap@alzscot.org
or call 07769364179



Forget Me Notes: Choir at Gorgie

4pm-5pm (fortnightly on Thursdays)
Salvation Army Hall Gorgie Road
Contact the Forget Me Notes on
paul@forgetmenotes.org.uk
or 07588 894 587



Memory Lane Café

10am-2noon (every Friday ex 25/10 & 22/11 & 13/12)
Saughtonhall United Reform Church
Call Jenny on 07881 288090 or email
jenny@themurrayfieldclub.com



Liddell Lyrics

11am-12 noon (every Friday) Eric
Liddell Centre Contact Gus at har-
rowerg@ericliddell.org or call 0131
357 1277



Armadale Memory Café

11.00am-1.00pm (every 3rd Friday)
Armadale Community Centre
Lauren Heap lheap@alzscot.org
or call 07769364179



Access Opera Don Pasquale From Scottish Opera

3pm Festival Theatre
Call 0131 529 6000 or visit
capitaltheatres.com



Dunbar Outdoor Activity Group

1030am-12 noon (every Monday)
Dunbar Leisure Pool Contact Michael
on mhuddleston@alzscot.org



Hibs Football Memories

1045am-12.45pm (Every 1st and 3rd
Monday) Easter Road Stadium
Contact Margaret on
mags@hiberniancf.org



Memory Café - Blackburn / Whitburn

12.30pm-2pm (every 3rd Monday)
United Football Club EH47 7LL
Contact Lauren Heap
lheap@alzscot.org or call
07769364179



Big Hearts: Football and Edinburgh Memories

1.30pm-3pm (every Monday and
Tuesday) Tynecastle Stadium
Contact Kim on
kim.ogilvie@bighearts.orguk
or call 07443 269 947



Forget Me Notes Zoom Choir

4pm (every Monday) Online Contact
Paul on paul@forgetmenotes.org.uk
or 07588 894 587



Gentle Exercise Class

2pm-4pm (twice monthly)
Morningside Parish Church Contact
Jacqui on 07834 364 628 or email
pastoralassistant@morningside-
parishchurch.orguk




Big Hearts: Football and Edinburgh Memories

1.30pm-3pm (every Monday and
Tuesday) Tynecastle Stadium Contact
Kim on kim.ogilvie@bighearts.org.uk
or call 07443 269 947



19 Let's Sing: Dementia Singing Group

11am-12.30pm (every Tuesday)
Fisherrow Centre Musselburgh
Contact Penny on
lets.sing.brunton@gmail.com
or call Jan on 0131 669 2888




19 Heart for Art

11am-1pm (every Tuesday)
Morningside Parish Church
Contact Jacqui on 07834 364 628 or
email pastoralassistant@morningsideparishchurch.org




19 Eric's Encore Music Group

1.30pm-2.30pm (every Tuesday)
Eric Liddell Centre Contact Gus at
harrowerg@ericliddell.org
or call 0131 357 1277



19 The Teatime Club

5pm-7pm (every 1st & 3rd Tuesday)
St Thomas, Church Glasgow Road
Contact Georgia on 0131 478 7784



20 Bo'Ness Dementia Café

10.30am (every Wednesday)
Richmond Park Hotel
Contact 01324 559480 or email
falkirkservices@alzscot.org



20 The Caring Café - Linlithgow

10.30am-12noon
(every 3rd Wednesday)
52 Blackness Road



20 Craigie Hotel Morning Meet Up

10.30am-12 noon (every Wednesday)
Craigie Hotel EH26 9BZ
Booking essential, please contact
Michael on 0131 654 1114 or
mhuddleston@alzscot.org



20 Heart Dementia Meeting Centre

10.30am-12.30pm (every Wednesday)
Anchor Building, Newhaven
Contact Jan on 0131 259 6838 or
jan.brown@heartofnewhaven.co.uk



20 Liddell Lunch Lions

12pm-2pm (every Wednesday)
Eric Liddell Centre
Contact Malin Wollberg on
wollbergm@ericliddell.org
or 0131 357 1277



20 Brew and Blether

2pm-3:30pm Festival Theatre
Call 0131 529 6000 or visit
capitaltheatres.com



20 Sunflower Café

2pm-3.30pm (every 3rd Wednesday)
Palmerston Place, Palmerston Place
Church For more information, phone
0131 220 1690



20 North-West Edinburgh Singing Group

2pm-3.45pm (every 1st and 3rd
Wednesday) Drylaw Parish Church Hall
Contact Ali on 0131 467 9354




20 Chair Yoga

4.30pm-5.30pm (every Wednesday)
Online event Book at 0131 315 2151
or email
admin@northedinburgharts.co.uk



21 Union Canal Walking Group

10am (every Thursday)
Meet at Fountainbridge Square
Contact Fiona on 07706580147



21 The Hobby Box

11am-12noon Festival Theatre
Call 0131 529 6000 or visit
capitaltheatres.com



Bloom & Blether

1pm-2.30pm (every Thursday)
Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org
or call 077693641791



Choir in the Park

1.45pm-2.45pm (fortnightly on
Thursdays) Saughton Park Glasshouse
To book contact the Forget Me Notes
on paul@forgetmenotes.org.uk
or 07588 894 587



**Charlie Gorman
Performing**

10am-12noon (every Friday ex 25/10
& 22/11 & 13/12)
Saughtonhall United Reform Church
Call Jenny on 07881 288090 or email
jenny@themurrayfieldclub.com



Liddell Lyrics

11am-12 noon (every Friday)
Eric Liddell Centre Contact Gus at
harrowerg@ericliddell.org
or call 0131 357 1277



**Dunbar Outdoor
Activity Group**

10.30am-12 noon (every Monday)
Dunbar Leisure Pool
Contact Michael on
mhuddleston@alzscot.org



Tea and 'Jam'

11am-12:30pm (last Monday of the
month)
Festival Theatre Call 0131 529 6000
or visit capitaltheatres.com



Knit and Natter

11am-12.30pm (every 4th Monday)
Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org
or call 077693641791



**Big Hearts: Football and
Edinburgh Memories**

1.30pm-3pm (every Monday and
Tuesday) Tynecastle Stadium
Contact Kim on
kim.ogilvie@bighearts.org.uk
or call 07443 269 947



Music & Memories

2pm-4pm Morningside Parish Church
Contact Jacqui on 07834 364 628 or
email pastoralassistant@morning-
sideparishchurch.org.uk



**Forget Me Notes
Zoom Choir**

4pm (every Monday) Online
Contact Paul on
paul@forgetmenotes.org.uk
or 07588 894 587



**Big Hearts: Football and
Edinburgh Memories**

1.30pm-3pm (every Monday and
Tuesday) Tynecastle Stadium Contact
Kim on kim.ogilvie@bighearts.org.uk
or call 07443 269 947



**Let's Sing: Dementia
Singing Group**

11am-12.30pm (every Tuesday)
Fisherrow Centre Musselburgh
Contact Penny on
lets.sing.brunton@gmail.com
or call Jan on 0131 669 2888



Heart for Art

11am-1pm (every Tuesday)
Morningside Parish Church
Contact Jacqui on 07834 364 628 or
email pastoralassistant@morning-
sideparishchurch.org



Eric's Encore Music Group

1.30pm-2.30pm (every Tuesday)
Eric Liddell Centre Contact Gus at
harrowerg@ericliddell.org or call
0131 357 1277



Bo'Ness Dementia Café

10.30am (every Wednesday)
Richmond Park Hotel
Contact 01324 559480 or email
falkirkservices@alzscot.org



Porty Promenade Walk

10.30am (every Wednesday)
Meet at Swimming Centre Café
For more info Contact Active
Communities on 0131 458 2260



Craigie Hotel Morning Meet Up

10.30am-12 noon (every Wednesday)
Craigie Hotel EH26 9BZ
Booking essential, please contact
Michael on 0131 654 1114 or
mhuddleston@alzscot.org



Heart Dementia Meeting Centre

10.30am-12.30pm (every Wednesday)
Anchor Building, Newhaven
Contact Jan on 0131 259 6838 or
jan.brown@heartofnewhaven.co.uk



Liddell Lunch Lions

12pm-2pm (every Wednesday)
Eric Liddell Centre
Contact Malin Wollberg on
wollbergm@ericliddell.org
or 0131 357 1277



Livingstone Memory Café

1.00pm-2.30pm (every 2nd and 4th
Wednesday)
1 Grampian Court EH54 6QF
Contact Lauren Heap
lheap@alzscot.org
or call 07769364179



Chair Yoga

4.30pm-5.30pm (every Wednesday)
Online event
Book at 0131 315 2151 or email
admin@northedinburgharts.co.uk



Union Canal Walking Group

10am (every Thursday)
Meet at Fountainbridge Square
Contact Fiona on 07706580147



Forget Me Not Café - East Calder

10am-12noon (every last Thursday)
Easter Calder Parish Church EH53 0HF
Contact Lauren Heap
lheap@alzscot.org
or call 07769364179



Forget Me Notes: Choir at Gorgie

4pm-5pm (fortnightly on Thursdays)
Salvation Army Hall Gorgie Road
Contact the Forget Me Notes on
paul@forgetmenotes.org.uk
or 07588 894 587



Bloom & Blether

1pm-2.30pm (every Thursday)
Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org
or call 077693641791



Memory Lane Café


10am-12noon (every Friday ex 25/10
& 22/11 & 13/12)
Saughtonhall United Reform Church
Call Jenny on 07881 288090 or email
jenny@themurrayfieldclub.com



Liddell Lyrics

11am-12 noon (every Friday)
Eric Liddell Centre Contact Gus at
harrowerg@ericliddell.org
or call 0131 357 1277

December 2024

 **Dunbar Outdoor Activity Group**
10.30am-12 noon (every Monday)
Dunbar Leisure Pool
Contact Michael on
mhuddleston@alzscot.org

 **Hibs Football Memories**
10.45am-12.45pm (Every 1st and 3rd Monday)
Easter Road Stadium
Contact Margaret on
mags@hiberniancf.org

 **Big Hearts: Football and Edinburgh Memories**
1.30pm-3pm (every Monday and Tuesday)
Tynecastle Stadium
Contact Kim on
kim.ogilvie@bighearts.orguk
or call 07443 269 947

 **Gentle Exercise Class**
2pm-4pm (twice monthly)
Morningside Parish Church
Contact Jacqui on 07834 364 628 or email
pastoralassistant@morningside-parishchurch.orguk

 **Bathgate Memory Café**
2.30pm-4pm (every 1st Monday)
Bathgate Memory Café EH48 1QW
Lauren Heap
lheap@alzscot.org
or call 077693641791

 **Forget Me Notes Zoom Choir**
4pm (every Monday) Online
Contact Paul on
paul@forgetmenotes.org.uk
or 07588 894 587

 **Big Hearts: Football and Edinburgh Memories**
1.30pm-3pm (every Monday and Tuesday)
Tynecastle Stadium
Contact Kim on
kim.ogilvie@bighearts.orguk
or call 07443 269 947

 **Creative Corner Craft Group**
10.30am-12noon (1st Tuesday of the month)
Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org
or call 077693641791

 **Let's Sing: Dementia Singing Group**
11am-12.30pm (every Tuesday)
Fisherrow Centre Musselburgh
Contact Penny on
lets.sing.brunton@gmail.com
or call Jan on 0131 669 2888

 **Heart for Art**
11am-1pm (every Tuesday)
Morningside Parish Church
Contact Jacqui on 07834 364 628 or
email pastoralassistant@morningsideparishchurch.org

 **Eric's Encore Music Group**
1.30pm-2.30pm (every Tuesday)
Eric Liddell Centre
Contact Gus at
harrowerg@ericliddell.org
or call 0131 357 1277

 **Livi Legends Football Club**
1pm-2.30pm (1st Tuesday of the month)
Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org
or call 077693641791



The Teatime Club

5pm-7pm (every 1st & 3rd Tuesday)
St Thomas, Church Glasgow Road
Contact Georgia on 0131 478 7784



Porty Promenade Walk

10.30am (every Wednesday)
Meet at Swimming Centre Café
For more info Contact Active
Communities on 0131 458 2260



Bo'Ness Dementia Café

10.30am (every Wednesday)
Richmond Park Hotel
Contact 01324 559480 or email
falkirkservices@alzscot.org



Craigie Hotel Morning Meet Up

10.30am-12 noon (every Wednesday)
Craigie Hotel EH26 9BZ
Booking essential, please contact
Michael on 0131 654 1114 or
mhuddleston@alzscot.org



Heart Dementia Meeting Centre

10.30am-12.30pm (every Wednesday)
Anchor Building, Newhaven
Contact Jan on 0131 259 6838 or
jan.brown@heartofnewhaven.co.uk



Liddell Lunch Lions

12pm-2pm (every Wednesday)
Eric Liddell Centre
Contact Malin Wollberg on
wollbergm@ericliddell.org
or 0131 357 1277



A Bit of Everything Music Group

1.30pm-3pm (1st Wednesday of the
month) Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org
or call 077693641791



North-West Edinburgh Singing Group

2pm-3.45pm (every 1st and 3rd
Wednesday) Drylaw Parish Church Hall
Contact Ali on 0131 467 9354



Chair Yoga

4.30pm-5.30pm (every Wednesday)
Online event Book at 0131 315 2151
or email
admin@northedinburgharts.co.uk



Union Canal Walking Group

10am (every Thursday)
Meet at Fountainbridge Square
Contact Fiona on 07706580147



Bloom & Blether

1pm-2.30pm (every Thursday)
Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org
or call 077693641791



Choir in the Park

1.45pm-2.45pm (fortnightly on
Thursdays) Saughton Park Glasshouse
To book contact the Forget Me Notes
on paul@forgetmenotes.org.uk
or 07588 894 587



Memory Lane Café

10am-12noon (every Friday ex 25/10
& 22/11 & 13/12) Saughtonhall
United Reform Church
Call Jenny on 07881 288090 or email
jenny@themurrayfieldclub.com





Liddell Lyrics

11am-12 noon (every Friday)
Eric Liddell Centre Contact Gus at
harrowerg@ericliddell.org
or call 0131 357 1277



Dunbar Outdoor Activity Group

10.30am-12 noon (every Monday)
Dunbar Leisure Pool Contact Michael
on mhuddleston@alzscot.org



Redbrick Under 65s Café

11am-12.30pm (every 2nd Monday)
Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org
or call 077693641791



Big Hearts: Football and Edinburgh Memories

1.30pm-3pm (every Monday and Tuesday)
Tynecastle Stadium
Contact Kim on
kim.ogilvie@bighearts.org.uk
or call 07443 269 947



Music & Memories

2pm-4pm Morningside Parish Church
Contact Jacqui on 07834 364 628 or
email pastoralassistant@morningsideparishchurch.org.uk



Forget Me Notes Zoom Choir

4pm (every Monday) Online
Contact Paul on
paul@forgetmenotes.org.uk
or 07588 894 587



Big Hearts: Football and Edinburgh Memories

1.30pm-3pm (every Monday and Tuesday)
Tynecastle Stadium
Contact Kim on
kim.ogilvie@bighearts.org.uk
or call 07443 269 947



Let's Sing: Dementia Singing Group

11am-12.30pm (every Tuesday)
Fisherrow Centre Musselburgh
Contact Penny on
lets.sing.brunton@gmail.com
or call Jan on 0131 669 2888



Heart for Art

11am-1pm (every Tuesday)
Morningside Parish Church
Contact Jacqui on 07834 364 628 or
email pastoralassistant@morningsideparishchurch.org



Eric's Encore Music Group

1.30pm-2.30pm (every Tuesday)
Eric Liddell Centre
Contact Gus at
harrowerg@ericliddell.org
or call 0131 357 1277



Porty Promenade Walk

10.30am (every Wednesday)
Meet at Swimming Centre Café
For more info Contact Active
Communities on 0131 458 2260



Bo'Ness Dementia Café

10.30am (every Wednesday)
Richmond Park Hotel
Contact 01324 559480 or email
falkirkservices@alzscot.org



Craigie Hotel Morning Meet Up

10.30am-12 noon (every Wednesday)
Craigie Hotel EH26 9BZ
Booking essential, please contact
Michael on 0131 654 1114 or
mhuddleston@alzscot.org



Heart Dementia Meeting Centre

10.30am-12.30pm (every Wednesday)
Anchor Building, Newhaven
Contact Jan on 0131 259 6838 or
jan.brown@heartofnewhaven.co.uk



Liddell Lunch Lions

12pm-2pm (every Wednesday)
Eric Liddell Centre
Contact Malin Wollberg on
wollbergm@ericliddell.org
or 0131 357 1277



Livingstone Memory Café

1.00pm-2.30pm (every 2nd and 4th Wednesday)
1 Grampian Court EH54 6QF
Contact Lauren Heap
lheap@alzscot.org
or call 07769364179



D-Café Tranent

2pm-3.30pm (every 2nd Wednesday)
The Fraser Centre EH33 1AF
Booking essential
Contact Michael on 0131 654 1114
or mhuddleston@alzscot.org



Games Afternoon (Christmas Party!)

2pm-4pm Morningside Parish Church
Contact Jacqui on 07834 364 628 or
email pastoralassistant@morningsideparishchurch.org



Chair Yoga

4.30pm-5.30pm (every Wednesday)
Online event
Book at 0131 315 2151 or email
admin@northedinburgharts.co.uk



Union Canal Walking Group

10am (every Thursday)
Meet at Fountainbridge Square
Contact Fiona on 07706580147



Bloom & Blether

1pm-2.30pm (every Thursday)
Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org
or call 077693641791



Choir in the Park

1.45pm-2.45pm (fortnightly on Thursdays)
Saughton Park Glasshouse
To book contact the Forget Me Notes
on paul@forgetmenotes.org.uk
or 07588 894 587



The Sunlight Café

2pm-3.30pm (every 2nd Thursday)
2 Blackfaulds Place, EH47 9AS
Contact Lauren Heap
lheap@alzscot.org
or call 07769364179



Forget Me Notes: Choir at Gorgie

4pm-5pm (fortnightly on Thursdays)
Salvation Army Hall Gorgie Road
Contact the Forget Me Notes on
paul@forgetmenotes.org.uk
or 07588 894 587



Memory Lane Café (last before Christmas)

10am-12noon (every Friday ex 25/10 & 22/11 & 13/12)
Saughtonhall United Reform Church
Call Jenny on 07881 288090 or email
Jenny@themurrayfieldclub.com



Library Social: Festive Crafts

10.30am-12noon (every second Friday of the month)
National Library of Scotland
Contact Beverley on
b.casebow@nls.uk for more information



Liddell Lyrics

11am-12 noon (every Friday)
Eric Liddell Centre
Contact Gus at
harrowerg@ericliddell.org
or call 0131 357 1277



Dunbar Outdoor Activity Group

1030am-12 noon (every Monday)
Dunbar Leisure Pool
Contact Michael on
mhuddleston@alzscot.org



Hibs Football Memories

1045am-12.45pm (Every 1st and 3rd Monday) Easter Road Stadium
Contact Margaret on
mags@hiberniancf.org



**Memory Café
- Blackburn / Whitburn**

12.30pm-2pm (every 3rd Monday)
United Football Club EH47 7LL
Contact Lauren Heap
lheap@alzscot.org or call
07769364179



**Big Hearts: Football and
Edinburgh Memories**

1.30pm-3pm (every Monday and Tuesday) Tynecastle Stadium
Contact Kim on
kim.ogilvie@bighearts.orguk
or call 07443 269 947



**Gentle Exercise Class
(Christmas Party!)**

2pm-4pm (twice monthly)
Morningside Parish Church
Contact Jacqui on 07834 364 628 or
email pastoralassistant@morningsideparishchurch.orguk



Music & Memories

2pm-4pm Morningside Parish Church
Contact Jacqui on 07834 364 628 or email
pastoralassistant@morningsideparishchurch.orguk



**Forget Me Notes
Zoom Choir**

4pm (every Monday) Online
Contact Paul on
paul@forgetmenotes.org.uk
or 07588 894 587



**Big Hearts: Football and
Edinburgh Memories**

1.30pm-3pm (every Monday and Tuesday) Tynecastle Stadium
Contact Kim on
kim.ogilvie@bighearts.orguk
or call 07443 269 947



**Let's Sing: Dementia
Singing Group**

11am-12.30pm (every Tuesday)
Fisherrow Centre Musselburgh
Contact Penny on
lets.sing.brunton@gmail.com
or call Jan on 0131 669 2888



Heart for Art

11am-1pm (every Tuesday)
Morningside Parish Church
Contact Jacqui on 07834 364 628 or
email pastoralassistant@morningsideparishchurch.org



**Eric's Encore Music
Group**

1.30pm-2.30pm (every Tuesday)
Eric Liddell Centre Contact Gus at
harrowerg@ericliddell.org
or call 0131 357 1277



The Teatime Club

5pm-7pm (every 1st & 3rd Tuesday)
St Thomas, Church Glasgow Road
Contact Georgia on 0131 478 7784



Porty Promenade Walk

1030am (every Wednesday)
Meet at Swimming Centre Café
For more info Contact Active
Communities on 0131 458 2260



**The Caring Café
- Linlithgow**

10.30am-12noon (every 3rd Wednesday)
52 Blackness Road , EH49 7JA
Contact Lauren Heap
lheap@alzscot.org
or call 07769364179



Bo'Ness Dementia Café

10.30am (every Wednesday)
Richmond Park Hotel
Contact 01324 559480 or email
falkirkservices@alzscot.org



Craigie Hotel Morning Meet Up

10.30am-12 noon (every Wednesday)
Craigie Hotel EH26 9BZ
Booking essential, please contact
Michael on 0131 654 1114 or
mhuddleston@alzscot.org



Heart Dementia Meeting Centre

10.30am-12.30pm (every Wednesday)
Anchor Building, Newhaven
Contact Jan on 0131 259 6838 or
jan.brown@heartofnewhaven.co.uk



Liddell Lunch Lions

12pm-2pm (every Wednesday)
Eric Liddell Centre
Contact Malin Wollberg on
wollbergm@ericliddell.org or
0131 357 1277



Sunflower Café

2pm-3.30pm (every 3rd Wednesday)
Palmerston Place, Palmerston Place
Church For more information, phone
0131 220 1690



North-West Edinburgh Singing Group

2pm-3.45pm (every 1st and 3rd
Wednesday) Drylaw Parish Church Hall
Contact Ali on 0131 467 9354



Chair Yoga

4.30pm-5.30pm (every Wednesday)
Online event Book at 0131 315 2151
or email
admin@northedinburgharts.co.uk



Union Canal Walking Group

10am (every Thursday)
Meet at Fountainbridge Square
Contact Fiona on 07706



Bloom & Blether

1pm-2.30pm (every Thursday)
Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org
or call 077693641791 580147



Liddell Lyrics

11am-12 noon (every Friday)
Eric Liddell Centre Contact Gus at
harrowerg@ericliddell.org
or call 0131 357 1277



Armadale Memory Café

11.00am-1.00pm (every 3rd Friday)
Armadale Community Centre
Lauren Heap lheap@alzscot.org
or call 07769364179



Dunbar Outdoor Activity Group

1030am-12 noon (every Monday)
Dunbar Leisure Pool
Contact Michael on
mhuddleston@alzscot.org



Knit and Natter

11am-12.30pm (every 4th Monday)
Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org
or call 077693641791



Big Hearts: Football and Edinburgh Memories

1.30pm-3pm (every Monday and
Tuesday) Tynecastle Stadium
Contact Kim on
kim.ogilvie@bighearts.orguk
or call 07443 269 947



Forget Me Notes Zoom Choir

4pm (every Monday) Online
Contact Paul on
paul@forgetmenotes.org.uk
or 07588 894 587



Big Hearts: Football and Edinburgh Memories

1.30pm-3pm (every Monday and
Tuesday) Tynecastle Stadium
Contact Kim on
kim.ogilvie@bighearts.org.uk
or call 07443 269 947



Let's Sing: Dementia Singing Group

11am-12.30pm (every Tuesday)
Fisherrow Centre Musselburgh
Contact Penny on
lets.sing.brunton@gmail.com
or call Jan on 0131 669 2888



Heart for Art

11am-1pm (every Tuesday)
Morningside Parish Church
Contact Jacqui on 07834 364 628 or
email pastoralassistant@morn-
ingsideparishchurch.org



Eric's Encore Music Group

1.30pm-2.30pm (every Tuesday)
Eric Liddell Centre
Contact Gus at
harroverg@ericliddell.org
or call 0131 357 1277



Porty Promenade Walk

10.30am (every Wednesday)
Meet at Swimming Centre Café
For more info Contact Active
Communities on 0131 458 2260



Bo'Ness Dementia Café

1030am (every Wednesday)
Richmond Park Hotel
Contact 01324 559480 or email
falkirkservices@alzscot.org



Craigie Hotel Morning Meet Up

10.30am-12 noon (every Wednesday)
Craigie Hotel EH26 9BZ Booking
essential, please contact Michael on
0131 654 1114 or
mhuddleston@alzscot.org



Heart Dementia Meeting Centre

10.30am-12.30pm (every Wednesday)
Anchor Building, Newhaven
Contact Jan on 0131 259 6838 or
jan.brown@heartofnewhaven.co.uk



Liddell Lunch Lions

12pm-2pm (every Wednesday)
Eric Liddell Centre
Contact Malin Wollberg on
wollbergm@ericliddell.org
or 0131 357 1277



Livingstone Memory Café

1.00pm-2.30pm (every 2nd and 4th
Wednesday) 1 Grampian Court EH54
6QF Contact Lauren Heap
lheap@alzscot.org
or call 07769364179



Chair Yoga

4.30pm-5.30pm (every Wednesday)
Online event
Book at 0131 315 2151 or email
admin@northedinburgharts.co.uk



Union Canal Walking Group

10am (every Thursday)
Meet at Fountainbridge Square
Contact Fiona on 07706580147



Bloom & Blether

1pm-2.30pm (every Thursday)
Grampian Court EH54 6QF
Contact Lauren Heap at
lheap@alzscot.org or call
077693641791



Choir in the Park

1.45pm-2.45pm (fortnightly on Thursdays) Saughton Park Glasshouse
To book contact the Forget Me Notes on paul@forgetmenotes.org.uk or 07588 894 587



Forget Me Notes: Choir at Gorgie

4pm-5pm (fortnightly on Thursdays) Salvation Army Hall Gorgie Road
Contact the Forget Me Notes on paul@forgetmenotes.org.uk or 07588 894 587



Liddell Lyrics

11am-12 noon (every Friday) Eric Liddell Centre Contact Gus at harrowerg@ericliddell.org or call 0131 357 1277



Dunbar Outdoor Activity Group

10.30am-12 noon (every Monday) Dunbar Leisure Pool
Contact Michael on mhuddleston@alzscot.org



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Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



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Eric's Encore Music Group

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Actor One: Robert Carlyle, **Actor Two:** Robbie Coltrane, **Actor Three:** Ncuti Gatwa, **Actor Four:** Ken Stott, **Actor Five:** Deborah Kerr, **Actor Six:** Annette Crosbie.

Useful Numbers

Alzheimer Scotland National Office

160 Dundee Street, Edinburgh EH11 1DQ.

Phone 0131 243 1453

email alzheimerscot.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

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
