

Creative voices at Capital Theatres

DementiArts



The Show Eiffel For!

Care homes tour steals hearts
with tale of railway-themed
brief encounter

More on page 10

**Special
Edition**
Songwriting Sprint
EP included!
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Welcome to Winter 2025

Another New Year, readers, with little more to show for the Christmas just past other than chubbier bellies and a few lonesome pine needles round the back of the telly. These cold months may seem daunting, but they are peppered with hope: Burns celebrations, longer evenings and snowdrops popping up in the garden. And we intend to celebrate them all here at Capital Theatres.

Winter is also the perfect time to hunker down and be creative; and my goodness has the Capital Theatres dementia community been creative of late! In fact, this was the BIGGEST issue of DementiArts I've ever had to compile. And I only have 400 words in this editorial before designer Jane gives me a stern look. So I better get on! Here goes:

First off, you'll notice a CD at the back of this issue. That's the **Songwriting Sprint EP**, an entirely dementia-community-written album, performed and mixed by singer-songwriter Gus Harrower (who also stepped into Lucie's shoes as maternity cover this past quarter). **STV** and **The Sunday Mail** featured the album, alongside our longstanding partners the Forget Me Notes (of Together in Song fame), back in December. We didn't *quite* make Christmas Number 1, but I'm sure you'll agree, after listening to lyrical and music brilliance of the attached CD, that this was nothing short of a scandalous oversight!

Gus also featured as "the fairy Gus-mother" in our heritage-themed **Brew & Blether** in November, as did Alan Midwinter (as the dame!) in **Together in Song**. In November, we were also delighted to design the programme for the **Deepness Dementia Arts Festival**, showcasing some of the best creative talent from people living with dementia all over Scotland, while **Jack in the Box** and our **Care Home Storytelling Sessions** ensured that those in care settings didn't miss out on the Capital Theatres fun. **The Hobby Box** and **Picture a Song** rounded off the year, with Lewis Davie taking us on a whistlestop tour of music's "British Invasion" in the latter, while the **Scottish Parliament** and **Gaiety Theatre** in Ayr paid us a visit to learn more about our dementia work.

Phew! Of course, we wouldn't have been able to do any of this without your creative guidance, offered in our bimonthly **Focus Group** (please consider joining!), nor without the support of our ever-brilliant dementia-friendly volunteers. And many thanks to **Alzheimer Scotland** for their role in helping distribute this magazine via their team of link workers

So, to another season of unbridled creativity, excitement and surprises! Enjoy the journey of the following pages, and it'll be Spring before we know it...

Alex and the Creative Engagement Team

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

alex.howard@capitaltheatres.com or gus.harrower@capitaltheatres.com

Cover Photo Credit: Greg Macvean



Connecting with nature at the Outdoor Dementia Resource Centre

A warm welcome can make all the difference when visiting somewhere for the first time. And they don't come warmer than they do at the brand-new Dementia Resource Centre in Badaguish, Cairngorm. The first outdoor dementia resource centre in Scotland, the Centre mixes outdoor activities with coorie wintering crafts (and marshmallow toasting!) for a unique dementia-friendly experience that puts the natural world centre stage. David Clyne tells us more.

We all benefit from connecting with nature, listening to the birds singing and taking a moment to enjoy the changing of the seasons. Especially this time of year, spending time outdoors to catch that short amount of daylight is great for your health. Here in the Cairngorms National Park, we are working with Alzheimer Scotland to make sure that people with dementia, their families, and carers are able to experience all the mental and physical health benefits that come from getting outdoors.

Just east of Aviemore, nestled in amongst forests and snowcapped hills, lives the UK's first Outdoor Dementia Resource Centre. Based at the Badaguish Outdoor Centre and run by Alzheimer Scotland, the centre provides an inclusive and safe location for people living with dementia, their loved ones and carers to experience and enjoy the outdoors.

Since opening last year, more than 800 people have already benefited from 150 different groups and sessions on offer. Activities are varied, including everything from gardening, art, cycling, basket weaving and music all with a focus on connecting with nature. This year residents and visitors to the National Park have joined the centre to take up bird watching, pond dipping to identify the bugs and beasties living in local waters, and even knot tying. On warmer nights before heading home, the groups enjoy roasting marshmallows over a crackling fire, telling stories and sitting under the stars.

People with dementia and their loved ones often share that it can be a lonely experience, so the value of a safe place to come together with people who understand is enormous.



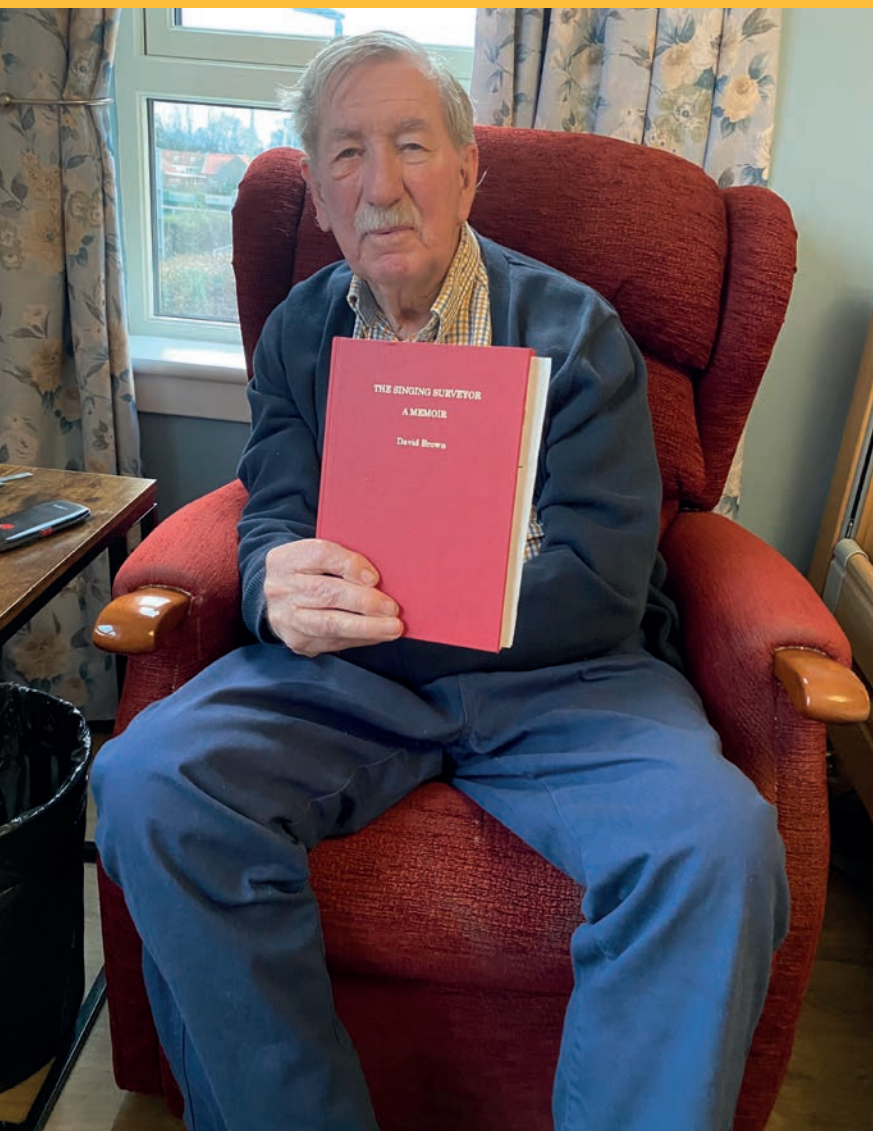
Kenny and Andy who run the centre care deeply about making sure that everyone can take part, no matter their ability. They work with a huge number of partners, creatively adapting their programme to ensure it is accessible and enjoyable. And when the weather gets a bit chilly, they focus on 'wintering well'. Here they prioritise green health with seasonal and sensory activities like jam and candle making, a useful reminder for all of us that even in the dreicher months there are still ways to connect with nature and feel all the benefits of doing so.

Art and music are perfect, weatherproof ways to enable people with dementia to 'winter well', embracing the seasonal changes by staying connected to people and nature. The centre is also developing a community gallery space with a local cafe to exhibit some of the artwork they have created.

The Cairngorms National Park may be home to the first Outdoor Dementia Resource Centre, but the success of the project is already inspiring similar developments as Alzheimer Scotland will open a second centre in Edinburgh in 2025.

With over 800 people taking part each year, this pioneering green health project was funded through the Cairngorms National Park Authority's ambitious Cairngorms 2030 programme, supported by The National Lottery Heritage Fund. The centre is primarily aimed at local residents, however visitors are always warmly welcomed. You can find out more, how to visit, as well as upcoming events on their website: alzscot.org/odrc

David Clyne is the head of the Cairngorms 2030 programme, a transformational vision for the Cairngorms National Park. Across 20 long-term projects, the programme will benefit people's health and well-being, deliver on climate change and enhance nature. If you want to find out more about the Outdoor Dementia Resource Centre, one of the programme's 20 projects, contact Kenny, Outdoor Resource Centre Coordinator at KWright@Alzscot.org or visit alzscot.org/odrc



The Singing Surveyor

Accidentally getting Sting's autograph, witnessing a snake attack, and having your work approved by a Singaporean Feng Shui master... Careers come in all shapes and sizes, but it's fair to say, for Ann's latest interviewee, the daily grind was particularly extraordinary. One wonders how he even found time to sing? Ann Burnett tells us more about her time visiting memoirist and polymath David, aka "The Singing Surveyor".

David and I are singing Flanders and Swann's Mud, Glorious Mud, he with a magnificent bass-baritone voice which hopefully covers my squeaky drone. I don't know all the words but thankfully I have him to follow. We're sitting in his room in the care home where he now lives, surrounded by photos of his family and friends and overlooking the neighbourhood.

He has an extensive repertoire. He follows up the comic song with a hearty rendition of a solo from Gilbert and Sullivan's Iolanthe, Private Willis's When All Night Long a Chap Remains which he'd sung in the Saffron Walden Operatic Society's production in 1971. We round off our sing-song with some sea shanties, Haul Away Joe, The Irish Rover and What Shall we do with the Drunken Sailor. Goodness know what the other residents think! But I hope they appreciate his lovely singing voice.

David has always loved singing and he took singing lessons at The Guildhall School of Music when he was working in London as a chartered surveyor. Even after he retired he sang as part of Nelson's Shantymen, a group from the Burnhams area in Norfolk where Nelson was born. They sang at festivals and events,



specialising in sea shanties and produced three CDs while he was a member. The group are still going strong and you can watch them perform on YouTube.

In 2020 David privately published his memoir for distribution to his family which he kindly allowed me to borrow to read. It's a fascinating account of his life, particularly his travels when he was working for a multinational company as a property surveyor and manager. He spent a lot of time in South America particularly Brazil and Venezuela where he had some interesting experiences.

In his memoir, he writes ;

'I was walking along a pathway to the office one morning beneath a canopy of flowering trees. Another man was walking ... about ten yards ahead. All of a sudden he let out a piercing scream and started shaking his arms and hands around his head and then a long thin, green snake landed on the pavement. Apparently it was a poisonous snake that lives in trees...'

On a flight to Caracas in Venezuela, travelling first class as his company always allowed him to, he was seated next to a young man with two equally young friends in the seats behind. They began chatting and David asked him what he did. 'We're in a rock band,' was the reply. 'The Police.' David wasn't sure if he'd heard of them, but having two young daughters, he thought he should get their autograph. His daughters were thrilled to have the autographs of Sting and his bandmates!

But his favourite country was Singapore and he made many trips there, around 28 he reckons. He even loved the hot and humid weather! The large project he was involved in had to be assessed by a Feng Shui master before it was allowed to go ahead.

He's had a most interesting life and I enjoyed listening to his tales and of course to his singing.



“‘Thunder Road’ by Bruce Springsteen will always remind me of my mother...”

Welcome to Playlist Corner, a new addition to DementiArts inspired by our friends over at Playlist for Life. Each quarter, we'll be spotlighting a different member of the Capital Theatres team – from backstage to café staff – to find out more about a life through music. This month, we welcome a well-kent face: it is none other than new creative engagement coordinator and Tea & 'Jam' pianist, Gus Harrower.

Which song reminds you of your hometown?

“Sunshine on Leith” by the Proclaimers will always remind me of Edinburgh. Aside from their Scottish accents, whenever I hear the song, I imagine myself on top of Arthurs Seat looking down onto the city, seeing the sun break through the clouds over Leith. I am not that much interested in football, but I will never forget hearing that song live in Leith Links in 2023. As soon as ‘Sunshine on Leith’ began, the heavens opened! It was like a religious experience.

Which song reminds you of your childhood?

My grandmother used to play “Diamonds on the Soles of Her Shoes” by Paul Simon when we were driving



to her house in the Dumfries & Galloway countryside. She loved jazz and classical music, so it was always refreshing to hear a song that had lyrics in it. I remember being captured by the unique sound of the Graceland album and the imagery in "Diamonds on the Soles of Her Shoes." It is still a song I go back to and find it is a perfect song for chilled summer afternoons!

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

"The Load-Out" by Jackson Browne was one of the first songs that I performed live and will always remind me of those formative years. It is an ode to stage crew and fans and is a brilliantly written song. Working at Capital Theatres, we see how hard everyone works behind the scenes to stage these massive productions, and this song sums up that experience - "They're the first to come and the last to leave"

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

I think that "Waiting for a Star to Fall" by Boy Meets Girl is an underrated 80's tune and I always absolutely LOVE hearing it if I am out dancing on a Saturday night. The 80's were undoubtedly the best time for party music, and you can hear its influence in so much music that is released today. I, for one, love to reference artists like Bruce Hornsby and U2 when recording music.

Which song reminds you of someone special?

"Thunder Road" by Bruce Springsteen will always remind me of my mother. I have a vivid memory of being on holiday and I must have just gotten an iPod because I was downloading every song under the sun to listen to when sitting by the pool. My mum suggested I listen to "Thunder Road" and "Cracklin' Rosie" and that was me converted! I must have played those songs a hundred times over the course of that holiday!

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



Jack in the Box by James and Michelle

When the Creative Engagement team saw the dress rehearsal of James and Michelle's latest care homes play Jack in the Box, it's fair to say we were suitably 'wowed'. But would residents in dementia care settings respond as positively? To our relief, feedback from meeting centres, drop-ins and residences has been glowing, as is reflected in this review from Nicola Bhabutta.

The Murrayfield Club was brilliantly entertained by a performance of the new show Jack in the Box in November. During the performance we all boarded a train from Carlisle to Edinburgh and had lots of fun as the guard and stowaway got up to mischief. Michelle, the train guard, started by handing out authentic tickets and chatting to all the members to set the scene and get them on board the sensory experience.

Once the journey had started, the guard found a stow away called Jack, in a box on the train and could also hear a dog barking in another box. This is when the fun really started. The naughty guard started rifling through all of the passengers' boxes searching for the dog (sound effects provided by a talented audience member!) and the discovered items, prompted many wonderful songs.

A beach ball tossed around the group caused great hilarity as everyone joined in to sing Oh I Do Love To Be Beside The Seaside. Michelle in her Itsy Bitsy Teeny Weeny Yellow Polka Dot Bikini (a clever apron) caused quite a stir with lots of laughter as they all sang along to the famous song. Let's Go Fly a Kite was enthusiastically sung when a colourful kite was found and 'flown' around the room. At one stage the audience was invited to a wedding



and put on hats and fancy fascinators to sing Bonnie Wee Jeannie McCall. These were just some of the fabulous songs picked to help narrate the story and involve all the audience in a fun and creative way. All the songs were familiar to the group so they enthusiastically sang along as they laughed at the antics of Jack and the guard on the train to Waverley Station. Furthermore, the props acted as clever visual aids to ensure the audience could follow the story and get involved. All the props were passed around the group so that they could see them clearly and feel them too for a totally immersive and inclusive experience. Any audience interruptions were thoughtfully dealt with by Michelle by making it part of the show. One member started singing a song not included in the show but Michelle and the rest of the group happily sang along nevertheless.

The show was very thoughtfully written and carefully performed so that it appealed to our group of older people and made sure that they got the best entertainment experience possible. Everyone was sad when we finally reached our destination but happy and fulfilled by the amazing sensory experience.

Jenny Rowe, project co-ordinator at The Murrayfield Club, also added:

Michelle and James are such an engaging duo. They really light up the room and create a great energy which is always enjoyed by everyone. Our members (and staff and volunteers) love their performances so much that we are always extra excited if we are lucky enough to get them booked. They have a lasting impact on the members with their shows being chatted about and reminisced over for some time afterwards. They are able to engage with their audience on a different level, really bringing the theatre experience to them and giving them this wonderful time bonding over songs, original stories and laughter. They are a treasure and we hope that we are able to have them many more times in the future.

Jenny and Nicola both work at The Murrayfield Club - a stimulating, supportive and fun club for older members of the community. Founded in 1990, it has become particularly popular among those who are frail or live with early-stage dementia. For more information, contact club coordinator Jenny Rowe at jenny@themurrayfieldclub.com.



Haggis Fried Rice? Behold 'The Cheung Special!'

Never one to let his recipes turn stale, chef Mike Cheung, who lives with dementia, is back with an all-new dementia-friendly recipe book! Here, he offers his own Cantonese twist on the famous Scottish Haggis. Behold, the Mighty Cheung Special!

Ingredients:

- Cooked rice – 150 g
- One small onion, finely chopped
- 1 dessert spoon of soy sauce
- ½ dessert spoon of oyster sauce
- Sesame oil – 2 teaspoons
- Vegetable oil
- Cooked haggis – 150 g (add more if you like haggis)
- Frozen peas, defrosted
- 1 egg (for poaching or frying)

Method:

1. Cook the haggis according to instructions, gently break up the large lumps.
2. Brown the onion in a frying pan (or wok) for 2 minutes.
3. Add the peas and the cooked rice, stir fry for about 3 minutes.
4. Add the haggis and stir fry until everything is thoroughly warmed through.
5. Add all the sauces and mix well.
6. Serve on a warm plate and add the poached egg/fried egg.
7. Serve with sweet chilli sauce or sweet and sour sauce.

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 hope to remind people of the importance of a nutritious, healthy diet for the benefit of both mind and body.

Three Little Turkeys

The life of a turkey is a fragile thing, though you wouldn't think it listening to these three from Kippen cluck on. Sing along to the latest instalment from Paul Shaw who never lets a barnyard barney go unreported...

(Set to the tune 'Three little maids' from the Mikado)

Three little Turkeys from Kippen are we
We've said goodbye to the Christmas Tree
Yuletide is past, and as you can see
We're alive, scratching and free free free

We've many more months to gobble and peck
Whatever we do we don't give a feck
We've survived the chop so what the heck
Live life to the full whilst we still have a neck

Three little Turkeys, from Kippen we've come
to annoy Mr Peacock, it's so much fun.
He flashes his feathers but we care none
We'll gobble his grain until its gone

Floppy Fat Rabbit is as slow as can be
We don't much care when we pinch his tea
The fun thing is he hasn't a scooby
That next Christmas he'll be the turkey

When the farmer comes in with his crook
For something suitable to cook
He won't see us 'cos like alpacas we'll look
With costumes on, we're off the hook!

And Floppy Fat Rabbit we will dress
In a turkey outfit bound to impress
With thick thighs and massive breasts
A rabbit beneath you would never guess

We're Three little Turkeys who live on a farm
We love our time gobbling in the barn
For years to come all will stay calm
With plenty more rabbits to keep us from harm





Magic Moments Past and Present: How Songwriting Sprint Captured the Heart of Edinburgh's Dementia Community

You'll notice that this copy of DementiArts is a little heavier than usual because of the CD included on the back page! Here, musician and Creative Engagement Co-Ordinator Gus Harrower discusses the magical process that gave rise to the Songwriting Sprint EP, what these sessions meant to him, and the nuggets of history discovered along the way.

Music is a powerful way to connect with people. For those living with dementia, it can bring back positive feelings and memories which can help people develop and maintain relationships with others and improve their wellbeing. Throughout our lives, we take part in, dance and sing to music and sound but not everyone experiences songwriting. Songwriting is a deeply personal experience. It can also be a real challenge. I compare songwriting to putting together a jigsaw where the pieces are the lyrics and structure of a song, and the best version of that song only exists when those pieces fall into place.

Over the past 3 years, the Capital Theatres dementia friendly community have been penning original songs during our 'Songwriting Sprint' sessions. These sessions see the community take a stimulus (image, theme, a single word etc.) and have a general blether about whatever is presented to them. During these conversations,



participants will reminisce and share stories about the topic, and it was always an education for me! I loved to hear about how people used to entertain themselves on hazy summer days, or how many marriages were forged at The Palais de Danse. (I would say 80% of the couples that come to Capital Theatres events met on the dancefloor of one of Edinburgh's dance halls!) When people started chatting, I would take note of any funny wee words, lines, or anecdotes. Sometimes people will produce whole verses right there on the spot! Each session was different. That is what made Songwriting Sprint so fun! When I felt we had enough lyrical content, I would try and make a start putting it to music. This was usually utilising a melody or chord progression that I had had floating around my head for a while. Then before we knew it, we would have a full song in front of us! Some months were trickier than others, and we would have to revisit our ideas later down the line but 9 times out of 10, we completed a song within the hour – it was amazing!

Earlier this year, Lucie, Alex, and I sat down and took stock of the songs we had written and found 4 songs that perfectly summed up the community and our whole ethos. Those songs were "Changes," "Summer," "Valentine's Day" and our own Christmas smash hit, "Christmas (Like it Was Before)." "Changes" is a song about the changing seasons and how this makes us feel. It also touches on the ever-changing physical landscape of Edinburgh over the years and how much the younger generation's lifestyle compares to how our community grew up. "Summer" is a light-hearted celebration of summer days spent in Edinburgh as a kid. When we wrote this, everyone reminisced about how much freedom you would have as a child and when you woke, the entire day was yours to spend with your pals. I think it's fair to say children don't have the same levels of freedom now! "Valentine's Day" is a heartfelt evocation of a relationship and a gorgeous love song. My favourite line is "you said we better hurry or we'll miss the last bus."

What is important about these songs is that they were written by people living with dementia, telling real stories, and sharing their experiences with the world—a world that so often dismisses those with a dementia diagnosis. I am delighted to have played a part in the creation of these songs and hope they are the first of many more to come!



A Boldly Blethering Creative Dementia Community!

Standing for 'Bringing Out Leaders in Dementia', the bold programme uses creative and innovative methods to nurture confident leaders. It is for anyone across Scotland working with, living with, or supporting someone who has dementia. Below, Lorna outlines her experience of bold's 6-week leadership programme, reflecting on how blethers and community made up its beating heart.

Tai Chi Blether – August 2024

Our amazing August Tai Chi Online **bold** Blether was hosted by one of our **bold** Partners, Anne Irvine, and focussed on the health benefits of Tai Chi with a wee demo too. Tai Chi is an ancient system of movements that coordinate the hands, feet, body, mind and breath. Anne chatted about her own Tai Chi practice and how this has really helped her through some tough times as an unpaid dementia carer to practice self-care and relieve stress.

We began our online **bold** Blether with a guided 3-line relaxation to ground us and gently bring us together into a safe online space, which everyone really enjoyed. Anne then went on to educate us all about the difference between Tai Chi a Moving Meditation versus Qi Gong a Standing Practice. Most people meditate for the promised calm state of mind and positive outlook on life. There are standing meditation practices with and without movements known as Qi Gong. Tai Chi is called a moving meditation because the same techniques



such as focusing on the breath and coordinating it with movements, calming the mind, focusing on the present, and slowing down are shared by both. Practitioners of both enjoy an improved mental state, positive outlook, and strength to navigate stressful situations in their life.

Anne concluded with the Benefits of Tai Chi to both your inner and outer health:

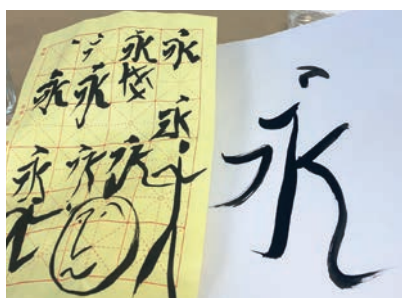
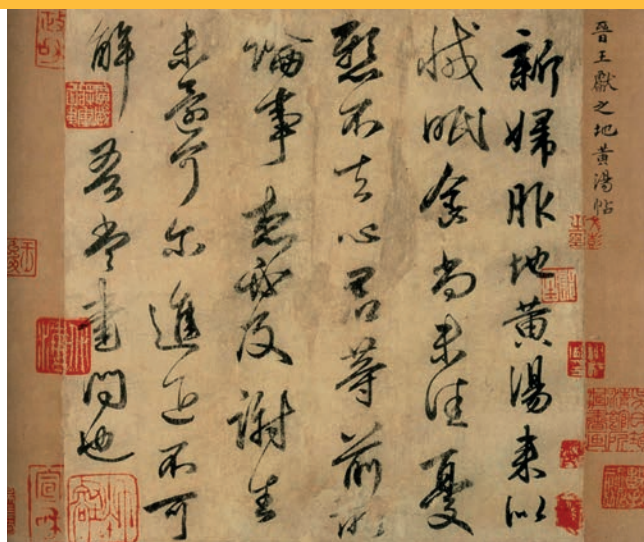
- Relieving stress and anxiety
- Boosting cognitive abilities
- Increasing flexibility and agility
- Improving balance and coordination skills
- Enhancing strength and stamina

We had a lovely **bold** Blether with peer support, connection and sharing such as a wee self-care tip to take 'kettle breaths' when making your cuppa. We felt - Calm, Inspired, Encouraged and Connected after our session with the following feedback from one of our partners living with dementia summing it up perfectly "Thanks so much it was great to hear everybody's tips and stories, Anne thank you for the meditation, Wow!"

Calligraphy Blether – September 2024

Hot on the heels of our August **bold** Blether was our first in-person **bold** Blether hosted at The Heart of Newhaven Dementia Meeting Centre at the beginning of September. Another brilliant **bold** Partner and member of our **bold** Community is Mike Cheung, who was born in Hong Kong, is a retired biology teacher and lives with Alzheimer's. Mike is passionate about supporting those living with dementia to live a 'new and better life' and often does this through his passion for Chinese cooking and calligraphy and so the idea for a **bold** 'Introduction to Chinese Calligraphy' Blether emerged.

bold Feature



Mike kicked off our **bold** Blether explaining what Chinese calligraphy is. Chinese calligraphy is the stylised artistic writing of Chinese characters and the written form of Chinese that unites the languages (dialects) spoken in China. The Chinese consider calligraphy to be supreme among the visual arts in China, it also sets the standard by which Chinese painting is judged.

Mike then explained all the equipment contained within our bold calligraphy kits such as the brushes, rice paper, ink and ink pods and demonstrated how to use them all. We were then introduced to the basic strokes and invited to have a go. It was tricky to hold the brush as you hold it directly above the paper and paint up and down as opposed to left to right, so it takes some getting used to. Our artistic calligraphy abilities were mixed but we all enjoyed trying; however, one of our participants found that the copying aggravated his dementia, so he freestyled with calligraphy drawings which helped to calm his mind. It was then time to have a wee break with Chinese red tea which was very refreshing closely followed by practicing Chinese numbers and our names which Mike has kindly translated into Chinese for us all.

We ended our brilliant in-person bold Blether by eating Chinese food that Mike and his assistant Tom had expertly prepared for us accompanied with fortune cookies and chopstick games. Lovely feedback after our **bold** Chinese Calligraphy Blether included:

*"We loved having **bold** come and visit. And thanks Mike for the delicious lunch."*

"Lunch was yummy company was excellent, I came home very tired but so inspired."

"It was a joyous morning full of fun and our members and volunteers really enjoyed it."

And that's a wrap (lettuce perhaps) for the latest news on the bold Blethers and what has been happening in our amazing bold Creative, Dementia Community!

Warm **bold** wishes from Luó ná (Chinese for Lorna)

Look out for more bold Blethers on the road near you, and if you would like to download any of the information from our bold Blethers to use in your dementia community, please visit the Downloadable bold resources section on our bold website at bold-scotland.org. bold is a creative project delivered in partnership by The University of Edinburgh and Queen Margaret University and is funded by the Life Changes Trust.



The Clove That Dare Not Breathe Its Name

Garlic, wonder food and warder-off of vampires. But when it comes to gastronomy and “ae fond kiss” never the twain should mix as Irene Clouston wittily attests in this quarter’s Poetry Corner entry...

Should you mistakenly bite into raw garlic,
Your face will register horrific surprise,
As its tang traumatises your taste buds,
Causing tears to stream from your eyes.

But when a lifeless meal needs resuscitation,
A clove or two of this bulb reigns supreme,
Enlivening the most mundane ingredients,
To produce a truly gastronomic dream.

Daily doses aid hearts and ward off pestilence,
And it’s a well-known fact, so they say,
Wearing a necklace of bulbs around one’s neck,
Will keep vampires (or was it the Taxman?) at bay!

Finally I caution all romancing garlic lovers,
With their sights set on connubial bliss,
Unless your partner shares same love of its pungency,
Your lips might n’er savour “ae fond kiss”!

Irene Clouston



From Finance to Festivals: Ian Petrie's Twisty-Turny Road to Fine Art Showcase

A bumper Art Corner this quarter, featuring the paintings from businessman-turned-community artist Ian Petrie. Ian's sharp eye for colour was first recognised at the age of 18, and has since been celebrated more recently at the 2nd Scottish Dementia Arts Festival.

Hello, I would like to introduce you artwork by Ian Petrie, an active member of the Eric Liddell Community and Liddell Lions, our Meeting Centre group for people living with dementia and their loved ones. In November, Ian displayed his paintings at the Scottish Dementia Arts Festival in Edinburgh. We met with Ian's friends from the Liddell Lions group at the exhibition and celebrated together this important achievement.

Ian has been painting since he was a child and won the School Art Prize when he was 18. He studied psychology and philosophy at St. Andrews University and then worked in business and finance. Ten years ago, Ian started an art group in sheltered housing in Edinburgh and rediscovered his love for art. He has been painting since, drawing great inspiration from nature, especially animals. 'Art relaxes me and is company with friends' says Ian regarding his passion for painting and doing art.

At The Eric Liddell Community, we have a diverse programme of activities for carers and the cared for, with a particular focus on dementia-friendly activities. As part of the Meeting Centres model and network, we meet every Wednesday from 11.30 am to 2 pm for a social club dedicated to people living with dementia and their care partners. We meet for a cuppa and a blether, soup and sandwiches and then an afternoon programme of activities designed together with group members according to their preferences, suggestions, feedback and requests. We also have a monthly programme of outings around town. Our group Liddell Lions is named in honour of our funders from the Celtic Football Team. What members love the most about Liddell Lions is the friendly atmosphere and the opportunity to make and build new friendships.

By Valeria Lembo

If you are a person living with early-stage dementia or a carer and would like to know more about Liddell Lions and the other dementia-friendly activities at The Eric Liddell Community, please get in touch with Valeria Lembo: lembov@ericliddell.org / 07842444973



Those Were the Days

It's tram trivia time! These vintage snaps show the mighty Edinburgh galleons trundling around well-known Edinburgh spots and suburbs. Can you guess all the locations? (Tip: for two of them, the clock in the background is the giveaway!)



Location One



Location Two



Location Three



Location Four



Location five



Location Six



Location Seven



Location Eight

Answers on p34

A Quarter in Pictures!



We've done so much over the last few months, I simply had to showcase some of the fun in a gallery! Enjoy these snapshots of our dementia-friendly staff, volunteers and participants living their best lives...





Welcome to Pet Corner!

It's two for the price of one this quarter of Pet Corner! Behold existentially-perturbed Monty and movie-night-loving Tommy, two pets from our lovely new staff member Joe Rattray. Despite his smaller stature, I think it's fair to say Monty is the one you wouldn't want to confront on a dark night...

Name Monty
Age 8 years old
Human Joe (Creative Engagement Assistant)
Description A generously proportioned grey tabby with a permanently concerned expression
Hobbies As the eldest animal in a pet family of five, Monty has a duty of care over his younger feline siblings, protecting them from the unwelcome addition of two large dogs to the home. He packs a heavy punch and never backs down. When he's not busy patrolling his territory, Monty spends the rest of his time asking for cuddles and playing with his laser pointer!

Name Tommy
Age 4 years old
Human Joe (Creative Engagement Assistant)
Description A Collie-shaped, German-shepherd-coloured good boy.
Hobbies Chasing toys. Finding toys. Hiding toys. Throwing toys. Barking about toys. Little Tommy, named after the infamous Tommy Shelby, is a sweetheart with a ridiculously overactive brain. He never stops wanting to chase and fetch, and will shout at you day and night until you agree to play. That said, he loves a cuddle and a belly rub. Movie night is his favourite night because all the humans are in one place and he has a cosy sofa to share with them.

Calendar

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
Gus Harrower gus.harrower@capitaltheatres.com

January 2025



Dunbar Outdoor Activity

Group, 10.30am–12 noon (every Monday), Dunbar Leisure Pool, EH42 1EU. Contact Michael on mhuddleston@alzscot.org



St Brides Music Memories

10.45am (every Monday), St Brides Centre, EH11 2DZ. Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587



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, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Forget Me Notes Zoom Choir

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



Let's Sing: Dementia Singing Group

11am—12.30pm (every Tuesday), Fisherrow Centre Musselburgh, EH21 6AT. Contact Penny on sing.brunton@gmail.com or call Jan on 0131 669 2888



Heart for Art

11am—1pm (every Tuesday), Morningside Parish Church, EH10 6BU. Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



Livi Legends Sports Group

1pm—2.30pm, West Lothian Brain Health Centre, EH54 6QF. Contact westlothianservices@alzscot.org or call 01506 533 108 to find out more about extensive West Lothian AlzScot activities, cafes and events

Calendar January 2025



Big Hearts: Football and Edinburgh Memories

1.30pm–3pm (every Monday and Tuesday), Tynecastle Stadium, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Knit and Natter Livingstone

1pm—3pm (every Tuesday), Braid Health & Wellbeing EH54 6BU, Contact Lauren Heap at lheap@alzscot.org or call 077693641791



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday), Eric Liddell Centre, EH10 4DP. Contact Valeria at lembov@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



Knit and Natter Boghall

10am—11.30 (every Wednesday), Boghall Drop-in Centre EH58 1SR, Contact Lauren Heap at lheap@alzscot.org or call 077693641791



Craigie Hotel Morning Meet Up

10.30am—12 noon (every Wednesday), Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org



Porty Promenade Walk

10.30am (every Wednesday), Meet at Swimming Centre Café, EH15 2BS. For more info, contact Active Communities on 0131 458 2260.



Bo'Ness Dementia Café

10.30am (every Wednesday), Richmond Park Hotel, EH51 0DN. Contact 01324 559480 or email falkirkservices@alzscot.org.



Liddell Lions Lunch

12pm—2pm (every Wednesday), Eric Liddell Centre, EH10 4DP. Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277



Livingstone Memory Café

1pm—2.30pm (every Wednesday), Richmond Park Hotel, EH51 0DN. Contact 01324 559480 or email falkirkservices@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

Calendar January 2025



Choir in the Park

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



Memory Lane Cafe

Saughtonhall Church. Every Friday 10am-12pm. Contact Jenny on 07881288909 / jenny@themurrayfieldclub.com



Dunbar Outdoor Activity

Group, 10.30am–12 noon (every Monday), Dunbar Leisure Pool, EH42 1EU. Contact Michael on mhuddleston@alzscot.org.



St Brides Music Memories

10.45am (every Monday), St Brides Centre, EH11 2DZ. Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587



West Calder Community Café

1pm—2.30pm, West Calder Hub EH55 8DZ. Contact westlothianservices@alzscot.org or call 01506 533 108 to find out more about extensive West Lothian AlzScot activities, cafes and events



Big Hearts: Football and Edinburgh Memories

1.30pm–3pm (every Monday and Tuesday), Tynecastle Stadium, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



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



Let's Sing: Dementia Singing Group

11am—12.30pm (every Tuesday), Fisherrow Centre Musselburgh, EH21 6AT. 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, EH10 6BU. Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



Knit and Natter Livingstone

1pm—3pm (every Tuesday), Braid Health & Wellbeing EH54 6BU, Contact Lauren Heap at lheap@alzscot.org or call 077693641791



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday), Eric Liddell Centre, EH10 4DP. Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

Calendar January 2025

14

Big Hearts: Football and Edinburgh Memories

1.30pm–3pm (every Monday and Tuesday), Tynecastle Stadium, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947

15

Knit and Natter Boghall

10am—11.30 (every Wednesday), Boghall Drop-in Centre EH58 1SR, Contact Lauren Heap at lheap@alzscot.org or call 077693641791

15

Craigie Hotel Morning Meet Up

10.30am—12 noon (every Wednesday), Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

15

Porty Promenade Walk

10.30am (every Wednesday), Meet at Swimming Centre Café, EH15 2BS. For more info, contact Active Communities on 0131 458 2260.

15

Bo'Ness Dementia Café

10.30am (every Wednesday), Richmond Park Hotel, EH51 0DN. Contact 01324 559480 or email falkirkservices@alzscot.org.

15

Liddell Lions Lunch

12pm—2pm (every Wednesday), Eric Liddell Centre, EH10 4DP. Contact Valeria on lembov@ericliddell.org or 0131 357 1277

15

Livingstone Memory Café

1pm—2.30pm (every Wednesday), Richmond Park Hotel, EH51 0DN. Contact 01324 559480 or email falkirkservices@alzscot.org

15

Sunflower Café

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

15

Chair Yoga

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

16

Union Canal Walking Group

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

16

Art in the City: New Year Catch Up

10—12noon, Meet at City Art Centre, 2 Market Street. Contact Susannah Cahill to book and for more information susannah.cavill@edinburgh.gov.uk

16

DF Focus Group

10.30am–12noon, Festival Theatre, Call 0131 529 6000 or visit capitaltheatres.com

17

Ashbrook Music Memories & Dementia Café

11.00am (every 1st and 3rd Friday) 492 Ferry Road, EH5 2DL. Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

17

Memory Lane Cafe

Saughtonhall Church. Every Friday 10am-12pm Contact Jenny on 07881288909 / jenny@themurrayfieldclub.com

Calendar January 2025

20

Dunbar Outdoor Activity

Group, 10.30am–12 noon (every Monday), Dunbar Leisure Pool, EH42 1EU. Contact Michael on mhuddleston@alzscot.org

20

Knit and Natter

10.30am—12noon, West Lothian Brain Health Centre, EH54 6QF. Contact westlothianservices@alzscot.org or call 01506 533 108 to find out more about extensive West Lothian AlzScot activities, cafes and events

20

St Brides Music Memories

10.45am (every Monday), St Brides Centre, EH11 2DZ. Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

20

Hibs Football Memories

10.45am—12.45pm (Every 1st and 3rd Monday), Easter Road Stadium. Contact Margaret on mags@hiberniancf.org

20

Big Hearts: Football and Edinburgh Memories

1.30pm–3pm (every Monday and Tuesday), Tynecastle Stadium, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947

20

Forget Me Notes Zoom Choir

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

Let's Sing: Dementia

21

Singing Group

11am—12.30pm (every Tuesday), Fisherrow Centre Musselburgh, EH21 6AT. Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888

21

Heart for Art

11am—1pm (every Tuesday), Morningside Parish Church, EH10 6BU. Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

21

Knit and Natter Livingstone

1pm—3pm (every Tuesday), Braid Health & Wellbeing EH54 6BU, Contact Lauren Heap at lheap@alzscot.org or call 077693641791

21

Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday), Eric Liddell Centre, EH10 4DP. Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

21

Big Hearts: Football and Edinburgh Memories

1.30pm–3pm (every Monday and Tuesday), Tynecastle Stadium, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947

21

The Teatime Club

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

Calendar January 2025

21

Knit and Natter Boghall

10am—11.30 (every Wednesday),
Boghall Drop-in Centre EH58 1SR,
Contact Lauren Heap at
lheap@alzscot.org or call
077693641791

21

Craigie Hotel Morning Meet Up

10.30am—12 noon (every Wednesday),
Booking essential. Please contact
Michael on 0131 654 1114 or
mhuddleston@alzscot.org

21

Porty Promenade Walk

10.30am (every Wednesday), Meet
at Swimming Centre Café, EH15 2BS.
For more info, contact Active
Communities on 0131 458 2260.

21

Bo'Ness Dementia Café

10.30am (every Wednesday),
Richmond Park Hotel, EH51 0DN.
Contact 01324 559480 or email
falkirkservices@alzscot.org

22

Burns Celebration

11am–12:30am, Festival Theatre.
Call 0131 529 6000 or visit
capitaltheatres.com

22

Liddell Lions Lunch

12pm—2pm (every Wednesday),
Eric Liddell Centre, EH10 4DP.
Booking essential. Contact Valeria
on lembov@ericliddell.org or
0131 357 1277

22

Livingstone Memory Café

1pm—2.30pm (every Wednesday),
Richmond Park Hotel, EH51 0DN.
Contact 01324 559480 or email
falkirkservices@alzscot.org

22

North-West Edinburgh Singing Group

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

22

Chair Yoga

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

23

Union Canal Walking Group

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

23

Choir in the Park

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

24

Gallery Social: Dürer to Van Dyck

10:30am – 12pm
Booking essential. Please contact
learning@nationalgalleries.org or call
0131 624 6410

24

Memory Lane Cafe

Saughtonhall Church.
Every Friday 10am-12pm
Contact Jenny on 07881288909 /
jenny@themurrayfieldclub.com

27

Dunbar Outdoor Activity

Group, 10.30am–12 noon (every
Monday), Dunbar Leisure Pool,
EH42 1EU. Contact Michael on
mhuddleston@alzscot.org

Calendar January 2025

27

St Brides Music Memories

10.45am (every Monday), St Brides Centre, EH11 2DZ. Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

27

Tea and 'Jam'

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

27

Big Hearts: Football and Edinburgh Memories

1.30pm–3pm (every Monday and Tuesday), Tynecastle Stadium, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947

27

Forget Me Notes Zoom Choir

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

28

Memory Café Uphall/ Broxburn

10am—11.30am, Strathbrook Partnership Centre, EH52 5LH. Contact westlothianservices@alzscot.org or call 01506 533 108 to find out more about extensive West Lothian AlzScot activities, cafes and events

28

Let's Sing: Dementia Singing Group

11am—12.30pm (every Tuesday), Fisherrow Centre Musselburgh, EH21 6AT. Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888

28

Heart for Art

11am—1pm (every Tuesday), Morningside Parish Church, EH10 6BU. Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

28

Knit and Natter Livingstone

1pm—3pm (every Tuesday), Braid Health & Wellbeing EH54 6BU, Contact Lauren Heap at lheap@alzscot.org or call 077693641791

28

Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday), Eric Liddell Centre, EH10 4DP. Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

28

Big Hearts: Football and Edinburgh Memories

1.30pm–3pm (every Monday and Tuesday), Tynecastle Stadium, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947

29

Knit and Natter Boghall

10am—11.30 (every Wednesday), Boghall Drop-in Centre EH58 1SR, Contact Lauren Heap at lheap@alzscot.org or call 077693641791

29

Craigie Hotel Morning Meet Up

10.30am—12 noon (every Wednesday), Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org

Calendar January 2025



Porty Promenade Walk

10.30am (every Wednesday),
Meet at Swimming Centre Café, EH15
2BS. For more info, contact
Active Communities on 0131 458 2260.



Bo'Ness Dementia Café

10.30am (every Wednesday),
Richmond Park Hotel, EH51 0DN.
Contact 01324 559480 or email
falkirkservices@alzscot.org.



Liddell Lions Lunch

12pm—2pm (every Wednesday),
Eric Liddell Centre, EH10 4DP.
Booking essential. Contact Valeria
on lembov@ericliddell.org or
0131 357 1277



Livingstone Memory Café

1pm—2.30pm (every Wednesday),
Richmond Park Hotel, EH51 0DN.
Contact 01324 559480 or email
falkirkservices@alzscot.org



Brew & Blether

2pm—3.30pm (last Monday of the
month), Festival Theatre. Call 0131
529 6000 or visit capitaltheatres.com



Chair Yoga

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



East Calder Community Cafe

10.30am—12noon, East Calder
Parish Church, EH53 0HF. Contact
westlothianservices@alzscot.org or
call 01506 533 108 to find out more
about extensive West Lothian AlzScot
activities, cafes and events



Union Canal Walking Group

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




Memory Lane Cafe

Saughtonhall Church.
Every Friday 10am-12pm
Contact Jenny on 07881288909 /
jenny@themurrayfieldclub.com

Answers to Those Were the Days pages 22-23

- Location One:** That's Canonmills. The clock still stands there today. The building on the left is now The Tollhouse café.
- Location Two:** The bridge is the giveaway here – many will remember it once crossing Leith Walk between Jane Street and Manderson Street in the days of the Caledonian Railway Company
- Location Three:** That's Joppa seafront
- Location Four:** Again, the clock's the giveaway here. That's the bottom of Morningside, near the site of the old station
- Location Five:** Here's a beautiful tram elegantly turning out of York Place, just like they do again today.
- Location Six:** This one had me stumped. But it is in fact Newhaven! I love the advert on the side "Schweppervescence"
- Location Seven:** East end of Princes Street stopping for passengers outside the Balmoral Hotel (although, then of course, it would have been "The North British Hotel")
- Location Eight:** Here we're in Duke Street, just along from the foot of the Walk!

February 2025

 **Dunbar Outdoor Activity Group**
10.30am–12 noon (every Monday), Dunbar Leisure Pool, EH42 1EU. Contact Michael on mhuddleston@alzscot.org

 **St Brides Music Memories**
10.45am (every Monday), St Brides Centre, EH11 2DZ. Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

 **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, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947

 **Forget Me Notes Zoom Choir**
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 **Let's Sing: Dementia Singing Group**
11am—12.30pm (every Tuesday), Fisherrow Centre Musselburgh, EH21 6AT. 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, EH10 6BU. Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

 **Knit and Natter Livingstone**
1pm—3pm (every Tuesday), Braid Health & Wellbeing EH54 6BU, Contact Lauren Heap at lheap@alzscot.org or call 077693641791

 **Eric's Encore Music Group**
1.30pm – 2.30pm (every Tuesday), Eric Liddell Centre, EH10 4DP. Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

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 **Knit and Natter Boghall**
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Calendar February 2025



Craigie Hotel Morning Meet Up

10.30am—12 noon (every Wednesday), Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org



Porty Promenade Walk

10.30am (every Wednesday), Meet at Swimming Centre Café, EH15 2BS. For more info, contact Active Communities on 0131 458 2260.



Bo'Ness Dementia Café

10.30am (every Wednesday), Richmond Park Hotel, EH51 0DN. Contact 01324 559480 or email falkirkservices@alzscot.org.



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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



Choir in the Park

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



Ashbrook Music Memories & Dementia Café

11.00am (every 1st and 3rd Friday) 492 Ferry Road, EH5 2DL. Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587



Memory Lane Cafe

Saughtonhall Church. Every Friday 10am-12pm Contact Jenny on 07881288909 / jenny@themurrayfieldclub.com



Dunbar Outdoor Activity Group

10.30am—12 noon (every Monday), Dunbar Leisure Pool, EH42 1EU. Contact Michael on mhuddleston@alzscot.org.



St Brides Music Memories

10.45am (every Monday), St Brides Centre, EH11 2DZ. Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587



Picture a Song

2pm—3pm (seasonal), Festival Theatre. Call 0131 529 6000 or visit capitaltheatres.com

Calendar February 2025



10 **Big Hearts: Football and Edinburgh Memories**

1.30pm–3pm (every Monday and Tuesday), Tynecastle Stadium, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



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



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11 **Knit and Natter Livingstone**

1pm—3pm (every Tuesday), Braid Health & Wellbeing EH54 6BU. Contact Lauren Heap at lheap@alzscot.org or call 077693641791



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1pm—2.30pm (every Wednesday), Richmond Park Hotel, EH51 0DN. Contact 01324 559480 or email falkirkservices@alzscot.org



12 **Chair Yoga**

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

Calendar February 2025



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Booking essential. Contact Valeria
on lembov@ericliddell.org or
0131 357 1277



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Online event. Book at 0131 315 2151
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10am (every Thursday), Meet at
Fountainbridge Square. Contact
Fiona on 07706580147



Memory Lane Cafe

Saughtonhall Church.
Every Friday 10am-12pm
Contact Jenny on 07881288909 /
jenny@themurrayfieldclub.com



Dunbar Outdoor Activity Group

10.30am-12 noon (every Monday),
Dunbar Leisure Pool, EH42 1EU.
Contact Michael on
mhuddleston@alzscot.org



St Brides Music Memories

10.45am (every Monday), St Brides
Centre, EH11 2DZ. Contact Paul on
paul@foregetmenotes.org.uk or
07588 894 587



Big Hearts: Football and Edinburgh Memories

1.30pm-3pm (every Monday and
Tuesday), Tynecastle Stadium,
EH11 2NL. Contact Kim on
kim.ogilvie@bighearts.org.uk or call
07443 269 947



Forget Me Notes Zoom Choir

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



Let's Sing: Dementia Singing Group

11am—12.30pm (every Tuesday),
Fisherrow Centre Musselburgh,
EH21 6AT. 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, EH10 6BU.
Contact Jacqui on 07834 364 628 or
email pastoralassistant@morningsideparishchurch.org.uk



Knit and Natter Livingstone

1pm—3pm (every Tuesday), Braid
Health & Wellbeing EH54 6BU,
Contact Lauren Heap at
lheap@alzscot.org or call
077693641791



Eric's Encore Music Group

1.30pm - 2.30pm (every Tuesday),
Eric Liddell Centre, EH10 4DP.
Contact Valeria at
lembov@ericliddell.org or call
0131 357 1277



Big Hearts: Football and Edinburgh Memories

1.30pm-3pm (every Monday and
Tuesday), Tynecastle Stadium,
EH11 2NL. Contact Kim on
kim.ogilvie@bighearts.org.uk or call
07443 269 947

Calendar February 2025

19

Knit and Natter Boghall

10am—11.30 (every Wednesday),
Boghall Drop-in Centre EH58 1SR,
Contact Lauren Heap at
lheap@alzscot.org or call
077693641791

19

Craigie Hotel Morning Meet Up

10.30am—12 noon (every Wednesday),
Booking essential. Please contact
Michael on 0131 654 1114 or
mhuddleston@alzscot.org

19

Porty Promenade Walk

10.30am (every Wednesday), Meet
at Swimming Centre Café, EH15 2BS.
For more info, contact Active
Communities on 0131 458 2260.

19

Bo'Ness Dementia Café

10.30am (every Wednesday),
Richmond Park Hotel, EH51 0DN.
Contact 01324 559480 or email
falkirkservices@alzscot.org.

19

Liddell Lions Lunch

12pm—2pm (every Wednesday),
Eric Liddell Centre, EH10 4DP.
Booking essential. Contact Valeria
on lembov@ericliddell.org or
0131 357 1277

19

Livingstone Memory Café

1pm—2.30pm (every Wednesday),
Richmond Park Hotel, EH51 0DN.
Contact 01324 559480 or email
falkirkservices@alzscot.org

19

North-West Edinburgh Singing Group

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

19

Sunflower Café

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

19

Chair Yoga

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

20

Union Canal Walking Group

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

20

Art in the City: POP LIFE Exhibition

10—12noon, Meet at City Art Centre,
2 Market Street. Contact Susannah
Cahill to book and for more
information
susannah.cavill@edinburgh.gov.uk

20

Choir in the Park

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

21

Ashbrook Music Memories & Dementia Café

11.00am (every 1st and 3rd Friday)
492 Ferry Road, EH5 2DL.
Contact Paul on
paul@foregetmenotes.org.uk or
07588 894 587

21

Memory Lane Cafe

Saughtonhall Church.
Every Friday 10am-12pm
Contact Jenny on 07881288909 /
jenny@themurrayfieldclub.com

Calendar February 2025

24

Dunbar Outdoor Activity Group

10.30am–12 noon (every Monday), Dunbar Leisure Pool, EH42 1EU. Contact Michael on mhuddleston@alzscot.org

24

St Brides Music Memories

10.45am (every Monday), St Brides Centre, EH11 2DZ. Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587

24

Hibs Football Memories

10.45am—12.45pm (Every 1st and 3rd Monday), Easter Road Stadium. Contact Margaret on mags@hiberniancf.org

24

Tea and 'Jam',

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

24

Big Hearts: Football and Edinburgh Memories

1.30pm–3pm (every Monday and Tuesday), Tynecastle Stadium, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947

24

Forget Me Notes Zoom Choir

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

25

Let's Sing: Dementia Singing Group

11am—12.30pm (every Tuesday), Fisherrow Centre Musselburgh, EH21 6AT. Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888

25

Heart for Art

11am—1pm (every Tuesday), Morningside Parish Church, EH10 6BU. Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk

25

Knit and Natter Livingstone

1pm—3pm (every Tuesday), Braid Health & Wellbeing EH54 6BU, Contact Lauren Heap at lheap@alzscot.org or call 077693641791

25

Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday), Eric Liddell Centre, EH10 4DP. Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

25

Big Hearts: Football and Edinburgh Memories

1.30pm–3pm (every Monday and Tuesday), Tynecastle Stadium, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947

25

The Teatime Club

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

26

Knit and Natter Boghall

10am—11.30 (every Wednesday), Boghall Drop-in Centre EH58 1SR, Contact Lauren Heap at lheap@alzscot.org or call 077693641791

Calendar February 2025



Craigie Hotel Morning Meet Up

10.30am—12 noon (every Wednesday),
Booking essential. Please contact
Michael on 0131 654 1114 or
mhuddleston@alzscot.org



Porty Promenade Walk

10.30am (every Wednesday), Meet
at Swimming Centre Café, EH15 2BS.
For more info, contact Active
Communities on 0131 458 2260.



Bo'Ness Dementia Café

10.30am (every Wednesday),
Richmond Park Hotel, EH51 0DN.
Contact 01324 559480 or email
falkirkservices@alzscot.org.



The Hobby Box

11am—12.30pm (bimonthly &
seasonal), Festival Theatre, Call
0131 529 6000 or visit
capitaltheatres.com



Liddell Lions Lunch

12pm—2pm (every Wednesday),
Eric Liddell Centre, EH10 4DP.
Booking essential. Contact Valeria
on lembov@ericliddell.org or
0131 357 1277



Livingstone Memory Café

1pm—2.30pm (every Wednesday),
Richmond Park Hotel, EH51 0DN.
Contact 01324 559480 or email
falkirkservices@alzscot.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



Gallery Social: Everlyn Nicodemus

10:30am - 12pm
Booking essential. Please contact
learning@nationalgalleries.org or call
0131 624 641



Memory Lane Cafe

Saughtonhall Church.
Every Friday 10am-12pm
Contact Jenny on 07881288909 /
jenny@themurrayfieldclub.com



March 2025



Dunbar Outdoor Activity Group

10.30am–12 noon (every Monday), Dunbar Leisure Pool, EH42 1EU. Contact Michael on mhuddleston@alzscot.org



St Brides Music Memories

10.45am (every Monday), St Brides Centre, EH11 2DZ. Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587



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, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Forget Me Notes Zoom Choir

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



Let's Sing: Dementia Singing Group

11am—12.30pm (every Tuesday), Fisherrow Centre Musselburgh, EH21 6AT. 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, EH10 6BU. Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



Knit and Natter Livingstone

1pm—3pm (every Tuesday), Braid Health & Wellbeing EH54 6BU, Contact Lauren Heap at lheap@alzscot.org or call 077693641791



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday), Eric Liddell Centre, EH10 4DP. Contact Valeria at lembov@ericliddell.org or call 0131 357 1277



Big Hearts: Football and Edinburgh Memories

1.30pm–3pm (every Monday and Tuesday), Tynecastle Stadium, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



The Teatime Club

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

Calendar March 2025



Knit and Natter Boghall

10am—11.30 (every Wednesday),
Boghall Drop-in Centre EH58 1SR,
Contact Lauren Heap at
lheap@alzscot.org or call
077693641791



Craigie Hotel Morning Meet Up

10.30am—12 noon (every
Wednesday), Booking essential.
Please contact Michael on
0131 654 1114 or
mhuddleston@alzscot.org



DF Focus Group

10.30am–12noon, Festival Theatre,
Call 0131 529 6000 or visit
capitaltheatres.com



Porty Promenade Walk

10.30am (every Wednesday), Meet
at Swimming Centre Café, EH15 2BS.
For more info, contact Active
Communities on 0131 458 2260.



Bo'Ness Dementia Café

10.30am (every Wednesday),
Richmond Park Hotel, EH51 0DN.
Contact 01324 559480 or email
falkirkservices@alzscot.org



Liddell Lions Lunch

12pm—2pm (every Wednesday),
Eric Liddell Centre, EH10 4DP. Book-
ing essential. Contact Valeria on
lembov@ericliddell.org or
0131 357 1277



Livingstone Memory Café

1pm—2.30pm (every Wednesday),
Richmond Park Hotel, EH51 0DN.
Contact 01324 559480 or email
falkirkservices@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



Choir in the Park

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



Ashbrook Music Memories & Dementia Café

11.00am (every 1st and 3rd Friday)
492 Ferry Road, EH5 2DL.
Contact Paul on
paul@foregetmenotes.org.uk or
07588 894 587



Memory Lane Cafe

Saughtonhall Church.
Every Friday 10am-12pm
Contact Jenny on 07881288909 /
jenny@themurrayfieldclub.com



Dunbar Outdoor Activity Group

10.30am–12 noon (every Monday),
Dunbar Leisure Pool, EH42 1EU.
Contact Michael on
mhuddleston@alzscot.org

Calendar March 2025



St Brides Music Memories

10.45am (every Monday), St Brides Centre, EH11 2DZ. Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587



Picture a Song

2pm—3pm (seasonal), 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, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Forget Me Notes Zoom Choir

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



Let's Sing: Dementia Singing Group

11am—12.30pm (every Tuesday), Fisherrow Centre Musselburgh, EH21 6AT. 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, EH10 6BU. Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



Knit and Natter Livingstone

1pm—3pm (every Tuesday), Braid Health & Wellbeing EH54 6BU, Contact Lauren Heap at lheap@alzscot.org or call 077693641791



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday), Eric Liddell Centre, EH10 4DP. Contact Valeria at lembov@ericliddell.org or call 0131 357 1277



Big Hearts: Football and Edinburgh Memories

1.30pm–3pm (every Monday and Tuesday), Tynecastle Stadium, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Knit and Natter Boghall

10am—11.30 (every Wednesday), Boghall Drop-in Centre EH58 1SR, Contact Lauren Heap at lheap@alzscot.org or call 077693641791



Craigie Hotel Morning Meet Up

10.30am—12 noon (every Wednesday), Booking essential. Please contact Michael on 0131 654 1114 or mhuddlestone@alzscot.org



Porty Promenade Walk

10.30am (every Wednesday), Meet at Swimming Centre Café, EH15 2BS. For more info, contact Active Communities on 0131 458 2260

Calendar March 2025



Bo'Ness Dementia Café

10.30am (every Wednesday),
Richmond Park Hotel, EH51 0DN.
Contact 01324 559480 or email
falkirkservices@alzscot.org



Liddell Lions Lunch

12pm—2pm (every Wednesday),
Eric Liddell Centre, EH10 4DP.
Booking essential. Contact Valeria
on lembov@ericliddell.org or
0131 357 1277



Livingstone Memory Café

1pm—2.30pm (every Wednesday),
Richmond Park Hotel, EH51 0DN.
Contact 01324 559480 or email
falkirkservices@alzscot.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



Dunbar Outdoor Activity Group

10.30am—12 noon (every Monday),
Dunbar Leisure Pool, EH42 1EU. Con-
tact Michael on
mhuddleston@alzscot.org.



St Brides Music Memories

10.45am (every Monday), St Brides
Centre, EH11 2DZ. Contact Paul on
paul@foregetmenotes.org.uk or
07588 894 587



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,
EH11 2NL. Contact Kim on
kim.ogilvie@bighearts.org.uk or call
07443 269 947



Forget Me Notes Zoom Choir

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



Let's Sing: Dementia Singing Group

11am—12.30pm (every Tuesday),
Fisherrow Centre Musselburgh, EH21
6AT. Contact Penny on lets.sing.brun-
ton@gmail.com or call
Jan on 0131 669 2888



Heart for Art

11am—1pm (every Tuesday),
Morningside Parish Church, EH10 6BU.
Contact Jacqui on 07834 364 628 or
email pastoralassistant@morning-
sideparishchurch.org.uk



Knit and Natter Livingstone

1pm—3pm (every Tuesday), Braid
Health & Wellbeing EH54 6BU,
Contact Lauren Heap at
lheap@alzscot.org or call
077693641791

Calendar March 2025



Eric's Encore Music Group

1.30pm – 2.30pm (every Tuesday), Eric Liddell Centre, EH10 4DP. Contact Valeria at lembov@ericliddell.org or call 0131 357 1277



Big Hearts: Football and Edinburgh Memories

1.30pm–3pm (every Monday and Tuesday), Tynecastle Stadium, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



The Teatime Club

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



Knit and Natter Boghall

10am—11.30 (every Wednesday), Boghall Drop-in Centre EH58 1SR, Contact Lauren Heap at lheap@alzscot.org or call 077693641791



Craigie Hotel Morning Meet Up

10.30am—12 noon (every Wednesday), Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org



Porty Promenade Walk

10.30am (every Wednesday), Meet at Swimming Centre Café, EH15 2BS. For more info, contact Active Communities on 0131 458 2260



Bo'Ness Dementia Café

10.30am (every Wednesday), Richmond Park Hotel, EH51 0DN. Contact 01324 559480 or email falkirkservices@alzscot.org



Liddell Lions Lunch

12pm—2pm (every Wednesday), Eric Liddell Centre, EH10 4DP. Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277



Livingstone Memory Café

1pm—2.30pm (every Wednesday), Richmond Park Hotel, EH51 0DN. Contact 01324 559480 or email falkirkservices@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.



Sunflower Café

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



Chair Yoga

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



Art in the City: The Craft of Couture

10—12noon, Meet at Museums Collections Centre, 10 Broughton Market. Contact Susannah Cahill to book and for more information susannah.cavill@edinburgh.gov.uk

Calendar March 2025



Union Canal Walking Group

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



Ashbrook Music Memories & Dementia Café

11.00am (every 1st and 3rd Friday) 492 Ferry Road, EH5 2DL. Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587



Memory Lane Cafe

Saughtonhall Church. Every Friday 10am-12pm Contact Jenny on 07881288909 / jenny@themurrayfieldclub.com



Dunbar Outdoor Activity Group

10.30am-12 noon (every Monday), Dunbar Leisure Pool, EH42 1EU. Contact Michael on mhuddleston@alzscot



Union Canal Walking Group

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



St Brides Music Memories

10.45am (every Monday), St Brides Centre, EH11 2DZ. Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587



Big Hearts: Football and Edinburgh Memories

1.30pm-3pm (every Monday and Tuesday), Tynecastle Stadium, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Forget Me Notes Zoom Choir

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



Let's Sing: Dementia Singing Group

11 am-12.30pm (every Tuesday), Fisherrow Centre Musselburgh, EH21 6AT. Contact Penny on lets.sing.brunton@gmail.com or call Jan on 0131 669 2888



Heart for Art

11 am-1 pm (every Tuesday), Morningside Parish Church, EH10 6BU. Contact Jacqui on 07834 364 628 or email pastoralassistant@morningsideparishchurch.org.uk



Knit and Natter Livingstone

1pm-3pm (every Tuesday), Braid Health & Wellbeing EH54 6BU, Contact Lauren Heap at lheap@alzscot.org or call 077693641791



Eric's Encore Music Group

1.30pm - 2.30pm (every Tuesday), Eric Liddell Centre, EH10 4DP. Contact Valeria at lembov@ericliddell.org or call 0131 357 1277

Calendar March 2025



Big Hearts: Football and Edinburgh Memories

1.30pm–3pm (every Monday and Tuesday), Tynecastle Stadium, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Knit and Natter Boghall

10am—11.30 (every Wednesday), Boghall Drop-in Centre EH58 1SR, Contact Lauren Heap at lheap@alzscot.org or call 077693641791



Craigie Hotel Morning Meet Up

10.30am—12 noon (every Wednesday), Booking essential. Please contact Michael on 0131 654 1114 or mhuddleston@alzscot.org



Porty Promenade Walk

10.30am (every Wednesday), Meet at Swimming Centre Café, EH15 2BS. For more info, contact Active Communities on 0131 458 2260.



Bo'Ness Dementia Café

10.30am (every Wednesday), Richmond Park Hotel, EH51 0DN. Contact 01324 559480 or email falkirkservices@alzscot.org.



Liddell Lions Lunch

12pm—2pm (every Wednesday), Eric Liddell Centre, EH10 4DP. Booking essential. Contact Valeria on lembov@ericliddell.org or 0131 357 1277



Livingstone Memory Café

1pm—2.30pm (every Wednesday), Richmond Park Hotel, EH51 0DN. Contact 01324 559480 or email falkirkservices@alzscot.org



Brew & Blether

2pm—3.30pm (last Monday of the month), Festival Theatre. Call 0131 529 6000 or visit capitaltheatres.com



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



Gallery Social: Spring at the Sculpture Park

10:30am – 12pm, Booking essential. Please contact learning@nationalgalleries.org or call 0131 624 6410



Memory Lane Cafe

Saughtonhall Church. Every Friday 10am-12pm. Contact Jenny on 07881288909 / jenny@themurrayfieldclub.com



Dunbar Outdoor Activity Group

10.30am–12 noon (every Monday), Dunbar Leisure Pool, EH42 1EU. Contact Michael on mhuddleston@alzscot.org

Calendar March 2025



St Brides Music Memories

10.45am (every Monday), St Brides Centre, EH11 2DZ. Contact Paul on paul@foregetmenotes.org.uk or 07588 894 587



Tea and 'Jam'

11am–12:30am (last 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, EH11 2NL. Contact Kim on kim.ogilvie@bighearts.org.uk or call 07443 269 947



Forget Me Notes Zoom Choir

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



The Songwriting Sprint EP

We are delighted to release **'Songwriting Sprint'**, the debut EP from the Capital Theatres Dementia Friendly Community. These four songs were written by people living with dementia, their loved ones and carers. They speak of **nostalgia, childhood innocence, the changing seasons** and the **importance of friends and family** and we hope you enjoy them as much as we enjoyed writing them! Artwork by our dear friend, Willy Gilder.





Scan QR code to listen to EP online

Your free EP

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
