

What's on



November 2024 - Edinburgh

Our Community Groups are there to be enjoyed by anyone living with dementia, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

We are also here for you with a warm drink, food and company. Please see below for more details.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

In Person Group		
Mon 4 Nov Mon 18 Nov	Active Walking Group - Flotterstone Walk Meet at visitor Information Point and café by the car park. 1- 1½ hour walk. Ending with an optional tea/coffee at Flotterstone café. Grade: Easy. Booking is required.	1.30pm – 3.30pm
Tues 5 Nov Tues 12 Nov	Gentle Walking Group – Botanic Gardens Come along and join us for a gentle stroll around the Royal Botanic Garden Edinburgh followed by tea, coffee and biscuits at the Botanic Cottage. Booking is required.	10.30am -12.30pm
Wed 6 Nov Wed 13 Nov Wed 20 Nov Wed 27 Nov	Gentle Movement and Dance Group – 160 Dundee Street Gentle movement exercises and dance-based activities for anyone living with dementia or having difficulties with their memory. Attendees welcome to bring a friend/family member. Refreshments provided. Booking is required.	10:00am - 11:30am
Wed 6 Nov	Musicians meet up – St. Cecilia's Hall A group for musicians to come together and meet others who share a love of music in Scotland's oldest purpose-built concert hall. A piano will be available but please bring your own instruments if you can. This is a new group for musicians to meet and to have the opportunity to make music together. Tea and coffee will be provided. Booking is required.	1.30pm – 3.00pm

Mon 11 Nov	Active Walking Group - Ratho Canal Walk	1.30pm – 3.30pm
	Meeting at The Bridge Inn car park. 1 hour walk ending in optional tea/coffee at The Bridge Inn. Grade: Easy.	
	Booking is required.	
Wed 13 Nov	Oasis Café – for people aged 65 and under – 160 Dundee Street	1.30pm – 3.00pm
	This is a monthly 'café style' group offering practical and emotional support for people with dementia, their carers, and families. We have a carer support group which runs during the Oasis cafe, whilst there is an activity group for the people living with dementia.	
	This café offers you the opportunity to relax and meet up with others who are in a similar situation to you.	
	Booking is required.	
Fri 15 Nov	Carer's Drop-in Session – 160 Dundee Street	11.00am – 12noon
	This is an informal session for carers to come together and share experiences with one another. The local Dementia Advisor also attends and provides information and signposts as required.	
Wed 20 Nov	160 Support Group– 160 Dundee Street	1.30pm – 3.00pm
	This is a monthly café offering practical and emotional support for people living with dementia (of any age), their carers, and families. We have a carer support group which runs during the OneSixty group, whilst there is an activity group for the people living with dementia.	
	Booking is required.	
Wed 27 Nov	Long Term Care & Bereavement Group– 160 Dundee Street	2.00pm – 3.30pm
	This is an informal peer support group for people who are bereaved or whose loved ones are in Long Term Care.	

Contact details for groups:

Oasis Café and Long Term Care & Bereavement Group

Paula Frame – Practice Team Leader

Email: pframe@alzscot.org Tel: 0131 551 9350

160 Support Group & Carer's Drop-in Session

Dementia Advisor – Caroline O'Hara

Email: cohara@alzscot.org Tel: 0131 551 9350

Gentle & Active Walking Group

Gentle Movement and Dance Group

Musicians meet up

Community Activities Organiser – Nadia Almaini

Email: nalmaini@alzscot.org Tel: 0131 551 9350

Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/alzscot-fundraising-edinburgh-mid-east-lothian>



The logo for Alzheimer Scotland's Dementia Helpline is a vertical rectangle with a purple top section and a pink bottom section. The top section contains the text '24 HOUR' in white on a pink background, the Alzheimer Scotland logo (three stylized figures), and the text 'Alzheimer Scotland Action on Dementia'. Below this, the word 'Dementia' is written in white, and 'Helpline' is written in large white letters. The bottom pink section contains the contact information: 'Freephone 0808 808 3000' and 'Email helpline@alzscot.org'.