

What's on

December 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		
Wed 4 Dec	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 4 Dec	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
Fri 20 Dec	Carer's Drop-in Session – 160 Dundee Street 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.	11.00am – 12noon

Contact details for groups:

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>

