

What's on

January 2025 - 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		
Tues 7 Jan Tues 14 Jan	<p>Winter Walking Group – Botanic Gardens</p> <p>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.</p> <p>Booking is required.</p>	10.30am -12.30pm
Wed 8 Jan	<p>Musicians meet up – St. Cecilia's Hall</p> <p>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.</p> <p>Booking is required.</p>	1.30pm – 3.00pm
Wed 8 Jan	<p>Oasis Café – for people aged 65 and under – 160 Dundee Street</p> <p>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.</p> <p>This café offers you the opportunity to relax and meet up with others who are in a similar situation to you.</p> <p>Booking is required.</p>	1.30pm – 3.00pm

Wed 15 Jan	160 Support Group– 160 Dundee Street	1.30pm – 3.00pm
	<p>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.</p> <p>Booking is required.</p>	
Wed 15 Jan Wed 22 Jan Wed 29 Jan	Gentle Exercise Group with Edinburgh Leisure – 160 Dundee Street	10:00am - 11:30am
	<p>Join our fun and engaging physical activity session which focuses on building strength and enhancing balance and coordination. Come have fun and get fit with us!</p> <p>Booking is required.</p>	
Fri 17 Jan	Carer’s Drop-in Session – 160 Dundee Street	11.00am – 12noon
	<p>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.</p>	
Wed 22 Jan	Long Term Care & Bereavement Group– 160 Dundee Street	2.00pm – 3.30pm
	<p>This is an informal peer support group for people who are bereaved or whose loved ones are in Long Term Care.</p>	

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 Dementia Helpline is a rectangular graphic with a purple background. At the top left, a red rounded rectangle contains the text "24 HOUR" in white. To its right is the Alzheimer Scotland logo, which consists of three stylized human figures in white. Further right, the text "Alzheimer Scotland" is written in white, with "Action on Dementia" in a smaller font below it. The word "Dementia" is written in white below the logo. The word "Helpline" is written in a large, white, sans-serif font across the middle of the purple background. At the bottom, a red rounded rectangle contains the text "Freephone 0808 808 3000" and "Email helpline@alzscot.org" in white.

24 HOUR
Dementia
Alzheimer Scotland
Action on Dementia
Helpline
Freephone 0808 808 3000
Email helpline@alzscot.org