What's on
February 2025 – Edinburgh

Alzheimer Scotland
Action on Dementia

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 4 Feb	Winter 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 5 Feb	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
Wed 12 Feb	Oasis Café – for people aged 65 and under – **160 Dundee Street** 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.**	1.30pm – 3.00pm

Wed 19 Feb	160 Support Group– **160 Dundee Street** 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.**	1.30pm – 3.00pm
Wed 5 Feb Wed 12 Feb Wed 19 Feb	Gentle Exercise Group with Edinburgh Leisure – **160 Dundee Street** 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! **Booking is required.**	10:00am - 11:30am
Fri 21 Feb	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
Wed 26 Feb	Long Term Care & Bereavement Group– **160 Dundee Street** This is an informal peer support group for people who are bereaved or whose loved ones are in Long Term Care.	2.00pm – 3.30pm

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

24 HOUR
Dementia
Helpline

Alzheimer
Scotland
Action on Dementia

Freephone 0808 808 3000
Email helpline@alzscot.org