

What's on



March 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		
Wed 12 Mar	Oasis Café – for people aged 65 and under – 160 Dundee Street	1.30pm – 3.00pm
	<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>	
Wed 19 Mar	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>	
Fri 21 Mar	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 26 Mar	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

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>

