

What's on



**Alzheimer
Scotland**
Action on Dementia

March 2025 - Midlothian

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, 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.

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 5 th March	Morning Meet Up <i>The Craigie Hotel, 50 Bog Rd, Penicuik, EH26 9BZ</i> Morning Meet Ups are for people living with dementia. Family and carers are welcome but generally take the opportunity for a break. They are an informal, relaxed opportunity to meet and socialise with others in a similar situation. Good conversation, reminiscence, quizzes, refreshments and more!	10.30am-12noon
Thurs 6 th March	Morning Meet Up <i>Treetop Café, Vogrie Country Park Gorebridge EH23 4NU</i> Morning Meet Ups are for people living with dementia. Family and carers are welcome but generally take the opportunity for a break. They are an informal, relaxed opportunity to meet and socialise with others in a similar situation. Good conversation, reminiscence, quizzes, refreshments and more! At Vogrie, we enjoy a 45–50-minute walk followed by good conversation and refreshments back at the café!	10.30-12noon
Thurs 6 th March	Penicuik Dementia Café <i>Cowan Court, Eastfield Drive, Penicuik, EH26 8BF</i> D'Cafés are for people living with dementia and their families. They are an opportunity to meet others in a similar situation, to make connections and develop friendships, and to support and learn from one another as well as Alzheimer Scotland staff and volunteers. The first half hour is spent together, as a whole group, taking refreshments, and getting to know each other. We then split into an activities group and facilitated carer support group for the remaining hour.	1.30-3.00pm
Tues 11 th March	Dalkeith Dementia Café <i>Dalkeith Baptist Church, 8 N Wynd, EH22 1JE</i> D'Cafés are for people living with dementia and their families. They are an opportunity to meet others in a similar situation, to make connections and develop friendships, and to support and learn from one another as well as Alzheimer Scotland staff and volunteers. The first half hour is spent together, as a whole group, taking refreshments, and getting to know each	2.00-3.30pm

	<p>other. We then split into an activities group and facilitated carer support group for the remaining hour.</p>	
Wed 12 th March	<p>Morning Meet Up <i>The Craigie Hotel, 50 Bog Rd, Penicuik, EH26 9BZ</i> Morning Meet Ups are for people living with dementia. Family and carers are welcome but generally take the opportunity for a break. They are an informal, relaxed opportunity to meet and socialise with others in a similar situation. Good conversation, reminiscence, quizzes, refreshments and more!</p>	10.30am-12noon
Wed 19 th March	<p>Morning Meet Up <i>The Craigie Hotel, 50 Bog Rd, Penicuik, EH26 9BZ</i> Morning Meet Ups are for people living with dementia. Family and carers are welcome but generally take the opportunity for a break. They are an informal, relaxed opportunity to meet and socialise with others in a similar situation. Good conversation, reminiscence, quizzes, refreshments and more!</p>	10.30am-12noon
Thurs 20 th March	<p>Morning Meet Up <i>Treetop Café, Vogrie Country Park Gorebridge EH23 4NU</i> Morning Meet Ups are for people living with dementia. Family and carers are welcome but generally take the opportunity for a break. They are an informal, relaxed opportunity to meet and socialise with others in a similar situation. Good conversation, reminiscence, quizzes, refreshments and more!</p> <p>At Vogrie, we enjoy a 45–50-minute walk followed by good conversation and refreshments back at the café!</p>	10.30am-12noon
Thurs 20 th March	<p>Penicuik Dementia Café <i>Cowan Court, Eastfield Drive, Penicuik, EH26 8BF</i> D’Cafés are for people living with dementia and their families. They are an opportunity to meet others in a similar situation, to make connections and develop friendships, and to support and learn from one another as well as Alzheimer Scotland staff and volunteers. The first half hour is spent together, as a whole group, taking refreshments, and getting to know each other. We then split into an activities group and facilitated carer support group for the remaining hour.</p>	1.30-3.00pm
Tues 25 th March	<p>Dalkeith Dementia Café <i>Dalkeith Baptist Church, 8 N Wynd, EH22 1JE</i> D’Cafés are for people living with dementia and their families. They are an opportunity to meet others in a similar situation, to make connections and develop friendships, and to support and learn from one another as well as Alzheimer Scotland staff and volunteers. The first half hour is spent together, as a whole group, taking refreshments, and getting to know each other. We then split into an activities group and facilitated carer support group for the remaining hour.</p>	2.00-3.30pm
Wed 26 th March	<p>Morning Meet Up <i>The Craigie Hotel, 50 Bog Rd, Penicuik, EH26 9BZ</i></p>	10.30am-12noon

Morning Meet Ups are for people living with dementia. Family and carers are welcome but generally take the opportunity for a break. They are an informal, relaxed opportunity to meet and socialise with others in a similar situation. Good conversation, reminiscence, quizzes, refreshments and more!

Contact details for groups:

Karolina Kuna (Community Activities Organiser)

Email: kkuna@alzscot.org Tel: 0131 654 1114

Michael Huddleston (Dementia Advisor)

Email: mhuddleston@alzscot.org Tel: 0131 654 1114

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 donate, please visit our local Just Giving page:

<https://www.justgiving.com/fundraising/alzscot-fundraising-edinburgh-mid-east-lothian>

