

Activities & Events in East Lothian April 2023

In Person Groups

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 staff details are below.

Dates & Times	Activity	Venue	Contact Details
Monday 3 rd April 2.00-3.30pm	<p>Dunbar D'Café 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> <p>Fire Safety Talk Carers and family members can join Emily and Jenni from the Scottish Fire & Rescue Service for an overview of reducing fire risk at home.</p>	Dunbar Town House, Dunbar, EH42 1ER	Michael Huddleston, Dementia Advisor 0131 654 1114 / mhuddleston@alzscot.org
Wednesday 5 th April 10.30-12.00pm	<p>Musselburgh D'Café 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</p>	St. Andrews High Church, Musselburgh, EH21 7EA	Michael Huddleston, Dementia Advisor 0131 654 1114 / mhuddleston@alzscot.org

	<p>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> <p>Handicabs Carers and family members can join Elizabeth from Handicabs for up-to-date information on their accessible transport provision.</p>		
<p>Thursday 6th April 10.30-12pm</p>	<p>Gosford House Outdoor Activity Group Outdoor Activity Groups are for people living with dementia. Family and carers are welcome but generally take the opportunity for a break. They are a great way to meet others in a similar situation at the same time as enjoying the natural world and benefitting from some gentle exercise.</p>	<p>The Bothy Shop, Aberlady, EH32 0PX</p>	<p>Michael Huddleston, Dementia Advisor 0131 654 1114 / mhuddleston@alzscot.org</p>
<p>Monday 11th April 10.30-12pm</p>	<p>Dunbar Clifftop Outdoor Activity Group Outdoor Activity Groups are for people living with dementia. Family and carers are welcome but generally take the opportunity for a break. They are a great way to meet others in a similar situation at the same time as enjoying the natural world and benefitting from some gentle exercise.</p>	<p>Dunbar Leisure Pool, Dunbar, EH42 1EU</p>	<p>Michael Huddleston, Dementia Advisor 0131 654 1114 / mhuddleston@alzscot.org</p>
<p>Wednesday 12th April 2.00-3.30pm</p>	<p>Tranent D'Café 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> <p>Fire Safety Talk Carers and family members can join Emily and Jenni from the Scottish Fire & Rescue Service for an overview of reducing fire</p>	<p>The Fraser Centre, Tranent, EH33 1AF</p>	<p>Michael Huddleston, Dementia Advisor 0131 654 1114 / mhuddleston@alzscot.org</p>

	risk at home.		
Monday 17 th April 10.30-12pm	Dunbar Clifftop Outdoor Activity Group Outdoor Activity Groups are for people living with dementia. Family and carers are welcome but generally take the opportunity for a break. They are a great way to meet others in a similar situation at the same time as enjoying the natural world and benefitting from some gentle exercise.	Dunbar Leisure Pool, Dunbar, EH42 1EU	Michael Huddleston, Dementia Advisor 0131 654 1114 / mhuddleston@alzscot.org
Thursday 20 th April 10.30-12pm	Gosford House Outdoor Activity Group Outdoor Activity Groups are for people living with dementia. Family and carers are welcome but generally take the opportunity for a break. They are a great way to meet others in a similar situation at the same time as enjoying the natural world and benefitting from some gentle exercise.	The Bothy Shop, Aberlady, EH32 0PX	Michael Huddleston, Dementia Advisor 0131 654 1114 / mhuddleston@alzscot.org
Monday 24 th April 10.30-12pm	Dunbar Clifftop Outdoor Activity Group Outdoor Activity Groups are for people living with dementia. Family and carers are welcome but generally take the opportunity for a break. They are a great way to meet others in a similar situation at the same time as enjoying the natural world and benefitting from some gentle exercise.	Dunbar Leisure Pool, Dunbar, EH42 1EU	Michael Huddleston, Dementia Advisor 0131 654 1114 / mhuddleston@alzscot.org

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>**

Or by putting money in our donation tins when you attend any of our groups.

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