

Activities & Events in Midlothian 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
Tuesday 4 th April 10.30-12pm	Morning Meet Up 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!	Arniston Miners' Welfare Social Club, Engine Road, Gorebridge, EH23 4AQ	Carol Hamilton, Community Activities Organiser 0131 654 1114 / chamilton@alzscot.org
Wednesday 5 th April 10.30-12pm	The Craigie Hotel Morning Meet Up 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!	The Craigie Hotel, 50 Bog Rd, Penicuik EH26 9BZ	Carol Hamilton, Community Activities Organiser 0131 654 1114 / chamilton@alzscot.org
Thursday 6 th April 2-3.30pm	Penicuik 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	Cowan Court, Eastfield Drive, Penicuik, EH26 8BF	Michael Huddleston, Dementia Advisor 0131 654 1114 / mhuddleston@alzscot.org

	<p>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>“Reading is Caring” Carers and family members can join Keira O’Sullivan from the Scottish Book Trust to learn how reading to and with people with dementia can support living well.</p>		
<p>Friday 7th April 10.30-12pm</p>	<p>Penicuik 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>Penicuik House, Carlops Rd, Penicuik EH26 9JB</p>	<p>Carol Hamilton, Community Activities Organiser 0131 654 1114 / chamilton@alzscot.org</p>
<p>Tuesday 11th April 10.30-12pm</p>	<p>Morning Meet Up 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>Arniston Miners’ Welfare Social Club, Engine Road, Gorebridge, EH23 4AQ</p>	<p>Carol Hamilton, Community Activities Organiser 0131 654 1114 / chamilton@alzscot.org</p>
<p>Tuesday 11th April 2.00-3.30pm</p>	<p>Dalkeith 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>“Reading is Caring” Carers and family members can join Keira O’Sullivan from the Scottish Book Trust to learn how reading to and with people with dementia can support living well.</p>	<p>The Baptist Church Hall, 8 North Wynd, Dalkeith, EH22 1JE</p>	<p>Michael Huddleston, Dementia Advisor 0131 654 1114 / mhuddleston@alzscot.org</p>
<p>Wednesday 12th April 10.30-12pm</p>	<p>The Craigie Hotel Morning Meet Up</p>	<p>The Craigie Hotel, 50 Bog Rd, Penicuik EH26 9BZ</p>	<p>Carol Hamilton, Community Activities Organiser 0131 654 1114 /</p>

	<p>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>chamilton@alzscot.org</p>
<p>Thursday 13th April 10.30-12pm</p>	<p>Newbattle Abbey 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>Newbattle Rd, Newbattle, Dalkeith EH22 3LL</p>	<p>Carol Hamilton, Community Activities Organiser 0131 654 1114 / chamilton@alzscot.org</p>
<p>Tuesday 18th April 10.30-12pm</p>	<p>Morning Meet Up 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>Arniston Miners' Welfare Social Club, Engine Road, Gorebridge, EH23 4AQ</p>	<p>Carol Hamilton, Community Activities Organiser 0131 654 1114 / chamilton@alzscot.org</p>
<p>Wednesday 19th April 10.30-12pm</p>	<p>The Craigie Hotel Morning Meet Up 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>The Craigie Hotel, 50 Bog Rd, Penicuik EH26 9BZ</p>	<p>Carol Hamilton, Community Activities Organiser 0131 654 1114 / chamilton@alzscot.org</p>
<p>Thursday 20th April 2-3.30pm</p>	<p>Penicuik 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>Cowan Court, Eastfield Drive, Penicuik, EH26 8BF</p>	<p>Michael Huddleston, Dementia Advisor 0131 654 1114 / mhuddleston@alzscot.org</p>

	<p>“Playlist for Life” event https://www.playlistforlife.org.uk/ Join us to learn how to make a personalised music playlist to support living well with dementia</p>		
<p>Friday 21st April 10.30-12pm</p>	<p>Penicuik 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>Penicuik House, Carlops Rd, Penicuik EH26 9JB</p>	<p>Carol Hamilton, Community Activities Organiser 0131 654 1114 / chamilton@alzscot.org</p>
<p>Tuesday 25th April 10.30-12pm</p>	<p>Morning Meet Up 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>Arniston Miners’ Welfare Social Club, Engine Road, Gorebridge, EH23 4AQ</p>	<p>Carol Hamilton, Community Activities Organiser 0131 654 1114 / chamilton@alzscot.org</p>
<p>Tuesday 25th April 2.00-3.30pm</p>	<p>Dalkeith 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>The Baptist Church Hall, 8 North Wynd, Dalkeith, EH22 1JE</p>	<p>Michael Huddleston, Dementia Advisor 0131 654 1114 / mhuddleston@alzscot.org</p>
<p>Wednesday 26th April 10.30-12pm</p>	<p>The Craigie Hotel Morning Meet Up 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>The Craigie Hotel, 50 Bog Rd, Penicuik EH26 9BZ</p>	<p>Carol Hamilton, Community Activities Organiser 0131 654 1114 / chamilton@alzscot.org</p>
<p>Thursday 27th April 10.30-12pm</p>	<p>Newbattle Abbey Outdoor Activity Group Outdoor Activity Groups are for people living with dementia. Family</p>	<p>Newbattle Rd, Newbattle, Dalkeith EH22 3LL</p>	<p>Carol Hamilton, Community Activities Organiser 0131 654 1114 / chamilton@alzscot.org</p>

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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.