

What's on

December 2023 – East Lothian

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		
Mon 4 December	<p>Dunbar Dementia Café <i>Dunbar Town House Museum & Gallery, High St, Dunbar EH42 1ER</i></p> <p>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><i>This month we are joined by the Scottish Book Trust. As part of the carer support group, Keira O'Sullivan will demonstrate how reading with people with dementia can be an enjoyable, therapeutic activity for care partners and their loved ones.</i></p>	2.00-3.30pm
Wed 6 December	<p>Musselburgh Dementia Café <i>St. Andrew's High Church, High St, Musselburgh EH21 7EA</i></p> <p>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>	10.30am-12noon
Thu 7 December	<p>Archerfield Outdoor Activity Group <i>Archerfield House, Dirleton EH39 5HQ</i> (*Advance notice of attendance essential)</p> <p>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>	10.30-12noon

Mon 11 December	Dunbar Outdoor Activity Group <i>Dunbar Leisure Pool, Castle Park, Dunbar EH42 1EU</i> (*Advance notice of attendance essential) 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.	10.30am-12noon
Wed 13 December	Tranent Dementia Café <i>The Fraser Centre, 3 Winton Pl, Tranent EH33 1AF</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.	2.00-3.30pm
Mon 18 December	Dunbar Outdoor Activity Group <i>Dunbar Leisure Pool, Castle Park, Dunbar EH42 1EU</i> (*Advance notice of attendance essential) 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.	10.30am-12noon

Contact details for all groups:

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 make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/alzscot-fundraising-edinburgh-mid-east-lothian>

