

What's on

December 2023 - 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		
Tues 5 December	Morning Meet Up <i>The Beacon, Hunterfield Rd, Gorebridge, EH23 4TT</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
Wed 6 December	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 7 December	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.	2.00-3.30pm
Tues 12 December	Morning Meet Up <i>The Beacon, Hunterfield Rd, Gorebridge, EH23 4TT</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
	Dalkeith Dementia Café <i>Dalkeith Baptist Church, 8 N Wynd, EH22 1JE</i>	2.00-3.30pm

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Fri 15 December	<p>Penicuik Outdoor Activity Group <i>Estate Car Park, Penicuik EH26 9LA</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.</p>	10.30am-12noon
Tues 19 December	<p>Morning Meet Up <i>The Beacon, Hunterfield Rd, Gorebridge, EH23 4TT</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 20 December	<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 21 December	<p>Newbattle Outdoor Activity Group <i>Newbattle Abbey College, Newbattle Rd, Dalkeith EH22 3LL</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.</p> <p>Penicuik Dementia Café <i>Cowan Court, Eastfield Drive, Penicuik, EH26 8BF</i></p>	<p>10.30-12.00noon</p> <p>2.00-3.30pm</p>

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Contact details for groups:

Dalkeith and Penicuik Dementia Cafés
Michael Huddleston (Dementia Advisor)
Email: mhuddleston@alzscot.org Tel: 0131 654 1114

Morning Meet Ups and Outdoor Activity Groups
Carol Hamilton (Community Activity Organiser)
Email: chamilton@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>

