

What's on

March 2024 – 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 1 April	<p>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.</p>	10.30am-12noon
Wed 3 April	<p>Musselburgh Dementia Café <i>St. Andrew's High Church, High St, Musselburgh EH21 7EA</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> <p><i>This month in the Carers' Group we will be joined by Steven from Deaf Action who will introduce us to a range of specialist equipment that can support people living with dementia and a hearing impairment to remain connected. This information is also of benefit to people who do not have dementia but might experience any degree of hearing loss.</i></p>	10.30am-12noon
Mon 8 April (Moved back a week owing to Town House closure on Easter Monday)	<p>Dunbar Dementia Café <i>Dunbar Town House Museum & Gallery, High St, Dunbar EH42 1ER</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

	<p><i>This month our Carer Peer Support group will be joined by the Specialist Equipment Team from Deaf Action to discuss the impact of hearing loss on people with dementia, hearing loss as a modifiable risk factor for the development of dementia, and equipment that can help people in the daily lives.</i></p>	
Wed 10 April	<p>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.</p>	2.00-3.30pm
Thurs 11 April	<p>Archerfield Outdoor Activity Group <i>Archerfield House, Dirleton EH39 5HQ</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>	10.30-12noon
Mon 15 April	<p>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.</p>	10.30am-12noon
Mon 22 April	<p>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.</p>	10.30am-12noon
Wed 24 April	<p>*NEW* Prestonpans Dementia Café <i>Prestonpans Community Centre, Preston Rd, Prestonpans EH32 9QS</i></p> <p><i>This is our first Dementia Café in Prestonpans. Owing to other activities at the Community Centre on Thursday 25th, we are meeting on Wednesday 24th. From May onwards we will meet on the 4th Thursday of every month.</i></p>	2.00-3.30pm

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Thurs 25 April	<p>Archerfield Outdoor Activity Group <i>Archerfield House, Dirleton EH39 5HQ</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>	10.30-12noon
Mon 29 April	<p>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.</p>	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>



24 HOUR
Dementia  **Alzheimer Scotland**
Action on Dementia
Helpline
Freephone 0808 808 3000
Email helpline@alzscot.org