

# What's on



**Alzheimer  
Scotland**  
Action on Dementia

## April 2024 - 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 2 April	<b>Morning Meet Up</b> <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 3 April	<b>Morning Meet Up</b> <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 4 April	<b>Penicuik Dementia Café</b> <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.  <i>This week in the Carers' Group we will be joined by Gerry Gilmurray from SP Energy Networks for an update on their additional support services customers of all energy providers.</i>	2.00-3.30pm
Tues 9 April	<b>Morning Meet Up</b> <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

	<p><b>Dalkeith Dementia Café</b>  <i>Dalkeith Baptist Church, 8 N Wynd, EH22 1JE</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 week we will be joined by the <b>Dynamic Earth Outreach Team</b>. As part of the activities group, they will introduce us to a variety of objects and information about outer space. If previous experience is anything to go by, it will be a very hands on and engaging session!</i></p>	2.00-3.30pm
Wed 10 April	<p><b>Morning Meet Up</b>  <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 11 April	<p><b>Newbattle Outdoor Activity Group</b>  <i>Newbattle Abbey College, Newbattle Rd, Dalkeith EH22 3LL</i>  <b>(*Advance notice of attendance essential)</b>  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>	10.30-12.00noon
Tues 16 April	<p><b>Morning Meet Up</b>  <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 17 April	<p><b>Morning Meet Up</b>  <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 18 April	<p><b>Penicuik Dementia Café</b>  <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,</p>	2.00-3.30pm

	<p>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>	
Tues 23 April	<p><b>Morning Meet Up</b>  <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> <p><b>Dalkeith Dementia Café</b>  <i>Dalkeith Baptist Church, 8 N Wynd, EH22 1JE</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>10.30am-12noon</p> <p>2.00-3.30pm</p>
Wed 24 April	<p><b>Morning Meet Up</b>  <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 25 April	<p><b>Newbattle Outdoor Activity Group</b>  <i>Newbattle Abbey College, Newbattle Rd, Dalkeith EH22 3LL</i>  <b>(*Advance notice of attendance essential)</b>  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 30 April	<p><b>Morning Meet Up</b>  <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

Contact details for groups:

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

Morning Meet Ups and Outdoor Activity Groups  
Carol Hamilton (Community Activity Organiser)  
Email: [chamilton@alzscot.org](mailto: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>

