

What's on

May 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		
Wed 1 May	<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> <p><i>This month in the Carers' Group we will be joined by Gerry Gilmurray from SP Energy Networks who will advise us on the things vulnerable households can do to be better prepared for power outages and to be more energy efficient.</i></p> <p><i>Meanwhile, in the activity group, Janice Skakel from Age Scotland will lead a Body Boosting Bingo session!</i></p>	10.30am-12noon
Mon 6 May	<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 in the Carers' Group we will be joined by Gerry Gilmurray from SP Energy Networks who will advise us on the things vulnerable households can do to be better prepared for power outages and to be more energy efficient.</i></p>	2.00-3.30pm

Wed 8 May	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. <i>This month in the Carers' Group we will be joined by Gerry Gilmurray from SP Energy Networks who will advise us on the things vulnerable households can do to be better prepared for power outages and to be more energy efficient.</i>	2.00-3.30pm
Thurs 10 May	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.	10.30-12noon
Mon 14 May	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
Mon 21 May	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 23 May	*NEW* Prestonpans Dementia Café <i>Prestonpans Community Centre, Preston Rd, Prestonpans EH32 9QS</i> <i>This is our second Dementia Café in Prestonpans. Owing to other activities at the Community Centre on Thursday 24th, we are meeting on Wednesday 23rd. From June onwards we will meet on the 4th Thursday of every month.</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	2.00-3.30pm

	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.	
Thurs 24 May	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.	10.30-12noon
Mon 28 May	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>

