

What's on

May 2025 - 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		
Thurs 1 st May	Morning Meet Up <i>Treetop Café, Vogrie Country Park Gorebridge EH23 4NU</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! At Vogrie, we enjoy a 45–50-minute walk followed by good conversation and refreshments back at the café!	10.30-12noon
Thurs 1 st May	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.	1.30-3.00pm
Wed 7 th May	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
Tues 13 th May	Dalkeith Dementia Café <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	2.00-3.30pm

	other. We then split into an activities group and facilitated carer support group for the remaining hour.	
Wed 14 th May	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 15 th May	Morning Meet Up <i>Treetop Café, Vogrie Country Park Gorebridge EH23 4NU</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! At Vogrie, we enjoy a 45–50-minute walk followed by good conversation and refreshments back at the café!	10.30-12noon
Thurs 15 th May	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.	1.30-3.00pm
Wed 21 st May	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
Tues 27 th May	Dalkeith Dementia Café <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. This week we are joined by the Dynamic Earth Outreach Team. This will be their third annual visit to our Dementia	2.00-3.30pm

	Cafés, and they will take us on another fascinating deep dive into the science of the earth...	
Wed 28 th May	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 29 th May	Morning Meet Up <i>Treetop Café, Vogrie Country Park Gorebridge EH23 4NU</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! At Vogrie, we enjoy a 45–50-minute walk followed by good conversation and refreshments back at the café!	10.30am-12noon

Contact details for groups:

Karolina Kuna (Community Activities Organiser)
Email: kkuna@alzscot.org Tel: 0131 654 1114

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 donate, please visit our local Just Giving page:
<https://www.justgiving.com/fundraising/alzscot-fundraising-edinburgh-mid-east-lothian>

