

What's on

June 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		
Wed 4 th June	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 5 th June	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 5 th June	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
Tues 10 th June	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.	
Tues 17 th June	<p>Try Bowls!</p> <p><i>Tranent Bowling Club, Polson Park, EH33 1AN</i></p> <p>Alzheimer Scotland are partnering with Tranent Bowling Club to offer a “Try Bowls” session for people living with dementia and their care partners.</p> <p>Whether you live in East or Midlothian, we would be delighted if you could join us at Tranent Bowling Club, Polson Park, EH33 1AN from 2.00-4.00pm for refreshments and the opportunity to try your hand at outdoor bowls. No experience required!</p> <p>There is no charge, and all equipment and refreshments will be provided.</p> <p>To book your place or if you have any questions, please email mhuddleston@alzscot.org or call 07831 859 490.</p>	2.00-4.00pm
Thurs 19 th June	<p>Penicuik Dementia Café</p> <p><i>Cowan Court, Eastfield Drive, Penicuik, EH26 8BF</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>	1.30-3.00pm
Tues 24 th June	<p>Dalkeith Dementia Café</p> <p><i>Dalkeith Baptist Church, 8 N Wynd, EH22 1JE</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>	2.00-3.30pm

Contact details for 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 donate, please visit our local Just Giving page:

<https://www.justgiving.com/fundraising/alzscot-fundraising-edinburgh-mid-east-lothian>

