

# What's on

## July 2025 – Edinburgh



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.

**\*BOOKING IS ESSENTIAL FOR ALL GROUPS AS SPACES ARE LIMITED\***

Please note your interest in any events by emailing [lauristonservices@alzscot.org](mailto:lauristonservices@alzscot.org) or by calling us on 0131 392 8334.

- The lodge is at the entrance to Lauriston Castle, 2A Cramond Road South, Edinburgh, EH4 5QD.
- Our National Office is at 160 Dundee Street, Edinburgh EH11 1DQ.

In Person Group		
<b>Tuesday 1<sup>st</sup> July</b>	<b><u>Open Day at Lauriston Lodge</u></b> Come meet some of the new team at Alzheimer's Scotland's second Outdoor Brain Health Centre based in the lodge at Lauriston Castle. We will have a sample of activities to share our ideas of what groups we plan to run at the centre (but also welcome ideas from you).. These will include Brain Health information and signposting to specific support services, nature walks, bushcraft activities and table-top gardening whilst always enjoying the beautiful and peaceful outdoor space created by our wonderful friends at Edinburgh Forget-Me-Not Garden. There will be light refreshments available and a competition to name our outdoor garden room.	<b>11-3pm</b>
<b>Mondays 14<sup>th</sup> July (for 6 weeks)</b>	<b><u>Nature connection walk at Lauriston Lodge (weekly)</u></b> Join Jude at the Lodge for a nature connection walk through the wonderful grounds of Lauriston Castle. We will notice the signs of summer, listen to bird song and do some tree or flower identification whilst we walk, but the main benefit will be to get some exercise and immerse ourselves in the natural environment to maximise the therapeutic benefits it brings. Please bring suitable clothing and footwear (it may rain but we can still make the most of our natural surroundings!). There will be a chance for a cuppa and a chat after the walk.	<b>10.30-12pm</b>
<b>Tuesdays 15<sup>th</sup> July (for 6 weeks)</b>	<b><u>Bushcraft group at Lauriston Lodge (weekly)</u></b> Join Jude for some bushcraft activities that will make use of the wonderful natural resources that we have at Lauriston. These will include wreath making, print making, making natural paints, and hopefully some home-made elderflower cordial.	<b>10.30-12pm</b>

<b>Wednesday 16<sup>th</sup> July</b>	<b><u>Dementia Dog Information Session at Lauriston Lodge</u></b> We are delighted to invite Dementia Dogs to the lodge for an information session on how they support people living with dementia through assistance dogs as well as sharing some love with some new furry friends. Come for a cuppa from 1.30 with the information session starting at 2.	<b>1.30-3pm</b>
<b>Friday 18<sup>th</sup> July</b>	<b><u>Morning Meet Up at 160 Dundee Street</u> (weekly)</b> An informal weekly gathering with Karolina, with opportunities for peer support and activities should you choose.	<b>10.30-12</b>
<b>Monday 21<sup>st</sup> July</b>	<b><u>Nature connection walk at Lauriston Lodge</u> (weekly)</b> Join Jude at the Lodge for a nature connection walk through the wonderful grounds of Lauriston Castle. We will notice the signs of summer, listen to bird song and do some tree or flower identification whilst we walk, but the main benefit will be to get some exercise and immerse ourselves in the natural environment to maximise the therapeutic benefits it brings. Please bring suitable clothing and footwear (it may rain but we can still make the most of our natural surroundings!). There will be a chance for a cuppa and a chat after the walk.	<b>10.30-12pm</b>
<b>Tuesday 22<sup>nd</sup> July</b>	<b><u>Bushcraft group at Lauriston Lodge</u> (weekly)</b> Join Jude for some bushcraft activities that will make use of the wonderful natural resources that we have at Lauriston. These will include wreath making, print making, making natural paints, and hopefully some home-made elderflower cordial. <b>During our usual Bushcraft session, Jean-Marie from Vocal will be coming along to provide support and information for carers.</b>	<b>10.30-12pm</b>
<b>Wednesdays 23<sup>rd</sup> July</b>	<b><u>Cuppa and Catch Up at Lauriston Lodge</u> (weekly)</b> An informal gathering with opportunities for peer support and activities should you choose. <b>During our coffee and catch up we will be joined by NHS Occupational Therapist Kate and her team. They will share what the OT team can do to help you live well both at home and when you are out and about.</b>	<b>1.30-3pm</b>
<b>Friday 25<sup>th</sup> July</b>	<b><u>Morning Meet Up at 160 Dundee Street</u> (weekly)</b> An informal weekly gathering with Karolina, with opportunities for peer support and activities should you choose.	<b>10.30-12</b>
<b>Monday 28<sup>th</sup> July</b>	<b><u>Nature connection walk at Lauriston Lodge</u> (weekly)</b> Join Jude at the Lodge for a nature connection walk through the wonderful grounds of Lauriston Castle. We will notice the signs of summer, listen to bird song and do some tree or flower identification whilst we walk, but the main benefit will be to get some exercise and immerse ourselves in the natural environment to maximise the therapeutic benefits it brings. Please bring suitable clothing and footwear (it may rain but we can still make the most of our natural surroundings!). There will be a chance for a cuppa and a chat after the walk.	<b>10.30-12pm</b>

<b>Tuesday 29<sup>th</sup> July</b>	<b>Bushcraft group at Lauriston Lodge (weekly)</b> Join Jude for some bushcraft activities that will make use of the wonderful natural resources that we have at Lauriston. These will include wreath making, print making, making natural paints, and hopefully some home-made elderflower cordial.	<b>10.30-12pm</b>
<b>Wednesday 30<sup>th</sup> July</b>	<b>Cuppa and Catch Up at Lauriston Lodge (weekly)</b> An informal gathering with opportunities for peer support and activities should you choose.  <b>Musician John Collington is bringing his guitar and voice to perform some old classics. Joining in is encouraged - you can even play a tambourine!</b>	<b>1.30-3pm</b>

Contact details for groups with **Karolina Kuna at 160 Dundee Street**

Email: [kkuna@alzscot.org](mailto:kkuna@alzscot.org) Tel: 07557 801821

Contact details for groups with **Jude Mayson at Lauriston Lodge**

Email: [jmayson@alzscot.org](mailto:jmayson@alzscot.org) Tel: 07791 168480

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

<https://www.alzscot.org/campaign-for-change/donate/>

