

# What's on

## August 2025

### – Lauriston Centre



Our Community Groups are there to be enjoyed by anyone living with dementia or anyone experiencing difficulties with their memory, as well as their family, friends and carers. 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 provide 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 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\***

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

In Person Group		
Friday 1 <sup>st</sup> August	<b>Drumming Workshop</b> In partnership with Edinburgh and Lothians Greenspace trust, we are hosting a 'one off' Drumming Workshop. The workshop will be led by a music therapist who will teach some basics of drumming, offering a fun and engaging way to learn about rhythm, coordination, and teamwork!	<b>10.00- 12.00pm</b>
Monday 4 <sup>th</sup>	<b>Nature Connection Walk (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, but the main benefit will be to get some exercise and immerse ourselves in the natural environment to maximise the therapeutic benefits it brings.	<b>10.30- 12.00pm</b>

	<p>Please bring suitable clothing and footwear (it may rain but we can still make the most of our natural surroundings!).</p> <p>There will be a chance for a cuppa and a chat after the walk.</p>	
Tuesday 5 <sup>th</sup>	<p><b>Bushcraft Group (weekly)</b></p> <p>Join Jude for some bushcraft activities that will make use of the wonderful natural resources that we have at Lauriston.</p>	<p><b>10.30-12.00pm</b></p>
Wednesday 6 <sup>th</sup>	<p><b>Cuppa and Catch Up (weekly)</b></p> <p>Come along and join a scavenger hunt with Jude and Liz in the garden to encourage movement, socialisation and brain exercise.</p>	<p><b>10.30-12.00pm</b></p>
Monday 11 <sup>th</sup>	<p><b>Nature Connection Walk (weekly)</b></p> <p>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.</p> <p>Please bring suitable clothing and footwear (it may rain but we can still make the most of our natural surroundings!).</p> <p>There will be a chance for a cuppa and a chat.</p>	<p><b>10.30-12.00pm</b></p>
Tuesday 12 <sup>th</sup> -morning	<p><b>Bushcraft Group (weekly)</b></p> <p>Join Jude for some bushcraft activities that will make use of the wonderful natural resources that we have at Lauriston.</p>	<p><b>10.30-12.00pm</b></p>
Tuesday 12 <sup>th</sup> -afternoon	<p><b>*NEW* Colouring &amp; Crosswords (weekly)</b></p> <p>Join us for some calming colouring in or challenge your brain with a crossword or wordsearch. This will be a time for relaxing together in our garden pod (or outside if the weather is kind) where we can engage socially and receive peer support as well as an all important cuppa.</p>	<p><b>2.00pm-3.30pm</b></p>
Wednesday 13 <sup>th</sup>	<p><b>Live music session with John Collington</b></p> <p>Relive some old classics with John on guitar and join in with the singing, or try percussion or just listen and enjoy.</p>	<p><b>10.30-12.00pm</b></p>

Thursday 14 <sup>th</sup>	<b>*NEW* Arts and Crafts (weekly)</b> Join Liz for an afternoon of gentle crafting in our outdoor pod. There will be a choice of activities to enjoy whilst getting to know other people over a cup of tea or coffee.	2.00pm-3.30pm
Monday 18 <sup>th</sup> -morning	<b>Nature Connection Walk (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.	10.30-12pm
Monday 18 <sup>th</sup> -afternoon	<b>*NEW* Brain Gym (weekly)</b> Join Karolina, our Centre Activity's Organiser, for our 10-week Brain Gym programme. The sessions are a (small group) cognitive stimulation therapy-based programme designed to help keep your brain active.	2.00pm-3.30pm
Tuesday 19 <sup>th</sup> -morning	<b>Bushcraft Group (weekly)</b> Join Jude for some bushcraft activities that will make use of the wonderful natural resources that we have at Lauriston.	10.30-12pm
Tuesday 19 <sup>th</sup> - runs alongside Bush Craft Group	<b>*NEW* Carer Support Group</b> <u>Every 3<sup>rd</sup> Tuesday of the month</u> This group offers the opportunity to relax and meet up with others who are in a similar situation to you. Offering practical and emotional support for people in a caring role (whether a paid or unpaid role).	10.30-11.30am
Tuesday 19 <sup>th</sup> -afternoon	<b>Colouring &amp; Crosswords (weekly)</b> Join Jude for some calming colouring in or challenge your brain with a crossword or wordsearch. This will be a time for relaxing together in our garden pod (or outside if the weather is kind) where we can engage socially and receive peer support as well as an all important cuppa.	2.00pm-3.30pm
Wednesday 20 <sup>th</sup>	<b>Cuppa and Catch up</b> Where we will be joined by our NHS Speech and Language colleagues for an information session about their services.	2.00pm-3.30pm

Thursday 21 <sup>st</sup>	<b>Arts and craft (weekly)</b> Join Liz for an afternoon of gentle crafting in our outdoor pod. There will be a choice of activities to enjoy whilst getting to know other people over a cup of tea or coffee.	2.00pm-3.30pm
Monday 25 <sup>th</sup>	<b>Nature Connection Walk (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.	10.30-12.00pm
Monday 25 <sup>th</sup>	<b>Brain Gym</b> Join Karolina, our Centre Activity's Organiser, for our 10-week Brain Gym programme. The sessions are a (small group) cognitive stimulation therapy-based programme designed to help keep your brain active.	2.00pm-3.30pm
Tuesday 26 <sup>th</sup> -morning	<b>Bushcraft Group (weekly)</b> Join Jude for some bushcraft activities that will make use of the wonderful natural resources that we have at Lauriston.	10.30-12.00pm
Tuesday 27 <sup>th</sup> -afternoon	<b>Colouring &amp; Crosswords (weekly)</b> Join Jude for some calming colouring in or challenge your brain with a crossword or wordsearch. This will be a time for relaxing together in our garden pod (or outside if the weather is kind) where we can engage socially and receive peer support as well as an all important cuppa.	2.00pm-3.30pm
Wednesday 27 <sup>th</sup>	<b>CENTRE CLOSED DUE TO STAFF TRAINING</b>	
Thursday 28 <sup>th</sup>	<b>Arts and craft (weekly)</b> Join Liz at the Lodge for an afternoon of gentle crafting in our outdoor pod. There will be a choice of simple activities to enjoy whilst getting to know other people over a cup of tea or coffee.	2.00pm-3.30pm

Contact details for Lauriston Lodge Centre Activities Coordinators:

**Jude Mayson**

email [jmayson@alzscot.org](mailto:jmayson@alzscot.org)

Tel - 07791 168480

**Liz Griffiths**

email [lgriffiths@alzscot.org](mailto:lgriffiths@alzscot.org)

Tel - 07796 187192

**Karolina Kuna**

email [KKuna@alzscot.org](mailto:KKuna@alzscot.org)

Tel - 07557 801821

Address: The lodge is at the entrance to Lauriston Castle, 2A Cramond Road South, Edinburgh, EH4 5QD.

*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/>

