

What's on



August 2025 – 160 Dundee Street

Our Community Groups are there to be enjoyed by anyone living with dementia, 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.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in. Please see below for more details.

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.

Wed 6 Aug	<p>Saughton Park Walking Group</p> <p>Walking groups are for people living with dementia. Family and carers are welcome to join or to take the opportunity for a break. They are an informal, relaxed opportunity to meet and socialise with others in a similar situation. At Saughton Park, we enjoy a 45–50-minute walk followed by good conversation and refreshments back at the café.</p> <p>Contact details for this group are: Karolina Kuna – Centre Activities Organiser Email: kkuna@alzscot.org Tel: 07557 801821</p>	10.30am – 12noon
Fri 8 Aug	<p>Morning Meet Up</p> <p>This is an informal, relaxed opportunity to meet and socialise with others in a similar situation. We enjoy good conversation, refreshments and stimulating activities.</p> <p>Contact details for this group are: Karolina Kuna – Centre Activities Organiser Email: kkuna@alzscot.org Tel: 07557 801821</p>	10.30am – 12noon
Wed 13 Aug	<p>Oasis Café – for people aged 65 and under</p> <p>This is a monthly 'café style' group offering practical and emotional support for people with dementia, their carers, and families. We have a carer support group which runs during</p>	1.30pm - 3.00pm

	<p>the Oasis cafe, whilst there is an activity group for the people living with dementia.</p> <p>This café offers you the opportunity to relax and meet up with others who are in a similar situation to you.</p> <p>Booking is required. Contact details for this group are: Paula Frame – Day Services Manager Email: pframe@alzscot.org Tel: 0131 551 9350</p>	
Fri 15 Aug	<p>Morning Meet Up</p> <p>This is an informal, relaxed opportunity to meet and socialise with others in a similar situation. We enjoy good conversation, refreshments and stimulating activities.</p> <p>Contact details for this group are: Karolina Kuna – Centre Activities Organiser Email: kkuna@alzscot.org Tel: 07557 801821</p> <p>Carer's Drop-in Session</p> <p>This is an informal session for carers to come together and share experiences with one another. The local Dementia Advisor also attends and provides information and signposts as required.</p> <p>Contact details for this group are: Caroline O'Hara - Dementia Advisor Email: cohara@alzscot.org Tel: 0131 551 9350</p>	<p>10.30am - 12 noon</p> <p>11.00am - 12 noon</p>
Wed 20 Aug	<p>Saughton Park Walking Group</p> <p>Walking groups are for people living with dementia. Family and carers are welcome to join or to take the opportunity for a break. They are an informal, relaxed opportunity to meet and socialise with others in a similar situation. At Saughton Park, we enjoy a 45–50-minute walk followed by good conversation and refreshments back at the café.</p> <p>Contact details for this group are: Karolina Kuna – Centre Activities Organiser Email: kkuna@alzscot.org Tel: 07557 801821</p> <p>160 Support Group</p> <p>This is a monthly café offering practical and emotional support for people living with dementia (of any age), their carers, and families. We have a carer support group which</p>	<p>10.30am - 12noon</p> <p>1.30pm - 3.00pm</p>

	<p>runs during the OneSixty group, whilst there is an activity group for the people living with dementia.</p> <p>Booking is required. Contact details for this group are: Caroline O'Hara - Dementia Advisor Email: cohara@alzscot.org Tel: 0131 551 9350</p>	
Fri 22 Aug	<p>Morning Meet Up</p> <p>This is an informal, relaxed opportunity to meet and socialise with others in a similar situation. We enjoy good conversation, refreshments and stimulating activities.</p> <p>Contact details for this group are: Karolina Kuna – Centre Activities Organiser Email: kkuna@alzscot.org Tel: 07557 801821</p>	10.30am – 12noon
Wed 27 Aug	<p>Long Term Care & Bereavement Group</p> <p>This is an informal peer support group for people who are bereaved or whose loved ones are in Long Term Care.</p> <p>Contact details for this group are: Paula Frame – Day Services Manager Email: pframe@alzscot.org Tel: 0131 551 9350</p>	2.00pm - 3.30pm
Fri 29 Aug	<p>Morning Meet Up</p> <p>This is an informal, relaxed opportunity to meet and socialise with others in a similar situation. We enjoy good conversation, refreshments and stimulating activities.</p> <p>Contact details for this group are: Karolina Kuna – Centre Activities Organiser Email: kkuna@alzscot.org Tel: 07557 801821</p>	10.30am – 12noon

Full Address for above groups:

Alzheimer Scotland
160 Dundee Street
Edinburgh
EH11 1DQ

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/alzscot>

