

What's on

September 2025 – Edinburgh

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 3 Sep Wed 17 Sep	Saughton Park Walking Group 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. Contact details for this group are: Karolina Kuna – Centre Activities Organiser Email: kkuna@alzscot.org Tel: 07557 801821	10.30am – 12noon
Fri 5 Sep Fri 12 Sep Fri 19 Sep Fri 26 Sep	Morning Meet Up 160 Dundee Street, Edinburgh, EH11 1DQ This is an informal, relaxed opportunity to meet and socialise with others in a similar situation. We enjoy good conversation, refreshments and stimulating activities. Contact details for this group are: Karolina Kuna – Centre Activities Organiser Email: kkuna@alzscot.org Tel: 07557 801821	10.30am – 12noon
Mon 8 Sep	Dementia Café Oxgangs Library – 343 Oxgangs Road North, EH13 9LY This is a group for people with dementia, their partners, family and friends. This is an informal, relaxed opportunity to meet and socialise with others in a similar situation. We	10.30am – 12noon

	<p>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>	
Wed 10 Sep	<p>Oasis Café – for people aged 65 and under</p> <p>160 Dundee Street, Edinburgh, EH11 1DQ</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 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>	1.30pm - 3.00pm
Wed 10 Sep	<p>Royal Botanic Garden 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. We will meet at the West Gate on Arboretum Place (EH3 5NZ).</p> <p>Booking is required. Contact details for this group are: Karolina Kuna – Centre Activities Organiser Email: kkuna@alzscot.org Tel: 07557 801821</p>	10.30am – 12.00noon
Wed 17 Sep	<p>160 Support Group</p> <p>160 Dundee Street, Edinburgh, EH11 1DQ</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 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>	1.30pm - 3.00pm

Fri 19 Sep	<p>Carer's Drop-in Session</p> <p>160 Dundee Street, Edinburgh, EH11 1DQ</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>	11.00am - 12 noon
Mon 22 Sep	<p>Botanic Cottage Singing Group</p> <p>This is a fun singing group for people with dementia, their partners, family and friends. No experience of singing required, just bring yourselves and be ready to make some noise! Teas and coffees will be served.</p> <p>Booking is required. Contact details for this group are: Karolina Kuna – Centre Activities Organiser Email: kkuna@alzscot.org Tel: 07557 801821</p>	10.30am – 12.00noon
Wed 24 Sep	<p>Tea and Blether</p> <p>The Wee Museum of Memory – 1st Floor Ocean Terminal – Ocean Drive, Edinburgh, EH6 6JJ</p> <p>Join us for refreshments and some fun in trying new activities. If you enjoy singing, games, puzzles, stories, reminiscence, meeting new people and a good blether – then this is the group you.</p> <p>Contact details for this group are: Karolina Kuna – Centre Activities Organiser Email: kkuna@alzscot.org Tel: 07557 801821</p>	10.30am – 12.00noon
Wed 24 Sep	<p>Long Term Care & Bereavement Group</p> <p>160 Dundee Street, Edinburgh, EH11 1DQ</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

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>

