

# What's on

## September 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		
Monday 1 <sup>st</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 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- 12.00pm</b>
Tuesday 2 <sup>nd</sup> -morning	<b>Bushcraft Group (weekly)</b> Join Jude for a cuppa and some bushcraft activities that will make use of the wonderful natural resources that we have access to at Lauriston.	<b>10.30- 12.00pm</b>
Tuesday 2 <sup>nd</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, as well sharing a cuppa in our garden pod (or outside if the weather is kind).	<b>2.00pm- 3.30pm</b>

Wednesday 3 <sup>rd</sup> -morning	<b>Dementia Dog visit 🐕 – *taster session</b> Harnessing the power of dogs and human interaction is what we do best. Come along and join us, meet some of our lovely dogs and the team to find out how Dementia Dog can support you. <i>*The taster session is prior to a Weekly ‘Movement and Mindfulness’ programme in collaboration with Dogs for Good.</i> <i>These sessions aim to support both physical and mental wellbeing through gentle movement, games with Sandy, mindfulness techniques and relaxation practices, over a block of 7 weekly sessions- starting 24<sup>th</sup> September. Carers and family are welcome to join us, it can be a lovely experience to share.</i>	10.30- 12.00pm
Wednesday 3 <sup>rd</sup> -afternoon	<b>Cuppa and catch up</b> Come along and join a scavenger hunt with Jude and Liz in the garden to encourage movement, socialisation and brain exercise.	2.00pm- 3.30pm
Thursday 4 <sup>th</sup> -morning	<b>Arts and craft (weekly)</b> Join Liz for a morning 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.	10.30- 12.00pm
Thursday 4 <sup>th</sup> -afternoon	<b>Gardening Group</b> Join Liz for some gentle activities in the garden. We will be dead-heading, weeding, watering, possibly planting and playing games. We will follow all this activity with a well-earned cuppa.	2.00pm- 3.30pm
Monday 8 <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. Enjoy some exercise and immerse ourselves in the natural environment to maximise the therapeutic benefits it brings. <i>*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.</i>	10.30- 12.00pm
Tuesday 9 <sup>th</sup> -morning	<b>Bushcraft Group (weekly)</b> Join Jude for a cuppa and some bushcraft activities that will make use of the wonderful natural resources that we have access to at Lauriston.	10.30- 12.00pm

Tuesday 9 <sup>th</sup> -afternoon	<b>Colouring &amp; Crosswords (weekly)</b> 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.	2.00pm- 3.30pm
Wednesday 10 <sup>th</sup> -afternoon	<b>Cuppa and Catch Up (weekly)</b> Come along and join us for a cuppa, a chat and some games in the garden.  *We'll be joined by Kate & Lynsey – NHS Occupational Therapists who will be available to chat to and offer information and advice.	2.00pm- 3.30pm
Thursday 11 <sup>th</sup> -morning	<b>Arts and Crafts (weekly)</b> Join Liz for a morning 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.	10.30- 11.30am
Thursday 11 <sup>th</sup> -afternoon	<b>Lauriston Farm – group visit</b> Volunteering in the community garden Meet at Toby carvery car park at 2pm. We will see round the wonderful community garden, meet other volunteers over refreshments and help tend the garden.	2.00pm- 3.30pm
Monday 15 <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 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
Tuesday 16 <sup>th</sup> -morning	<b>Bushcraft Group (weekly)</b> Join Jude for a cuppa and some bushcraft activities that will make use of the wonderful natural resources that we have access to at Lauriston.	10.30- 12pm

<p><b>Tuesday 16<sup>th</sup></b> - runs alongside Bush Craft Group</p>	<p><b>Carer Support Group (every 3<sup>rd</sup> Tuesday of the month)</b> 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).</p>	<p><b>10.30- 11.30am</b></p>
<p><b>Tuesday 16<sup>th</sup></b> -afternoon</p>	<p><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.</p>	<p><b>2.00pm- 3.30pm</b></p>
<p><b>Wednesday 17<sup>th</sup></b> -morning</p>	<p><b>Live music session with John Collington</b> 🎵 🎸 Relive some old classics, or listen to some newer music with John on guitar. Join in with the singing, maybe try percussion or just sit in and enjoy.</p>	<p><b>10.30- 12.00pm</b></p>
<p><b>Thursday 18<sup>th</sup></b></p>	<p><b>CENTRE CLOSED DUE TO STAFF TRAINING</b></p>	
<p><b>Monday 22<sup>nd</sup></b> -morning</p>	<p><b>Nature Connection Walk (weekly)</b> Join Jude at the Lodge for a nature connection walk through the wonderful grounds of Lauriston Castle 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.</p>	<p><b>10.30- 12.00pm</b></p>
<p><b>Tuesday 23<sup>rd</sup></b> -morning</p>	<p><b>Bushcraft Group (weekly)</b> Join Jude for a cuppa and some bushcraft activities that will make use of the wonderful natural resources that we have access to at Lauriston.</p>	<p><b>10.30- 12.00pm</b></p>
<p><b>Tuesday 23<sup>rd</sup></b> -afternoon</p>	<p><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.</p>	<p><b>2.00pm- 3.30pm</b></p>

Wednesday 24 <sup>th</sup>	<b>Cuppa and Catch Up (weekly)</b> Come along and join Jude and Liz for light refreshments, some gentle exercise in the garden to encourage movement, socialisation and brain exercise.	<b>2.00pm-3.30pm</b>
Thursday 25 <sup>th</sup> -morning	<b>Arts and craft (weekly)</b> Join Liz at the Lodge for a morning 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.	<b>10.30am-12.00pm</b>
Thursday 25 <sup>th</sup> -afternoon	<b>Gardening Group</b> Join Liz for some gentle activities in the garden. We will be dead-heading, weeding, watering, possibly planting and playing games. We will follow all this activity with a well-earned cuppa.	<b>2.00pm-3.30pm</b>
Monday 29 <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 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.	<b>10.30am-12pm</b>
Tuesday 30 <sup>th</sup> -morning	<b>Bushcraft Group (weekly)</b> Join Jude for a cuppa and some bushcraft activities that will make use of the wonderful natural resources that we have access to at Lauriston.	<b>10.30am-12 pm</b>
Tuesday 30 <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.	<b>2.00pm-3.30pm</b>

## Contact details for Lauriston Lodge Centre Activities Coordinators:

### **Jude Mayson**

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### **Liz Griffiths**

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07796 187192

### **Karolina Kuna**

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Tel - 0131 392 8334  
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/>

