

What's on

September 2025 - Midlothian

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.

In Person Group		
Thurs 4 th September	Penicuik Dementia Café <i>Cowan Court, Eastfield Drive, Penicuik, EH26 8BF</i> D'Cafés are for people living with dementia and their families. They are an opportunity to meet others in a similar situation, to make connections and develop friendships, and to support and learn from one another as well as Alzheimer Scotland staff and volunteers. The first half hour is spent together, as a whole group, taking refreshments, and getting to know each other. We then split into an activities group and facilitated carer support group for the remaining hour.	1.30-3.00pm
Tues 9 th September	Dalkeith Dementia Café <i>Dalkeith Baptist Church, 8 N Wynd, EH22 1JE</i> D'Cafés are for people living with dementia and their families. They are an opportunity to meet others in a similar situation, to make connections and develop friendships, and to support and learn from one another as well as Alzheimer Scotland staff and volunteers. The first half hour is spent together, as a whole group, taking refreshments, and getting to know each other. We then split into an activities group and facilitated carer support group for the remaining hour.	2.00-3.30pm
Thurs 18 th September	Penicuik Dementia Café <i>Cowan Court, Eastfield Drive, Penicuik, EH26 8BF</i> D'Cafés are for people living with dementia and their families. They are an opportunity to meet others in a similar situation, to make connections and develop friendships, and to support and learn from one another as well as Alzheimer Scotland staff and volunteers. The first half hour is spent together, as a whole group, taking refreshments, and getting to know each other. We then split into an activities group and facilitated carer support group for the remaining hour.	1.30-3.00pm
Tues 23 rd September	Dalkeith Dementia Café <i>Dalkeith Baptist Church, 8 N Wynd, EH22 1JE</i> D'Cafés are for people living with dementia and their families. They are an opportunity to meet others in a similar situation,	2.00-3.30pm

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Contact details for groups:

Michael Huddleston (Dementia Advisor)

Email: mhuddleston@alzscot.org Tel: 0131 654 1114

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 our local Just Giving page:

<https://www.justgiving.com/fundraising/alzscot-fundraising-edinburgh-mid-east-lothian>

