

Dementia Friendly Activities

July Programme

Wednesday 5th	12-1pm Liddell Lions Lunch 1-2pm Pilates with Tess 2-3pm Tea & Chat
Thursday 6th	1.30-3.30pm Bookroom Barber
Friday 7th	11am-12pm Liddell Lyrics
Wednesday 12th	12-1pm Liddell Lions Lunch 1-2pm Boccia with Michael 2-3pm Tea & Chat
Friday 14th	11am-12pm Liddell Lyrics
Tuesday 18th	1.30-2.30pm Eric's Encore
Wednesday 19th	12-1pm Liddell Lions Lunch 1-2pm History Talk with Roy 2-3pm Tea & Chat
Friday 21st	11am-12pm Liddell Lyrics
Tuesday 25th	1.30-2.30pm Eric's Encore
Wednesday 26th	10-11am Easy Dancing 12-1pm Liddell Lions Lunch 1-2pm Seated Exercise with Michael 2-3pm Tea & Chat
Friday 28th	11am-12pm Liddell Lyrics 1.30-3.30pm Memories & Stories

Our dementia inclusive activities aim to connect carers and people living with dementia with others in a similar situation to provide a sense of community.

All dementia inclusive community activities are free!



Get in touch

Please get in touch with Malin if you would like to know more or attend any of these activities.

Malin Wollberg
Service Coordinator
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Dementia Friendly Activities

Activity information



Liddell Lions Lunch

Liddell Lions is a weekly lunch group attended by carers and people living with dementia. Participants share a soup and sandwich lunch together and participate in a variety of activities.

Eric's Encore

Eric's Encore is a dementia inclusive music group. It is an opportunity to get together play, sing, have fun and share memories through music.

Tea & Chat

Join us for an informal tea & chat. This is your opportunity to make your voice heard, speak to others about some of the things you are going through just share a cuppa with your peers!

Bookroom Barber

Haircuts for men. Our talented stylist will give you a quick and quality haircut. To make appointment call Irene 0131 357 1278.

Liddell Lyrics

Each week at Liddell Lyrics, different themes and song writing techniques will provide the stimulus to share your stories and ideas within a dementia inclusive group. A fun way to experience music and be creative. Contact Gus for more details at harrowerg@ericliddell.org

Memories & Stories

Join us for an afternoon at Boroughmuir Rugby Club. This is an opportunity to come together over some tea and cakes, meet others with similar interests and share some of your favourite memories and stories.

Easy Dancing

Seated exercise with Felicity. Relaxed, fun and open to all!

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