

Dementia Community Support June Programme



Thursday 1st	10.30am Sensory Art 1.30-3.30pm Bookroom Barber 2pm Pet and Companion (PEACE)
Friday 2nd	11am-12pm Liddell Lyrics 1.30-3.30pm Sport & Rugby Reminiscence
Monday 5th	1.45pm- 2.45pm Music Memories
Tuesday 6th	1.30-2.30pm Eric's Encore
Wednesday 7th	12-2pm Liddell Lions Lunch: <i>Pilates with Tess</i>
Friday 9th	11am-12pm Liddell Lyrics
Tuesday 13th	1.30-2.30pm Eric's Encore
Wednesday 14th	12.00-2pm Liddell Lions Lunch: <i>Music with Gus</i>
Thursday 15th	10.30am Sensory Art 2pm Pet and Companion (PEACE)
Friday 16th	11am-12pm Liddell Lyrics
Monday 19th	1.45pm- 2.45pm Music Memories
Tuesday 20th	1.30-2.30pm Eric's Encore
Wednesday 21st	12-2pm Liddell Lions Lunch: <i>Arts & Crafts</i>
Friday 23rd	11am-12pm Liddell Lyrics
Tuesday 27th	1.30-2.30pm Eric's Encore
Wednesday 28th	<i>Building Closed</i>
Thursday 29th	2pm Pet and Companion (PEACE)
Friday 30th	11am-12pm Liddell Lyrics 1.30-3.30pm Sport & Rugby Reminiscence

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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07549 193298
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* Please see next page for activity details

Dementia Community Support

Activity information



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.

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.

Bookroom Barber

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

Pet and Companion (PEACE)

Fancy a cuddle with a therapy dog and a chat with someone who cares? Sarah and her dog, Ro, from the charity Pet and Companion (PEACE for short) will be providing 30 minute sessions at the Eric Liddell Community.

Music Memories

Run by the 'Forget me Notes'. We work to provide experiences where people can express themselves more fully than they might be able to in other environments. The use of music and singing allows people to use the words of others to express how they feel.

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

Rugby & Sport Reminiscence

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 memories of your favourite sport. Transport there and back will be provided!

Sensory Art

Join Niroschini and Jo, artists from the Sensory Collective, for a couple of dementia-inclusive sessions at The Eric Liddell Community. We will offer a welcoming space to creatively connect and explore together using music, movement, and other sensory arts activities.

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