

Dementia Community Support April Programme



Tuesday 4th	1.30-2.30pm Eric's Encore (Music)
Wednesday 5th	12.00-2pm Liddell Lions Lunch: Boccia with Michael
Thursday 6th	1.30-3.30pm Bookroom Barber Pet and Companion (PEACE)
Monday 10th	<i>The community hub is closed</i>
Tuesday 11th	1.30-2.30pm Eric's Encore (Music)
Wednesday 12th	12.00-2pm Liddell Lions Lunch: <i>To be decided</i>
Friday 14th	1-3.30 Rugby & Sport Reminiscence
Tuesday 18th	1.30-2.30pm Eric's Encore (Music)
Wednesday 19th	12.00-2pm Liddell Lions Lunch: Seated exercise with Michael
Thursday 20th	Pet and Companion (PEACE)
Monday 24th	1.45-2.45pm Music Memories
Tuesday 25th	<i>No Eric's Encore</i>
Wednesday 26th	12.00-2pm Liddell Lions Lunch: Musical Bingo

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
0131 357 1277
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Dementia Community Support

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.

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. To book a free appointment, please contact Malin for more details.

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.

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!

Bookroom Barber

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

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