

forget me not

Forget me not is a life changes trust funded project to help the King's and Festival Theatres become dementia friendly

Issue 1 January 2016

HAPPY NEW YEAR

News

Happy New Year to everyone and welcome to our very first newsletter!

We will be holding our second season of events in the Studio on Potterrow. These are now called 'The Empire Palace of Varieties presents....' As we are now programming a wide variety of events for your entertainment and enjoyment. We have some exciting events coming up; Oor Rabbie (a Burns lunch with entertainment); a Tea dance to celebrate St Patrick's Day and the lovely family friendly show 'What Does Red Do on Thursday'. This is a live painting story session to the music of Ravel and Debussy and forms part of the Puppet Animation Festival. As always most of these events are free, but you will need a ticket. **You can book for the Studio events at the box office on 0131529 6000.** The staff will also be able to advise you on parking facilities and any access requirements you may have.

At the end of last year Scottish Ballet performed their first ever relaxed performance of the ballet Cinderella. Over 400 people turned up on the day and extra staff were on hand to help folk find their seats and make sure everyone had a brilliant time. Watch out for later in the year when Scottish Ballet will be back with Hansel and Gretel.

It's a funny old story

Starting on Friday February 5th our friends from the Scottish Storytelling Centre will be in the Lafayette bar at the Festival Theatre spinning some tales, reading some poetry and even adding in some songs as well. Friends old and new are welcome to this free event. **Please call Paul on 0131 622 8444 to book a place.** There are only a few places left for the first session.

Volunteering Opportunities

If you have some spare time on your hands, why not volunteer with the Forget Me Not project at the King's and Festival Theatres? You could be a host at our events; help promote the project at community information events or become a walk leader for our new health walk starting after Easter.

Paths For All Walk Leader Training

On Tuesday 15th March the Festival Theatre will be hosting a Paths for All Walk Leaders training day. The training will run from 9.30am to 4.30pm and include a light lunch and refreshments. Once we have a team of trained volunteers we will be running a regular health walk between the King's and Festival Theatres.

If you are interested in booking a place on this course or for information about any of our events please contact Paul Hudson, the Forget Me Not project coordinator on 0131 622 8444 or by email paul.hudson@edtheatres.com

paths
for all

The **EMPIRE PALACE** of **VARIETIES**

Presents...

These events and performances are suitable for people living with dementia, their family and friends.



Oor Rabbie Tue 26 January 12.30-3.30pm

A Burns Lunch with Andy Cannon and live music by Wendy Weatherby. Featuring Burns' most popular works, lots of audience participation, poetry, storytelling and live music, Oor Rabbie is the perfect introduction to the life and works of Rabbie Burns for everyone.

The Studio, 22 Potterrow, EH8 9BL.

£6.50 per person for three course buffet lunch. Book through Box Office.



St Patrick's Day Tea Dance Fri 18 March 2-4pm

Join friends old and new for afternoon tea, a song or three and a dance or two to your favourite Irish and Celtic tunes.

The Studio, 22 Potterrow, EH8 9BL.

Free but ticketed please book through Box Office



What Does Red Do On Thursday? by Thalias Kompagnons Tue 22 & Wed 23 March 2pm

Artist Joachim paints a little red dot and following his paintbrush Red sees new places, people and is guided into a new world. This is a family friendly event for all ages.

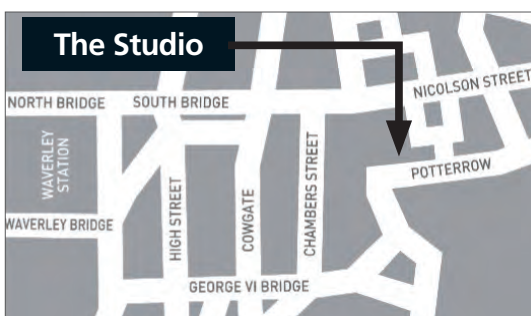
The Studio, 22 Potterrow, EH8 9BL.

Free but ticketed please book through Box Office



The Festival Theatre Club

Is a drop-in social group for people who support or care for someone living with dementia. The group meets on the last Thursday of each month from 11.30-1pm in the café at the Festival Theatre. Over tea and coffee the group looks at show's they might like to see, events to take part in or just to have a good old blether and a fine piece!



forget me not

Forget Me Not is a three year Life Changes Trust funded project to enable the King's and Festival Theatres to become dementia friendly. For more information, to become a volunteer or to enquire about community activities contact **Paul Hudson, project coordinator.**
0131 622 8444 paul.hudson@edtheatres.com



Buses to The Studio: 2, 41, 42, 47, 60, 67

City Events



It's a funny old story.....

Run by the Scottish Storytelling Centre these free sessions happen on the last Friday of each month starting on Friday February 5th.
2pm-3.30pm Lafayette Bar, Festival Theatre.

Call Paul on 0131 622 8444 to book a place



Calendar of memories

Stories, songs, laughter and reminiscence in the storytelling court.
A free event hosted by the Life Stories Project at the Scottish Storytelling Centre.
1pm-2pm. See the diary of events for current dates.

Call 0131 556 9579 to book a place



Garden. Library. Museum. Gallery.

Free guided visits for anyone affected by dementia. See the diary of events for current dates.

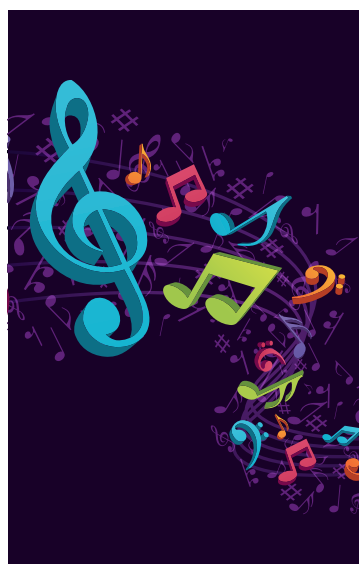
Garden Social 0131 248 2981

Library Social 0131 623 3734

Museum Social 0300 123 6789

Gallery Social 0131 624 6560

Art in the City Meets on the 2nd Thursday of the month from 10.30am-12 noon.
Contact Rachel Henry on 0131 469 5959 for more information



Singing Groups

Inverleith Meets 1st and 3rd Thursday of the month at Inverleith Saint Serf's Church Hall. **Contact Sheila Hardie 0131 551 1229 or Kate Walker 0131 554 4940**

Fairmilehead Meets on the 2nd and 4th Wednesday of the month at Fairmilehead Parish Church Hall.

Contact Anne Sommerville on 0131 447 5132 or Moira Pate 0131 667 8336

Craigentenny Meets on the 2nd & 4th Monday of the month at St Christopher's Church Hall.

Contact Helen Fraser 0131 661 2344 or Katie Crumlish 0131 554 0213

Chesser Meets on the 1st and 3rd Tuesday of the Month at Gorgie Dalry Stenhouse Church Hall.

Contact Joan Hogg or Marie Anderson 0131 455 7731

Regular Events and Groups

Café Social Groups

The Portobello Café

The Espy, 62-64 Bath Street, Portobello. We meet every two weeks from 11.00am-1pm.

Contact Teresa Straczynski for more information on 0131 662 1204, 07557 944 073 or tstraczynski@alzscot.org

Monday Café at Cramond Kirk Hall

Meets monthly on the first Monday of every month from 1-3pm.

Contact Teresa Straczynski for more information on 0131 662 1204, 07557 944 073 or tstraczynski@alzscot.org

Edinburgh Branch D – Café

The Café meets at the Quaker Meeting House, Victoria Terrace on the last Thursday of every month from 1pm-3pm. Tea/coffee and biscuits are provided. Everyone is welcome to drop in.

For more information call 0131 667 6289

Oasis Café Edinburgh

Activities and support for people with dementia who are 65 and under and their carers.

Contact Alan Midwinter, Service Manager on 0131 551 9350 or EdinburghServices@Alzscot.org for more information

The D Café Mussleburgh

Meets on the first Wednesday of every month from 11am-2pm. Lunch is available at 12.45pm costing £3.00. A Carer Support Group is available from 11.45am-12.45pm which includes support for people with dementia.

Contact Hazel Johnson for more information on 0131 6541114 or MidandEastlothianServices@Alzscot.org

The D café Midlothian

Meets on the 2nd and 4th Tuesday of every month in Dalkeith Baptist Church from 12 noon-3pm. Lunch is provided at a cost of £3.

Contact Alaine Chalmers, Service Manager for more information on 0131 654 1114 or midandeastlothianServices@Alzscot.org

The Palm Café

Held on the last Tuesday of the month from 2.30-4pm. A social group café for People in Balerno, Currie or Juniper Green.

Contact Teresa Straczynski for more information on 0131 662 1204, 07557 944 073 or tstraczynski@alzscot.org

Edinburgh Singing Group

The Forget Me Notes

This is an all-inclusive choir for those who love music. They meet fortnightly on the 2nd and last Thursday of each month at 7-8pm, at The Salvation Army Hall in Gorgie Road.

For more information contact Alan Midwinter on 0131 551 9350 or EdinburghServices@Alzscot.org

Useful Numbers

Dementia Helpline 0808 808 3000

The 24 hour Dementia Helpline is free and confidential, and you don't even have to give your name if you prefer not to.

Call at any time for advice and support.

Email edinburghbranch@alzscot.org or helpline@alzscot.org

Alzheimer Scotland National Office

22 Drumsheugh Gardens, Edinburgh, EH3 7RN.

Phone 0131 243 1453

email alzheimer@alzscot.org

Dementia Advisor Edinburgh City

Contact Teresa Straczynski on 0131 662 1204,

07557 944 073 or tstraczynski@alzscot.org

Dementia Advisor East/Midlothian

Contact Hazel Johnson on 0131 654 1114 or

hjohnson@alzscot.org

The Edinburgh branch of Alzheimer Scotland

Office hours: 10am-12 noon, Monday-Thursday

**Contact Barbara Mitchelmore, Branch Chairperson
on 0131 667 6289**

Edinburgh & West Lothian Service

This Service is for individuals who have a diagnosis of dementia, their families and carers. We offer information, support and a range of activities.

**Contact Alan Midwinter or Debbie Rae
for more information on 0131 551 9350 or
EdinburghServices@Alzscot.org**

Mid and East Lothian Service

Office open: 10am-3.30pm Monday, Wednesday,
10am-3pm Tuesday and Thursday and Friday.

**Alaine Chalmers, Service Manager
on 0131 654 1114 or
midandeastlothianServices@Alzscot.org**



Diary



Monday	Tuesday	Wednesday	Thursday	Friday	Sat-Sun
				January 1	January 2-3
January 4	January 5	January 6	January 7	January 8 The Flowers of Robert Burns 10.30am-12pm Royal Botanic Garden 0131 248 2981	January 9-10
January 11	January 12	January 13	January 14	January 15 Robert Burns Poetry and Song 10.30am-12pm National Library of Scotland 0131 623 3745	January 16 Open Access Day 10am-6pm Festival Theatre 0131 529 6000
January 18	January 19 Caledar of Memories 1pm The Storytelling Centre 0131 556 9579	January 20	January 21	January 22 Rabbie Burns Fiddle Music 10.30am-12pm National Museum of Scotland 0300 123 6789	January 17 January 23-24
January 25	January 26 Burns Lunch 12.30pm-3.30pm The Studio Potterow 0131 529 6000	January 27	January 28 The Festival Theatre Club 11.30am-1pm Festival Theatre Café 0131 622 8444	January 29 Rabbie Burns 13.30am-12pm Scottish National Portrait Gallery 0131 624 6560	January 30-31

Monday	Tuesday	Wednesday	Thursday	Friday	Sat-Sun
February 1	February 2	February 3	February 4	February 5 A Trip to the Tropics 10.30am-12pm Royal Botanic Garden 0131 248 2981	February 6-7
				It's a Funny Old Story 2-3.30pm Lafayette Bar, Festival Theatre 0131 622 8444	
February 8	February 9 Calendar of Memories 1pm The Storytelling Centre 0131 556 9579	February 10	February 11	February 12 Beautiful Books 10.30am-12pm National Library of Scotland 0131 623 3745	February 13-14
February 15	February 16	February 17	February 18	February 19 Twist & Shout Music & Leisure 10.30am-12pm National Museum of Scotland 0300 123 6789	February 20-21
February 22	February 23	February 24	February 25 The Festival Theatre Club 11.30am-1pm Festival Theatre Café 0131 622 8444	February 26 Modern Scottish Women 13.30am-12pm Modern Art MOD2 0131 624 6560	February 27-28
February 29					