

Connect Here Guide to Dementia Resources



Edinburgh Health and
Social Care Partnership



September 2023

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Keeping the guide up to date:

Services have been included within this guide to provide comprehensive, useful and accurate Community Service listings available within the Capital. Please email (with hyperlink) any additions or entry update changes for consideration.

Email: ConnectHereUpdates@nhslothian.scot.nhs.uk

Disclaimer:

The inclusion of services or projects in this guide is in no way a commercial endorsement on the part of Edinburgh Health and Social Care Partnership or NHS Lothian. We are unable to guarantee the quality of service provided by the organisation listed. If you have concerns about a service listed here, please contact the service provider in the first instance and their professional body, if one exists. Please email an experience update to us and it will be taken into consideration whilst updating the next guide. Whilst every effort has been made to ensure the accuracy and reliability of the information in this guide, neither Edinburgh Health and Social Care or NHS Lothian will accept liability for errors or omissions an any resulting harm.

Email: ConnectHereUpdates@nhslothian.scot.nhs.uk

Herbert Protocol

The Herbert Protocol is an information gathering tool to assist the police in finding a person living with dementia who has been reported missing as quickly as possible. It is a nationally recognised scheme supported and endorsed by Police Scotland.

The Protocol encourages carers and families to record vital information about the individual on a form. This form can be handed to police in the event of someone going missing.

It helps police to quickly access important information, avoiding unnecessary delays in gathering information at a time of crisis. The form records vital information such as where the person grew up, favourite places, former or current hobbies, GH contact details, medication, daily routine, and a picture of the person with consent to share media should it be required.

Once complete, the form can be retained by carers, or placed within the home or care setting in a safe prominent position, so the information is easily available to police when required.

It is highly recommended that this form is printed out and filled in with as much information as possible now, before a moment of crisis. Then keep it in a safe place and give it to the Police if the person who is being cared for goes missing.

[The Herbert Protocol - missing persons with Dementia - Police Scotland](#)



Purple Alert App

[Purple Alert | Alzheimer Scotland \(alzscot.org\)](https://alzscot.org)

A community minded app for people with dementia if they are missing

Purple Alert is a free app designed by people living with dementia and carers, Alzheimer Scotland staff, Police Scotland, Social Work, Dementia Friends Scotland, Health and Social Care Partnerships and Telecare Services.

After successfully reaching the milestone of 10,000 downloads, Purple Alert has gone through a major design and functionality upgrade. While the main functionality is still helping to find a person with dementia if they are lost, the new app serves tailored content to users, depending on where you are in Scotland or when you use the app.

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Reading is Caring - Scottish Book Trust

Sandeman House
Trunk's Close
55 High Street
Edinburgh EH1 1SR

T: 0131 524 0160

E: info@scottishbooktrust.com

W: <https://www.scottishbooktrust.com/reading-and-stories/reading-is-caring>

FB: <https://www.facebook.com/scottishbktrust>

Tw: <https://twitter.com/scottishbktrust>

Summary: 'Reading is Caring' uses reading to support people living with dementia and anyone who cares for them. 'Reading is Caring' trains people who care for someone living with dementia – including partners, friends, family members and professional carers – to create personalised, shared and sensory reading experiences through free workshops that can help maintain their caring relationships, spark memories and relieve stress. These workshops provide the knowledge and tools needed to share reading with someone living with dementia. Now in its third year, 'Reading is Caring' has been proven to provide a consistent, connective activity for family, friends and professional carers to use at every stage of the dementia journey.

Dementia Resources in EH4

LifeCare - extra years of zest

2 Cheyne Street
Edinburgh EH4 1JB

T: 0131 343 0940

E: enquiries@lifecare-edinburgh.org.uk

W: <https://www.lifecare-edinburgh.org.uk/>

FB: <https://www.facebook.com/LifeCare.Edinburgh>

Tw: https://twitter.com/LifeCare_

Inst: <https://www.instagram.com/lifecareextrayearsofzest/>

Summary: Service provides support at home, at our community centre and at our clubs to older people living with dementia, poor health, or mobility and those who care for them.

Room for Art: Dementia Friendly Art Sessions

Art in the City: Edinburgh Museums and Galleries
73 Belford Road
Edinburgh EH4 3DS

Opening Hours: 2.00pm–3.00pm, every Wednesday, in person

E: OutreachManager@artinhealthcare.org.uk

W: <https://www.nationalgalleries.org/learn/dementia-friendly>

Summary: Email to register and book to join.

Dementia Resources in EH6

VOCAL

Edinburgh Carers' Hub
60 Leith Walk
Edinburgh EH6 5HB

T: 0808 196 6666

E: centre@vocal.org.uk

W: <https://www.vocal.org.uk/>

FB: <https://www.facebook.com/VOCALEdinburgh>

Tw: <https://twitter.com/VOCALEdinburgh>

YT: https://www.youtube.com/channel/UCZv4tnkS-hnwPPigSyj78_Q

Summary: A local organisation helping carers of people living with dementia. Call or email for more information.

Carers Support Group for younger onset - Edinburgh

Alzheimer Scotland
Meadowbank Church
83 London Road
Edinburgh EH7 5TT

T: 0131 551 9350

Opening Hours: Monthly, contact office for details

W: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/oasis-younger-onset-support-group-under-65-years-old-edinburgh>

FB: <https://www.facebook.com/AlzheimerScotland/>

Tw: <https://twitter.com/alzscot/>

Inst: <https://www.instagram.com/alzscot/>

Summary: An event for younger people with dementia and their carers is held at the Oasis cafe. See web page for details.

Dementia Resources in EH7

North Edinburgh Dementia Care

Seagrove Centre
13 Fleming Place
Edinburgh EH7 6GY

T: 0131 553 7147

W: www.nedc.org.uk

Summary: This care centre provides a person centred (outcome focused) day care and support for people living in the North East Edinburgh area whose lives have been affected directly or indirectly by dementia.

The aim is to support people with dementia to live in their own home for as long as possible, delaying or avoiding the need for residential care, whilst also providing support to carers.

See website for details.

'Brew and Blether'

Capital Theatres
Festival Theatre Gin Bar
13 / 29 Nicolson Street
Edinburgh EH8 9FT

T: 0131 529 6000

Opening Hours: 2.00pm – 3.30pm Monthly

E: Dawn.Irvine@capitaltheatres.com

W: <https://www.capitaltheatres.com/whats-on/all-shows/dementia-friendly-a-brew-and-blether/2072>

Summary: A free monthly social gathering for people with lived experience of dementia, Join us for tea, cake and chat. The event is also a Playlists for Life help point so pop in and they can spend some time with you creating 'The Soundtrack of Your Life'

Although this is a free event, booking using the link above is advisable.

Dementia Resources in EH8

Dementia Friendly Tea and 'Jam'

Capital Theatres
Edinburgh Gin Bar,
Festival Theatre & Online, on Zoom

Opening Hours: Monthly: 11.00am – 12.00pm

E: Dawn.Irvine@capitaltheatres.com

W: <https://www.capitaltheatres.com/whats-on/all-shows/dementia-friendly-tea-and-jam/2073>

Summary: Everyone is welcome to the monthly uplifting dementia friendly celebration of music making and talent sharing sessions of singing and dancing in a private seating which is gently led by professional musician, Gus Harrower.

Participants are encouraged to bring along personal instruments, singing voices, song suggestions and any other sharable talent to the energetic "jam" session to kick start the afternoon.

Tickets are free but should be booked in advance. Limited accessible parking is available - please book by phoning Stage Door on 0131 662 1112.

Dementia Inclusion Training

Age Scotland
Causewayside House
160 Causewayside
Edinburgh EH9 1PR

T: 0333 323 2400

E: dementiatraining@agescotland.org.uk

W: <https://www.ageuk.org.uk/scotland/what-we-do/dementia/age-scotlands-dementia-training-project/dementia-friendly-communities/>

Summary: Free Dementia Inclusion Training for clubs, groups and community organisations is designed to support and to carry out personal activities in ways which enables people living with dementia to be included and involved as fully as possible.

Current scheduled courses on the following topics:

- Dementia and befriending.
- Making online activities dementia inclusive.
- Making the home a dementia enabling environment.
- Dementia, wellbeing and mood.
- Communication and dementia.
- Dementia: Prevention and living well.
- Dementia inclusion and the LGBT+ community.

Please review the Age Scotland Dementia Training calendar for more details and to book a place on any forthcoming courses.

Dementia Resources in EH10

Exercise Classes: For those with Dementia and their Carers/Partners

Morningside Church
Braid Road/Cluny Gardens
Edinburgh EH10 6BQ

T: 07834 364 628 - Jacqui Lindsay

Opening Hours: 2pm — 4pm in the Cluny Hall (Morningside Church) see summary for dates

E: pastoralassistant@morningsideparishchurch.org.uk

W: <http://morningsideparishchurch.org.uk/morningside-hope/physical-fitness-workshop/>

Summary: On two Monday afternoons between 2pm-4pm in the Cluny Hall, a workshop incorporating a 45 minute fitness class is available (followed by tea, coffee, and a chance to chat) for those with dementia, their carers and partners.

There is no charge for the group, but donations are very welcome as they help towards the group's longer term sustainability. If interested in attending, please email, or call for more information.

See website for dates and times.

Alzheimer Scotland

Edinburgh Dementia Resources Centre

160 Dundee Street
Edinburgh EH11 1DQ

T: 0131 551 9350

E: EdinburghServices@Alzscot.org

W: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/edinburgh-office>

FB: <https://www.facebook.com/AlzheimerScotland/>

Tw: <https://twitter.com/alzscot/>

Inst: <https://www.instagram.com/alzscot/>

Summary: The Team aims to support people with dementia, their families, relatives and friends at any stage of the illness. The following support is on offer:

- Information and advice.
- Day Opportunities for Younger People Living with Dementia.
- One to One support for Younger People Living with Dementia.
- Community Cafes and groups for people with dementia and carers.
- Peer support groups.

Dementia Resources in EH11

Alzheimer Scotland Early Onset

160 Dundee Street
Edinburgh EH11 1DQ

T: 0131 243 1453

Opening Hours: Monday-Thursday 9am-5pm and Friday 9am-2pm

E: EdinburghServices@Alzscot.org

W: <https://www.alzscot.org/living-with-dementia/getting-support/support-for-younger-people-with-dementia>

FB: <https://www.facebook.com/AlzheimerScotland/>

Summary: People who develop early onset dementia in their 40s, 50s or early 60s, or sometimes younger, often have different needs from older people.

Alzheimer Scotland provides specialist support, activities and groups for people with dementia under 65 in some areas. Speak to your [local Dementia Advisor](#) to find out more.

Dementia Advisor Edinburgh

Alzheimer Scotland
160 Dundee Street
Edinburgh EH11 1DQ

T: 0131 551 9350

E: cohara@alzscot.org

W: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/dementia-advisor-edinburgh>

FB: <https://www.facebook.com/AlzheimerScotland/>

Tw: <https://twitter.com/alzscot/>

Inst: <https://www.instagram.com/alzscot/>

Summary: Caroline O'Hara, the local Edinburgh area Dementia Advisor can:

- Provide information and advice.
- Help find the appropriate dementia support required.
- Connect with local groups and services.
- Help the local community be more dementia friendly.
- Help influence and affect the individual policies and services needed.

Dementia Resources in EH11

Dementia Helpline

Alzheimer Scotland
160 Dundee Street
Edinburgh EH11 1DQ

T: 0808 808 3000 - Helpline (24 Hours)

E: helpline@alzscot.org

W: <https://www.alzscot.org/living-with-dementia/getting-support/24-hour-freephone-dementia-helpline>

FB: <https://www.facebook.com/AlzheimerScotland/>

Tw: <https://twitter.com/alzscot/>

Inst: <https://www.instagram.com/alzscot/>

Summary: The 24-hour Freephone Dementia Helpline provides information, signposting, and emotional support to people with the illness, families and friends, along with professionals. The Helpline is staffed by trained volunteers who support staff at Alzheimer Scotland and many of the volunteers also have personal or professional experience of caring for people with dementia. Volunteers on the Helpline can provide information right away to any questions or concerns, as well as posting out free information.

Oasis Younger Onset Café - Edinburgh

160 Dundee Street
Edinburgh EH11 1DQ

T: 0131 551 9350

Opening Hours: The Oasis Café is held monthly - please contact the Edinburgh office for details

EdinburghServices@Alzscot.org

W: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/oasis-younger-onset-cafe-edinburgh>

FB: <https://www.facebook.com/AlzheimerScotland/>

Summary: The café offers activities and support to people with dementia who are 65 and under, carer support and information to people who are supporting people with early onset dementia.

A carer support group runs during the Oasis Cafe, whilst there is an activity group for those living with dementia.

Dementia Resources in EH11

Space and Broomhouse Hub Beacon Club

Space and Broomhouse Hub
79-89 Broomhouse Crescent
Edinburgh EH11 3RH

T: 0131 455 7731

E: admin@spacescot.org

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: https://www.instagram.com/space_broomhousehub/

Summary: This is an enriching and stimulating day care service for older people with dementia, connecting with dedicated staff and nurturing volunteers. This service believes that people with dementia are entitled to respect and dignity and they are passionate about improving the quality of life for their members and their carers in South Edinburgh.

Click on the links above for more information or to submit a new referral for support.

Vintage Vibes

Space and Broomhouse Hub
79-89 Broomhouse Crescent
Edinburgh EH11 3RH

T: 0131 343 0955

E: hello@vintagevibes.org.uk

W: <https://vintagevibes.org.uk/>

FB: <https://www.facebook.com/vintagevibesedinburgh>

Tw: <https://twitter.com/vintagevibesed>

Inst: <https://www.instagram.com/vintagevibesed/>

YT: https://www.youtube.com/channel/UCbOk8w-l_4D62th-iQE8jkw

Summary: This is a fresh new service tackling isolation and loneliness amongst Edinburgh's over-60s by reaching out across the city, offering companionship, reliable support and the chance to be more socially connected. Call or email for more information.

Dementia Resources in EH11

Focus on Dementia

Health Improvement Scotland

Gyle Square

W: <https://ihub.scot/improvement-programmes/focus-on-dementia/>

Summary: Focus on Dementia is a national improvement portfolio based within the improvement hub of Healthcare Improvement Scotland.

Dementia Link Worker Midlothian

Bonnyrigg Health Centre
109-111 High Street
Bonnyrigg EH19 2ET

T: 0131 537 9843 (Jude Balfour)

E: midandeastlothianServices@Alzscot.org

W: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/dementia-link-worker-midlothian>

FB: <https://www.facebook.com/AlzheimerScotland/>

Tw: <https://twitter.com/alzscot/>

Inst: <https://www.instagram.com/alzscot/>

Summary: Jude Balfour, the local Midlothian area Dementia Advisor is able to provide the five key pillars of post-diagnostic support:

- Help to understand the illness.
- Manage the symptoms.
- Support to on maintaining community connections and establishing new ones.
- Peer support: the chance to meet other people with dementia, their partners and family members,
- Help to plan for future decision making help to plan for future support.

Dementia Resources in EH21

Carers Support Group Musselburgh

St Andrews High Church
High Street
Musselburgh EH21 7EA

T: 0131 654 1114

Opening Hours: Every 1st Wednesday of the month 11.30am — 12.30am.

E: mhuddleston@alzscot.org

W: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/carers-support-group-musselburgh>

FB: <https://www.facebook.com/AlzheimerScotland/>

Tw: <https://twitter.com/alzscot/>

Inst: <https://www.instagram.com/alzscot/>

Summary: A safe environment for carers to meet socially and relax together.

Dementia Advisor East/Midlothian

3 Edinburgh Road
Dalkeith EH22 1LA

T: 0131 654 1114

E: mhuddleston@alzscot.org

W: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/dementia-advisor-mid-east-lothian>

FB: <https://www.facebook.com/AlzheimerScotland/>

Tw: <https://twitter.com/alzscot/>

Inst: <https://www.instagram.com/alzscot/>

Summary: Michael Huddleston, the local Mid and East Lothian area Dementia Advisor can:

- Provide information and advice.
- Help find the appropriate dementia support required.
- Connect with local groups and services.
- Help the local community be more dementia friendly.
- Help influence and affect the individual policies and services needed.

Dementia Resources in EH22

D-Café Dalkeith

Dalkeith Baptist Church
8 North Wynd
Dalkeith EH22 1JE

T: 0131 654 1114

Opening Hours: Every 2nd and 4th Tuesday 12noon –2.30pm.

E: mhuddleston@alzscot.org

W: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/d-cafe-dalkeith>

FB: <https://www.facebook.com/AlzheimerScotland/>

Tw: <https://twitter.com/alzscot/>

Inst: <https://www.instagram.com/alzscot/>

Summary: This Cafe offers a friendly, supportive, and stimulating environment for people with dementia and their carers; with the Community Activities Organiser also providing a range of engaging activities for people with dementia, as well as running a specific Carers Support Group from 1pm-2pm.

The Cafe is a great opportunity to meet others in similar circumstances for advice, information, support and to make valuable social connections. Lunch and refreshments are provided.

Booking is essential, so please email for booking.

D-Café Penicuik

Cowan Court
1 Pentland Way
Penicuik EH26 8BF

T: 0131 654 1114

Opening Hours: Every 1st and 3rd Tuesday 2pm –3.30pm

E: mhuddleston@alzscot.org

W: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/d-cafe-penicuik>

FB: <https://www.facebook.com/AlzheimerScotland/>

Tw: <https://twitter.com/alzscot/>

Inst: <https://www.instagram.com/alzscot/>

Summary: The Cafe offers a friendly, supportive and stimulating environment for people with dementia and their carers. The Community Activities Organiser provides a range of engaging activities for people with dementia, as well as running a specific Carers Support Group from 2.30pm to 3.30pm, after the Cafe.

Booking is essential. Please contact Michael on
mhuddleston@alzscot.org

Dementia Resources in EH29

Forget Me Notes Choir

The Forget Me Notes Project (SCIO)
3 Allison Place
Kirkliston EH29 9BH

T: 07588 894 587 - Alan

Opening Times: Monday 4.00pm (Zoom) , Thursday 1.45pm (Saughton Park), Thursday 4.00pm (Salvation Army Hall, Gorgie Road)

E: amidwinter3@btinternet.com

E2: admin@forgetmenotes.org.uk

W: <https://www.forgetmenotes.org.uk/>

Summary: There are no criteria for joining the choir other than to like music. The choir is inclusive of all, aims to offer people a good social meeting place, challenges the stigma of dementia and create a sound that people enjoy listening to.

The Choir continues to meet on Zoom, but you can also join them at Saughton Park Bandstand for an open rehearsal fortnightly on a Thursday afternoon at 1.45pm or on Thursday at 4.00pm in the Salvation Army Hall, Gorgie Road) - check website with for current dates.

Bathgate Memory Café

Rosemount Gardens
Mid Street
Bathgate EH48 1QW

T: 01506 533 108

Opening Hours: First Monday of every month 2pm – 3.30pm

W: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/bathgate-memory-café>

FB: <https://www.facebook.com/AlzheimerScotland/>

Tw: <https://twitter.com/alzscot/>

Inst: <https://www.instagram.com/alzscot/>

Summary: The Bathgate Memory Cafe provides a meeting place in the heart of the West Lothian community which gives people with dementia and their carers a chance to meet others in a similar situation with Alzheimer Scotland staff on hand to share information and advice about dementia. Call or email for more information.

Dementia Resources in EH53

East Calder Forget Me Not Café

East Calder Parish Church Hall
Main Street
East Calder EH53 0HF

T: 01506 533 108

Opening Hours: Every last Thursday of the month 10am – 12pm

W: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/forget-me-not-cafe-east-calder>

FB: <https://www.facebook.com/AlzheimerScotland/>

Tw: <https://twitter.com/alzscot/>

Inst: <https://www.instagram.com/alzscot/>

Summary: This Cafe provides a meeting place in the heart of our community which gives people with dementia and their carers a chance to meet others in a similar situation with Alzheimer Scotland staff on hand to share information and advice about dementia.

Call or email for more information.

Dementia Advisor West Lothian

Unit 1 Grampian Court
Beveridge Square
Livingston EH54 6QF

T: 01506 533 114

E: craby@alzscot.org

W: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/dementia-advisor-west-lothian>

FB: <https://www.facebook.com/AlzheimerScotland/>

Tw: <https://twitter.com/alzscot/>

Inst: <https://www.instagram.com/alzscot/>

Summary: Cherie Raby, the local West Lothian area Dementia Advisor can:

- Provide information and advice.
- Help find the appropriate dementia support required.
- Connect with local groups and services.
- Help the local community be more dementia friendly.
- Help influence and affect the individual policies and services needed.

Dementia Resources in EH54

Red Brick Café (under 65)

West Lothian Dementia Resource Centre
Unit 1 Grampian Court
Livingston EH54 6QF

T: 01506 533 114

Opening Hours: Every second Monday 11.00am – 12.30pm

W: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/red-brick-cafe-west-lothian>

FB: <https://www.facebook.com/AlzheimerScotland/>

Tw: <https://twitter.com/alzscot/>

Inst: <https://www.instagram.com/alzscot/>

Summary: All under 65's with a diagnosis of dementia are invited to visit the West Lothian Dementia Resource Centre for tea or coffee (and cake!) along with being a safe place to relax, socialise and obtain advice and support for only a £2 donation.

To book, please contact Cherie Raby on CRaby@Alzscot.org Suggested donation of £2

West Lothian Dementia Resource Centre

Unit 1 Grampian Court
Beveridge Square
Livingston EH54 6QF

T: 01506 533 108

Opening Hours: Monday - Thursday: 09.00am 1.30pm; Friday by appointment only.

E: WestLothianServices@Alzscot.org

W: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/west-lothian-dementia-resource-centre>

FB: <https://www.facebook.com/AlzheimerScotland/>

Tw: <https://twitter.com/alzscot/>

Inst: <https://www.instagram.com/alzscot/>

Summary: Dementia Cafes Groups have resumed services in nine wards across West Lothian with the centre aim of supporting people with dementia, their families, relatives and friends at any stage of the illness.

The following support is on offer:

- Information and advice.
- Community activities for people with dementia and carers.
- Peer support groups.
- Specialist support for younger people living with dementia.

HCL - Dial-A-Ride and Dial-A-Bus

Bilston Glen Industrial Estate
24/3A Dryden Road
Loanhead
Edinburgh EH20 9HX

T: 0131 447 9949 - Dial-a-Ride - Edinburgh, Midlothian & East Lothian

T2: 01506 633 953 Dial-A-Ride - Westlothian

T3: 0131 447 1718 - Dial-A-Bus

T4: 01506 633 336 - Dial-A-Bus

E: edinburgh@handicabs.org.uk

E2: bathgate@handicabs.org.uk

W: <https://www.hcltransport.org.uk/>

FB: <https://www.facebook.com/handicabs.org.uk>

Tw: <https://twitter.com/TransportHc>

Summary: HCL is a charitable company which provides accessible transport for people in Edinburgh and the Lothians. Dial-A-Ride and Dial-A-Bus provides a door-through-door transport service for people of any age with mobility limitations. This includes older people; people with disabilities, Additional Support Needs, health issues (long term or short term) affecting mobility; and geographic remoteness. The door to door service provides additional assistance at the start and end of a journey such as:

- Helping people with getting their coat on.
- Locking their door for them.
- Providing an arm to walk them to the transportation.
- Ensuring they are safely in their home after the journey.

Dementia Friendly Transport

Lothian Community Transport Service

200 Sir Harry Lauder Road
Edinburgh EH15 2QA

T: 0131 669 9959

E: Edinburgh@LCTS.org.uk

W: <https://www.lcts.org.uk/>

Summary: Lothian Community Transport Services (LCTS) is an independent organisation that provides, promotes, and supports high-quality passenger transport services including Minibus hires to almost 200 member organisations; High quality training for transport operators; Advice and Information.

TIDE Former Carers Focus Group - Meets on Zoom

Together in Dementia every day - TIDE

Robertson House

152 Bath Street

Glasgow G2 4TB

Opening Hours: 4.00pm–5.00pm (**Last Wednesday of every month**)

E: carersconnect@tide.uk.net

W: <https://www.tide.uk.net/events/>

FB: <https://www.facebook.com/tidecarers/>

Tw: https://twitter.com/tide_carers

Inst: <https://www.instagram.com/tidecarers/>

YT: <https://www.youtube.com/channel/UCKBd33hZ5SVNR3ctLiWYXhA>

Summary: Are you a former carer? Come and learn from other former carers, share experiences, and see how you can get involved in TIDE's influencing opportunities.

This Focus Group grants former carers a venue to share their wealth of experience and knowledge of the way society approaches dementia care as well as a place to share company with other like-minded people.

To register please click the Book Now button on the Tide webpage.

Dementia Resources: Zoom

TIDE Living, Grief, and Bereavement Group - Meets on Zoom

Together in Dementia every day - TIDE

Robertson House

152 Bath Street

Glasgow G2 4TB

Opening Hours: 1.00pm–3.00pm (Every 4th Monday)

E: carersconnect@tide.uk.net

W: <https://www.tide.uk.net/events/>

FB: <https://www.facebook.com/tidecarers/>

Tw: https://twitter.com/tide_carers

Inst: <https://www.instagram.com/tidecarers/>

YT: <https://www.youtube.com/channel/UCKBd33hZ5SVNR3ctLiWYXhA>

Summary: This group gathers to increase the support for and to engage all TIDE members in this extremely complex topic. The group is accessible on a drop-in basis, if staying logged onto the two hours session is not possible, please feel free to visit and to be flexible with your attendance.

The group's purpose is to offer carers to have a safe space to talk about experiences of living with grief and bereavement and offers the ability to be heard by others who personally understand, as well as aiding TIDE in ways informing, influencing and growing their ongoing work on this very important topic.

To register please click the Book Now button on the Tide webpage.

TIDE Male Carers: Inform and Influence - Meets on Zoom

Together in Dementia every day - TIDE

Robertson House

152 Bath Street

Glasgow G2 4TB

Opening Hours: The second Thursday of every month 2.30pm-3.30pm

E: carersconnect@tide.uk.net

W: <https://www.tide.uk.net/events/>

FB: <https://www.facebook.com/tidecarers/>

Tw: https://twitter.com/tide_carers

Inst: <https://www.instagram.com/tidecarers/>

YT: <https://www.youtube.com/channel/UCKBd33hZ5SVNR3ctLiWYXhA>

Summary: 42% of unpaid carers are male but there is a distinct lack of male representation in carers groups. Because support groups can be predominantly female, men often feel they can't openly share their experiences or get the advice that they need – particularly around topics such as personal care. We want all members to feel they have the space they need to talk and access to support.

To register please click the Book Now button on the Tide webpage.

Dementia Resources: Zoom

TIDE Young Onset Carers Focus Group - Meets on Zoom

Together in Dementia every day - TIDE

Robertson House

152 Bath Street

Glasgow G2 4TB

Opening Hours: The fourth Monday of the month at 7.00pm – 8.00pm.

E: carersconnect@tide.uk.net

W: <https://www.tide.uk.net/events/>

FB: <https://www.facebook.com/tidecarers/>

Tw: https://twitter.com/tide_carers

Inst: <https://www.instagram.com/tidecarers/>

YT: <https://www.youtube.com/channel/UCKBd33hZ5SVNR3ctLiWYXhA>

Summary: This group gathers to enable specific groups of young onset dementia carers to meet up virtually and discuss topics related to their experiences which has a lot of issues unique to this diagnosis.

To register please click the Book Now button on the Tide webpage.