

Dementia Awareness Week 2025 - East Lothian Activities Monday 2nd – Sunday 8th June

The theme for this year's Dementia Awareness Week is the power of friendship to support people with dementia.

As the condition progresses, emotional connections and social interactions remain deeply significant. Friendship provides comfort, reassurance, and a sense of belonging, helping to combat feelings of isolation and loneliness, and can empower and support people with dementia to live well for as long as possible.

We can **all** make sure nobody faces dementia alone.

To celebrate this, **Alzheimer Scotland**, **Dementia Friendly East Lothian**, and **East Lothian Health & Social Care Partnership** are inviting you to:

“Bring a Friend, Be a Friend”

All the activities listed overleaf will welcome people with dementia, their families, and friends to come together to support one another and celebrate the power of friendship.

Contact for **Alzheimer Scotland** groups: Michael Huddleston, Dementia Advisor, 0131 654 1114 / mhuddleston@alzscot.org
Contact for **Dementia Friendly East Lothian (DFEL)** groups: April Govan, Musselburgh Meeting Centre Manager, 07541 501492 / april@dfel.org.uk

There will be an **information stand** to share resources about dementia, brain health, and assistive technology in the foyer of East Lothian Community Hospital throughout the week. Staff from various organisations and health disciplines will be available to speak to at the stall, and on **Tuesday 3rd June** people with lived experience of dementia will be there to speak with you.

On **Saturday 7th June**, the **Hollies Community Hub, Musselburgh**, are hosting a community dance event, **“Strictly for Seniors”, 2-4pm**
Contact Sue Northrop (07727883883 / sue@dfel.org.uk) to book.

Monday 2 nd June	Tuesday 3 rd June	Wednesday 4 th June	Thursday 5 th June	Friday 6 th June
DFEL Musselburgh Meeting Centre “Bring a friend breakfast” Celebrating the power of friendship <i>*By invitation only*</i>	Focus on Brain Health and Carer Support Community Room, East Lothian Community Hospital, 12.00-3.00pm Michael Huddleston (Dementia Advisor, Alzheimer Scotland), and people with lived experience of dementia will be available for conversations and advice about living with dementia and brain health, including the opportunity to complete your own brain health plan.	Alzheimer Scotland Musselburgh Dementia Café 10.30-12.00pm <i>St. Andrews High Church</i> Join us for an exciting free session about outer space from the team at Dynamic Earth and, as part of the ongoing Carer Education Programme, learn about treatments and support for people with dementia from Community Psychiatric Nurse, Suzanne Walker	Alzheimer Scotland Archerfield Morning Meet Up 10.30-12.30pm <i>Archerfield Walled Garden</i> Join us for a gentle, greenery-filled walk followed by refreshments at the café. DFEL Musselburgh Friendship Group Musselburgh Old Course Golf Club, 10 Balcarres Road, Musselburgh, 10.30 - 12.00pm Pop in for a (free!) cuppa, chat & friendship.	DFEL Musselburgh Meeting Centre “Dancing together” Sharing friendship & fun through dance. <i>*By invitation only*</i>
“Dementia: The Power of Friendship” The Sanctuary, East Lothian Community Hospital, 10am-12pm Free tea, coffee, and cake: come along and make a friend!	Julie Oswald from Carers of East Lothian will be available between 2-3pm for information about their services and supports.	“Dementia: The Power of Friendship” The Sanctuary, East Lothian Community Hospital, 10am-12pm Free tea, coffee, and cake: come along and make a friend!	Technology Enabled Care East Lothian Community Hospital foyer, 10.45am-12.45pm Meet Nicky Spence-Fraser (Occupational Therapy Assistant Practitioner) and Caroline Mitchell-Wemyss (Specialist Physiotherapist) to discuss how assistive technology can enhance your quality of life living with dementia.	“Dementia: The Power of Friendship” The Sanctuary, East Lothian Community Hospital, 10am-12pm Free tea, coffee, and cake: come along and make a friend!
Alzheimer Scotland Dunbar Dementia Café 2.00-3.30pm <i>Dunbar Town House</i> Join us for free tea, coffee, refreshments, activities, and carer peer support!	“Dementia: The Power of Friendship” The Sanctuary, East Lothian Community Hospital, 2-4pm Free tea, coffee, and cake: come along and make a friend!		The Chatterbox Group Prestonpans Community Centre, 11.00am-2.00pm Join the friends for a guided tour of Preston Tower, then afternoon at the Community Centre.	
			“Dementia: The Power of Friendship” The Sanctuary, East Lothian Community Hospital, 2-4pm Free tea, coffee, and cake: come along and make a friend!	