



Dementia Awareness Week 2025 – Midlothian 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** are inviting you to:

“Bring a Friend, Be a Friend”

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.

For more information, contact: Michael Huddleston, Dementia Advisor, 0131 654 1114 / mhuddleston@alzscot.org

As part of the **Morrison's “Forget Me Not”** fundraising campaign, Alzheimer Scotland will have a presence in the foyer of **Morrison's (Dalkeith)** throughout the week.

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
Alzheimer Scotland Brain Gym Taster Session <i>Gorebridge Library, 98 Hunterfield Road, EH23 4TT, 10.30am-12.00pm</i> Alzheimer Scotland Brain Gym's provide 10-week small group cognitive stimulation therapy-based sessions to help keep your brain active. Join our Community Activity Organiser, Karolina Kuna, for a taster session!	Alzheimer Scotland Brain Gym <i>Penicuik Library, 10.30am-12.00pm</i> Alzheimer Scotland Brain Gym's provide 10-week small group cognitive stimulation therapy-based sessions to help keep your brain active. <i>*By invitation only*</i>	Alzheimer Scotland Penicuik Morning Meet Up <i>The Craigie Hotel, 50 Bog Rd, Penicuik, 10.30-12.00pm</i> Join us for free tea, coffee, refreshments, activities, and carer peer support!	Alzheimer Scotland Vogrie Country Park Morning Meet Up 10.30-12.30pm Join us for a gentle, greenery-filled walk followed by refreshments at the Treetop Café.
		Carer Peer Support Group <i>Bonnyrigg Health Centre Community Room, 109 High St, 3.00-4.30pm</i> Join the Midlothian Dementia Team, British Red Cross, VOCAL, and Alzheimer Scotland to meet other people sharing a similar experience and to find out more information about local services and supports. *Carers can attend with the person they are caring for*	Alzheimer Scotland Penicuik Dementia Café <i>Cowan Court, Penicuik, EH26 8BF, 1.30-3.00pm</i> Join us for free tea, coffee, refreshments, live, participative musical entertainment, and facilitated carer peer support!