

Venue/Month	October	November	December
Dunbar Town House, High Street, EH42 1ER, 2.00-3.30pm	6 th No visit	3 rd Suzanne & Karen CMHT	1 st Suzanne & Fiona CMHT
Musselburgh St. Andrews High Church, High Street, EH21 7EA, 10.30- 12.00pm	1 st Suzanne & Fiona CMHT	5 th Fiona & Jackie. I CMHT	3 rd Fiona & Jackie. I CMHT
Tranent Fraser Centre, 3 Winton Place, EH33 1AF, 2.00-3.30pm	8 th Liz & Fiona CMHT	12 th Fiona & Jackie. I CMHT	10 th No visit

Between October-December 2025, Alzheimer Scotland will be joined by **two NHS Community Psychiatric Nurses** at each of our **Dunbar, Musselburgh, and Tranent Dementia Cafés**.

The nurses will join the carer group not to present information but to be available for any questions or concerns you might have.

Michael Huddleston (Alzheimer Scotland, Dementia Advisor) will facilitate each group and will also offer advice and information as required.

We will review this at the end of the year with a view to broadening the scope of visiting professionals to include social workers and occupational therapists.

Alzheimer Scotland Dementia Cafés are drop in events for people living with dementia (or worried about their brain health) and their families and supporters. They are an opportunity to meet others in a similar situation, to make connections and develop friendships, and to support and learn from one another as well as Alzheimer Scotland staff and volunteers.

The first half hour is spent together, as a whole group, enjoying refreshments, and getting to know each other. We then split into an activities group (including quizzes, reminiscence, singing, games and physical exercise) and a carer support group facilitated by Alzheimer Scotland's Dementia Advisor for the remaining hour.

Attending one or more Dementia Cafés can provide:

- **Social connection** (helping maintain purpose and communication skills)
- **Cognitive stimulation** (helping challenge the brain and potentially slowing down the onset of more advanced dementia symptoms)
- **Emotional support** (helping reduce feelings of depression, anxiety, and loneliness)
- **Information and advice** (helping you understand more about brain health, dementia, and the supports available improve quality of life)

You do not need to book to attend. If you have any questions, please contact: Michael on 07831 859490 or mhuddleston@alzscot.org