

Dementia Community Support March programme



* Please see next page for activity details

Wednesday 1st	12.00-2pm Liddell Lions Lunch: 'Sharing our Memories' with Liz
Tuesday 7th	1.30-2.30pm Eric's Encore (Music)
Wednesday 8th	12.00-2pm Liddell Lions Lunch Games
Thursday 9th	2pm Pet and Companion (PEACE)
Monday 13th	1.45-2.45pm Music Memories
Tuesday 14th	1.30-2.30pm Eric's Encore (Music)
Wednesday 15th	12.00-2pm Liddell Lions Lunch: Pottery painting
Tuesday 21st	1.30-2.30pm Eric's Encore (Music)
Wednesday 22nd	12.00-2pm Liddell Lions Lunch: Pilates with Tess
Thursday 23rd	2pm Pet and Companion (PEACE)
Monday 27th	1.45-2.45pm Music Memories
Tuesday 28th	1.30-2.30pm Eric's Encore (Music)

Our dementia inclusive activities aim to connect carers and people living with dementia with others in a similar situation to provide a sense of community.

All dementia inclusive community activities are free!



Get in touch

Please get in touch with Malin if you would like to know more or attend any of these activities.

Malin Wollberg
Service Coordinator
0131 357 1277
wollbergm@ericliddell.org

Dementia Community Support

Activity information



Liddell Lions Lunch

Liddell Lions is a weekly lunch group attended by carers and people living with dementia. Participants share a soup and sandwich lunch together and participate in a variety of activities.

Eric's Encore

Eric's Encore is a dementia inclusive music group. It is an opportunity to get together play, sing, have fun and share memories through music.

Pet and Companion (PEACE)

Fancy a cuddle with a therapy dog and a chat with someone who cares? Sarah and her dog, Ro, from the charity Pet and Companion (PEACE for short) will be providing 30 minute sessions at the Eric Liddell Community. To book a free appointment, please contact Malin for more details.

Music Memories

Run by the 'Forget me Notes'. We work to provide experiences where people can express themselves more fully than they might be able to in other environments. The use of music and singing allows people to use the words of others to express how they feel.

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