

FRIENDSHIP GROUPS PROGRAMME **JULY**

If you'd like to join us, please contact Maya@dfel.org.uk or phone Sue on 07727 883 881.

7th July - 11.30am

A chat with the Scottish Seabird Centre

Emily from the Seabird Centre will update us on the North Berwick sea life and activity during lock-down.

<https://seabird.org/index.php>



14th July - 11.30am

A chat with Andrew Crummy

The very talented Andrew Crummy will be here to chat to us about local art, history, and his famous tapestry work.

<https://www.andrewcrummy.com/>

21st July - 11.30am

A chat with CoEL - Kirsteen

Kirsteen from Carers of East Lothian will be joining us for an informal chat to share stories about what CoEL have been doing during lockdown. Breakout rooms will be available for anyone who would like to join us for an activity or have a private chat.

<https://www.coel.org.uk/>



Tuesday 28th July - 11.30am

A Musical (Virtual) Tour of Scotland

Following the success of Alasdair's Virtual Tour of Scotland, Caledonia Tours are back - and this time we are very excited to have Bruce Davis performing a Scottish soundtrack for us, to compliment the journey.

<https://www.brucedavies.com/>

<http://www.caledoniatours.co.uk>

OTHER ONLINE EVENTS with Capital Theatre

We have linked up with Capital Theatre who have put together a wonderful programme of events. If you would like to find out more or join in, see

<https://www.capitaltheatres.com/raise-the-curtain> or get in touch with Dawn directly dawn.irvine@capitaltheatres.com

Contactless Tea Parties: 20th & 22nd July

Grab a cuppa, your favourite sarnie or a scone, and join Capital Theatre for an online Tea Party, and enjoy a YouTube performance by the fabulous members of the *Capital Theatres House Band*.

A Brew and a Blether: 29th July

Laid back and very informal, grab a cuppa and chat on Zoom. This is a great way to connect, hear how others are doing and how we are finding support through this time.

Tea & Jam: 31st July

We think it's more important than ever to come together, celebrate talent (or enthusiasm!) and make some noise. For that reason, we would love for this session to be open to everyone, so please feel free to get the whole family involved. Grab a cuppa and a little bit of cake, and join us - together, we'll create music and enjoy friendship, have a good sing-a-long, and maybe even have a dance or two!

Shall we Dance : July - September

Towards the end of July through to beginning of Sept Capital Theatres have Shall We Dance taking place. Over 4 weeks of live and recorded sessions where people can join in learning ballroom dance. You will get to learn very basic skills in Cha cha cha, waltz, foxtrots and jives with your partner (or on your own). The aim is to host an afternoon social dance at the beginning of September with Capital Theatres. With music provided by care home regular Danny Feelgood and a demonstration from the current under 21 World Champion dancers from their home in Rochdale...live on Zoom! Dawn, a former International Ballroom champion and teacher, will be taking the sessions. Dates are to be firmed up, but people can get in touch from now to register! at dawn.irvine@capitaltheatres.com