

FRIENDSHIP GROUPS PROGRAMME **August**

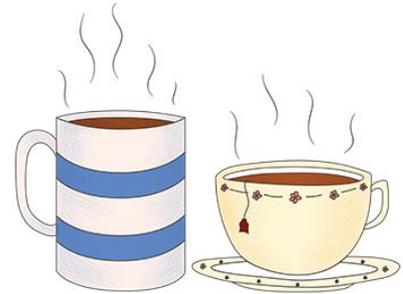
We meet online every Tuesday morning. If you'd like to join us, please contact Maya@dfel.org.uk or phone Sue on 07727 883 881.

Tuesday 4th August - 11.30am

A cuppa and a catch-up

After over one month of weekly events we thought we would take a breather to catch up with everyone and talk about what has been going on, and where you would like to see DFEL go next.

<https://forms.gle/kULga1D89q7Dz719A>



Tuesday 11th August - 11.30am

A chat with East Lothian Countryside Ranger

Roger Powell is coming along to tell us about his work, and what has been going on outside while we have all been inside!

Click here to download July's 'Mud in the Eye' newsletter:

<https://www.eastlothian.gov.uk/mudinyoureyeJuly>

Tuesday 18th August - 11.30am

Conversations with Parvine from Ageing Well

Parvine will be joining us to share information about Ageing Well - who they are, what they do, and what they have on their programme, including walks! Breakout rooms will be available for anyone who would like to have a private chat.



Tuesday 25th August - 11.30am

Community Matters with Alan Gow

The much loved Professor of Psychology Alan Gow will be with us to chat about dementia, the brain, and community.

FRIENDSHIP GROUPS PROGRAMME **SEPTEMBER**

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

Tuesday 1st September - 11.30am

A Virtual Visit to V&A Dundee

As V&A Dundee (Scotland's first design museum) re-opens its doors, discover more about this incredible building, it's journey so far, and its future .



Tuesday 8th September - 11.30am

East Lothian Heritage Festival

Join Gullane and Dirleton History Society for this presentation exploring Gullane as it was back in 1910.

Tuesday 15th September - 11.30am

An Introduction to TIDE

Amanda from TIDE (together in dementia everyday) will be joining us to tell us who they are, and the activities they offer.



Tuesday 22nd September - 11.30am

Reading is Caring - Taster Session

Koren is kindly giving a taster of her Reading is Caring workshops, and will give the opportunity for anyone to come to further tailored sessions.

Tuesday 29th September - 11.30am

TIDE: You Can't Pour from an Empty Cup

Amanda from TIDE (together in dementia everyday) is back to share a session on emotional resilience and wellbeing.



OTHER ONLINE EVENTS with CAPITAL THEATRES

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: 17th August / 14th September

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: 5th and 26th August / 2nd and 23rd September

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: 28th August / 25th September

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