

FRIENDSHIP GROUPS PROGRAMME: OCTOBER & NOVEMBER

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

Tuesday 6th October - 11.30am

World Food Day Celebration

Taking a break to enjoy a blether about one of our favorite subjects – food. Let us share recipes, food memories, or gardening stories. Bring your favorite sandwich, or cake!



Tuesday 13th October - 11.30am
National Galleries of Scotland

We welcome artist Katharine Aarrestad - one of the three artists who lead out Gallery Social sessions. She will be doing a taster session, talking about nature, art, autumn, and the other Gallery Social sessions that National Galleries of Scotland are running online.

Tuesday 20th October - 11.30am
Conversations with Age Scotland

Sandra Brown is joining us to chat about the wide range of services and support that Age Scotland provides, and to hear your views on what helps you to feel connected in your community. If there is a specific topic you would like to discuss, let us know!



Tuesday 27th October - 11.30am
350 years of the Botanic Gardens

Celebrating the 350th anniversary of the Edinburgh Botanic Gardens with a talk from the current Regius Keeper, Simon Milne, sharing highlights, lowlights and amusing anecdotes.

Tuesday 3rd November - 11.30am

Changing Wildlife of the East Lothian Coast

Stan da Prato from the Scottish Ornithologists' Club will be talking us through the coastline friends that we can find here in East Lothian.



Tuesday 10th November - 11.30am

Virtual Visit: Jupiter Artland

Claire will be giving us a tour of the private collection of contemporary art housed at Edinburgh's Jupiter Artland.

OTHER EVENTS

with



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

A Brew and a Blether: 7th October

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.

Contactless Tea Parties: 19th & 21st October

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*.

Tea & Jam: 30th October

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!