

## Cramond Dementia and Carers Lunch Club

The Cramond and Dementia lunch club meet on the first Monday of the month in the Millennium room in Cramond Kirk halls. It comes over as a very happy group, the numbers before we were locked down were averaging about 24 people, and note that the carer is as important to us as the member with dementia. In fact we have carers coming now on their own without a partner as they have made friends through the club.

As with most organisations, the lunch club has been unable to meet since March 2020 and we still have no idea when we can return.

Before March we had Alan Midwinter leading us on our attempt at singing Christmas carols. Also entertaining us last year were: Graham Madeley and Cadmium, Margo and her team, Sandy Lyon and Jess White at our Burn's lunches, Nigel's Allstars, Jan Renton and the 6<sup>th</sup> formers at the Royal High School

We also had Jennifer Thomson from the local art gallery at Cramond trying to teach us all to paint.

Making us exercise were Caroline Brookbank from Ceili Kids and Carol Robertson.

Let me tell you that the volunteers have a fun time as well with this group.

Unfortunately we had no visit to the theatre before COVID but we did have Christmas Lunch in 2019 at the Hawes Inn in South Queensferry.

We could not have done this without the generous donations from the Cramond Ladies Probus group, Waitrose, George Smibert, Cramond Assoc. (carols by candlelight), the Corstorphine Fair, the Wednesday Club, the Corstorphine Bridge Club and individual donations.

With sadness, but a special thanks to George Smibert who donated the offerings from May's funeral to the lunch club and thanks to the Very Rev Russel Barr and his team at that time for officiating at the funeral.

It is becoming obvious to us from our regular contacts with the club members that many are needing the stimulus that the lunch club and other teams provide throughout the year.

At the Lauriston Edinburgh Forget-me-not garden we hope to provide additional stimulus not only to the person with dementia but their very important carers.

We envisage the Lodge House being used as an Information Centre where advice can be given on health issues such as balance, podiatry, physiotherapy, pharmacy help, and any other health issues where a carer may not feel the need or wish to visit a GP. Another important area is legal matters, power of attorney as an example, and very importantly 'filling in' of application forms for legal matters and for benefit help. Professional assistance both volunteer and paid will be required for these services.

Let's hope we can meet again soon.

Patricia Eason, January 2021