



**Alzheimer  
Scotland**  
Action on Dementia



# Playlist for Life

**Carers of East Lothian and Alzheimer Scotland  
invite people living with dementia and their  
families/carers to learn about and start to  
make your own Playlist for Life!**



**Carers of  
East Lothian**

Supporting people who  
care for family and friends

Whether it's the music from a first dance, lullabies from childhood, or a theme tune from a favourite TV show, personalised playlists can:

- reduce anxiety
- improve your mood
- make difficult tasks more manageable
- evoke memories that can help families and carers connect.

**Date: Wednesday 25th January**

**Time: 2 - 4pm**

**Where: The Fraser Centre,  
Tranent**

**Tea, coffee, and cake will be provided!**

**Please contact Carers of East Lothian  
on 0131 665 0135 or [centre@coel.org.uk](mailto:centre@coel.org.uk)**

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or for those unable to do so should come with a companion who can provide any support for them.

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