

Edinburgh Memories: Big Hearts Aims to Tackle Loneliness



Next Tuesday sees the first 'Edinburgh Memories' session hosted by Big Hearts, Heart of Midlothian FC's charity partner. The session, open to the public, is part of an ambitious three-year strategy to further support older people facing social isolation.

Participants joining the 90-minute sessions in the Hearts Museum at Tynecastle Park can access a host of old photographs, films, music and newspapers recalling Edinburgh stories throughout the years.

'Edinburgh Memories' will run twice a month with the help of trained Big Hearts supporters. The sessions are free and there will be light refreshments on offer.

The Edinburgh Memories sessions will be held on the first and third Tuesdays of every month from 1.45pm to 3.15pm. The Football Memories sessions will be on the second and last Tuesdays of every month at the same time.

Caryn Kerr, Big Hearts' Fundraising & Development Manager said:

"The support from the players of the People Postcode Lottery

enables Big Hearts to double our support on offer for older people across Edinburgh, with a variety of free reminiscence groups held every single week at Tynecastle Stadium."

"Edinburgh Memories is designed for over 65s who are not specifically interested in football but would love a chance to spend the afternoon out in the community, sharing a cup of tea over fascinating stories about the city."

If you are interested in the tremendous work Big Hearts does for the community and would like to get involved, further details are [here](#).