

# **Can YOU assist a proposed Sporting Memories group**

**Sporting Memories Foundation Scotland (SMFS) and Edinburgh Leisure are seeking volunteers to help launch a new weekly club that tackles depression, dementia, and loneliness through the power of sport.**

The proposed Sporting Memories Club would be based at Meadowbank, with plans to start in the new year, pending volunteer support.

Following a successful one-off session at the Royal Commonwealth Pool, to mark the launch of Edinburgh 900 exhibition, organisers are eager to establish a regular programme for older adults passionate about sports.

The clubs are run by trained Sporting Memories volunteers who use a wide range of Sporting Memories reminiscence resources developed specifically to help prompt conversation and discussion. There is always great fun and laughter, friendships are forged, and some remarkable sporting stories often emerge.

Sporting Memories has developed an innovative and engaging approach to tackling the challenges of an ageing society. Their work focuses on reducing loneliness and isolation; getting older people physically active; and helping people to live well with dementia.

Donna Mackey, Partnership Manager at SMFS, emphasised the need for volunteers: “We’re looking for people with a love of sport and some spare time. No expert sports knowledge is required – we’ll provide full training and resources.”

Key points for potential volunteers:

- No specialised sports expertise needed
- Comprehensive training will be provided
- Opportunity to make a meaningful difference in community health
- Support for older adults, including those living with dementia

Sam Scott, from Edinburgh Leisure, explained the broader significance: “These clubs support Edinburgh Leisure’s mission to keep people active and well, no matter what age or stage. Using the rich history and heritage of sport, we’re creating a space where older adults can connect, reminisce, and build friendships through their shared love of sport.

The clubs offer:

- A welcoming environment for sport enthusiasts
- Opportunities to share sporting memories
- Social connection and support
- Activities designed to combat isolation and support mental well-being

The club welcomes:

- Older adults who enjoy talking about sport
- Individuals living with dementia
- Carers interested in supporting their loved ones’ social engagement

For volunteering enquiries contact – Donna Mackey, [donna@thesmf.co.uk](mailto:donna@thesmf.co.uk)

For further information on running a club: <https://www.sportingmemories.uk/volunteer/>



It is proposed to launch the new Sporting Memories group at Meadowbank Stadium in the new year