

February 2023

All our Community Activities are there to be enjoyed by anyone living with dementia or experiencing memory loss, including family and friends. People unable to attend independently should come with a companion who can provide support and assistance. These sessions are free however we do suggest a minimum donation of £3 per person to help us cover the cost of the refreshments. For more information or to confirm your attendance please contact one of our staff members from the list below

In Person Groups

Dates & Times	Activity	Contact Details
1 st February 10.30-12.00	COFFEE CATCH-UP In person - Stranraer Resource Centre Cromarty House Sun Street	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
2 nd February 10.30-12.30	THORNHILL RURAL LIFE In person - The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
2 nd February 10.30-12.00	GATEHOUSE RURAL LIFE In person – Gatehouse of Fleet Community Centre Dromore Rd DG7 2JX	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
2 nd February 13.30-15.30	THORNHILL COFFEE CLUB In person – The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
2 nd February 14.00-15.30	WHITHORN MUSICAL MEMORIES In Person – South Machars Community Centre, Castlehill DG8 8PN	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
3 rd February 10.30-12.00	DIGITAL TOOL BOX In person – Stranraer Resource Centre	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
3 rd February 10.30-12.30	LOCKERBIE In person – Location on request	Linda Innes LInnes@alzscot.org 07979 502958
6 th February 10.30-12.30	FORGET ME NOT CARERS GROUP In person - Dumfries Dementia Resource Centre Gordon Street	Roxy Linh-McCormack RLinh-McCormack@Alzscot.org 07880790337
6 th February 12.00-14.00	STRANRAER LUNCH GROUP In person – The Ruddicot London Rd Stranraer * Prebooking essential	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
6 th February 14.00-15.30	DUMFRIES RURAL LIFE GROUP In person - Dumfries Dementia Resource Centre Gordon Street	Anastasia Gordon agordon@Alzscot.org 07798 667565

Dates & Times	Activity	Contact Details
7 th February 10.30-12.30	THORNHILL BREW'N'BLETHER In person – The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
8 th February 10.30-12.00	COFFEE CATCH-UP In person - Stranraer Resource Centre Cromarty House Sun Street	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
8 th February 13.30-15.00	SANQUHAR COFFEE & CHAT GROUP In person – St Brides Church Hall St Mary's Street Sanquhar DG4 6BW	Linda Wheatley LWheatley@alzscot.org 07780 006215
9 th February 10.30-12.30	THORNHILL CREATE AND CRAFT In person – The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
9 th February 11.00-12.30	NEWTON STEWART NATTER In person – The Belted Galloway Riverside View DG8 6NQ	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
9 th February 13.30-15.30	THORNHILL COFFEE CLUB In person – The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
9 th February 14.30-16.00	CASTLE DOUGLAS COFFEE CATCH-UP In person – St Ninians Church Hall, Whitepark Road DG7 1EX	Kelsey McWhirter KMcWhirter@Alzscot.org 01776 745123
10 th February 10.30-12.00	STRANRAER FOOTBALL MEMORIES In person – Pavilion Bar Stranraer FC Stair Park	Kelsey McWhirter KMcWhirter@Alzscot.org 01776 745123
10 th February 14.30-16.00	DRUMMORE MINGLE In person – Kirkmaiden Community Hub 19 Mill St, DG9 8BS	Kelsey McWhirter KMcWhirter@Alzscot.org 01776 745123
10 th February 10.30-12.30	ANNAN TEA & CHATTER In Person – *Location to be confirmed contact for details	Linda Innes LInnes@alzscot.org 07979 502958
13 TH February 10.30-12.30	DUMFRIES COFFEE CATCH-UP In person - Dumfries Dementia Resource Centre Gordon Street	Anastasia Gordon agordon@Alzscot.org 07798 667565
13 th February 10.30-12.30	MUSIC THERAPY WITH STUART In person – Stranraer Resource Centre Cromarty House Sun Street	Karen Anderson KAnderson@Alzscot.org 07833474867
13 th February 10.30-12.00	COFFEE CONNECTIONS In person – Sandhead Bowling Club 7 Main St, DG9 9JF	Kelsey McWhirter KMcWhirter@Alzscot.org 01776 745123
13 th February 14.00-15.30	FORGET ME NOT CARERS GROUP In person - Stranraer Resource Centre Cromarty House Sun Street	Diane Carnochan DCarnochan@Alzscot.org
13 th February 14.00-15.30	DALBEATTIE COFFEE & CHAT In person – Kings Arms Hotel High St Dalbeattie DG5 4HA	Anastasia Gordon agordon@Alzscot.org 07798 667565

Dates & Times	Activity	Contact Details
14 th February 10.30-12.30	THORNHILL BREW'N'BLETHER In person – The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
15 th February 10.30-12.30	COFFEE CATCH-UP In person - Stranraer Resource Centre Cromarty House Sun Street	Kelsey McWhirter KMcWhirter@Alzscot.org 01776 745123
16 th February 10.30-12.30	THORNHILL RURAL LIFE In person – The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
16 TH February 10.30-12.00	KIRKCUDBRIGHT CRAFTS & COFFEE In person – The Johnstone St Mary Street DG6 4EG	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
16 th February 13.30-15.30	THORNHILL COFFEE CLUB In person – The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
16 th February 14.30-16.00	WIGTOWN CHIT CHATS In Person – Wigtown Bowling Club School Rd DG8 9EH	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
17 th February 10.30-12.30	GLENLUCE BLETHER & BOWLS In person – Glenluce Bowling Club School Rd DG8 0JE	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
17 th February 14.00-16.00	MOFFAT MINGLE In Person – Moffat Town Hall, High St DG10 9HF	Linda Innes LInnes@alzscot.org 07979 502958
17 th February 14.00-15.30	KIRKCOLM THEN & NOW In person – Kirkcolm Community Hub Church Rd DG9 0NW	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
20 th February 10.30-12.30	MUSIC THERAPY WITH STUART In person – Stranraer Resource Centre Cromarty House Sun Street	Karen Anderson KAnderson@Alzscot.org 07833474867
20 th February 12.30-14.30	DUMFRIES LUNCH CLUB In person – Contact for more details	Anastasia Gordon agordon@Alzscot.org 07798 667565
21 st February 10.30-12.30	THORNHILL BREW'N'BLETHER In person – The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
22 nd February 10.30-12.00	COFFEE CATCH-UP In person - Stranraer Resource Centre Cromarty House Sun Street	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
22 nd February 10.00-12.00	SANQUHAR COFFEE & CHAT GROUP In person – St Brides Church Hall St Mary's Street Sanquhar DG4 6BW	Linda Wheatley LWheatley@alzscot.org 07780 006215
23 rd February 10.30-12.30	THORNHILL CREATE & CRAFT In person – The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081

Dates & Times	Activity	Contact Details
23 rd February 11.00-12.30	NEWTON STEWART LET'S GET MOVING In person – * Starting locations may vary contact for details	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
23 rd February 12.30-14.30	THORNHILL COFFEE CLUB In person – The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
24 th February 10.30-12.00	STRANRAER FOOTBALL MEMORIES In person – Pavilion Bar Stranraer FC Stair Park	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
27 th February 10.30-12.30	DUMFRIES COFFEE CATCH-UP In person - Dumfries Dementia Resource Centre Gordon Street	Anastasia Gordon agordon@Alzscot.org 07798 667565
27 th February 10.30-12.00	CREETOWN CREATIVE CRAFTING In person – Waverley Hall St John Street DG8 7JF	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
27 th February 10.30-12.30	MUSIC THERAPY WITH STUART In person – Stranraer Resource Centre Cromarty House Sun Street	Karen Anderson KAnderson@Alzscot.org 07833474867
27 th February 13.30-15.00	LOCHTHORN COFFEE & BLETHER In person – Lochthorn Library Edinburgh Rd Dumfries DG1 1UF	Anastasia Gordon agordon@Alzscot.org 07798 667565
28 th February 10.30-12.30	THORNHILL BREW'N'BLETHER In person – The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
28 th February 11.00-13.00	AUTUMN VOICES In person – Stranraer Resource Centre Cromarty House Sun Street	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
1 st March 10.30-12.00	COFFEE CATCH-UP In person - Stranraer Resource Centre Cromarty House Sun Street	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
2 nd March 10.30-12.30	THORNHILL RURAL LIFE In person - The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
2 nd March 10.30-12.00	GATEHOUSE RURAL LIFE In person – Gatehouse of Fleet Community Centre Dromore Rd DG7 2JX	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
2 nd March 13.30-15.30	THORNHILL COFFEE CLUB In person – The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
2 nd March 14.00-15.30	WHITHORN MUSICAL MEMORIES In Person – South Machars Community Centre, Castlehill DG8 8PN	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
3 rd March	LOCKERBIE BREW'N'BLETHER In person – Ice rink lounge 14 Glasgow Rd Lockerbie DG11 2AR	Linda Innes LInnes@alzscot.org 07979 502958

Please note that any of our In Person groups may be cancelled at short notice if the Government guidelines change or if staff members need to self-isolate. If you feel unwell, please do not attend the sessions, hand gel will be provided and our staff test regularly. Thank you for your co-operation we want our services to provide a safe environment for all to attend.

Online Groups

Dates & Times	Activity	Contact Details
2 nd February 11.00-12.30	LET'S TALK DEMENTIA <i>Join online for a relaxed support and Information session with the local Dementia Advisor and meet other</i>	Karen Anderson KAnderson@alzscot.org 07833 474867
16 th February 11.00-12.30	CARE HOME RELATIVE SUPPORT GROUP <i>Join us for a cuppa and a chat get advice and information welcoming people with dementia and carers</i>	Roxy Linh-McCormack RLinh-McCormack@Alzscot.org 07880 790337

Online groups are available for those who are unable to come into the Resource Centre or attend one of our Community Activity Groups. We have a range of digital activities for those living with Dementia and their carers, including quizzes, music and other therapeutic activities in the comfort of their own home. Please contact one of our members of staff for more information and technical support.

Our Resource Centres

**8 Gordon Street,
Dumfries DG1 1EG
Phone: 01387 261303**

**Cromarty House, Sun Street,
Stranraer, DG9 7JL
Phone: 01776 889181**

Our support and activities are only possible thanks to the donations we gratefully receive.

To support Alzheimer Scotland Dumfries & Galloway please consider donating via our Justgiving pages:

<https://www.justgiving.com/fundraising/alzscotdandg>

