

Activities & Events in March 2023

Covid guidance

Please do not attend our groups if you are feeling unwell.
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.

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. We are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in for a warm drink. Please see below for more details.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All staff details are below.

In Person Groups

Dates & Times	Activity	Venue	Contact Details
Wednesday 1 st March	STRANRAER COFFEE CATCH-UP	Stranraer Resource Centre, Cromarty House, Sun St, Stranraer DG9 7JL	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
Wednesday 1 st March 11.00-1230	WELCOME WEDNESDAYS WITH YOUR KIRKCOLM HUB	Kirkcolm Community Hub, Church Rd, DG9 0NW	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
Thursday 2 nd March 10.30-12.00	RURAL LIFE IN GATEHOUSE	Gatehouse of Fleet Community Centre, Dromore Rd, DG7 2JX	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
Thursday 2 nd March 14:00-15.30	WHITHORN MUSICAL MEMORIES	South Machars Community Centre, Castlehill, DG8 8PN	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788

Thursday 2 nd March 12-15.30	THORNHILL LUNCH GROUP	The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
Friday 3 rd March 10.00-12.30	LOCKERBIE BREW N BLETHER	Jodie's Café Lockerbie	Linda Innes LInnes@alzscot.org 07979 502958
Monday 6 th March 14:00-15.30	DUMFRIES RURAL LIFE GROUP	Dumfries Dementia Resource Centre 8 Gordon Street. DG1 1EG	Anastasia Gordon agordon@Alzscot.org 07798 667565
Monday 6 th March 10.30-12.00	CARE HOME RELATIVES SUPPORT GROUP (note name change – previously Forget me not)	Dumfries Dementia Resource Centre 8 Gordon Street. DG1 1EG	Roxy Linh -McCormack RLinh-McCormack@Alzscot.org 07880790337
Monday 6 th March 12.00-14:00	STRANRAER LUNCH GROUP	Ruddicot Hotel, London Rd, DG9 8AJ *Pre-booking is essential*	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
Tuesday 7 th March 10.30-12.30	THORNHILL BREW'N'BLETHER	The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
Wednesday 8 th March 13.30-15.00	SANQUHAR COFFEE & CHAT GROUP	A' the Airts Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL	Linda Wheatley LWheatley@alzscot.org 07780 006215
Thursday 9 th March	NEWTON STEWART NATTER	*Staff holidays. Group returning in April*	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
Thursday 9 th March	CASTLE DOUGLAS COFFEE CATCH-UP	*Staff holidays. Group returning in April*	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
Thursday 9 th March 12-15.30	THORNHILL LUNCH GROUP	The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
Friday 10 th March 10.30-12.30	ANNAN TEA & CHATTER	Kate's Kitchen The Old Bank 52 High Street, Annan DG12 6AN	Linda Innes LInnes@alzscot.org 07979 502958
Friday 10 th March 10.30-12.00-	STRANRAER FOOTBALL MEMORIES	Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
Monday 13 th March 10.30-12.00	DUMFRIES COFFEE CATCH-UP	In person - Dumfries Dumfries Dementia Resource Centre 8 Gordon Street. DG1 1EG	Anastasia Gordon agordon@Alzscot.org 07798 667565

Monday 13 th March 14.00- 15.30	DALBEATTIE COFFEE & CHAT	Kings Arms Hotel High St Dalbeattie DG5 4HA	Anastasia Gordon agordon@Alzscot.org 07798 667565
Monday 13 th March 14.00-15.30	FORGET ME NOT CARERS GROUP	Stranraer Resource Centre Cromarty House Sun Street Stranraer DG9 7JL	Diane Carnochan DCarnochan@Alzscot.org 07810528046
Tuesday 14 th March 10.30-12.30	THORNHILL BREW'N'BLETHER	The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
Tuesday 14 th March 11.00-13.00	AUTUMN VOICES	Stranraer Resource Centre Cromarty House Sun St Stranraer DG9 7JL	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
Wednesday 15 th March 10.30-12.00	STRANRAER COFFEE CATCH-UP	Stranraer Resource Centre, Cromarty House, Sun St, Stranraer DG9 7JL	Kelsey McWhirter KMcWhirter@Alzscot.org 01776 745123
Thursday 16 th March 10.30-12.00	KIRKCUDBRIGHT CRAFTS AND COFFEE	The Johnston, St Mary St, DG6 4EG	Kelsey McWhirter KMcWhirter@Alzscot.org 01776 745123
Thursday 16 th March 14.30-16.00	WIGTOWN CHIT CHATS	Wigtown Bowling Club, The Square, DG8 9JA	Kelsey McWhirter KMcWhirter@Alzscot.org 01776 745123
Thursday 16 th March 12-15.30	THORNHILL LUNCH GROUP	The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
Friday 17 th March 14.00-16.00	MOFFAT MINGLE	Moffat Town Hall High Street, Moffat DG10 9HF	Linda Innes LInnes@alzscot.org 07979 502958
Monday 20 th March 12.30-14.30	DUMFRIES LUNCH CLUB	Contact for more details	Anastasia Gordon agordon@Alzscot.org 07798 667565
Tuesday 21 st March 10.30-12.30	THORNHILL BREW'N'BLETHER	The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
Tuesday 21 st March 11.00-13.00	AUTUMN VOICES	Stranraer Resource Centre Cromarty House Sun St Stranraer DG9 7JL	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
Wednesday 22 nd March 10.00-12.00	SANQUHAR COFFEE & CHAT GROUP	A' the Airts Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL	Linda Wheatley LWheatley@alzscot.org 07780 006215
Wednesday 22 nd March 10.30-12.00	STRANRAER COFFEE CATCH-UP	Stranraer Resource Centre Cromarty House Sun St Stranraer DG9 7JL	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788

Thursday 23 rd March 11.00-12.30	NEWTON STEWART LET'S GET MOVING	*Starting locations may vary – contact for details*	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
Thursday 23 rd March 12.30-14.00	NEWTON STEWART LUNCH GROUP	The Belted Galloway, Riverside View, DG8 6NQ	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
Thursday 23 rd March 12-15.30	THORNHILL LUNCH GROUP	The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
Friday 24 th March	LANGHOLM COFFEE AND CATCH UP	*Contact for venue details & time*	Linda Innes LInnes@alzscot.org 07979 502958
Friday 24 th March 10.30-12.00	STRANRAER FOOTBALL MEMORIES	Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
Monday 27 th March 13.30-15.00	LOCHTHORN COFFEE & BLETHER	Lochthorn Library Edinburgh Rd Dumfries DG1 1UF	Linda Wheatley LWheatley@alzscot.org 07780 006215
Monday 27 th March 10.30-12.00	CREETOWN CREATIVE CRAFTING	Waverley Hall, St John St, DG8 7JF	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
Monday 27 th March 10.30-12.00	MUSIC THERAPY WITH STUART	Stranraer Resource Centre, Cromarty House, Sun St, DG9 7JL	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
Tuesday 28 th March 10.30-12.30	THORNHILL BREW'N'BLETHER	The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081
Wednesday 29 th March 10.30-12.00	STRANRAER COFFEE CATCH-UP	Stranraer Resource Centre, Cromarty House, Sun St, DG9 7JL	Kelsey McWhirter KMcWhirter@Alzscot.org 07464 901788
Thursday 30 th March 12-15.30	THORNHILL LUNCH GROUP	The Friendship Club 15 West Morton Street Thornhill	Anne Allison AAllison@Alzscot.org 07880 815081

Online Groups

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

Dates & Times	Activity	Contact Details
16 th March 2023 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

Please note that if there is an in-person group that you would like to attend but are unable to get to, please get in touch and we may be able to offer the chance to join it online. Similarly, if there is an online group you would like to join but you are unable to get online, we may be able to link you into the group from the Dementia Resource Centre.

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

There are many ways to support our groups, please speak to any member of staff detailed above for more details.

To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/alzscotdandg>

Or by putting money in our donation tins when you attend any of our groups.