

What's On – March 2023

Dundee Groups/Activities/Services

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Dementia Resource Centre (DRC)* 9 Morgan Street Dundee DD4 6QE 01382 210200	For information contact: Jeni Sinclair – Dementia Advisor ☎-07917241024 JeniSinclair@Alzscot.org	<u>Walking Group - BROUGHTY FERRY WALK</u> Meet 10.30am (Broty Library) ***** <u>FOOTBALL MEMORIES (DFC)</u> DFC – Gardyne Campus - 2.00pm – 3.30pm	<u>Còmhradh - Listening Service</u> (10.00am – 12.00noon) (For more info contact Jeni Sinclair) ***** <u>WESTEND D'CAFÉ</u> St John's Logie Cross - (Blackness Avenue) 2pm – 3.30pm	
6	7	8	9	10
<u>Carer Support Group - DRC – Morgan Street</u> <i>(for more info contact Jeni Sinclair)</i> Move It or Lose It 1pm – 3pm DRC – Morgan Street (For more info contact Jeni Sinclair)		<u>Walking Group – STOBSEWELL WALK</u> Meet 10.30am (DRC*)	<u>Còmhradh - Listening Service</u> (10.00am – 12.00noon) (For more info contact Jeni Sinclair)	
13	14	15	16	17
<u>Carer Support Group - DRC – Morgan Street</u> <i>(for more info contact Jeni Sinclair)</i> Move It or Lose It 1pm – 3pm DRC – Morgan Street (For more info contact Jeni Sinclair)		<u>Walking Group - BROUGHTY FERRY WALK</u> Meet 10.30am (Broty Library) ***** <u>FOOTBALL MEMORIES (DUFC)</u> DUFC – Tannadice Park 2.00pm – 3.30pm	<u>Còmhradh - Listening Service</u> (10.00am – 12.00noon) (For more info contact Jeni Sinclair)	
20	21	22	23	24
<u>Carer Support Group - DRC – Morgan Street</u> <i>(for more info contact Jeni Sinclair)</i> Move It or Lose It 1pm – 3pm DRC – Morgan Street (For more info contact Jeni Sinclair)	<u>V&A D'CAFÉ</u> (V&A, Esplanade, Dundee) 2.00pm – 3.30pm	<u>Walking Group – STOBSEWELL WALK</u> Meet 10.30am (DRC*) <u>Younger Persons Peer Support Group</u> Meeting at McManus Gallery 2pm (For more info contact Jeni Sinclair)	<u>Còmhradh - Listening Service</u> (10.00am – 12.00noon) (For more info contact Jeni Sinclair)	
27	28	29	30	31
<u>Carer Support Group - DRC – Morgan Street</u> <i>(for more info contact Jeni Sinclair)</i> Move It or Lose It 1pm – 3pm DRC – Morgan Street (For more info contact Jeni Sinclair)	<u>ST AIDAN'S D'CAFÉ & FOOTBALL MEMORIES</u> (St Aidan's Halls, Brook St, Broty Ferry) 10.30AM – 12.00noon <u>Carers Hub</u> Carer Support & Info DRC – Morgan Street (2pm)	<u>Walking Group - BROUGHTY FERRY WALK</u> Meet 10.30am (Broty Library) <u>HAVEN Drop-In Info Session</u> 1.00pm – 3.00pm (Hilltown, Dundee) 216-222 Hilltown, Dundee DD3 7AU	<u>Còmhradh - Listening Service</u> (10.00am – 12.00noon) (For more info contact Jeni Sinclair)	<u>BOOGIE</u> LOCHEE Bowling Club 1.30pm – 3.30pm (doors open 1.15pm)

“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 don't provide transport for these groups and therefore it is your responsibility to get to and from this community activity, safely.*”