

# What's on

## October 2023 - Perth



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 contact details are below.

In Person Group		
Monday 2 <sup>nd</sup> October	<b>"New" Games Afternoon (with refreshments)</b> Join us for an afternoon of games and fun. A selection of board games and card games, come together and have some fun over a cuppa and chat. <b>Perth Brain Health &amp; Dementia Resource Centre</b>	2.00pm – 3.30pm
Tuesday 3 <sup>rd</sup> October	<b>"New" Professional drop in Cuppa, Cake and a Catch up</b> Drop in by and meet the team, learn about our new services and start to build new partnerships <b>Perth Brain Health &amp; Dementia Resource Centre</b>	10.30am – 12.00pm
	<b>"New" Perth Reminiscence (with refreshments)</b> Please join us in developing a Perthshire reminiscence group, share your memories about social, local, and historical Perth & Kinross. <b>Perth Brain Health &amp; Dementia Resource Centre</b>	2.00pm - 3.30pm
Wednesday 4 <sup>th</sup> October	<b>Dementia Friends Session:</b> Do you engage with people living with dementia as part of your job, such as social care worker, shop keeper, council worker etc then come along to this session and become a dementia friend <b>Perth Brain Health &amp; Dementia Resource Centre</b>	2.00pm – 3.30pm
Friday 6 <sup>th</sup> October	<b>Dementia Friendly Café</b> For carer/family and person living with dementia or memory loss <b>Perth Brain Health &amp; Dementia Resource Centre</b>	10.30am - 12noon
Monday 9 <sup>th</sup> October	<b>"New" Community: Cuppa, Cake and a Catch up</b> Drop in by and meet the team, learn about our new services <b>Perth Brain Health &amp; Dementia Resource Centre</b>	10.30am – 12noon
Monday 9 <sup>th</sup> October	<b>"New" Design a memory box (with refreshments)</b> <b>Bring along an empty gift box/shoe box and design a box full of happiness</b> (smells/photos and objects thing that make you smile) <b>Perth Brain Health &amp; Dementia Resource Centre</b>	2.00pm – 3.30pm

Tuesday 10 <sup>th</sup> October	<p><b>“New” Carers support group face to face (with refreshments)</b> For anyone supporting someone with dementia or memory loss this is an opportunity to meet carers in a similar situation.</p> <p><b>“New” Bingo Afternoon Bingo (with refreshments)</b> Join us for an enjoyable afternoon of bingo and banter.</p> <p><b>Perth Brain Health &amp; Dementia Resource Centre</b></p>	<p>10.30am – 12noon</p> <p>2.00pm – 3.30pm</p>
Thursday 12 <sup>th</sup> October	<p><b>“New” Crafts, Cuppa and a Cake (with refreshments)</b> <b>Bring your own crafts and share your skills</b> This group is a great opportunity to get creative &amp; share your knowledge.</p> <p><b>Perth Brain Health &amp; Dementia Resource Centre</b></p> <p><b>“New” Music and Melodies</b> This group is for anyone who wishes to start up a regular music/singing group. Bring your playlists and ideas!</p> <p><b>Perth Brain Health &amp; Dementia Resource Centre</b></p>	<p>10.30am – 12noon</p> <p>2.00pm – 3.30pm</p>
Friday 13 <sup>th</sup> October	<p><b>“New” Carers support group face to face (with refreshments)</b> For anyone supporting someone with dementia or memory loss this is an opportunity to meet carers in a similar situation.</p> <p><b>Perth Brain Health &amp; Dementia Resource Centre</b></p> <p><b>“New” Perth Reminiscence (with refreshments)</b> Please join us in developing a Perthshire reminiscence group, share your memories about social, local, and historical Perth &amp; Kinross.</p> <p><b>Perth Brain Health &amp; Dementia Resource Centre</b></p>	<p>10.30am – 12noon</p> <p>2.00pm – 3.30pm</p>
Monday 16 <sup>th</sup> October	<p><b>“New” Volunteer information and recruitment day!</b> Drop in by and meet the team, learn about where you can volunteer to support our new services</p> <p><b>Perth Brain Health &amp; Dementia Resource Centre</b></p>	<p>10.30am – 3.30 pm</p>
Tuesday 17 <sup>th</sup> October	<p><b>“New” Community - Cuppa, Cake and a Catch up</b> Drop in by and meet the team, learn about our new services</p> <p><b>Perth Brain Health &amp; Dementia Resource Centre</b></p> <p><b>“New” Design a memory box (with refreshments)</b> Bring along an empty gift box/shoe box and share ideas of how to fill full of happiness (smells/photos and objects thing that make you smile)</p> <p><b>Perth Brain Health &amp; Dementia Resource Centre</b></p>	<p>10.30am – 12noon</p> <p>2.00pm – 3.30pm</p>
Thursday 19 <sup>th</sup> October	<p><b>Dementia Friends Session:</b> Do you engage with people living with dementia as part of your job, such as social care worker, shop keeper, council worker etc then come along to this session and become a dementia friend.</p> <p><b>Perth Brain Health &amp; Dementia Resource Centre</b></p>	<p>10.00am – 11.30pm</p>
Thursday 19 <sup>th</sup> October	<p><b>“New” Crafts, Cuppa and a Cake (with refreshments)</b> <b>Bring your own crafts and share your skills</b> This group is a great opportunity to get creative &amp; share your knowledge.</p> <p><b>Perth Brain Health &amp; Dementia Resource Centre</b></p>	<p>2.00pm – 3.30pm</p>

Friday 20 <sup>th</sup> October	<b>"New" Carers support group face to face (with refreshments)</b> For anyone supporting someone with dementia or memory loss this is an opportunity to meet carers in a similar situation. <b>Perth Brain Health &amp; Dementia Resource Centre</b>	10.30am – 12noon
	<b>"New" Music and Melodies (with refreshments)</b> This group is for anyone who wishes to start up a regular music/singing group. Bring your playlists and ideas! <b>Perth Brain Health &amp; Dementia Resource Centre</b>	2.00pm – 3.30pm
Monday 23 <sup>rd</sup> October	<b>"New" Professional drop in Cuppa, Cake and a Catch up</b> Drop in by and meet the team, learn about our new services and start to build new partnerships <b>Perth Brain Health &amp; Dementia Resource Centre</b>	10.00am - 12.00pm
	<b>"New" Design a memory box (with refreshments)</b> <b>Bring along an empty gift box/shoe box and design a box full of happiness</b> (smells/photos and objects thing that make you smile) <b>Perth Brain Health &amp; Dementia Resource Centre</b>	2.00pm – 3.30pm
Tuesday 24 <sup>th</sup> October	<b>"New" Perth Reminiscence (with refreshments)</b> Please join us in developing a Perthshire reminiscence group, share your memories about social, local, and historical Perth & Kinross. <b>Perth Brain Health &amp; Dementia Resource Centre</b>	10.30am – 12.00pm
	<b>"New" Crafts, Cuppa and a Cake (with refreshments)</b> <b>Bring your own crafts and share your skills</b> This group is a great opportunity to get creative & share your knowledge. <b>Perth Brain Health &amp; Dementia Resource Centre</b>	2.00pm – 3.30pm
Friday 27 <sup>th</sup> October	<b>"New" Brain Health Awareness drop in (with refreshments)</b> Drop in by and learn how to keep your brain healthy, take our brain health quiz and make your brain health plan (see the links below, give it a try) <a href="https://www.brainhealth.scot/">https://www.brainhealth.scot/</a> <a href="https://brainhealthplan.brainhealth.scot/start">https://brainhealthplan.brainhealth.scot/start</a>	10.00 am – 4.00 pm
Online Group		
Wednesday TBC October	Evening Carers Group Support for those caring for a person living with dementia.	Wednesday TBC
Wednesday TBC October	Around the Kitchen Table Baking group	Wednesday TBC

**Contact details for groups held within the Perth Brain Health DRC: -**

**Gary Wiscombe:** Email: [GWiscombe@alzscot.org](mailto:GWiscombe@alzscot.org) Tel: 07855 644018

Centre Address – 7 George St, Perth PH1 5JY

**Contact details to book and receive a link for the Online Groups: -**

**Cherrie:** Email: [westlothianservices@alzscot.org](mailto:westlothianservices@alzscot.org) Tel: 01506 553108

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/>

