

# What's on

## October 2023 - Angus



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.

Arbroath Groups		
Wednesday 4 <sup>th</sup> October	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 5 <sup>th</sup> October	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 10 <sup>th</sup> October	<b>Arts &amp; Crafts</b> Arbroath Dementia Resource Centre	2pm - 3.30pm
Wednesday 11 <sup>th</sup> October	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 11 <sup>th</sup> October	<b>Football Memories</b> Gayfield – Arbroath FC ground	2pm - 3.30pm
Thursday 12 <sup>th</sup> October	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 17 <sup>th</sup> October	<b>Music &amp; Movement</b> Arbroath Dementia Resource Centre	2pm - 3.30pm
Wednesday 18 <sup>th</sup> October	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 19 <sup>th</sup> October	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 25 <sup>th</sup> October	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 26 <sup>th</sup> October	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 26 <sup>th</sup> October	<b>Arbroath Boogie</b> Royal British Legion	2pm – 4pm

Angus Groups		
Thursday 5 <sup>th</sup> October	<b>Carnoustie Dementia Café</b> Comrie Hall, Carnoustie	2pm - 3.30pm
Friday 6 <sup>th</sup> October	<b>Monifieth Dementia Café</b> Community Cabin, Monifieth	2pm - 3.30pm
Thursday 12 <sup>th</sup> October	<b>Forfar Dementia Café</b> East & Old Church, Forfar	2pm - 3.30pm
Wednesday 18 <sup>th</sup> October	<b>Brechin Dementia Café</b> Glebe Park, Brechin	2pm - 3.30pm
Thursday 19 <sup>th</sup> October	<b>Montrose Dementia Café</b> Old & St Andrew's Church Hall, Montrose	2pm - 3.30pm
Friday 20 <sup>th</sup> October	<b>Birkhill Dementia Café</b> Millennium Hall, Birkhill	2pm - 3.30pm

#### Contact details for groups:

Rosemary Moncur - 07585700902 - rmoncur@alzscot.org

Angus Dementia Resource Centre – 01241 431770

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/>

