

What's on

September 2023 – Stirling & Clacks



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		
Friday 1st Sept	Art & Craft Group -for People living with dementia & carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1pm-3pm
Tues 5th Sept	Drop in Café - Social get together offers peer support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am-12noon
Tues 5th Sept	Activity Group - Fun & therapeutic activities for People living with dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm – 3pm
Wed 6th Sept	PDS Café -Information & support for families newly diagnosed. Booking required contact Audrey, Gayle or Anne. The Birds and the Bees Restaurant. Easter Cornton Rd, Stirling FK9 5PB	10.30am-12noon
Thurs 7th Sept	Brain Gym - our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered.	10.30am – 12noon
	Carers Cuppa - Welcoming & friendly safe space for carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am-12noon
Thurs 7th Sept	Thursday Social Group – Boogie & Singalong Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm – 3pm

Friday 8th Sept	Feel Good Friday & Carers Corner- Therapeutic activities for People living with Dementia & Carers support for Carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm-3pm
Tues 12th Sept	Drop in Café - Social get together offers peer support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am – 12noon
Tues 12th Sept	Activity Group- Fun & therapeutic activities for People living with dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm – 3pm
Wed 13th Sept	PDS Café - Information & support for families newly diagnosed. Booking required contact Audrey, Gayle or Anne. The Birds and the Bees Restaurant. Easter Cornton Rd, Stirling FK9 5PB	10.30am-12noon
Thurs 14th Sept	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered.	10.30am – 12noon
	Carers Cuppa- Welcoming & friendly safe space for carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am-12noon
Thurs 14th Sept	Thursday Social Group- Parlour Games Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm – 3pm
Friday 15th Sept	Art & Craft Group- For People living with Dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1pm-3pm
Tues 19th Sept	Drop in Café- Social get together offers peer support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am – 12noon
Tues 19th Sept	Activity Group- Fun & therapeutic activities for People living with dementia and carers. CANCELLED Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm-3pm
Wed 20th Sept	PDS Café- Information & support for families newly diagnosed. Booking required contact Audrey, Gayle or Anne. The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	10.30am-12noon
Thurs 21st Sept	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered.	10.30am – 12noon

	Carers Cuppa- Warm, Friendly safe space for carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am-12noon
Thurs 21st Sept	Thursday Social Group- Prize Bingo Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm – 3pm
Friday 22nd Sept	Feel Good Friday & Carers Corner- CANCELLED Therapeutic activities for people living with Dementia & Carers support for Carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am-12noon
Tues 26th Sept	Drop in Café- Social group offering peer support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am – 12noon
Tues 26th Sept	Activity Group- Fun & therapeutic activities for People living with dementia and carers. CANCELLED Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm-3pm
Wed 27th Sept	PDS Lunch- Information & support for families newly diagnosed. Booking required contact Audrey, Gayle or Anne. The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	12pm-2pm
Thurs 28th Sept	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered. Carers Café- Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am – 12noon 10.30am-12noon
Thurs 28th Sept	Blether & Bite- For carers & Persons living with Dementia. Booking required. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm – 3pm
Friday 29th Sept	Juke Box Memories & Screen Memories - For Carers & Persons living with Dementia. Art & Craft Group- For People living with Dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am – 12noon 1pm-3pm

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.

Online Group

Juke Box Days.

This has been withdrawn for the time being with preference for in person groups driving the demand to increase these. We shall continue to review the demand for online groups.

Contact details for groups:

Social Group, Activity Group, Brain Gym, Art & Craft, Feel good Friday & Carers Corner.

Contact Denise Priestley, Community Activity Organiser on Email: Dpriestley@alzscot.org Tel: 07970784950

Carers Cuppa, Drop in Café

Contact Donna Paterson, Dementia Adviser on Email: Dpaterson@alzscot.org Tel: 07733302772

PDS Café

Contact Gayle Morrison, Link worker on Email: Gmorrison@alzscot.org Tel: 0791721021

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/alzheimer-scotland-forth-valley>

