

What's on



November 2023 – Dumfries & Galloway

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		
Wednesday 1 November	<p>Stranraer Coffee Catch-Up*</p> <p>Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p><i>* Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> <p>Sanquhar Coffee & Chat</p> <p>A' the Airts</p> <p>Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p>	<p>10.30am-12pm</p> <p>KMcWhirter@Alzscot.org</p> <p>07464 901788</p> <p>10.30 am – 12pm</p> <p>LWheatley@alzscot.org</p> <p>07780 006215</p>
Thursday 2 November	<p>Thornhill Lunch Group*</p> <p>The Friendship Club</p> <p>15 West Morton Street Thornhill</p> <p><i>* Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p>	<p>12pm – 3.30pm</p> <p>AAllison@Alzscot.org</p> <p>07880 815081</p>
Friday 3 November	<p>Lockerbie Brew and Blether*</p> <p>Jodie's Café, Lockerbie Ice Rink, 12 Glasgow Rd, DG11 2AR</p> <p><i>* Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p>	<p>10.30am-12.30pm</p> <p>LInnes@Alzscot.org</p> <p>07979 502958</p>

Monday 6 November	<p>Dumfries rural life, local walking group* Meeting at Dock Park around 2.15pm</p> <p><i>*Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> <p>Stranraer Lunch Group The Custom House, North Strand Street, DG9 7RB <i>*Pre-booking is essential*</i></p>	<p>2.15 pm -3.30 pm Agordon@Alzscot.org 07798 667565</p> <p>12pm -2 pm KMcWhirter@Alzscot.org 07464 901788</p>
Tuesday 7 November	<p>Thornhill Tea & Blether* The Friendship Club 15 West Morton Street Thornhill</p> <p><i>*Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p>	<p>10.30am – 12.30 pm AAllison@Alzscot.org 07880 815081</p>
Wednesday 8 November	<p>Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>10.30am-12pm KMcWhirter@Alzscot.org 07464 901788</p>
Thursday 9 November	<p>Thornhill Lunch Group* The Friendship Club 15 West Morton Street Thornhill</p> <p><i>* Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> <p>Castle Douglas Coffee Catch-Up St Ninian's Church Hall, Whitepark Rd, DG7 1EX</p>	<p>12pm – 3.30pm AAllison@Alzscot.org 07880 815081</p> <p>2.30pm-4.pm KMcWhirter@Alzscot.org 07464 901788</p>
Friday 10 November	<p>Stranraer Football Memories Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS</p> <p>Annan Tea& Chatter* Kate's Kitchen 52 High Street Annan DG12 6AN</p> <p><i>* Postponed until further notice. Please get in touch as we are still here to support you *</i></p>	<p>10.30am-12pm KMcWhirter@Alzscot.org 07464 901788</p> <p>10.30am-12.30pm LInnes@Alzscot.org 07979 502958</p>
Monday 13 November	<p>Stranraer Forget Me Not Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>2pm-3.30pm DCarnochan@alzscot.org 07810 528046</p>

Tuesday 14 November	<p>Thornhill Tea & Blether*</p> <p>The Friendship Club</p> <p>15 West Morton Street Thornhill</p> <p><i>*Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p>	<p>10.30am – 12.30 pm</p> <p>AAllison@Alzscot.org</p> <p>07880 815081</p>
Wednesday 15 November	<p>Stranraer Quiz Masters</p> <p>Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>10.30am-12pm</p> <p>KMcWhirter@Alzscot.org</p> <p>07464 901788</p>
Thursday 16 November	<p>Thornhill Lunch Group*</p> <p>The Friendship Club</p> <p>15 West Morton Street Thornhill</p> <p><i>* Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p>	<p>12pm – 3.30pm</p> <p>AAllison@Alzscot.org</p> <p>07880 815081</p>
Friday 17 November	<p>Castle Douglas Lunch Group</p> <p>The Market Inn Hotel, Queen St, DG7 1HX</p> <p><i>*Pre-booking is essential*</i></p> <p>Moffat Mingle*</p> <p>Moffat Town Hall High Street Moffat, DG10 9HF</p> <p><i>* Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p>	<p>12pm -2pm</p> <p>KMcWhirter@Alzscot.org</p> <p>07464 901788</p> <p>2pm-4pm</p> <p>LInnes@Alzscot.org</p> <p>07979 502958</p>
Monday 20 November	<p>Stranraer Musical Memories</p> <p>Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Langholm Coffee Catch Up</p> <p>Langholm Day Centre, Charles Street Langholm DG13 0AA</p> <p>Dumfries lunch group*</p> <p>YMCA café, Lochside Road, Dumfries</p> <p><i>* Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p>	<p>10.30am-12pm</p> <p>KMcWhirter@Alzscot.org</p> <p>07464 901788</p> <p>1.30 pm- 3.30pm</p> <p>LWheatley@alzscot.org</p> <p>07780 006215</p> <p>12.30pm - 2pm</p> <p>Agordon@Alzscot.org</p> <p>07798 667565</p>
Tuesday 21 November	<p>Thornhill Tea & Blether*</p> <p>The Friendship Club</p> <p>15 West Morton Street Thornhill</p> <p><i>*Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p>	<p>10.30am – 12.30 pm</p> <p>AAllison@Alzscot.org</p> <p>07880 815081</p>

Wednesday 22 November	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am-12pm KMcWhirter@Alzscot.org 07464 901788
Thursday 23 November	Thornhill Lunch Group* The Friendship Club 15 West Morton Street Thornhill <i>* Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i>	12pm – 3.30pm AAllison@Alzscot.org 07880 815081
Friday 24 November	Stranraer Football Memories Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS	10.30am-12pm KMcWhirter@Alzscot.org 07464 901788
Monday 27 November	Dumfries Coffee Catch Up Dumfries Dementia Resource Centre Gordon Street DG1 1EG For this meeting we have Cath Penrith Admiral Nurse attending to talk about her service.	10.30am -12.30pm LWheatley@alzscot.org 07780 006215
Tuesday 28 November	Thornhill Tea & Blether* The Friendship Club 15 West Morton Street Thornhill <i>*Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i>	10.30am – 12.30 pm AAllison@Alzscot.org 07880 815081
Wednesday 29 November	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am-12pm KMcWhirter@Alzscot.org 07464 901788
Thursday 30 November	Thornhill Lunch Group* The Friendship Club 15 West Morton Street Thornhill <i>* Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i>	12pm – 3.30pm AAllison@Alzscot.org 07880 815081
Friday 1 December	Lockerbie Brew and Blether* Jodie's Café, Lockerbie Ice Rink, 12 Glasgow Rd, DG11 2AR <i>* Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i>	10.30am-12.30pm LInnes@Alzscot.org 07979 502958

Monday 4 December	<p>Dumfries rural life, local walking group* Meeting at Dock Park around 2.15pm</p> <p><i>*Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> <p>Stranraer Lunch Group The Custom House, North Strand Street, DG9 7RB <i>*Pre-booking is essential*</i></p>	<p>2.15 pm -3.30 pm Agordon@Alzscot.org 07798 667565</p> <p>12pm -2 pm KMcWhirter@Alzscot.org 07464 901788</p>
Tuesday 5 December	<p>Thornhill Tea & Blether* The Friendship Club 15 West Morton Street Thornhill</p> <p><i>*Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p>	<p>10.30am – 12.30 pm AAllison@Alzscot.org 07880 815081</p>
Wednesday 6 December	<p>Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Sanquhar Coffee & Chat A' the Airts Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p>For this meeting we have Mandy from the Financial Inclusion and Assessment Team talking about this service</p>	<p>10.30am-12pm KMcWhirter@Alzscot.org 07464 901788</p> <p>10.30 am – 12pm LWheatley@alzscot.org 07780 006215</p>
Thursday 7 December	<p>Thornhill Lunch Group* The Friendship Club 15 West Morton Street Thornhill</p> <p><i>* Postponed for autumn period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p>	<p>12pm – 3.30pm AAllison@Alzscot.org 07880 815081</p>
Friday 8 December	<p>Stranraer Football Memories Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS</p> <p>Annan Tea& Chatter* Kate's Kitchen 52 High Street AnnanDG12 6AN</p> <p><i>* Postponed until further notice. Please get in touch as we are still here to support you *</i></p>	<p>10.30am-12pm KMcWhirter@Alzscot.org 07464 901788</p> <p>10.30am-12.30pm LInnes@Alzscot.org 07979 502958</p>

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	
November	No online groups this month

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/>

