

What's on

December 2023

– Stranraer



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.

***Stranraer Resource Centre: 01776 889181**

In Person Group		
Mon 4th December	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL An opportunity to reconnect and build friendships will enjoying a blether and a cuppa. Also the opportunity to take part in some themed quizzes and games.	1030 am – 12 noon KMcWhirter@Alzscot.org 07464 901788
Mon 11th December	Stranraer Forget Me Not Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Dementia Advisor lead, offering Support in grief and bereavement as well as advice and information that may assist you at a difficult time within your life.	2pm-3.30pm DCarnochan@alzscot.org 07810 528046
Wed 13th December	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL An opportunity to reconnect and build friendships will enjoying a blether and a cuppa. Also the opportunity to take part in some themed quizzes and games.	10.30am-12 noon KMcWhirter@Alzscot.org 07464 901788
Thurs 14th December	Castle Douglas Coffee Catch-Up St Ninian's Church Hall, Whitepark Rd, DG7 1EX	2.30pm-4.pm KMcWhirter@Alzscot.org 07464 901788

Mon 18th December	Stranraer Musical Memories Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Come along and share your love and interest in music. Which songs hold special memories for you? Reminisce, share stories and play some fun musical games.	10.30am-12 noon KMcWhirter@Alzscot.org 07464 901788
Wed 20th December	Stranraer Quiz Masters Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am-12pm KMcWhirter@Alzscot.org 07464 901788

Online Group	
December	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.
Or please consider donating via our website: <https://www.alzscot.org/support-us/donate>

