

What's on February 2024 – Dumfries



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.

***Dumfries Resource Centre: 01387 261303**

In Person Group		
Wednesday 7th February	Sanquhar Coffee & Chat A' the Airts Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL A friendly, supportive Dementia Advisor lead meeting for carers to socialise and share stories, and enjoy a cuppa with others on a similar journey, and for people living with dementia to meet others and take part in some group activities. For this session we have a legal representative from Solicitors for Older People Scotland digitally attending	10.30am-12 noon LWheatley@alzscot.org 07780 006215
Mon 19th February	Langholm Coffee Catch Up Langholm Day Centre, Charles Street Langholm DG13 0AA A friendly, supportive Dementia Advisor lead meeting for people living with dementia and their carers to socialise and share stories and enjoy a cuppa with others on a similar journey.	1.30 pm- 3.30pm LWheatley@alzscot.org 07780 006215

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>

