

What's on

January 2024 - Dundee



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 can attend independently, and those unable to do so should come with a companion who can provide any necessary support for them.

We are unfortunately unable to provide transport to 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 the most suitable transport options for you.

If you 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		
Mon 15 Jan	Carer Coffee & Catch Up <i>An opportunity for carers to come together to catch up, seek information and gain peer support. This is a drop-in and carers can pop in anytime between the times above.</i> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE	10.30am – 12.00pm
Tues 16 Jan	Move it or Lose it with RVS <i>Gentle exercise and activities</i> at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	1.00pm – 3.00pm
Tues 16 Jan	D'Café at V&A Dundee <i>Meet friends, find peer support and information, all in the lovely relaxing atmosphere of the V&A. Those who wish to will be able to join a short walk outside (weather dependent) before enjoying tea and cake with the group.</i> At V&A Dundee (Lower floor), Esplanade, Dundee	2.00pm – 3.30pm
Wed 17 Jan	Football Memories – Dundee Utd FC <i>Football & social reminiscence</i> at Hegarty Suite, Tannadice Park (please note no dogs allowed at venue, other than service dogs)	2.00pm – 3.30pm
Tue 23 Jan	Move it or Lose it with RVS <i>Gentle exercise and activities</i> at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	1.00pm – 3.00pm
Tues 23 Jan	Music Makers <i>Come and join us and guest facilitator Ed (Face The Music) for a relaxed afternoon of music making. Sing, play the drums, piano, ukelele, percussion frog – or even just the humble triangle!</i> Please contact Shabana to book your place at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	2.00pm – 3.30pm

Fri 26 Jan	BOOGIE – Lochee <i>An afternoon of music, dance & fun</i> Lochee Bowling Club, Ancrum Road, Dundee Tickets £3.50 pp	1.30pm – 3.30pm
Mon 29 Jan	Carer Coffee & Catch Up <i>An opportunity for carers to come together to catch up, seek information and gain peer support. This is a drop-in and carers can pop in anytime between the times above.</i> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE	10.30am – 12.00pm
Tues 30 Jan	Move it or Lose it with RVS <i>Gentle exercise and activities</i> at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	1.00pm – 3.00pm
Tues 30 Jan	D'café at St Aidan's <i>Peer support, information and chat</i> St Aidan's Halls, Brook Street, Broughty Ferry	2.00pm – 3.30pm

For information about any of the above activities and services please contact:

Shabana Basheer – Community Activities Organiser
Email: SBasheer@alzscot.org Tel: 07585 601599

Jeni Sinclair – Dementia Advisor
Email: Jenisinclair@Alzscot.org Tel: 07917 241024

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/alzscot>

