

What's on

April 2024 - Perth



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		
Monday 1 st April	Perth Reminiscence Group Come along to the centre to look back at the Fair city of Perth. See how it has changed over the years by looking at old pictures. Tell us your childhood memories. Perth Brain Health & Dementia Resource Centre	10.30am – 12noon
	Musical Monday Please Join us for a variety of different musical activities, this could be playing music that you love, or we could have a playlist for listening groups or even a singalong. Perth Brain Health & Dementia Resource Centre	2pm – 3.30pm
Tuesday 2 nd April	Men's Morning, coffee group Visit the centre for a chat, a cuppa and laugh with the guys. Perth Brain Health and Dementia Resource Centre	10.30am – 12noon "NEW"
	Craft Group Come along to the centre for a cuppa and some crafts. This could be anything from making cards to painting. Feel free to bring your own crafting work with you and shows us how it's done. Perth Brain Health & Dementia Resource Centre	2pm – 3.30pm
Wednesday 3 rd April	Brain Health Drop In Community Café Never too Early, Never too late Are you interested in improving or increasing your awareness of your brain health? Pop along for a refreshment and take our quiz Perth Brain Health & Dementia Resource Centre	10.00am-4pm "New"

<p>Thursday 4th April</p>	<p>Information café Drop into the centre, grab a cuppa and meet the team from Home Energy Scotland. They are here to advise you about saving energy. Perth Brain Health & Dementia Resource Centre</p> <p>Bookable appointments 1-1. Book an appointment with a member of staff to discuss any issues or concerns. This could be with regards to Brain Health or worries about your memory. You can ask or discuss anything about dementia. Staff will listen, support and try to provide information if they can. Perth Brain Health & Dementia Resource Centre</p>	<p>10.00am – 12noon “NEW”</p> <p>2.00pm – 3.30pm</p>
<p>Friday 5th April</p>	<p>Dementia Friendly Café Drop in and meet the team and see the centre, make new friends or even try our Brain Health quiz! Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon</p>
<p>Monday 8th April</p>	<p>Sweet Shop, Reminiscence Group Come along to the centre to look back at you favourite sweet of your youth. See they have changed over the years by looking at old pictures and adverts. Tell us your childhood memories. Perth Brain Health and Dementia Resource Centre</p> <p>Musical Monday Please join us for a variety of different musical activities, this could be playing music that you love, or we could have a playlist for listening groups or even a singalong. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon</p> <p>2pm – 3.30pm</p>
<p>Tuesday 9th April</p>	<p>Men’s Morning, coffee group Come down to the centre for a chat, a cuppa and laugh with the guys. Perth Brain Health and Dementia Resource Centre</p> <p>Craft Group Come along to the centre for a cuppa and some crafts. This could be anything from making cards to painting. Feel free bring your own crafting work with you and shows us how it’s done. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am- 12.00 noon “NEW”</p> <p>2pm – 3.30 pm</p>
<p>Wednesday 10th April</p>	<p>Brain Health Drop In Community Café</p> <p><i>Never too Early, Never too late</i> Are you interested in improving or increasing your awareness of your brain health? Pop along for a refreshment and take our quiz Perth Brain Health & Dementia Resource Centre</p>	<p>10.00am-4pm “New”</p>

<p>Thursday 11th March</p>	<p>Information café Drop into the centre grab a cuppa and meet the team from Trading Standards/Scams. If you have any question or anything you are worried about this is the perfect opportunity to come down to the centre. Perth Brain Health & Dementia Resource Centre</p> <p>Bookable appointments 1-1. Book an appointment with a member of staff to discuss any issues or concerns. This could be with regards to Brain Health, worried about your memory or if you wish to discuss anything about dementia or a carer needing to ask questions. Staff will listen, support and try to provide information if they can. Perth Brain Health & Dementia Resource Centre</p>	<p>10:00am -12noon “NEW”</p> <p>2.00pm- 3.30pm</p>
<p>Friday 12th April</p>	<p>Dementia Friendly Café Drop in and meet the team and see the centre to make new partnerships. Try our Brain Health quiz! Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon</p>
<p>Monday 15th April</p>	<p>Perth Reminiscence Group Come along to the centre to look back at the Fair city of Perth. See how it has changed over the years by looking at old pictures. Tell us your childhood memories. Perth Brain Health and Dementia Resource Centre</p>	<p>10.30am – 12noon</p>
<p>Monday 15th April</p>	<p>Musical Monday Please join us for a variety of different musical activities, this could be playing music that you love, or we could have a playlist for listening groups or even a singalong. Perth Brain Health and Dementia Resource Centre</p>	<p>2pm – 3.30pm</p>
<p>Tuesday 16th April</p>	<p>Men’s Morning, coffee group Come down to the centre for a chat a cuppa and laugh with the guys. Perth Brain Health and Dementia Resource Centre</p> <p>Craft Group Come along to the centre for a cuppa and some crafts. This could be anything from making cards to painting. Feel free to bring your own crafting work with you and shows us how it’s done. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30 – 12:30pm “NEW”</p> <p>2.00-3.30pm</p>
<p>Wednesday 17th April</p>	<p>Brain Health Drop In Community Café Never too Early, Never too late Are you interested in improving or increasing your awareness of your brain health? Pop along for a refreshment and take our quiz Perth Brain Health & Dementia Resource Centre</p>	<p>10.00am-4pm “New”</p>

<p>Thursday 18th April</p>	<p>Information café Drop into the centre grab a cuppa and meet the team from Citizens Advice Bureau (CAB). If you have any question or anything you are worried about this is the perfect opportunity to come down to the centre. Perth Brain Health & Dementia Resource Centre</p> <p>Bookable appointments 1-1. Book an appointment with a member of staff to discuss any issues or concerns. This could be with regards to Brain Health, worried about your memory or if you wish to discuss anything about dementia or a carer needing to ask questions. Staff will listen, support and try to provide information if they can. Perth Brain Health & Dementia Resource Centre</p>	<p>10.00 – 12 noon “NEW”</p> <p>2.00pm – 3.30pm</p>
<p>Friday 19th April</p>	<p>Dementia Friendly Café Drop in and meet the team and see the centre to make new friends. Try our Brain Health quiz! Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon</p>
<p>Monday 22nd April</p>	<p>Employment Reminiscence Group Come along to the centre to look back at jobs that you had over the years. See how it has changed and reminisce about the good old days. Tell us about your first job or your favourite jobs that you have had. Perth Brain Health and Dementia Resource Centre</p> <p>Musical Monday Please join us for a variety of different musical activities, this could be playing music that you love, or we could have a playlist for listening groups or even a singalong. Perth Brain Health and Dementia Resource Centre</p>	<p>10.30am – 12noon</p> <p>2.00pm – 3.30 pm</p>
<p>Tuesday 23^d April</p>	<p>Men’s Morning, coffee group Come down to the centre for a chat a cuppa and laugh with the guys. Perth Brain Health and Dementia Resource Centre</p> <p>Foot Health Awareness Come into the centre and learn about foot health from Podiatrist Liz Oakley. She can explain how and why it is important you look after your feet. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12 noon “NEW”</p> <p>2.00pm – 3.30pm</p>
<p>Wednesday 24th April</p>	<p>Brain Health Drop In Community Café <i>Never too Early, Never too late</i> Are you interested in improving or increasing your awareness of your brain health? Pop along for a refreshment and take our quiz Perth Brain Health & Dementia Resource Centre</p>	<p>10.00am-4pm “New”</p>

<p>Thursday 25th April</p>	<p>Information café Drop into the centre and have an opportunity to meet one of the TEC team to learn about community alarms and much more about how technology can be used at home. Perth Brain Health & Dementia Resource Centre</p> <p>Games Afternoon Come in and decide what games you might want to play, from board games to chess or even a game of cards with a cuppa and a biscuit. Perth Brain Health & Dementia Resource Centre</p>	<p>10am – 12 noon “NEW”</p> <p>2.00pm – 3.30pm</p>
<p>Friday 26th April</p>	<p>Dementia Friendly Café Drop in and meet the team and see the centre to make new partnerships. Try our Brain Health quiz! Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12 noon</p>
<p>Monday 29th April</p>	<p>Perth Reminiscence Group Come along to the centre to look back at the Fair city of Perth. See how it has changed over the years by looking at old pictures. Tell us your childhood memories. Perth Brain Health and Dementia Resource Centre</p> <p>Musical Monday Please join us for a variety of different musical activities, this could be playing music that you love, or we could have a playlist for listening groups or even a singalong. Perth Brain Health and Dementia Resource Centre</p>	<p>10.30am – 12noon</p> <p>2pm – 3.30pm</p>
<p>Tuesday 30th April</p>	<p>Men’s Morning, coffee group Come down to the centre for a chat a cuppa and laugh with the guys. Perth Brain Health and Dementia Resource Centre</p> <p>Craft Group Come along to the centre for a cuppa and some crafts. This could be anything from making cards to painting. Feel free bring your own crafting work with you and shows us how it’s done. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12 noon “NEW”</p> <p>2.00pm – 3.30pm</p>

If you wish to discuss anything about the groups prior to attending please contact any of the staff listed below and they should be able to supply you with any additional information.

Online Group

There may also be opportunities to join some online groups. To find out more about these please contact the relevant person below for full details.

Contact details for groups held within the Perth Brain Health DRC: –

Gary Wiscombe: Email: GWiscombe@alzscot.org Tel: 07855 644018
Centre Address – 7 George St, Perth PH1 5JY

Andrew Boyes: Email: ABoyes@alzscot.org Tel: 07467 351246
Centre Address – 7 George Street, Perth PH1 5JY

Contact details to book and receive a link for the Online Groups: –
Cherrie: Email: westlothianservices@alzscot.org Tel: 01506 553108

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/DundeePerthandAngus>

