

What's on In Stranraer April 2024



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		
Monday 1 st April	Easter Monday Coffee Morning Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL A coffee morning consisting of Easter treats, hot drinks, and some socialisation.	10.30am – 12 noon NCollins@alzscot.org 07767 647062
Tuesday 2 nd April	Dominoes Tournament Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL Our Dominoes Tournament carries physical and cognitive benefits while enjoying the game. Dominoes can help improve hand to eye coordination, fine motor skills and mental agility.	2pm – 3.30pm NCollins@alzscot.org 07767 647062
Wednesday 3 rd April	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL A social, coffee group open to those experiencing memory loss, people living with dementia and carers. Encourages the formation of companionship and sharing of social support. Topical conversations had surrounding life in Stranraer and activities/themes happening that month.	10.30am-12 noon NCollins@alzscot.org 07767 647062
Thursday 4 th April	No groups on today.	

Friday 5th April	Let's Get Active Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL A session of Armchair Yoga. Light gentle movements.	10.30am – 12 noon NCollins@alzscot.org 07767 647062
Monday 8th April	Cromarty Crafters Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL An Arts & Crafts session to encourage PWD and their friends and family to show their Artistic side by stimulating their senses, while reducing stress and allowing them to reconnect with people in a friendly and safe environment. while enjoying a cuppa and a chat. Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL Informal drop-in session. Pop in and have a chat with a staff member. Support and refreshments provided.	10.30am – 12 noon NCollins@alzscot.org 07767 647062 1.30pm – 3pm KMcWhirter@alzscot.org 07464 901788
Tuesday 9th April	Therapeutic Tuesdays Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL A relaxation session to help relieve tension and stress, a relaxing environment while you can indulge in some Me Time.	10.30am – 12 noon NCollins@alzscot.org 07767 647062
Wednesday 10th April	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL	10.30am – 12 noon NCollins@alzscot.org 07767 647062
Thursday 11th April	Bingo and Banter Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL A fun filled afternoon with plenty of laughter and banter, while enjoying a few games of Bingo. Eyes down to win a prize.	2pm-3.30pm NCollins@alzscot.org 07767 647062
Friday 12th April	Football Memories Pavilion Bar, Stranraer FC, Stair Park, DGg 8BS We remember the players and heroes of our childhood. We compare the players of today to the greats of yester year and at halftime we enjoy a pie and bovril. We also have walking football available to those who feel up to a wee bit more physical involvement.	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788

	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL	2pm – 3.30pm KMcWhirter@alzscot.org 07464 901788
Monday 15 th April	Stranraer Musical Memories Stranraer Resource Centre, Cromarty House, Sun St DGg 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. The group is open to those living with dementia or experiencing memory loss, including friends and family. Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL	10.30am-12 noon NCollins@alzscot.org 07767 647062 11am – 12.30pm KMcWhirter@alzscot.org 07464 901788
Tuesday 16 th April	Rural Life Agnew Park, Agnew Crescent, Stranraer, DGg 7JZ A light gentle walk around Agnew Park.	2pm – 3pm NCollins@alzscot.org 07767 647062
Wednesday 17 th April	Cromarty Quiz Masters Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL An opportunity to test your general knowledge while working as part of a team competing against your opponents. Fun and light-hearted competition provided, as well as some refreshments and biscuits. Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL	10.30am-12 noon NCollins@alzscot.org 07767 647062 2pm – 3.30pm KMcWhirter@alzscot.org 07464 901788
Thursday 18 th April	Movie Memories Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL Take a journey through the years of cinema from old school classics to individual favourites, with clips and music from various movies, while enjoying some refreshments.	2pm-3.30pm NCollins@alzscot.org 07767 647062
Friday 19 th April	Let's Get Active Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL Light exercise and physical activities for example armchair yoga, Balloon tennis, memory walks, which can help reduce the risk of falls by improving balance and strength.	10.30am – 12 noon NCollins@alzscot.org 07767 647062

Monday 22nd April	'In It To Win It' Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL In It to Win It will take on a Gameshow theme each month to allow people we support to take part in some of their favourite Gameshows from years gone by.	2pm – 3.30pm NCollins@alzscot.org 07767 647062
	Mum, Me, Dad & Dementia Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL A support group for individuals caring for a parent with a diagnosis of dementia.	2pm-3.30pm DCarnochan@alzscot.org 07810 528046 KMcWhirter@alzscot.org 07464 901788
Tuesday 23rd April	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL Cromarty Garden Rescue Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL A relaxed gardening group open to people with all gardening abilities.	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788 2pm – 3.30pm NCollins@alzscot.org 07767 647062
Wednesday 24th April	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL	10.30am-12 noon NCollins@alzscot.org 07767 647062
Thursday 25th April	Bingo and Banter Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL	2.30pm – 4pm NCollins@alzscot.org 07767 647062
Friday 26th April	Football Memories Pavilion Bar, Stranraer FC, Stair Park, DGg 8BS	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788
	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL	2pm – 3.30pm KMcWhirter@alzscot.org 07464 901788
Monday 29th April	Stranraer Lunch Group Custom House, North Strand Street, Stranraer, DGg 7RB Stranraer Lunch Group is a social group where people are invited to get together at a local lunch venue in Stranraer to taste some lovely food and have a good old chinwag.	12pm – 2pm NCollins@alzscot.org 07767 647062

Tuesday 30th April	Cromarty Garden Rescue Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL	10.30am – 12 noon <u>NCollins@alzscot.org</u> 07767 647062
Wednesday 1st May	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL An Information Talk from NHS Oral Health provided during this session.	10.30am-12 noon <u>NCollins@alzscot.org</u> 07767 647062
Thursday 2nd May	Food For Thought Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL	10.30am – 1.30pm <u>NCollins@alzscot.org</u> 07767 647062
Friday 3rd May	Let's Get Active Class Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL	10.30am – 12 noon <u>NCollins@alzscot.org</u> 07767 647062
Online Group		
Monday 1st April	Long Term Care Carers Support Group Please get in touch to receive a link to join the meeting.	2pm – 3.30pm <u>DCarnochan@alzscot.org</u> 07810 528046

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>

