

What's on In Stranraer May 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		
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 NCollins@alzscot.org 07767 647062
Thursday 2nd May	Food For Thought Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL A cooking-based activity group which encourages and promotes the importances of maintaining a healthy balanced diet.	10.30am – 1.30pm NCollins@alzscot.org 07767 647062
Friday 3rd May	Let's Get Active Class 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
	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.	2pm – 3.30pm KMcWhirter@alzscot.org 07464 901788

<p>Monday 6th May</p>	<p>Cromarty Crafters Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p> <p>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.</p>	<p>10.30am – 12 noon</p> <p><u>NCollins@alzscot.org</u> 07767 647062</p>
<p>Tuesday 7th May</p>	<p>Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p> <p>Cromarty Garden Rescue Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p> <p>A relaxed gardening group open to people with all gardening abilities.</p>	<p>10.30am – 12noon</p> <p><u>KMcWhirter@alzscot.org</u> 07464 901788</p> <p>2pm – 3.30pm</p> <p><u>NCollins@alzscot.org</u> 07767 647062</p>
<p>Wednesday 8th May</p>	<p>Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p> <p>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.</p>	<p>10.30am-12 noon</p> <p><u>NCollins@alzscot.org</u> 07767 647062</p>
<p>Thursday 9th May</p>	<p>Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p> <p>Bingo and Banter Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p> <p>A fun filled afternoon with plenty of laughter and banter, while enjoying a few games of Bingo. Eyes down to win a prize.</p>	<p>10.30am – 12noon</p> <p><u>KMcWhirter@alzscot.org</u> 07464 901788</p> <p>2pm-3.30pm</p> <p><u>NCollins@alzscot.org</u> 07767 647062</p>
<p>Friday 10th May</p>	<p>Football Memories Pavilion Bar, Stranraer FC, Stair Park, DGg 8BS</p> <p>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.</p>	<p>10.30am – 12 noon</p> <p><u>KMcWhirter@alzscot.org</u> 07464 901788</p>

<p>Monday 13th May</p>	<p>Stranraer Musical Memories Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p> <p>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.</p>	<p>10.30am-12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
<p>Tuesday 14th May</p>	<p>Rural Life Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p> <p>A trip to Soleburn Garden Centre. Meeting at the Stranraer Resource Centre at 1.30pm. Contact Natalie for more information.</p>	<p>1.30pm – 3pm</p> <p>NCollins@alzscot.org 07767 647062</p>
<p>Wednesday 15th May</p>	<p>Cromarty Quiz Masters Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p> <p>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.</p> <p>Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p>	<p>10.30am-12 noon</p> <p>NCollins@alzscot.org 07767 647062</p> <p>2pm – 3.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
<p>Thursday 16th May</p>	<p>Movie Memories Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p> <p>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.</p>	<p>2pm-3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>
<p>Friday 17th May</p>	<p>Let's Get Active Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p> <p>Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p>	<p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p> <p>2pm – 3.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
<p>Monday 20th May</p>	<p>Stranraer Lunch Group Custom House, North Strand Street, Stranraer, DGg 7RB</p> <p>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.</p>	<p>12 noon – 2pm</p> <p>NCollins@alzscot.org 07767 647062</p>

<p>Tuesday 21st May</p>	<p>Therapeutic Tuesdays Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p> <p>College students attending the session to provide some nail treatments.</p> <p>Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p>	<p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p> <p>2pm – 3.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
<p>Wednesday 22nd May</p>	<p>Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p>	<p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
<p>Thursday 23rd May</p>	<p>Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p> <p>Bingo and Banter Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p>	<p>10.30am – 12noon</p> <p>KMcWhirter@alzscot.org 07464 901788</p> <p>2pm-3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>
<p>Friday 24th May</p>	<p>Football Memories Pavilion Bar, Stranraer FC, Stair Park, DGg 8BS</p>	<p>10.30am – 12 noon</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
<p>Monday 27th May</p>	<p>A Stroll in the Park Agnew Park, Agnew Crescent, Stranraer, DGg 7JZ</p> <p>Meeting at the pond in Agnew Park. A light gentle walk around Agnew Park (approx. 30-35 mins) followed by some refreshments at the Stranraer Resource Centre on Sun Street.</p> <p>Mum, Me, Dad & Dementia Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p> <p>A support group for individuals caring for a parent who is living with dementia.</p> <p>'In It To Win It' Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL</p> <p>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.</p>	<p>10am – 11.30am</p> <p>NCollins@alzscot.org 07767 647062</p> <p>2pm-3.30pm</p> <p>DCarnochan@alzscot.org 07810 528046</p> <p>KMcWhirter@alzscot.org 07464 901788</p> <p>2pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>

Tuesday 28th May	Cromarty Garden Rescue Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL	10.30am – 12 noon <u>NCollins@alzscot.org</u> 07767 647062
	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL	2pm – 3.30pm <u>KMcWhirter@alzscot.org</u> 07464 901788
Wednesday 29th May	Dementia Awareness Week Tea and Blether Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL Various support services will be joining this session to share information about their services. Refreshments will be served.	10.30am – 12.30pm <u>KMcWhirter@alzscot.org</u> 07464 901788
Thursday 30th 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 31st 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
	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DGg 7JL	2pm – 3.30pm <u>KMcWhirter@alzscot.org</u> 07464 901788

Online Group		
Monday 6th May	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>

