

# What's on

## May 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. 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.

**\*Dumfries Resource Centre: 01387 261303**

In person group		
Wednesday 1 <sup>st</sup> May	<p><b>Sanquhar Coffee &amp; Chat</b> A' the Airts Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p>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.</p> <p>For this session we have a Guest Speaker from Social Work department talking about Self Directed Support options.</p>	<p><b>10.30am-12 noon</b></p> <p><a href="mailto:LWheatley@alzscot.org">LWheatley@alzscot.org</a> 07780 006215</p>
Monday 13 <sup>th</sup> May	<p><b>Carer Drop in.</b> The Hub/Ward C4 Dumfries &amp; Galloway Royal Infirmary</p> <p>Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.</p>	<p><b>1.30pm-4.30pm</b></p> <p><a href="mailto:Apritchard@alzscot.org">Apritchard@alzscot.org</a> 07919 927646</p>
Monday 20 <sup>th</sup> May	<p><b>Langholm Dementia Cafe</b> Langholm Day Centre, Charles Street Langholm DG13 0AA</p> <p>Come and join us at Langholm Day Centre for a friendly, supportive Dementia Advisor lead meeting.</p>	<p><b>1.30 pm- 3.30pm</b></p> <p><a href="mailto:LWheatley@alzscot.org">LWheatley@alzscot.org</a> 07780 006215</p>

	<p>Meet friends, gain peer support, and find out more information to help with any cognitive disabilities and your dementia journey. All with people experiencing similar issues, and in the lovely relaxing atmosphere of the day centre.</p> <p><b>Carer Drop in.</b> The Hub/Ward C4 Dumfries &amp; Galloway Royal Infirmary</p> <p>Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.</p>	<p>1.30pm-4.30pm</p> <p><a href="mailto:Apritchard@alzscot.org">Apritchard@alzscot.org</a></p> <p>07919 927646</p>
<p>Monday 27<sup>th</sup> May</p>	<p><b>Dumfries Coffee Catch up.</b> Dumfries Resource Centre, 8 Gordon Street, Dumfries, DG1 1EG</p> <p>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.</p> <p>For this session we have a guest speaker from Dementia Carers Count.</p>	<p>10.30 am – 12.30 noon</p> <p><a href="mailto:LWheatley@alzscot.org">LWheatley@alzscot.org</a></p> <p>07780 006215</p>

<p>Online Group</p>	
	<p>No Online groups this month</p>

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 donate, please consider donating to our local Just Giving page <https://www.justgiving.com/alzscot>.

**24 HOUR**

**Dementia**  **Alzheimer Scotland**  
Action on Dementia

# Helpline

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)