

What's on



May 2024 – Stirling & Clacks

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		
Wed 1st May	Stirling/Clacks Cafe – Offers peer support, information & advice. The Birds and the Bees Restaurant. Easter Cornton Rd, Stirling FK9 5PB	10.30am-12pm
Thurs 2nd May	Brain Gym - our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered.	10.30am-12pm
	Carers Cuppa - Warm, Friendly safe space for carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am-12pm
Thurs 2nd May	Thursday Social Group- Boogie & Singalong Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm-3pm
Tues 7th May	Drop in Café - Social group offering peer support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am – 12pm
Tues 7th May	Activity Group - Fun & therapeutic activities for People living with dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm-3pm
Wed 8th May	Stirling/Clacks Cafe – Offers peer support, information & advice. The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	10.30am-12pm
Thurs 9th May	Brain Gym - our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered.	10.30am-12pm

	Carers Café- Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am-12pm
Thurs 9th May	Thursday Social Group – Parlour Games Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm-3pm
Friday 10th May	Art & Craft- For People living with Dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1pm-3pm
Tues 14th May	Drop in Café- Social group offering peer support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am-12pm
Tues 14th May	Activity Group- Fun & therapeutic activities for People living with dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm – 3pm
Wed 15th May	Stirling/Clacks Cafe – Offers peer support, information & advice. The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	12pm-2pm
Thurs 16th May	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered. Carers Café- Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am-12pm 10.30am-12pm
Thurs 16th May	Thursday Social Group – Prize Bingo Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm-3pm
Tues 21st May	Drop in Café- Social group offering peer support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am-12pm
Tues 21st May	Activity Group- Fun & therapeutic activities for People living with dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm-3pm
Wed 22nd May	Stirling/Clacks Lunch – Offers peer support, information & advice. The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	12pm-2pm
Thurs 23rd May	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered.	10.30am-12pm

	Carers Café- Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am-12pm
Thurs 23rd May	Thursday Social Group- Movie Afternoon Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm-3pm
Friday 24th May	Art & Craft- For People living with Dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1pm – 3pm
Tues 28th May	Drop in Café- Social group offering peer support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am-12pm
Tues 28th May	Activity Group- Fun & therapeutic activities for People living with dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm-3pm
Wed 29th May	Stirling/Clacks Cafe – Offers peer support, information & advice. The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	10.30-12pm
Thurs 30th May	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered. Carers Café- Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	10.30am-12pm 10.30am-12pm
Thurs 30th May	Thursday Social Group- Tea and Blether in aid of Dementia Awareness week. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1.30pm-3pm
Fri 31st May	Screen Memories – A group using Film and memorabilia. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	1030am-12pm

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

Online Group		
Juke Box Days UK	Last Tuesday of month	4pm -5pm

Juke Box Days USA & UK	Last Thursday of month	11am – 12pm
Carers Evening	First Wednesday of the month	7pm-8pm
Around The Kitchen Table	Third Wednesday of the month	2pm-3pm

Contact details for groups:

Social Group, Activity Group, Brain Gym, Art & Craft

Contact Denise Priestley, Community Activity Organiser on Email: Dpriestley@alzscot.org Tel: 07970784950

Carers Cuppa, Drop in Café , Screen Memories

Contact Donna Paterson, Dementia Adviser on Email: Dpaterson@alzscot.org Tel: 07733302772

Stirling/Clacks Café

Contact Gayle Morrison, Link worker on Email: Gmorrison@alzscot.org Tel: 0791721021

Carers Evening, Around The Kitchen Table.

Contact Cherie Raby, Dementia Advisor on Email: craby@alzscot.org Tel: 07786406668

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/alzheimer-scotland-forth-valley>



24 HOUR
Dementia  **Alzheimer Scotland**
Action on Dementia
Helpline
Freephone 0808 808 3000
Email helpline@alzscot.org