

What's On

May 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		
Wednesday 1 st May	Mens Group – Coffee Morning Come down to the centre for a chat, a cuppa and laugh with the guys. Perth Brain Health & 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
Thursday 2 nd May	Information Café – HOME ENERGY SCOTLAND Drop into the centre, grab a cuppa and meet the team from Home Energy Scotland. They are here to advise you about saving energy and money. Perth Brain Health and Dementia Resource Centre	10.30am – 12noon "NEW"
	Brain Health Drop In Café Come into the centre and look at the work our team are involved with regarding Brain Health. Have a cuppa and a chat about small changes that you can make to improve your Brain Health Perth Brain Health and Dementia Resource Centre	2pm – 3.00pm "NEW"
Friday 3 rd May	Dementia Friendly Café Drop in and meet the team and see the centre to make new partnerships. Have a cuppa and a chat. Perth Brain Health & Dementia Resource Centre	10.30am – 12noon

<p>Monday 6th May</p>	<p>Reminiscence Group This can be about a variety of topics from old Perth, sports, foods or activities. Come along and share your memories and even learn something new. 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>2.00pm – 3.30 pm</p>
<p>Tuesday 7th May</p>	<p>Strength And Balance with Live Active Come along to the centre and work with Gordon from Live Active and engage with some light exercise. Perth Brain Health and Dementia Resource Centre</p> <p>Andy’s Man’s Club Cafe Come along and drop in to meet some of the staff from Andys Mans Club, have a cuppa and a chat. Perth Brain Health & Dementia Resource Centre</p>	<p>11.00am – 12noon “NEW”</p> <p>2pm – 3.30pm “NEW”</p>
<p>Wednesday 8th May</p>	<p>Men’s group – Coffee Morning 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>Thursday 9th May</p>	<p>Information café – Trading Standards Drop into the centre grab a cuppa and meet the team from trading standards. If you have any questions about nuisance calls/scams 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>Brain Health Drop In Café Come into the centre and look at the work our team are involved with regarding Brain Health. Have a cuppa and a chat about small changes that you can make to improve your Brain Health Perth Brain Health & Dementia Resource Centre</p>	<p>10:00am -12noon “NEW”</p> <p>2.00pm- 4.00pm “NEW”</p>
<p>Friday 10th May</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 13th May</p>	<p>Reminiscence Group This can be about a variety of topics from old Perth, sports, foods or activities. Come along and share your memories and even learn something new.</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.</p> <p>Perth Brain Health and Dementia Resource Centre</p>	<p>10.30am – 12noon</p> <p>2pm – 3.30pm</p>
<p>Tuesday 14th May</p>	<p>Strength And Balance with Live Active Come along to the centre and work with Gordon from Live Active and engage with some light exercise.</p> <p>Perth Brain Health and Dementia Resource Centre</p> <p>Community Café Drop in Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>10.30 – 12:30pm “NEW”</p> <p>2.00pm – 3.30 pm</p>
<p>Wednesday 15th May</p>	<p>Men’s Morning coffee group Come down to the centre for a chat, a cuppa and laugh with the guys.</p> <p>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.</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>10.00 – 12 noon “NEW”</p> <p>2.00pm – 3.30pm</p>
<p>Thursday 16th May</p>	<p>Information café – CAB Drop into the centre grab a cuppa and meet the team from Citizens Advice. If you have any question or anything you are worried about this is the perfect opportunity to come down to the centre.</p> <p>Perth Brain Health & Dementia Resource Centre</p> <p>Brain Health Drop In Café Come into the centre and look at the work our team are involved with regarding Brain Health. Have a cuppa and a chat about small changes that you can make to improve your Brain Health</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>10.00am – 12noon “NEW”</p> <p>2.00pm – 4.00pm “NEW”</p>
<p>Friday 17th May</p>	<p>Dementia Friendly Café Drop in and meet the team and see the centre to make new partnerships. Try our Brain Health quiz!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon</p>

<p>Monday 20th May</p>	<p>Reminiscence Group This can be about a variety of topics from old Perth, sports, foods or activities. Come along and share your memories and even learn something new. Perth Brain Health & 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 – 12 noon</p> <p>2.00pm – 3.30pm</p>
<p>Tuesday 21st May</p>	<p>Strength And Balance with Live Active Come along to the centre and work with Gordon from Live Active and engage with some light exercise. Perth Brain Health and Dementia Resource Centre</p> <p>Community Café Drop in Come along and drop in for a coffee and a chat about anything from Brain Health, to dementia information, to support services. Perth Brain Health and Dementia Resource Centre</p>	<p>10am – 12 noon “NEW”</p> <p>2.00pm – 3.30pm</p>
<p>Wed 22nd May</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</p> <p>2.00pm – 3.30pm</p>
<p>Thursday 23rd May</p>	<p>Information Café – Food Bank Drop in and meet staff from the foodbank organisation in Perth and Kinross. Learn about the work that they do and services they provide. Perth Brain Health and Dementia Resource Centre</p> <p>Brain Health Drop In Café Come into the centre and look at the work our team are involved with regarding Brain Health. Have a cuppa and a chat about small changes that you can make to improve your Brain Health Perth Brain Health and Dementia Resource Centre</p>	<p>10.30am – 12noon “NEW”</p> <p>2pm – 3.30pm “NEW”</p>
<p>Friday 24th May</p>	<p>Dementia Friendly Café Drop in and meet the team and see the centre to make new partnerships. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12 noon</p>

<p>Monday 27th May</p>	<p>Reminiscence Group This can be about a variety of topics from old Perth, sports, foods or activities. Come along and share your memories and even learn something new. Perth Brain Health & 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 – 12 noon</p> <p>2.00pm – 3.30pm</p>
<p>Tuesday 28th May</p>	<p>Strength And Balance with Live Active Come along to the centre and work with Gordon from Live Active and engage with some light exercise. Perth Brain Health and Dementia Resource Centre</p> <p>Community Café Drop In – Turning Point Scotland Come in for a coffee and a chat with Jodie Gordon from Turning Point Scotland, the team specialise in supporting people with challenging and complex situations. Perth Brain Health and Dementia Resource Centre</p>	<p>11.00 – 12.00 noon “NEW”</p> <p>2.00 – 3.30pm “NEW”</p>
<p>Wednesday 29th May</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 – 12noon</p> <p>2.00pm – 3.30pm</p>
<p>Thursday 30th May</p>	<p>Information Café – Community Alarms TEC Team Come along and meet some of the TEC team to learn about community alarms and how TEC can be used in the home to keep your loved one safe.</p> <p>Brain Health Drop In Café Come into the centre and look at the work our team are involved with regarding Brain Health. Have a cuppa and a chat about small changes that you can make to improve your Brain Health Perth Brain Health and Dementia Resource Centre</p>	<p>10.00am – 12noon</p> <p>2.00pm – 3.30pm</p>
<p>Friday 31st May</p>	<p>Dementia Friendly Café Drop in and meet the team and see the centre to make new partnerships. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon</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>

