What's On



April 2025 - 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		
Various drop in opportunities or bookable appointments available throughout the month.	Improve your brain health Never too early, never too late! Start your Brain Health journey today! You can: Meet the team and learn more about brain health Take our Brain Health Quiz Make a Pledge to boost your well-being Book a Personalised Action Plan Experience our brand-new, interactive Brain Health Awareness session—an engaging 1-hour workshop designed to help you take charge of your brain health! Start thinking about making small changes to your	Drop in by and have an informal conversation about your brain health, explore potential dementia risk factors.
Tuesday 1 th April	Strength & Balance – Feel Strong, Stay Steady! Looking to boost your core strength, stability, and confidence? Join us for a fun and engaging session designed to help you stay active, improve mobility, and support overall well-being! Gentle, effective movements for all abilities—whether seated or standing Build strength, flexibility, and balance in a friendly and welcoming space Stay independent, socially connected, and energized No matter your fitness level, these sessions are all about feeling great and moving with confidence. Come	10.30am - 12noon

	along, have fun, and take a step towards better strength	
	and balance!	
	Perth Brain Health and Dementia Resource Centre	
Tuesday 1 st April	⊜ Bring Your Lunch Club – Good Food, Great	12.30pm - 1.30pm
, , , , , , , , , , , , , , , , , , , ,	Company! Looking for a warm and welcoming place to enjoy your	12.00p111 1.00p111
	lunch? Grab your meal, pull up a chair, and join us for a	
	friendly lunchtime get-together! We'll provide the tea,	
	coffee, and plenty of smiles—you bring your lunch and	
	good conversation.	
	Come along, connect, and make your lunchtime more social!	
	Perth Brain Health and Dementia Resource Centre	
		1.30pm -2.30pm
Tuesday 1 st	Breathe, Move & Feel Better with Yoga!	1.30pm 2.30pm
April	Join us for an inclusive and accessible yoga class designed to help you breathe deeper, move with ease,	
·	and feel more connected. Through gentle movement,	
	breathwork, and relaxation, this session welcomes all	
	abilities to unwind and recharge.	
	Led by Lee-Anne, a 500hr yoga teacher with over 25	
	years of experience, this class offers trauma-informed	
	practices for everyone. Remember, if you can breathe, you can do yoga!	
	↑ Held upstairs—please ensure you can manage stairs	
	or contact us for assistance.	
	or contact us for assistance. Perth Brain Health & Dementia Resource Centre	
	Perth Brain Health & Dementia Resource Centre	
		2.00pm -3.30pm
	Perth Brain Health & Dementia Resource Centre Community Café Drop-In - The Kettle's On, Just for	2.00pm -3.30pm
	Perth Brain Health & Dementia Resource Centre Community Café Drop-In - The Kettle's On, Just for You! Looking for a friendly space to relax, chat, and connect? Drop in for a coffee, a warm welcome, and a great	2.00pm -3.30pm
	Perth Brain Health & Dementia Resource Centre Community Café Drop-In - The Kettle's On, Just for You! Looking for a friendly space to relax, chat, and connect? Drop in for a coffee, a warm welcome, and a great conversation! Whether you're curious about Brain Health,	2.00pm -3.30pm
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fun. Let's play, create, and make some noise together!

2.30pm - 3.30pm

Perth Brain Health and Dementia Resource Centre

Get Creative at our Craft Group

Looking for a fun, relaxing way to spend your time? Join us for a cuppa and get crafty! Whether it's card-making, painting, knitting, or something else, there's always room for creativity.

Feel free to bring your own project and show us your skills—let's inspire each other and make something amazing together!

All levels welcome—come craft, connect, and create!

Perth Brain Health & Dementia Resource Centre

2.30pm - 3.30pm

Terri Brain freactif & Dementia Resource Centre

Photography Group – Snap, Share & Get Moving!
Bring along your favourite photos, old or new, and let's have fun recreating classic shots in the same places! It's a perfect way to get some exercise while reliving memories and connecting with others.

Feel free to bring printed or digital photos to share, and you might even see your recreated shot displayed at the Centre!

Join us for a fun, active, and creative session!

Perth Brain Health & Dementia Resource Centre

Thursday 3rd April

Community Café Drop-In - The Kettle's On, Just for You!

Looking for a friendly space to relax, chat, and connect? Drop in for a coffee, a warm welcome, and a great conversation! Whether you're curious about Brain Health, Dementia support, or local services, or just fancy a friendly chat, we're here for you.

No need to book—just pop in, grab a cuppa, and let's talk!

Perth Brain Health & Dementia Resource Centre

Thursday 3rd April

Introducing our new Social Circle – a welcoming space for anyone living with memory loss, mild cognitive impairment, or a recent diagnosis to come together, meet others, and enjoy a fun-filled afternoon. It's also a great opportunity for carers to take a well-deserved break.

Join the team for engaging activities, laughter, and socializing in a supportive environment. Booking is essential as spaces are limited.

For everyone's safety, emergency contact info must be provided, and attendees should be able to manage self-care and toileting independently.

Come along, connect, and make new friends in a relaxed and fun atmosphere! **\sqrt{\sq}}}}}}}}}} \sqrt{\sq}}}}}}}}}} \sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sq}}}}}}}}}}} \sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sq}}}}}}}} \sqrt{\sqrt{\sqrt{\sq}}}}}}} \sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sq}}}}}}}}} \sqrt{\sqrt{**

Perth Brain Health & Dementia Resource Centre

1.00pm - 3.30pm BOOKING ESSENTIAL

10.30 am -

12noon

Friday 4 th April	Dementia Friendly Café Pop in for a warm welcome! Enjoy a cozy cup of tea or coffee while connecting with others in the community living with dementia, as well as carers and families. It's a wonderful chance to chat, share stories, and build new friendships! Perth Brain Health & Dementia Resource Centre	10.30am - 12noon 10.30am - 12.30pm
	Information Drop-in - Home Energy Scotland Home Energy Scotland will be here to offer advice about preparing for winter and various other services. Come along and find out ways you can save money on your fuel bills and the potential to access Scottish Government Funding options to improve energy efficiency in your home. Perth Brain Health & Dementia Resource Centre	1:30pm – 3.00pm
	Jigsaw Group Join us at the centre for a fun and relaxing time! Choose from a variety of jigsaws, including dementia-friendly options and even ones with up to 500 pieces! Work on them together with a cuppa in hand or take one home to enjoy at your leisure. It's a great way to unwind and connect with others! Perth Brain Health & Dementia Resource Centre	"NEW"
Monday 7 th April	Gardening Group hosted by Trellis Calling all gardening enthusiasts! Whether you're a seasoned gardener or eager to learn new skills, come join us for some fun tabletop gardening. It's a fantastic opportunity to get creative and connect with others who share your love for plants. Space is limited, so be sure to book your spot with Andrew today!	10:30 - 12noon 2.00pm - 3.30pm
	Music has an incredible power to unite people! Whether you're in the mood to sing, dance, or just soak in the melodies, Musical Monday is the perfect way to kick off your week with energy and joy. Join us as we dive into a variety of tunes—there's something for every taste! So come along, unwind, and let the music elevate your mood. Bring your favourite record, and let's sing, dance, and celebrate the magic of music together!	
Tuesday 8 th April	Strength & Balance – Feel Strong, Stay Steady! Looking to boost your core strength, stability, and confidence? Join us for a fun and engaging session designed to help you stay active, improve mobility, and support overall well-being! Gentle, effective movements for all abilities—whether seated or standing	10.30 - 12.30pm

		Build strength, flexibility, and balance in a friendly and welcoming space Stay independent, socially connected, and energized No matter your fitness level, these sessions are all about feeling great and moving with confidence. Come along, have fun, and take a step towards better strength and balance! Perth Brain Health and Dementia Resource Centre	
Tues April	sday 8 th	Bring Your Lunch Club – Good Food, Great Company! Looking for a warm and welcoming place to enjoy your lunch? Grab your meal, pull up a chair, and join us for a friendly lunchtime get-together! We'll provide the tea, coffee, and plenty of smiles—you bring your lunch and good conversation. Come along, connect, and make your lunchtime more social! Perth Brain Health and Dementia Resource Centre	12.30pm - 1.30 pm "NEW"
		Community Café Drop-In - The Kettle's On, Just for You! With PK vision	2.00pm - 3.30 pm
		Come along and meet the team from PK Vision, they will be discussing the amazing work that they do around sight and hearing lost and the support they can give. drop in for a coffee and a chat.	
		Perth Brain Health & Dementia Resource Centre	
		Looking for a friendly space to relax, chat, and connect? Drop in for a coffee, a warm welcome, and a great conversation! Whether you're curious about Brain Health, Dementia support, or local services, or just fancy a friendly chat, we're here for you. No need to book—just pop in, grab a cuppa, and let's talk! Perth Brain Health & Dementia Resource Centre	
Wedi 9th A	nesday April	X Young Onset Group – Peer Support & Connection Looking for a place to connect with others who understand? Join us at the centre for a friendly and relaxed session with the Young Onset Group. Enjoy a cuppa, chat, and plenty of laughs as we support each other in a welcoming environment. Come along, meet new people, and share stories in a supportive, fun atmosphere! Perth Brain Health and Dementia Resource Centre	10.30am - 12.00pm
		★ Young Onset Carers Group - Support, Connection & Laughter Are you a carer looking for a supportive space to connect with others? Come down to the centre and join the Young Onset Carers Group for a relaxed, friendly	10.30am- 12.00pm

meet-up. Enjoy a cuppa, engaging conversation, and plenty of laughs with people who truly understand. Join us for an uplifting session of support, connection, and fun!

Perth Brain Health and Dementia Resource Centre

Get Creative at our Craft Group

2pm - 3:30pm

Looking for a fun, relaxing way to spend your time? Join us for a cuppa and get crafty! Whether it's card-making, painting, knitting, or something else, there's always room for creativity.

Feel free to bring your own project and show us your skills—let's inspire each other and make something amazing together!

All levels welcome—come craft, connect, and create!

Perth Brain Health & Dementia Resource Centre

Photography Group – Snap, Share & Get Moving!

2pm- 3:30pm

Bring along your favourite photos, old or new, and let's have fun recreating classic shots in the same places! It's a perfect way to get some exercise while reliving memories and connecting with others.

Feel free to bring printed or digital photos to share, and you might even see your recreated shot displayed at the Centre!

Join us for a fun, active, and creative session!

Perth Brain Health & Dementia Resource Centre

Thursday 10th April

Community Café Drop-In - The Kettle's On, Just for You!

10.30 am -12noon

Looking for a friendly space to relax, chat, and connect? Drop in for a coffee, a warm welcome, and a great conversation! Whether you're curious about Brain Health, Dementia support, or local services, or just fancy a friendly chat, we're here for you.

No need to book—just pop in, grab a cuppa, and let's talk! **Perth Brain Health & Dementia Resource Centre**

🗱 Social Circle – A fun and supportive get together! 🗱

Introducing our new Social Circle – a welcoming space for anyone living with memory loss, mild cognitive impairment, or a recent diagnosis to come together, meet others, and enjoy a fun-filled afternoon. It's also a great opportunity for carers to take a well-deserved break.

1.00pm - 3.30pm BOOKING ESSENTIAL

Join the team for engaging activities, laughter, and socializing in a supportive environment. Booking is essential as spaces are limited.

For everyone's safety, emergency contact info must be provided, and attendees should be able to manage self-care and toileting independently.

	Compalance connect and make new friends in a	
	Come along, connect, and make new friends in a relaxed and fun atmosphere! \frac{1}{2}	
	Perth Brain Health & Dementia Resource Centre	
Friday 11 th April	Dementia Friendly Café Pop in for a warm welcome! Enjoy a cozy cup of tea or coffee while connecting with others in the community living with dementia, as well as carers and families. It's a wonderful chance to chat, share stories, and build new friendships! Perth Brain Health & Dementia Resource Centre	10.30am - 12noon 1:30pm - 3.00pm
	Jigsaw Group Join us at the centre for a fun and relaxing time! Choose from a variety of jigsaws, including dementia-friendly options and even ones with up to 500 pieces! Work on them together with a cuppa in hand or take one home to enjoy at your leisure. It's a great way to unwind and connect with others!Perth Brain Health & Dementia Resource Centre	"NEW"
Monday 14 th April	Musical Monday Music has an incredible power to unite people! Whether you're in the mood to sing, dance, or just soak in the melodies, Musical Monday is the perfect way to kick off your week with energy and joy. Join us as we dive into a variety of tunes—there's something for every taste! So come along, unwind, and let the music elevate your mood. Bring your favourite record, and let's sing, dance, and celebrate the magic of music together!	2.00pm - 3.30pm
Tuesday 15 th April	Strength & Balance – Feel Strong, Stay Steady! Looking to boost your core strength, stability, and confidence? Join us for a fun and engaging session designed to help you stay active, improve mobility, and support overall well-being! Gentle, effective movements for all abilities—whether seated or standing Build strength, flexibility, and balance in a friendly and welcoming space Stay independent, socially connected, and energized No matter your fitness level, these sessions are all about feeling great and moving with confidence. Come along, have fun, and take a step towards better strength and balance! Perth Brain Health and Dementia Resource Centre	10.30 am -12noon
	 □ Bring Your Lunch Club – Good Food, Great Company! Looking for a warm and welcoming place to enjoy your lunch? Grab your meal, pull up a chair, and join us for a 	12.30pm – 1.30pm "NEW"

friendly lunchtime get-together! We'll provide the tea, coffee, and plenty of smiles—you bring your lunch and good conversation.

Come along, connect, and make your lunchtime more social!

Perth Brain Health and Dementia Resource Centre

Community Café Drop-In - The Kettle's On, Just for You!

Looking for a friendly space to relax, chat, and connect? Drop in for a coffee, a warm welcome, and a great conversation! Whether you're curious about Brain Health, Dementia support, or local services, or just fancy a friendly chat, we're here for you.

No need to book—just pop in, grab a cuppa, and let's talk!

Perth Brain Health & Dementia Resource Centre

Wednesday 16th April

Carers Support Group - peer led

Join us and connect with fellow carers from the community. Discover ways to support one another in a welcoming and safe environment.

Perth Brain Health and Dementia Resource Centre

Music Makers

Join the Music Makers – Let's Jam!

Love playing music or want to give it a try? Come be part of the band! Whether you're a seasoned musician or a total beginner, we've got a variety of instruments waiting for you—drums, keyboards, guitars, ukuleles, and more!

Bring your own instrument or try something new—no experience needed, just a love for music and a spirit of fun. Let's play, create, and make some noise together!

Perth Brain Health and Dementia Resource Centre

Community Café Drop in – The kettle is on!

Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.

NHS Podiatry

We will be joined by a visitor from the NHS podiatry Team who will be supporting a discussion and sharing information. Perth Brain Health & Dementia Resource Centre

10.30am-12.00pm

2.00 pm -

3.30pm

10:30am -12.00pm

2.00pm - 3.30pm

Thursday 17 th April	Community Café Drop-In - The Kettle's On, Just for You! Looking for a friendly space to relax, chat, and connect? Drop in for a coffee, a warm welcome, and a great conversation! Whether you're curious about Brain Health, Dementia support, or local services, or just fancy a friendly chat, we're here for you. No need to book-just pop in, grab a cuppa, and let's talk! Perth Brain Health & Dementia Resource Centre	10.30 am - 12noon
	Introducing our new Social Circle – a welcoming space for anyone living with memory loss, mild cognitive impairment, or a recent diagnosis to come together, meet others, and enjoy a fun-filled afternoon. It's also a great opportunity for carers to take a well-deserved break. Join the team for engaging activities, laughter, and socializing in a supportive environment. Booking is essential as spaces are limited. For everyone's safety, emergency contact info must be provided, and attendees should be able to manage self-care and toileting independently. Come along, connect, and make new friends in a relaxed and fun atmosphere! *\times* Perth Brain Health & Dementia Resource Centre	1.00pm - 3.30pm BOOKING ESSENTIAL
Friday 18 th April	Dementia Friendly Café Pop in for a warm welcome! Enjoy a cozy cup of tea or coffee while connecting with others in the community living with dementia, as well as carers and families. It's a wonderful chance to chat, share stories, and build new friendships! Perth Brain Health & Dementia Resource Centre	10.30 - 12noon
	Jigsaw Group Join us at the centre for a fun and relaxing time! Choose from a variety of jigsaws, including dementia-friendly options and even ones with up to 500 pieces! Work on them together with a cuppa in hand or take one home to enjoy at your leisure. It's a great way to unwind and connect with others! Perth Brain Health & Dementia Resource Centre	1:30pm- 3.00pm " NEW "
Monday 21 st April	Gardening Group hosted by Trellis Calling all gardening enthusiasts! Whether you're a seasoned gardener or eager to learn new skills, come join us for some fun tabletop gardening. It's a fantastic opportunity to get creative and connect with others who share your love for plants. Space is limited, so be sure to book your spot with Andrew today!	10:30am- 12noon

Musical Monday

Music has an incredible power to unite people! Whether you're in the mood to sing, dance, or just soak in the melodies, Musical Monday is the perfect way to kick off your week with energy and joy.

Join us as we dive into a variety of tunes—there's something for every taste! So come along, unwind, and let the music elevate your mood.

Bring your favourite record, and let's sing, dance, and celebrate the magic of music together! ☆ All are welcome—come join the fun!

Perth Brain Health & Dementia Resource Centre

2:30pm - 3:30

Tuesday 22nd April

Strength & Balance - Feel Strong, Stay Steady!

Looking to boost your core strength, stability, and confidence? Join us for a fun and engaging session designed to help you stay active, improve mobility, and support overall well-being!

Centle, effective movements for all abilities whether seated or standing

🗱 Build strength, flexibility, and balance in a friendly and welcoming space

🗱 Stay independent, socially connected, and energized No matter your fitness level, these sessions are all about feeling great and moving with confidence. Come along, have fun, and take a step towards better strength and balance

Perth Brain Health and Dementia Resource Centre

Bring Your Lunch Club - Good Food, Great Company!

Looking for a warm and welcoming place to enjoy your lunch? Grab your meal, pull up a chair, and join us for a friendly lunchtime get-together! We'll provide the tea. coffee, and plenty of smiles—you bring your lunch and good conversation.

Come along, connect, and make your lunchtime more

Perth Brain Health and Dementia Resource Centre

S Community Café Drop-In - The Kettle's On, Just for 2.00 pm -You! 💬

Looking for a friendly space to relax, chat, and connect? Drop in for a coffee, a warm welcome, and a great conversation! Whether you're curious about Brain Health, Dementia support, or local services, or just fancy a friendly chat, we're here for you.

No need to book-just pop in, grab a cuppa, and let's talk! Perth Brain Health & Dementia Resource Centre

10.30 am -12noon

12.30pm - 1.30pm "NFW"

3.30pm

Wednesday 10.30 am - 12 XX Young Onset Group - Peer Support & Connection 23rd April noon Looking for a place to connect with others who understand? Join us at the centre for a friendly and relaxed session with the Young Onset Group. Enjoy a cuppa, chat, and plenty of laughs as we support each other in a welcoming environment. Come along, meet new people, and share stories in a supportive, fun atmosphere! **Perth Brain Health and Dementia Resource Centre** XX Young Onset Carers Group - Support, Connection & 10.30 am -12 Laughter noon Are you a carer looking for a supportive space to connect with others? Come down to the centre and join the Young Onset Carers Group for a relaxed, friendly meet-up. Enjoy a cuppa, engaging conversation, and plenty of laughs with people who truly understand. Join us for an uplifting session of support, connection, Perth Brain Health and Dementia Resource Centre (2) Get Creative at our Craft Group 🞇 2.30pm - 3.30pm Looking for a fun, relaxing way to spend your time? Join us for a cuppa and get crafty! Whether it's card-making, painting, knitting, or something else, there's always room for creativity. Feel free to bring your own project and show us your skills-let's inspire each other and make something amazing together! All levels welcome-come craft, connect, and create! Perth Brain Health & Dementia Resource Centre Photography Group – Snap, Share & Get Moving! 2.30pm - 3.30pm Bring along your favourite photos, old or new, and let's have fun recreating classic shots in the same places! It's a perfect way to get some exercise while reliving memories and connecting with others. Feel free to bring printed or digital photos to share, and you might even see your recreated shot displayed at the Centre! Join us for a fun, active, and creative session! Perth Brain Health & Dementia Resource Centre Thursday 24th 10.30am -Community Café Drop-In - The Kettle's On, Just for April 12.00pm You! 💬 Looking for a friendly space to relax, chat, and connect? Drop in for a coffee, a warm welcome, and a great conversation! Whether you're curious about Brain Health,

friendly chat, we're here for you.

Dementia support, or local services, or just fancy a

No need to book-just pop in, grab a cuppa, and let's talk!

Perth Brain Health & Dementia Resource Centre

	Here and now project with Perth Theatre!	2pm - 3.30pm BOOKING
	Come along to the Center and take part in an exciting new project with Perth theatre. With a wide range of different activates each week. There is something for	ESSENTIAL
	everyone Space is limited, so be sure to book your spot with Andrew today!	
Friday 25 th April	Dementia Friendly Café Pop in for a warm welcome! Enjoy a cozy cup of tea or coffee while connecting with others in the community living with dementia, as well as carers and families. It's a wonderful chance to chat, share stories, and build new friendships! Perth Brain Health & Dementia Resource Centre	10.30am - 12noon
	Pertir brain neattir & Dementia Resource Centre	1:30 pm - 3:00pm "NEW"
	Jigsaw Group Join us at the centre for a fun and relaxing time! Choose from a variety of jigsaws, including dementia-friendly	
	options and even ones with up to 500 pieces! Work on them together with a cuppa in hand or take one home to enjoy at your leisure. It's a great way to unwind and	
	connect with others! Perth Brain Health & Dementia Resource Centre	
Monday 28 th	Musical Monday - Hosted by Billy Tully	2:00pm - 3:30
April	Get ready for an unforgettable afternoon Looking for a fun, lively way to boost your mood and connect with others? Join us for Musical Monday, where entertainer Bill Tully will fill the room with energy, joy, and timeless tunes! Whether you love to sing, dance, or simply enjoy the music, this session is all about having fun and lifting your spirits.	pm
	Expect a mix of fantastic songs, great company, and plenty of feel-good moments!	
	★ All are welcome - come join the fun!	
Tuesday 20th	Perth Brain Health & Dementia Resource Centre	10.30am - 12noon
Tuesday 29 th April	Strength & Balance – Feel Strong, Stay Steady! Looking to boost your core strength, stability, and confidence? Join us for a fun and engaging session designed to help you stay active, improve mobility, and support overall well-being!	10.304111 - 12110011
	Gentle, effective movements for all abilities—	
	whether seated or standing	
	Build strength, flexibility, and balance in a friendly and welcoming space	
	Stay independent, socially connected, and energized No matter your fitness level, these sessions are all about feeling great and moving with confidence. Come	
	along, have fun, and take a step towards better strength and balance! Perth Brain Health and Dementia Resource Centre	

Garage Bring Your Lunch Club − Good Food, Great Company!

12.30pm - 1.30pm

Looking for a warm and welcoming place to enjoy your lunch? Grab your meal, pull up a chair, and join us for a friendly lunchtime get-together! We'll provide the tea, coffee, and plenty of smiles—you bring your lunch and good conversation.

Come along, connect, and make your lunchtime more social! 💥

Perth Brain Health and Dementia Resource Centre

🕭 Breathe, Move & Feel Better with Yoga! 🗞

1.30pm -2.30pm

Join us for an inclusive and accessible yoga class designed to help you breathe deeper, move with ease, and feel more connected. Through gentle movement, breathwork, and relaxation, this session welcomes all abilities to unwind and recharge.

Led by Lee-Anne, a 500hr yoga teacher with over 25 years of experience, this class offers trauma-informed practices for everyone. Remember, if you can breathe, you can do yoga!

P Held upstairs—please ensure you can manage stairs or contact us for assistance.

Perth Brain Health & Dementia Resource Centre

Community Café Drop-In - The Kettle's On, Just for 2.00pm -3.30pm You! 💬

Looking for a friendly space to relax, chat, and connect? Drop in for a coffee, a warm welcome, and a great conversation! Whether you're curious about Brain Health, Dementia support, or local services, or just fancy a friendly chat, we're here for you.

No need to book-just pop in, grab a cuppa, and let's talk! Perth Brain Health & Dementia Resource Centre

Wednesday 30th April

Carers Support Group - peer led

10.30-12

Join us and connect with fellow carers from the community. Discover ways to support one another in a welcoming and safe environment.

Perth Brain Health and Dementia Resource Centre

Music Makers

Makers - Let's Jam! 🖋 🖺 🞹 Love playing music or want to give it a try? Come be part of the band! Whether you're a seasoned musician or a total beginner, we've got a variety of instruments waiting for you-drums, keyboards, guitars, ukuleles, and

Bring your own instrument or try something new-no experience needed, just a love for music and a spirit of 10.30-12

fun. Let's play, create, and make some noise together!

Perth Brain Health and Dementia Resource Centre

Get Creative at our Craft Group

2pm -3:30pm

Looking for a fun, relaxing way to spend your time? Join us for a cuppa and get crafty! Whether it's card-making, painting, knitting, or something else, there's always room for creativity.

Feel free to bring your own project and show us your skills—let's inspire each other and make something amazing together!

All levels welcome—come craft, connect, and create! **Perth Brain Health & Dementia Resource Centre**

Photography Group – Snap, Share & Get Moving!

2pm-3:30pm

Bring along your favourite photos, old or new, and let's have fun recreating classic shots in the same places! It's a perfect way to get some exercise while reliving memories and connecting with others.

Feel free to bring printed or digital photos to share, and you might even see your recreated shot displayed at the Centre!

Join us for a fun, active, and creative session!

Perth Brain Health & Dementia Resource Centre

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: – Andrew Boyes: Email: <u>ABoyes@alzscot.org</u> Tel: 07467 351246 Centre Address – 7 George Street, Perth PH1 5JY

Contact details to book and receive a link for the Online Groups: - Email: perthservices@alzscot.org Tel: 01738 215102

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

