## What's on April 25 – Stirling & (lacks

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends.

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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 do not provide 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.

If you have any 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		
Tues 1 <sup>st</sup> April	<b>Drop in Café-</b> - an opportunity to meet others in a similar	For more info contact:
10.30am-12pm	situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff.	Dpriestley@alzscot.org or Tel: 07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 1 <sup>st</sup> April	Activity Group- Fun & therapeutic activities for people living with dementia and carers.	For more info contact:
1.30pm – 3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Dpriestley@alzscot.org or Tel:07970784950
Wed 2 <sup>nd</sup> April	<b>Stirling/Clacks Cafe</b> – For people with dementia or memory loss and their carers. Join us for a fun filled morning,	For more info contact:
10.30am-12pm	Socialising and catching up over a warm cuppa. Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. A member of Alzheimer staff will be available on the first and third Wednesday of the month. Last Wednesday of the month is a lunch group at 12-2pm.	<u>Craby@alzscot.org</u> or Tel: 07786406668
	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Thurs 3 <sup>rd</sup> April 10.30am-12pm	<b>Brain Gym</b> - Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports	Cancelled
	self-management for people living with dementia. Booking required & taster session offered.	
10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers	For more info contact:
	support.	Dpaterson@alzscot.org
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	or Tel: 07733302772

Thurs 3 <sup>rd</sup> April	<b>Thursday Social Group</b> – a social group offering a relaxed &	Cancelled
1.30pm-3pm	welcoming space to meet with peers & trained staff. Each monthly programme of activities is based on agreed	
	group interests to allow you to plan for the month ahead.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Mon 7 <sup>th</sup> April	Alloa Monday Café & Lunch Club – Start the week catching	For more info contact:
	up over a cuppa, lunch and an afternoon of activities with old friends and new.	Aboyd@alzscot.org or
	inclus and new.	Tel: 07932120685
10.30am – 12pm	Drop In Café	
12pm – 1pm 1.30pm – 3.30pm	Lunch Break – bring your own lunch Activities	
	You are welcome to attend all sessions or please feel free to	
	attend which session is more suitable to you. Please note	
	these sessions are for both the person living with dementia	
	and their carer.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 8 <sup>th</sup> April	Drop in Café an opportunity to meet others in a similar	For more info contact:
10.30am-12pm	situation, to make connections and develop friendships and to support and learn from one another. Information & advice	Dpriestley@alzscot.org or
10.30am-12pm	is always available from our trained staff.	Tel: 07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
Tues 8 <sup>th</sup> April	Alloa, FK10 1DT Activity Group- Fun & therapeutic activities for people living	For more info contact:
	with dementia and carers.	
1.30pm-3pm		Dpriestley@alzscot.org or
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Tel:07970784950
Wed 9 <sup>th</sup> April	Stirling/Clacks Cafe – For people with dementia or memory	For more info contact:
10.00	loss and their carers. Join us for a fun filled morning,	
10.30am – 12pm	socialising and catching up over a warm cuppa. Our community cafes are a relaxed and informal setting for	<u>Craby@alzscot.org</u> or Tel: 07786406668
	people living with dementia and their carers to meet other	
	people in their area. A member of Alzheimer staff will be	
	available on the first and third Wednesday of the month. Last	
	Wednesday of the month is a lunch group at 12-2pm.	
	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Thurs 10 <sup>th</sup> April	Brain Gym- Based on the principles of Cognitive Stimulation	For more info contact:
10.30am-12pm	Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports	Duriestlev@alzccat.org.or
10.50am-12pm	self-management for people living with dementia.	Dpriestley@alzscot.org or Tel:07970784950
	Booking required & taster session offered.	
10 200 1200	Carors Cuppa Wolcoming & friendly cofe space offers carers	For more info contact:
10.30am-12pm	<b>Carers Cuppa</b> - Welcoming & friendly safe space offers carers support.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Dpaterson@alzscot.org
	Alloa, FK10 1DT	or Tel: 07733302772

Alzheimer Scotland - Action on Dementia is a company limited by guarantee. Registered in Scotland 149069. It is recognised as a charity by the Office of the Scottish Charity Regulator, no. SCO22315

Thurs 10 <sup>th</sup> April	Thursday Social Group - a social group offering a relaxed &	For more info contact:
	welcoming space to meet with peers & trained staff.	
1.30pm-3pm	Each monthly programme of activities is based on agreed	Dpriestley@alzscot.org or
	group interests to allow you to plan for the month ahead.	Tel:07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
Friday 11 <sup>th</sup> April	Alloa, FK10 1DT Café with Art & Craft – an opportunity to meet others in a	For more info contact:
inday 11 April	similar situation, to make connections and develop	for more into contact.
1pm – 3pm	friendships and to support and learn from one another.	Dpriestley@alzscot.org or
	Art and Craft corner available with materials supplied.	Tel:07970784950
	Information & advice is always available from our trained	
	staff.	
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	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Mon 14 <sup>th</sup> April	Alloa Monday Café & Lunch Club – Start the week catching	For more info contact:
	up over a cuppa, lunch and an afternoon of activities with old	
	friends and new.	<u>Aboyd@alzscot.org</u> or
		Tel: 07932120685
10.30am – 12pm	Drop In Café	
12pm – 1pm 1.30pm – 3.30pm	Lunch Break – bring your own lunch Activities	
1.50pm - 5.50pm		
	You are welcome to attend all sessions or please feel free to	
	attend which session is more suitable to you. Please note	
	these sessions are for both the person living with dementia	
	and their carer.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Tues 15 <sup>th</sup> April	Drop in Café an opportunity to meet others in a similar	For more info contact:
	situation, to make connections and develop friendships and	
10.30am-12pm	to support and learn from one another. Information & advice	Dpriestley@alzscot.org or
	is always available from our trained staff.	Tel: 07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Tues 15 <sup>th</sup> April	Activity Group- Fun & therapeutic activities for people living	For more info contact:
	with dementia and carers.	
1.30pm-3pm		Dpriestley@alzscot.org or
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Tel: 07970784950
Wed 16 <sup>th</sup> April	Alloa, FK10 1DT	For more info contact:
wed to April	<b>Stirling/Clacks Cafe</b> – For people with dementia or memory loss and their carers. Join us for a fun filled morning,	For more into contact:
10.30am – 12pm	socialising and catching up over a warm cuppa.	Craby@alzscot.org or
	Our community cafes are a relaxed and informal setting for	Tel: 07786406668
	people living with dementia and their carers to meet other	
	people in their area. A member of Alzheimer staff will be	
	available on the first and third Wednesday of the month. last	
	Wednesday of the month is a lunch group at 12-2pm.	
	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	

resso Yourself Café - For people with dementia or mory loss aged 65 years and under and their family or ers. Join us for a fun and relaxing afternoon , socialising catching up over a warm cuppa! Advice and support is available if you want a chat n Health & Dementia Resource Centre, 2-4- Mill Street, a, FK10 1DT n Gym- Based on the principles of Cognitive Stimulation rapy which is an evidence-based programme supported by	For more info contact: <u>Craby@alzscot.org</u> or Tel: 07786406668
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	For more info contact.
rapy which is an evidence-based programme supported by	For more info contact:
E. This promotes wellbeing, maintains skills and supports management for people living with dementia.	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
	For more info contact:
n Health & Dementia Resource Centre, 2-4- Mill Street,	Dpaterson@alzscot.org or Tel: 07733302772
	For more info contact:
n monthly programme of activities is based on agreed	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
	For more info contact:
nds and new.	<u>Aboyd@alzscot.org</u> or Tel: 07932120685
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nd which session is more suitable to you. Please note se sessions are for both the person living with dementia	
n Health & Dementia Resource Centre, 2-4- Mill Street,	
	For more info contact:
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vity Group- Fun & therapeutic activities for people living	Cancelled
n Health & Dementia Resource Centre, 2-4- Mill Street,	
	<ul> <li>management for people living with dementia.</li> <li>king required &amp; taster session offered.</li> <li>ers Cuppa- Welcoming &amp; friendly safe space offers carers port.</li> <li>n Health &amp; Dementia Resource Centre, 2-4- Mill Street, a, FK10 1DT</li> <li>rsday Social Group - a social group offering a relaxed &amp; coming space to meet with peers &amp; trained staff.</li> <li>n monthly programme of activities is based on agreed up interests to allow you to plan for the month ahead.</li> <li>n Health &amp; Dementia Resource Centre, 2-4- Mill Street, a, FK10 1DT</li> <li>a Monday Café &amp; Lunch Club – Start the week catching over a cuppa, lunch and an afternoon of activities with old nds and new.</li> <li>p In Café</li> <li>ch Break – bring your own lunch vities</li> <li>are welcome to attend all sessions or please feel free to nd which session is more suitable to you. Please note se sessions are for both the person living with dementia their carer.</li> <li>n Health &amp; Dementia Resource Centre, 2-4- Mill Street, a, FK10 1DT</li> <li>p in Café - an opportunity to meet others in a similar ation, to make connections and develop friendships and upport and learn from one another. Information &amp; advice ways available from our trained staff.</li> <li>n Health &amp; Dementia Resource Centre, 2-4- Mill Street, a, FK10 1DT</li> <li>vity Group- Fun &amp; therapeutic activities for people living n dementia and carers.</li> <li>n Health &amp; Dementia Resource Centre, 2-4- Mill Street, a, FK10 1DT</li> </ul>

Wed 23 <sup>rd</sup> April	Stirling/Clacks Cafe – For people with dementia or memory	For more info contact:
Wed 25 April	loss and their carers. Join us for a fun filled morning,	for more into contact.
10.30am – 12pm	socialising and catching up over a warm cuppa.	Craby@alzscot.org or
	Our community cafes are a relaxed and informal setting for	Tel: 07786406668
	people living with dementia and their carers to meet other	
	people in their area. A member of Alzheimer staff will be	
	available on the first and third Wednesday of the month. last Wednesday of the month is a lunch group at 12-2pm.	
	weathesday of the month is a function group at 12-2pm.	
	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Thurs 24 <sup>th</sup> April	Brain Gym- Based on the principles of Cognitive Stimulation	For more info contact:
	Therapy which is an evidence-based programme supported by	
10.30am-12pm	NICE. This promotes wellbeing, maintains skills and supports	Dpriestley@alzscot.org or
	self-management for people living with dementia.	Tel:07970784950
	Booking required & taster session offered.	
10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers	For more info contact:
	support.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Dpaterson@alzscot.org
	Alloa, FK10 1DT	or Tel: 07733302772
Friday 25 <sup>th</sup> April	Café with Art & Craft – an opportunity to meet others in a	For more info contact:
1pm – 3pm	similar situation, to make connections and develop friendships and to support and learn from one another.	Dpriestley@alzscot.org or
thu – 2hu	Art and Craft corner available with materials supplied.	Tel:07970784950
	Information & advice is always available from our trained	
	staff.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Friday 25 <sup>th</sup> April	Screen Memories – Reconnecting people with memories and	For more info contact:
· ·	their love for cinema through memorabilia and music.	
1030am – 12pm		Dpaterson@alzscot.org
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	or Tel: 07733302772
as a poth a set	Alloa, FK10 1DT	En la constante de la constante
Mon 28 <sup>th</sup> April	Alloa Monday Café & Lunch Club – Start the week catching up over a cuppa, lunch and an afternoon of activities with old	For more info contact:
	friends and new.	Aboyd@alzscot.org or
		Tel: 07932120685
10.30am – 12pm	Drop In Café	
12pm – 1pm	Lunch Break – bring your own lunch	
1.30pm – 3.30pm	Activities	
	You are welcome to attend all sessions or please feel free to	
	attend which session is more suitable to you. Please note	
	these sessions are for both the person living with dementia	
	and their carer.	
	Prain Health & Domantia Pasaurea Contro 2.4 Mill Street	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 29 <sup>th</sup> April	Drop in Café an opportunity to meet others in a similar	For more info contact:
	situation, to make connections and develop friendships and	
10.30am-12pm	to support and learn from one another. Information & advice	Dpriestley@alzscot.org or
	is always available from our trained staff.	Tel: 07970784950

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	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 20th Amril	·	For more info contact.
Tues 29 <sup>th</sup> April	Activity Group- Fun & therapeutic activities for people living	For more info contact:
	with dementia and carers.	
1.30pm-3pm		Dpriestley@alzscot.org or
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Tel:07970784950
	Alloa, FK10 1DT	
Wed 30 <sup>th</sup> April	Stirling/Clacks Lunch – For people with dementia or memory	For more info contact:
	loss and their carers. Join us for a fun filled morning,	
12pm-2pm	socialising and catching up over a warm cuppa.	Craby@alzscot.org or
	Our community cafes are a relaxed and informal setting for	Tel: 07786406668
	people living with dementia and their carers to meet other	
	people in their area. A member of Alzheimer staff will be	
	available on the first and third Wednesday of the month. last	
	Wednesday of the month is a lunch group at 12-2pm.	
	weakesday of the month is a function group at 12 2pm.	
	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	

## Please see our availability of online groups below:-

Online Group		
Juke Box Days USA & UK	Every Wednesday 3.30pm – 4.15pm	Contact mike@screenmemories.org.uk or Dpriestley@alzscot.org Tel:07970784950
Carers Evening	First Wednesday of the month – 7pm -8pm	<b>Contact</b> Cherie Raby, Dementia Advisor on Email: <u>craby@alzscot.org</u> Tel: 07786406668

