

What's on

April 2025 - Stranraer



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.

Centre Contact Number: 01776 889181

In person group		
Tuesday 1 st April	Cromarty Garden Rescue Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL For this session we will be taking a trip to Soleburn Garden Centre. Please contact Natalie for more details.	10.30am-12 noon NCollins@alzscot.org 07767 647062
Wednesday 2 nd April	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A social, coffee group open to those experiencing memory loss, people living with dementia and carers. Encourages the formation of companionship and sharing of social support. Topical conversations had surrounding life in Stranraer and activities/themes happening that month.	10.30am – 12 noon NCollins@alzscot.org 07767 647062
	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Informal drop-in session. Pop in and have a chat with a staff member. Support and refreshments provided.	2pm – 3.30pm KMcWhirter@alzscot.org 07464 901788
Thursday 3 rd April	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL It's never too early or too late to care for your brain, regardless of your age or condition. Staff can discuss with you about the practical steps you can take to reduce the risks of developing conditions like dementia or how to	10am -12 noon KMcWhirter@alzscot.org 07464 901788

	<p>take steps to boost your brain health. Contact to book an appointment.</p> <p>Dominoes Tournament Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Our Dominoes Tournament carries physical and cognitive benefits while enjoying the game, dominoes can help improve hand to eye coordination, fine motor skills and mental agility.</p>	<p>2pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>
Friday 4 th April	<p>Let's Get Active Class Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Light exercise and physical activities for example armchair yoga, balloon tennis, memory walks, which can help reduce the risk of falls by improving balance and strength. Followed up with some refreshments.</p> <p>Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>It's never too early or too late to care for your brain, regardless of your age or condition. Why not drop in and learn about the practical steps you can take to reduce the risks of developing conditions like dementia or how to take steps to boost your brain health.</p>	<p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p> <p>2pm – 4pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Monday 7 th April	<p>Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Cromarty Crafters Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>An Arts & Crafts session to encourage people living with dementia and their friends and family to show their artistic side by stimulating their senses, while reducing stress and allowing them to reconnect with people in a friendly and safe environment. while enjoying a cuppa and a chat.</p>	<p>10.30am – 12 noon</p> <p>KMcWhirter@alzscot.org 07464 901788</p> <p>2pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>
Tuesday 8 th April	<p>Cromarty Garden Rescue Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>A relaxed gardening group open to people with all gardening abilities.</p>	<p>2pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>

	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Wednesday 9 th April	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Cromarty Quiz Masters Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL An opportunity to test your general knowledge while working as part of a team competing against your opponents. Fun and light-hearted competition provided, as well as some refreshments and biscuits.	10am – 12 noon KMcWhirter@alzscot.org 07464 901788 10.30am-12 noon NCollins@alzscot.org 07767 647062
Thursday 10 th April	Spring Has Sprung Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A social gathering activity with a chance to enjoy the bloom of the spring months where fun filled spring activities will take place from local outings; bird watching & garden activities will be some of many activities taking place during this session. Come along and enjoy with us. 1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 3.30pm NCollins@alzscot.org 07767 647062 2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Friday 11 th April	Football Memories Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS We remember the players and heroes of our childhood. We compare the players of today to the greats of yester year and at halftime we enjoy a pie and bovril. We also have walking football available to those who feel up to a wee bit more physical involvement. Carer's Drop-in Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL An informal drop-in session for carers. Call in for a chat with our carer liaison advisor. Information and support on the caring role. Refreshments provided. Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon NCollins@alzscot.org 07767 647062 10.30am - 12 noon Carolinecameron@alzscot.org 07810 528046 2pm – 4pm KMcWhirter@alzscot.org 07464 901788

Monday 14 th April	Stranraer Musical Memories Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Come along and share your love and interest in music. Which songs hold special memories for you? Reminisce, share stories and play some fun musical games. The group is open to those living with dementia or experiencing memory loss, including friends and family.	10.30am-12 noon NCollins@alzscot.org 07767 647062
	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm - 3.30pm KMcWhirter@alzscot.org 07464 901788
Tuesday 15 th April	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10am – 12 noon KMcWhirter@alzscot.org 07464 901788
	Rural Life Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL This session will incorporate Seasonal & Holiday themes and will run activities that centre around those themes. We will also be inviting entertainers, guest speakers and take in local trips to experience first-hand what our beautiful & very scenic part of Scotland and its rural life has to offer.	2pm – 3.30pm NCollins@alzscot.org 07767 647062
Wednesday 16 th April	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL For this session staff from the local Pharmacy Team will be delivering an information talk on their services.	10.30am – 12 noon NCollins@alzscot.org 07767 647062
Thursday 17 th April	The Memory Box Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A reminiscence session, looking back over years gone by and our treasured memories. Come share your favourite stories and memories over a cuppa.	2pm – 3.30pm NCollins@alzscot.org 07767 647062
Friday 18 th April	Easter Coffee Morning Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A social, coffee group open to those experiencing memory loss, people living with dementia and carers. Encourages the formation of companionship and sharing of social support. This session will include an Easter theme.	10am – 12 noon NCollins@alzscot.org 07767 647062

	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Monday 21 st April	Spring Has Sprung Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 3.30pm NCollins@alzscot.org 07767 647062
Tuesday 22 nd April	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Therapeutic Tuesdays Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Therapeutic Tuesday is a relaxation session to help relieve tension and stress, in aim to create a relaxing environment while you can indulge in some Me Time.	10am – 12 noon KMcWhirter@alzscot.org 07464 901788 10.30am-12 noon NCollins@alzscot.org 07767 647062
Wednesday 23 rd April	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am - 12 noon NCollins@alzscot.org 07767 647062 2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Thursday 24 th April	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Stranraer Lunch Group Stranraer Lunch Group is a social group where people are invited to get together at a local lunch venue in Stranraer to taste some lovely food and have a good old chinwag. Please contact Natalie for details about the venue.	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788 12 noon – 2pm NCollins@alzscot.org 07767 647062
Friday 25 th April	Football Memories Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS Carer's Drop-in Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL An informal drop-in session for carers. Call in for a chat with our carer liaison advisor. Information and support on the caring role. Refreshments provided.	10.30am – 12 noon NCollins@alzscot.org 07767 647062 10.30am - 12 noon Carolinecameron@alzscot.org 07810 528046

	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Monday 28 th April	Movie Memories Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Take a journey through the years of cinema from old school classics to individual favourites, with clips and music from various movies, while enjoying some refreshments. Mum, Me, Dad & Dementia Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A support group for individuals caring for a parent who is living with dementia.	2pm – 3.30pm NCollins@alzscot.org 07767 647062 2pm-3.30pm KMcWhirter@alzscot.org 07464 901788
Tuesday 29 th April	Sing With Us Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Bring along your singing voices good or bad to our new activity group. Sing With Us. With a selection of instruments available, we can also strike up the band! Whatever your skill set, we can all get therapeutic benefits from music and singing and improve our brain health. We hope you come along for a sing song. 1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am-12 noon NCollins@alzscot.org 07767 647062 2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Wednesday 30 th April	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon NCollins@alzscot.org 07767 647062 2pm – 4pm KMcWhirter@alzscot.org 07464 901788

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		
Wednesday 30 th April	Coffee and Connect This online coffee group provides an opportunity to connect with our centre's support services digitally. Pop the kettle on and join us for a cuppa. Please get in touch to receive the link to join.	2pm – 3pm NCollins@alzscot.org 07767 647062

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/alzscot>

