

What's On

May 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.

All activities take place at -

Perth Brain Health and Dementia Resource Centre, 7 George Street, Perth PH1 5JY

In Person Group		
<p><i>Various drop in opportunities or bookable appointments available throughout the month.</i></p> <p>Contact Lauren about your brain health and explore potential dementia risk factors.</p> <p><i>Contact Lauren Heap</i> <i>07769364179</i> <i>lheap@alzscot.org</i></p>	<p>Improve your brain health Never too early, never too late! Start your Brain Health journey today!</p> <p>You can:</p> <ul style="list-style-type: none">✓ 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! <p>Start thinking about making small changes to your lifestyle which may improve your brain's wellbeing.</p>	<p>Drop in by and have an informal conversation about your brain health, explore potential dementia risk factors.</p>
<p>Thursday 1st May NEW NEW NEW</p>	<p>Community Café Drop-In – The Kettle's On! Join us in a game of Prize Bingo whilst reconnecting with others over a lovely over a cuppa? – Drop by for friendly conversation</p>	<p>11 am – 12.30pm</p>

<p>Thursday 1st May NEW</p>	<ul style="list-style-type: none"> - Light refreshments <p>No booking needed - just pop in and enjoy the warmth of good company!</p> <p>Here and now – in partnership with Perth Theatre Come along to the Centre and take part in</p> <ul style="list-style-type: none"> - An exciting new project with Perth theatre - With a wide range of different activities each week. - There is something for everyone <p>BOOKING ESSENTIAL due to limited spaces.</p>	<p>2.00pm – 3.30pm BOOKING ESSENTIAL</p>
<p>Friday 2nd May</p>	<p>Dementia Friendly Café – A Warm Welcome Awaits! Looking for a friendly, welcoming space?</p> <ul style="list-style-type: none"> - Pop in and connect with others in the community living with memory loss, dementia, cognitive decline, as well as carers and families. - Share stories, enjoy meaningful conversations, - Build new friendships in a warm, supportive environment! <p>Whether you're here to relax, chat, or simply enjoy a cuppa, come along and connect with others!</p> <p>Jigsaw Group – Fun, relaxing quiet session Join us at the centre for a fun and relaxing time!</p> <ul style="list-style-type: none"> - 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! <p>Everyone welcome - come along, take a break, and enjoy the joy of puzzling together!</p>	<p>11am – 12.30pm</p> <p>1:30pm – 3.00pm</p>
<p>Monday 5th May NEW NEW NEW</p>	<p>Gardening Group – Hosted by Trellis Calling all gardening enthusiasts! Whether you're a seasoned green thumb or just eager to learn, join us for some fun tabletop gardening.</p> <ul style="list-style-type: none"> - A great opportunity to get creative and connect with others who share your love for plants. - Materials provided – please book your space to ensure we have enough for everyone. <p>Spaces are limited, so don't miss out – book with Andrew today!</p>	<p>11am – 12.30pm BOOKING ESSENTIAL</p>
<p>Monday 5th May</p>	<p>Musical Monday – Start Your Week on a High Note! Kickstart your week with music, laughter, and good vibes!</p> <ul style="list-style-type: none"> - Feel-Good Tunes & Great Company! - Sing, dance, or just relax and enjoy the rhythm 	<p>2.00pm – 3.30pm</p>

	<ul style="list-style-type: none"> - Bring a favourite record—or just bring yourself! - Make new friends and share the joy of music <p>Everyone welcome—let's make Mondays magical!</p>	
<p>Tuesday 6th May</p> <p>NEW INTERACTIVE ROUTINES</p>	<p>Strength & Balance – <i>Feel Strong, Stay Steady!</i></p> <p>Looking to boost your core strength, stability, and confidence?</p> <ul style="list-style-type: none"> - Fun, supportive session is perfect for improving mobility and overall well-being. - Gentle, effective movements for all abilities—whether seated or standing - Build strength, flexibility, and balance in a friendly, welcoming space - Stay independent, socially connected, and energized - Get up out of your chair and let us start you moving around! - No matter your fitness level, these sessions are all about feeling great and moving with confidence. <p>Come along, have fun, and take a positive step toward better strength and balance</p> <p>Everyone's welcome—come along and enjoy!</p>	11am – 12.30pm
<p>Tuesday 6th May</p> <p>NEW NEW NEW</p>	<p>Lunchtime Social</p> <p>Hot Cuppa & Great Company- Bring your own Lunch!</p> <ul style="list-style-type: none"> - Looking to boost your brain health and enjoy some friendly chatter - We'll provide the teas, coffees, and conversation—you bring your own lunch and your smile. - Eat well, connect with others, and keep your mind active in a warm, welcoming space. - Join us for a relaxed lunchtime gathering! <p>Everyone's welcome—come along and enjoy!</p>	12.30 - 1.30 pm
<p>Tuesday 6th May</p>	<p>Yoga & Mindfulness Class</p> <p>Ready to stretch, breathe, and feel amazing?</p> <ul style="list-style-type: none"> - Yoga & Mindfulness class led by Lee-Ann - Yoga accessible to everyone—if you can breathe, you can do yoga! - Gentle movements, breathing practices, and time to relax - Open to all abilities—find space to connect with your body, breath, and mind <p>Feel better, move better, and breathe better</p>	1.30-2.30pm

<p>Tuesday 6th May</p>	<p>⚠ Please note: The class will be held upstairs. If you're unsure about managing the stairs, please contact us beforehand (seated exercise IS downstairs in am)</p> <p>Community Café Drop-In – The Kettle's On! 2pm-3.30pm Looking to relax, connect, and chat over a cuppa?</p> <ul style="list-style-type: none"> - Drop by for friendly conversation - Light refreshments - Support on topics like brain health, dementia, and local services. <p>No booking needed—just pop in and enjoy the warmth of good company!</p>
<p>Wednesday 7th May NEW NEW NEW</p>	<p>Carers Support Group – Peer-Led Support 11am -12.30pm NEW NEW NEW</p> <p>Join us for a supportive and friendly space where you can connect, share, and chat with others who understand what you're going through.</p> <ul style="list-style-type: none"> - Share experiences, find support, and build connections with fellow carers A welcoming, safe environment where everyone is encouraged to speak up and be heard <p>Come for a cuppa, blether, stay for the support—you're not alone in this journey!</p>
<p>Wednesday 7th May</p>	<p>Join the Music Makers – Let's Jam! 11am– 12.30pm Ready to make some noise and have fun?</p> <p>Whether you're a seasoned musician or just starting out, Music Makers is your space to jam, create, and connect!</p> <ul style="list-style-type: none"> - Bring your own instrument or try something new - We have a variety of instruments waiting—guitars, drums, ukuleles, keyboards, and more! - No experience needed—just a love for music and a spirit of fun <p>Join us to play, create, and make some noise with us - everyone's welcome!</p>
<p>Wednesday 7th May</p>	<p>Get Creative at our Craft Group 2pm – 3:30pm Looking for a fun, relaxing way to spend your time?</p> <ul style="list-style-type: none"> - 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

Wednesday 7 th May	<ul style="list-style-type: none"> - Inspire each other and make something amazing together! <p>All levels welcome—come craft, connect, and create!</p> <p>Photography Group – Snap, Share & Get Moving!</p> <p>Bring along your favourite photos, old or new</p> <ul style="list-style-type: none"> - 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! <p>Join us for a fun, active, and creative session -all welcome!</p>	2pm- 3:30pm
Thursday 8 th May NEW NEW NEW	<p>Community Café Drop-In – The Kettle's On!</p> <p>Sporting legends showdown, quiz like a champ whilst relaxing and reconnecting over a cuppa</p> <ul style="list-style-type: none"> - Drop by for friendly conversation - Light refreshments <p>No booking needed—just pop in and enjoy the warmth of good company!</p>	11am – 12.30pm
Thursday 8 th May NEW NEW NEW	<p>Here and now – in partnership with Perth Theatre</p> <p>Come along to the Centre and take part in</p> <ul style="list-style-type: none"> - An exciting new project with Perth theatre - With a wide range of different activities each week. - There is something for everyone <p>BOOKING ESSENTIAL due to limited spaces</p>	1.00pm – 3.30pm BOOKING ESSENTIAL
Friday 9 th May	<p>Dementia Friendly Café – A Warm Welcome Awaits!</p> <p>Looking for a friendly, welcoming space?</p> <ul style="list-style-type: none"> - Pop in and connect with others in the community living with memory loss, dementia, cognitive decline, as well as carers and families. - Share stories, enjoy meaningful conversations, - Build new friendships in a warm, supportive environment! <p>Whether you're here to relax, chat, or simply enjoy a cuppa, come along and connect with others!</p>	11am – 12.30pm
Friday 9 th May	<p>Jigsaw Group – Fun, relaxing quiet session</p> <p>Join us at the centre for a fun and relaxing time!</p> <ul style="list-style-type: none"> - Choose from a variety of jigsaws, including dementia-friendly options and even ones with up to 500 pieces! 	1:30pm – 3.00pm

	<ul style="list-style-type: none"> - 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! <p>Everyone welcome - come along, take a break, and enjoy the joy of puzzling together!</p>	
Monday 12 th May	<p>Musical Monday – Start Your Week on a High Note!</p> <p>Kickstart your week with music, laughter, and good vibes!</p> <ul style="list-style-type: none"> - Feel-Good Tunes & Great Company! - Sing, dance, or just relax and enjoy the rhythm - Bring a favourite record—or just bring yourself! - Make new friends and share the joy of music <p>Everyone welcome—let's make Mondays magical!</p>	2.00pm – 3.30pm
Tuesday 13 th May NEW INTERACTIVE ROUTINES	<p>Strength & Balance – <i>Feel Strong, Stay Steady!</i></p> <p>Looking to boost your core strength, stability, and confidence?</p> <ul style="list-style-type: none"> - Fun, supportive session is perfect for improving mobility and overall well-being. - Gentle, effective movements for all abilities—whether seated or standing - Build strength, flexibility, and balance in a friendly, welcoming space - Stay independent, socially connected, and energized - Get up out of your chair and let us start you moving around! - No matter your fitness level, these sessions are all about feeling great and moving with confidence. <p>Come along, have fun, and take a positive step toward better strength and balance</p> <p>All welcome - come join the fun!</p>	11am – 12.30pm
Tuesday 13 th May	<p>Lunchtime Social</p> <p>Hot Cuppa & Great Company- Bring your own Lunch!</p> <ul style="list-style-type: none"> - Looking to boost your brain health and enjoy some friendly chatter - We'll provide the teas, coffees, and conversation—you bring your own lunch and your smile. - Eat well, connect with others, and keep your mind active in a warm, welcoming space. - Join us for a relaxed lunchtime gathering! <p>Everyone's welcome—come along and enjoy!</p>	12.30pm – 1.30pm

Tuesday 13 th May	Yoga & Mindfulness Class Ready to stretch, breathe, and feel amazing? <ul style="list-style-type: none"> - Yoga & Mindfulness class led by Lee-Ann - Yoga accessible to everyone—if you can breathe, you can do yoga! - Gentle movements, breathing practices, and time to relax - Open to all abilities—find space to connect with your body, breath, and mind <p>Feel better, move better, and breathe better</p> <p>⚠ Please note: The class will be held upstairs. If you're unsure about managing the stairs, please contact us beforehand (seated exercise downstairs is in am)</p>	1.30pm – 2.30pm
Tuesday 13 th May RNIB	Community Café Drop-In – The Kettle's On! Looking to relax, connect, and chat over a cuppa RNIB will be joining us to answer questions on the day <ul style="list-style-type: none"> - Drop by for friendly conversation - Light refreshments - Support on topics like brain health, dementia, and local services. <p>No booking needed—just pop in and enjoy the warmth of good company!</p>	2pm-3.30pm
Wednesday 14 th	Young Onset Group (PLWD) Peer Support & Connection Looking for a place to connect with others who understand? <ul style="list-style-type: none"> - 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. - Meet new people, and share stories in a supportive, fun atmosphere! <p>Come along, relax, and find the support you deserve!</p>	10.30am-12pm
Wednesday 14 th	Young Onset Carers Group – Support, Connection & Laughter Are you a carer looking for a space to connect, share, and recharge? <ul style="list-style-type: none"> - Join us at the centre for a relaxed, friendly meet-up with the Young Onset Carers Group! - Enjoy a cuppa, uplifting conversation, and lots of laughter with people who truly understand. - It's the perfect opportunity for support, connection, and a little fun! 	10.30am-12pm

<p>Wednesday 14th</p> <p>Wednesday 14th</p>	<p>All YO carers welcome, come along, relax, and find the support you deserve!</p> <p>Get Creative at our Craft Group 2.00pm – 3.30pm Looking for a fun, relaxing way to spend your time?</p> <ul style="list-style-type: none"> - 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 - Inspire each other and make something amazing together! <p>All levels welcome—come craft, connect, and create!</p> <p>Photography Group – Snap, Share & Get Moving! 2.00pm – 3.30pm Bring along your favourite photos, old or new</p> <ul style="list-style-type: none"> - 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! <p>Join us for a fun, active, and creative session -all welcome!</p>
<p>Thursday 15th May NEW NEW NEW</p> <p>Thursday 15th May NEW NEW NEW</p>	<p>Community Café Drop-In – The Kettle's On! 11 am – 12.30pm Butty & a blether whilst reconnecting over a cuppa</p> <ul style="list-style-type: none"> - Drop by for friendly conversation - Light refreshments - Support on topics like brain health, dementia, and local services. <p>No booking needed—just pop in and enjoy the warmth of good company!</p> <p>Here and now – in partnership with Perth Theatre Come along to the Centre and take part in 2.00pm – 3.30pm</p> <ul style="list-style-type: none"> - An exciting new project with Perth theatre - With a wide range of different activities each week. - There is something for everyone <p>BOOKING ESSENTIAL due to limited spaces BOOKING ESSENTIAL</p>
<p>Friday 16th May</p>	<p>Dementia Friendly Café – A Warm Welcome Awaits! 11am – 12.30pm Looking for a friendly, welcoming space?</p> <ul style="list-style-type: none"> - Pop in and connect with others in the community living with memory loss, dementia, cognitive decline, as well as carers and families. - Share stories, enjoy meaningful conversations,

Friday 16 th May	<ul style="list-style-type: none"> - Build new friendships in a warm, supportive environment! <p>Whether you're here to relax, chat, or simply enjoy a cuppa, come along and connect with others!</p> <p>Jigsaw Group – Fun, relaxing quiet session Join us at the centre for a fun and relaxing time!</p> <ul style="list-style-type: none"> - 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! <p>Everyone welcome - come along, take a break, and enjoy the joy of puzzling together!</p>	1:30pm- 3.00pm
Monday 19 th NEW NEW NEW	<p>Gardening Group – Hosted by Trellis Calling all gardening enthusiasts! Whether you're a seasoned green thumb or just eager to learn, join us for some fun tabletop gardening.</p> <ul style="list-style-type: none"> - A great opportunity to get creative and connect with others who share your love for plants. - Materials provided – please book your space to ensure we have enough for everyone. <p>Spaces are limited, so don't miss out – book with Andrew today!</p>	11am- 12.30pm NEW NEW NEW
Monday 19 th	<p>Musical Monday – Start Your Week on a High Note! Kickstart your week with music, laughter, and good vibes!</p> <ul style="list-style-type: none"> - Feel-Good Tunes & Great Company! - Sing, dance, or just relax and enjoy the rhythm - Bring a favourite record—or just bring yourself! - Make new friends and share the joy of music <p>All welcome—let's make Mondays magical!</p>	2:30pm-3:30 pm
Tuesday 20 th May NEW INTERACTIVE ROUTINES	<p>Strength & Balance – <i>Feel Strong, Stay Steady!</i> Looking to boost your core strength, stability, and confidence?</p> <ul style="list-style-type: none"> - Fun, supportive session is perfect for improving mobility and overall well-being. - Gentle, effective movements for all abilities—whether seated or standing - Build strength, flexibility, and balance in a friendly, welcoming space 	11.00-12.30pm

	<ul style="list-style-type: none"> - Stay independent, socially connected, and energized - Get up out of your chair and let us start you moving around! - No matter your fitness level, these sessions are all about feeling great and moving with confidence. <p>Come along, have fun, and take a positive step toward better strength and balance All welcome - come join the fun!</p>	
Tuesday 20 th May	<p>Lunchtime Social</p> <p>Hot Cuppa & Great Company- Bring your own Lunch!</p> <ul style="list-style-type: none"> - Looking to boost your brain health and enjoy some friendly chatter - We'll provide the teas, coffees, and conversation—you bring your own lunch and your smile. - Eat well, connect with others, and keep your mind active in a warm, welcoming space. - Join us for a relaxed lunchtime gathering! <p>Everyone's welcome—come along and enjoy!</p>	12.30pm – 1.30pm
Tuesday 20 th May	<p>Yoga & Mindfulness Class</p> <p>Ready to stretch, breathe, and feel amazing?</p> <ul style="list-style-type: none"> - Yoga & Mindfulness class led by Lee-Ann - Yoga accessible to everyone—if you can breathe, you can do yoga! - Gentle movements, breathing practices, and time to relax - Open to all abilities—find space to connect with your body, breath, and mind <p>Feel better, move better, and breathe better</p> <p>⚠ Please note: The class will be held upstairs. If you're unsure about managing the stairs, please contact us beforehand (seated exercise downstairs is in am)</p>	1.30pm-2.30pm
Tuesday 20 th May	<p>Community Café Drop-In – The Kettle's On!</p> <p>Looking to relax, connect, and chat over a cuppa?</p> <ul style="list-style-type: none"> - Drop by for friendly conversation - Light refreshments - Support on topics like brain health, dementia, and local services. <p>No booking needed—just pop in and enjoy the warmth of good company!</p>	2.00 pm – 3.30pm

<p>Tuesday 20th May NEW NEW NEW</p>	<p>Art Group with Sarah's Art: Creative Connections Join us for art therapy sessions designed for individuals with memory loss, mild cognitive impairment or dementia and their carers.</p> <ul style="list-style-type: none"> - Led by Sarah's Art, these relaxed and supportive sessions use creative expression - Promoting wellbeing, stimulate brain health, and strengthen emotional connections. - No art experience needed—just come and enjoy the moment! <p>BOOKING ESSENTIAL due to limited spaces.</p>	<p>2.00 -3.30pm BOOKING ESSENTIAL</p>
<p>Wednesday 21st May</p>	<p>Carers Support Group – Peer-Led Support Join us for a supportive and friendly space where you can connect, share, and chat with others who understand what you're going through.</p> <ul style="list-style-type: none"> - Share experiences, find support, and build connections with fellow carers - A welcoming, safe environment where everyone is encouraged to speak up and be heard <p>Come for a cuppa, blether, stay for the support—you're not alone in this journey!</p>	<p>11am – 12.30pm</p>
<p>Wednesday 21st May</p>	<p>Join the Music Makers – Let's Jam! Ready to make some noise and have fun? Whether you're a seasoned musician or just starting out, Music Makers is your space to jam, create, and connect!</p> <ul style="list-style-type: none"> - Bring your own instrument or try something new - We have a variety of instruments waiting—guitars, drums, ukuleles, keyboards, and more! - No experience needed—just a love for music and a spirit of fun <p>Join us to play, create, and make some noise with us - everyone's welcome!</p>	<p>11am -12.30pm</p>
<p>Wednesday 21st May NHS Dietetics</p>	<p>Community Café Drop-In – The Kettle's On! NHS Dietetics will be along to answer any nutritional questions and make healthy dietary choices. Pop in and chat with them over a cuppa.</p> <ul style="list-style-type: none"> - Drop by for friendly conversation - Light refreshments - Support on topics like brain health, dementia, and local services. <p>No booking needed - just pop in and enjoy the warmth of good company!</p>	<p>2pm – 3.30pm</p>

Thursday 22 nd May NEW NEW NEW	Community Café Drop-In – The Kettle’s On!  Gather and game, relax and reconnect through table top gaming over a cuppa and chat <ul style="list-style-type: none"> - Drop by for friendly conversation - Light refreshments - Support on topics like brain health, dementia, and local services. No booking needed - just pop in and enjoy the warmth of good company!	11am – 12.00pm
Thursday 22 nd May NEW NEW NEW	Here and now – in partnership with Perth Theatre Come along to the Centre and take part in <ul style="list-style-type: none"> - An exciting new project with Perth theatre - With a wide range of different activities each week. - There is something for everyone BOOKING ESSENTIAL due to limited spaces	2pm – 3.30pm BOOKING ESSENTIAL
Friday 23 rd May Andrew on Holiday this week	Dementia Friendly Café – A Warm Welcome Awaits! Looking for a friendly, welcoming space? <ul style="list-style-type: none"> - Pop in and connect with others in the community living with memory loss, dementia, cognitive decline, as well as carers and families. - Share stories, enjoy meaningful conversations, - Build new friendships in a warm, supportive environment! Whether you’re here to relax, chat, or simply enjoy a cuppa, come along and connect with others!	11am – 12.30
Friday 23 rd May SPECIAL GUEST LISA BOND	Musical Wellbeing with Lisa Bond Step into a joyful and uplifting session from Selkie Music School. <ul style="list-style-type: none"> - Music has a unique power to lift our mood, spark memories, and stimulate the brain - This session is all about embracing those benefits. - Whether you love to sing, dance, tap along, or simply listen, you're warmly invited to join us. Come connect with others and enjoy the therapeutic magic of music in a welcoming and supportive space.	1.15pm – 2.15pm NEW
Friday 23 rd May	Jigsaw Group – Fun, relaxing quiet session Join us at the centre for a fun and relaxing time! <ul style="list-style-type: none"> - 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! 	1:30 pm – 3:00pm

	Everyone welcome - come along, take a break, and enjoy the joy of puzzling together!	
Monday 26 th May SPECIAL GUEST BILLY TULLY	Musical Monday - End-of-Month Party Special Guest: Billy Tully Music! <ul style="list-style-type: none"> - Wrap up the month with live music, great company, and tasty refreshments! - Enjoy refreshments, sing-along favourites, and feel-good classics - Dance, relax, or just soak in the tunes Everyone's welcome - let's end the month on a high note!	2:00pm – 3:30 pm NEW
Tuesday 27 th May NEW INTERACTIVE ROUTINES!	New routines! Strength & Balance – Feel Strong, Stay Steady! Looking to boost your core strength, stability, and confidence? <ul style="list-style-type: none"> - Fun, supportive session is perfect for improving mobility and overall well-being. - Gentle, effective movements for all abilities—whether seated or standing - Build strength, flexibility, and balance in a friendly, welcoming space - Stay independent, socially connected, and energized - Get up out of your chair and let us start you moving around! - No matter your fitness level, these sessions are all about feeling great and moving with confidence. Come along, have fun, and take a positive step toward better strength and balance! All welcome - come join the fun!	11am – 12.30pm
Tuesday 27 th May	Lunchtime Social Hot Cuppa & Great Company- Bring your own Lunch! <ul style="list-style-type: none"> - Looking to boost your brain health and enjoy some friendly chatter - We'll provide the teas, coffees, and conversation—you bring your own lunch and your smile. - Eat well, connect with others, and keep your mind active in a warm, welcoming space. - Join us for a relaxed lunchtime gathering! Everyone's welcome - come along and enjoy!	12.30-1.30pm

Tuesday 27 th May	Yoga & Mindfulness Class Ready to stretch, breathe, and feel amazing? <ul style="list-style-type: none"> - Yoga & Mindfulness class led by Lee-Ann - Yoga accessible to everyone—if you can breathe, you can do yoga! - Gentle movements, breathing practices, and time to relax - Open to all abilities—find space to connect with your body, breath, and mind <p>Feel better, move better, and breathe better</p> <p>⚠ Please note: The class will be held upstairs. If you're unsure about managing the stairs, please contact us beforehand.</p>	1.30pm- 2.30pm
Tuesday 27 th May SCAMS	Community Café Drop-In – The Kettle's On! Looking to relax, connect, and chat over a cuppa? Mel from SCAMS are joining us – come along and find ways to safeguard your home <ul style="list-style-type: none"> - Drop by for friendly conversation - Light refreshments - Support on topics like brain health, dementia, and local services. <p>No booking needed - just pop in and enjoy the warmth of good company!</p>	2.00pm -3.30pm
Wednesday 28 th May	Young Onset Group (PLWD) Peer Support & Connection Looking for a place to connect with others who understand? <ul style="list-style-type: none"> - 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. - Meet new people, and share stories in a supportive, fun atmosphere! <p>Come along, relax, and find the support you deserve!</p>	10.30-12pm
Wednesday 28 th May	Young Onset Carers Group – Support, Connection & Laughter Are you a carer looking for a space to connect, share, and recharge? <ul style="list-style-type: none"> - Join us at the centre for a relaxed, friendly meet-up with the Young Onset Carers Group! - Enjoy a cuppa, uplifting conversation, and lots of laughter with people who truly understand. - It's the perfect opportunity for support, connection, and a little fun! 	10.30-12pm

<p>Wednesday 28th May</p>	<p>All YO carers welcome, come along, relax, and find the support you deserve!</p> <p>Get Creative at our Craft Group 2pm -3:30pm</p> <p>Looking for a fun, relaxing way to spend your time?</p> <ul style="list-style-type: none"> - 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 - Inspire each other and make something amazing together! <p>All levels welcome—come craft, connect, and create!</p>
<p>Wednesday 28th May</p>	<p>Photography Group – Snap, Share & Get Moving! 2pm- 3:30pm</p> <p>Bring along your favourite photos, old or new</p> <ul style="list-style-type: none"> - 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! <p>Join us for a fun, active, and creative session -all welcome!</p>
<p>Thursday 29th May</p>	<p>Community Café Drop-In – The Kettle's On! 11am -12.30pm</p> <p>Looking to relax, connect, and chat over a cuppa?</p> <ul style="list-style-type: none"> - Drop by for friendly conversation - Light refreshments - Support on topics like brain health, dementia, and local services. <p>No booking needed - just pop in and enjoy the warmth of good company!</p>
<p>Thursday 29th May NEW</p>	<p>Here and now – in partnership with Perth Theatre 2pm- 3.30pm</p> <p>Come along to the Centre and take part in BOOKING ESSENTIAL</p> <ul style="list-style-type: none"> - An exciting new project with Perth theatre - With a wide range of different activities each week. - There is something for everyone <p>BOOKING ESSENTIAL due to limited spaces</p>
<p>Friday 30th May</p>	<p>Dementia Friendly Café – A Warm Welcome Awaits! 11am – 12.30</p> <p>Looking for a friendly, welcoming space?</p> <ul style="list-style-type: none"> - Pop in and connect with others in the community living with memory loss, dementia, cognitive decline, as well as carers and families.

<p>Friday 30th May</p>	<ul style="list-style-type: none"> - Share stories, enjoy meaningful conversations, - Build new friendships in a warm, supportive environment! <p>Whether you're here to relax, chat, or simply enjoy a cuppa, come along and connect with others!</p> <p>Jigsaw Group – Fun, relaxing quiet session Join us at the centre for a fun and relaxing time!</p> <p>1:30 pm – 3:00pm</p> <ul style="list-style-type: none"> - 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! <p>Everyone welcome - come along, take a break, and enjoy the joy of puzzling together!</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
<p>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.</p>

Contact details for groups held within the Perth Brain Health DRC: -

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: -

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>

