

What's On

April 2025



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.

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.

***Dumfries Resource Centre: 01387 261303**

In person group		
Tuesday 1 st April	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.	10am-12pm fbryant@alzscot.org 07748 737278
	Singing Together With Special Guests Thornhill Community Centre, EASTBACK STREET, Thornhill, DG3 5LH. Bring your voices good or bad to our activity group – Singing Together . A mix of music genres, with guest vocalists, local musicians and sometimes just us singing along to familiar tunes that we all enjoy. We hope to see you there!	1pm-3.30pm fbryant@alzscot.org 07748 737278
	Brydekirk Buddies Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY Come and join our new community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved,	10am-12 noon agordon@alzscot.org 07798 667565

	<p>share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p> <p>Sanquhar Dementia Café (formerly coffee and chat group) A' the Airts Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p>A friendly, supportive Dementia Advisor lead meeting for carers to socialise and share stories and enjoy a cuppa with others on a similar journey.</p> <p><i>For this session we have a Guest Speaker from the local Defence Medical Welfare Services attending the session.</i></p>	<p>10.30am-12pm</p> <p>lwheatley@alzscot.org 07780 006215</p>
	<p>Sanquhar Arts & Souls A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p>Come and join a community group where creative activity enables expression and achievement and generates stimulating conversation. Weekly sessions are sociable and enjoyable. Over time, we will explore a range of themes inspired by the talents and interests of participants and use a wide variety of visual media to express ideas. You don't need to be an artist to join us – just a curiosity and willingness to have a go. The sessions are inclusive and accessible – giving everyone an opportunity to make their mark on the world, share poetry and stories and break into song!</p>	<p>10.30am-12.30pm</p> <p>amquinn@alzscot.org 07557 860838</p>
Thursday 3 rd April	<p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p>Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p>	<p>10am -12.30pm</p> <p>amquinn@alzscot.org 07557 860838</p>
	<p>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p>Come and join a community group where creative activity enables expression and achievement and generates stimulating conversation. Weekly sessions are sociable and enjoyable. Over time, we will explore a range of themes</p>	<p>1pm-3.30pm</p> <p>amquinn@alzscot.org 07557 860838</p>

	<p>inspired by the talents and interests of participants and use a wide variety of visual media to express ideas. You don't need to be an artist to join us – just a curiosity and willingness to have a go. The sessions are inclusive and accessible – giving everyone an opportunity to make their mark on the world, share poetry and stories and break into song!</p>	
Friday 4 th April	<p>Dalbeattie Better Together Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG</p> <p>Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p> <p>Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!' The Johnston, St Mary St, Kirkcudbright DG6 4EG</p> <p>Come and join a community group where creative activity enables expression and achievement and generates stimulating conversation. Weekly sessions are sociable and enjoyable. Over time, we will explore a range of themes inspired by the talents and interests of participants and use a wide variety of visual media to express ideas. You don't need to be an artist to join us – just a curiosity and willingness to have a go. The sessions are inclusive and accessible – giving everyone an opportunity to make their mark on the world, share poetry and stories and break into song!</p>	<p>10am-12pm</p> <p>pbarber@alzscot.org 07880 790337</p> <p>10am -12pm</p> <p>amquinn@alzscot.org 07557 860838</p>
Monday 7 th April	<p>Carer Drop in. The Hub/Ward C4 Dumfries & Galloway Royal Infirmary, Dumfries DG2 8RX</p> <p>Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1.30pm-4.30pm. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.</p>	<p>1.30pm-4.30pm</p> <p>apritchard@alzscot.org 07919 927646</p>
Tuesday 8 th April	<p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-3.30pm</p> <p>fbryant@alzscot.org 07748 737278</p>

Wednesday 9 th April	Sanquhar Arts & Souls A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL	10.30am-12.30pm amquinn@alzscot.org 07557 860838
	Brydekirk Buddies Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY	10am-12pm agordon@alzscot.org 07798 667565
	Brydekirk Carers Café Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY Come and join us over a cuppa at a friendly and supportive Carer Liaison Advisor lead gathering. Gain peer support and find out more information to help with your caring journey.	10am-11.30am apritchard@alzscot.org 07919 927646
	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-12.30pm amquinn@alzscot.org 07557 860838
Thursday 10 th April	Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!' Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	1pm-3.30pm amquinn@alzscot.org 07557 860838
	Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!' The Johnston, St Mary St, Kirkcudbright DG6 4EG	10am-12 noon amquinn@alzscot.org 07557 860838
Friday 11 th April	Dalbeattie Better Together Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG	10am-12pm pbarber@alzscot.org 07880 790337
	Langholm Dementia Cafe Langholm Day Centre, Charles Street Langholm DG13 0AA Come and join us at Langholm Day Centre for a friendly, supportive Dementia Advisor lead meeting. Meet friends, gain peer support, and find out more information to help with any cognitive disabilities and your dementia journey. All with people experiencing similar issues, and in the lovely relaxing atmosphere of the day centre.	1.30pm-3.30pm lwheatley@alzscot.org 07780 006215
Monday 14 th April		

	<p>Carer Drop in. The Hub/Ward C4 Dumfries & Galloway Royal Infirmary, Dumfries DG2 8RX</p> <p>Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.</p>	<p>1.30pm-4.30pm</p> <p>apritchard@alzscot.org 07919 927646</p>
Tuesday 15 th April	<p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-3.30pm</p> <p>fbryant@alzscot.org 07748 737278</p>
Wednesday 16 th April	<p>**NEW GROUP** Kirkconnel & Kelloholm Connecting Creatively Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH</p> <p>Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p>	<p>1.30pm - 3.30pm</p> <p>pbarber@alzscot.org 07880 790337</p>
	<p>Sanquhar Arts & Souls A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p>	<p>10.30am-12.30pm</p> <p>amquinn@alzscot.org 07557 860838</p>
	<p>Brydekirk Buddies Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY</p>	<p>10am-12pm</p> <p>agordon@alzscot.org 07798 667565</p>
Thursday 17 th April	<p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-12.30pm</p> <p>amquinn@alzscot.org 07557 860838</p>
	<p>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>1pm-3.30pm</p> <p>amquinn@alzscot.org 07557 860838</p>

Friday 18 th April	Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! The Johnston, St Mary St, Kirkcudbright DG6 4EG	10am-12pm amquinn@alzscot.org 07557 860838
	Dalbeattie Better Together Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG	10am-12pm pbarber@alzscot.org 07880 790337
Monday 21 st April	Dumfries Dementia Cafe The Usual Place, Academy Street, Dumfries, DG11BZ A friendly, supportive Dementia Advisor lead meeting for people living with dementia and their carers to socialise and share stories and enjoy a cuppa with others on a similar journey. <i>For this session we will be joined by Police Scotland to talk about Telephone and internet Scams, How to stay safe Online, and Home Security.</i>	10.30am-12.30pm lwheatley@alzscot.org 07780 006215
Tuesday 22 nd April	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-3.30pm fbryant@alzscot.org 07748 737278
Wednesday 23 rd April	Carers Academy – supporting family Carers affected by dementia by Alzheimer Scotland Centre for Policy and Practice At University of West of Scotland campus, Bankend Road Dumfries DG1 4FD Join other family Carers for a day at the Carers Academy – please phone or email to book a space either this month or a suitable date later this year. The Carers Academy offers family Carers a bespoke day of education which aims to enhance your knowledge and understanding of dementia, develop practical caring skills in a safe and supportive environment, sharing ideas and experiences with other family Carers. Family members have said <i>"it has helped me understand, learn new skills and coping strategies"</i> . The programme is provided by staff from NHS, University and Alzheimer Scotland. Sessions are available throughout the year; we look forward to welcoming you to a day at the Carers Academy. Please note, this event must be booked in advance and is not a drop-in session.	9.30am – 3.30pm dg.carersacademy@nhs.scot 01387 246246 (ext 32907)

Sanquhar Arts & Souls

A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL

10.30am-12.30pm

amquinn@alzscot.org
07557 860838

Brydekirk Buddies

Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY

10am-12pm

agordon@alzscot.org
07798 667565

****NEW GROUP** Kirkconnel & Kelloholm Connecting Creatively**

Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH

1.30pm - 3.30pm

pbarber@alzscot.org
07880 790337

****The Scottish Chamber Orchestra****

The Crichton, Bankend Rd, Dumfries DG1 4TA

2pm-3pm

Easterbrook Hall
[01387 219090](tel:01387219090)

The Scottish Chamber Orchestra is having a lovely dementia-friendly concert in Dumfries at Easterbrook Hall on the 24 April. Doors open for at 1pm and the concert is between 2pm and 3pm. Tickets are £6 and carers go free.

To help create a relaxed environment:

- SCO musicians will introduce the music you will hear in each concert
- Doors open 60 minutes before the start – so there is plenty of time to get settled in
- Wheelchair spaces and welcoming front of house staff will be on hand
- There will be brighter lighting levels in the auditorium
- There is no need to keep quiet or sit still and you can come in and out of the auditorium during the performance
- Quiet areas will be available if you need to take a break

Coffee, tea and biscuits will be served to create a warm and welcoming atmosphere for all attendees.

If you are interested in attending, please follow these steps to book tickets:

1. Reserve tickets via email:

Please send an email to boxoffice@sco.org.uk and let us know the following details:

- Name
- Address
- Phone number
- Name and email address of the Primary Contact
- Number of Standard (£6) tickets required
- Number of Free Carer tickets required
- Indicate the number of wheelchair users, if any

2. Confirmation and Payment:

Once we receive your reservation request, we will process it and promptly confirm the reservation via email. You will then be able to call us at 0131 557 6800 to make the payment and finalise the booking.

<https://www.sco.org.uk/events/reconnect-tea-dance-concerts>

Thursday 24 th April	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-12.30pm amquinn@alzscot.org 07557 860838
	Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	1pm-3.30pm amquinn@alzscot.org 07557 860838
Friday 25 th April	**NEW GROUP** Gatehouse of Fleet Meet Up, Memories & More Gatehouse of Fleet Community Centre , Gatehouse of Fleet, Castle Douglas DG7 2JX	1.30pm - 3.30pm pbarber@alzscot.org 07880 790337
	Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.	
	Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! The Johnston, St Mary St, Kirkcudbright DG6 4EG	10am-12 noon amquinn@alzscot.org 07557 860838
Monday 28 th April	Dalbeattie Better Together Dalbeattie Town Hall, High Street, Dalbeattie, DG5 4AD	10am-12pm pbarber@alzscot.org 07880 790337
	Carer Drop in. The Hub/Ward C4 Dumfries & Galloway Royal Infirmary, Dumfries DG2 8RX Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you	1.30pm-4.30pm apritchard@alzscot.org 07919 927646

	may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30 . If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.	
Tuesday 29 th April	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-3.30pm fbryant@alzscot.org 07748 737278
Wednesday 30 th April	Sanquhar Arts & Souls A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL Brydekirk Buddies Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY **NEW GROUP** Kirkconnel & Kelloholm Connecting Creatively Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH	10.30am-12.30pm amquinn@alzscot.org 07557 860838 10am-12pm agordon@alzscot.org 07798 667565 1.30pm - 3.30pm pbarber@alzscot.org 07880 790337
Online Group		
	Virtual Resource Centre group sessions Our Virtual Resource Centre (VRC) is an online space where people will be able to access groups, activities, and information sessions all from the comfort of their own homes. You can access a range of free live and 'on demand' activities including live music sing-alongs, arts and crafts, quizzes, seated exercises and relaxation techniques. The VRC also runs a program of information sessions on topics such as financial advice, using technology, and support and services. These sessions can be booked and viewed using our what's on guides, there is a short video found at the bottom of the page explaining how to book and access them.	https://www.alzscot.org/virtual-resource-centre-0

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 donate, please consider donating to our local Just Giving page <https://www.justgiving.com/alzscot>.

