

What's On

May 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 | | |
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| Thursday 1 st May | All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND | 10am -12.30pm agordon@alzscot.org 07798 667565 |
| | 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. | |
| | 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 agordon@alzscot.org 07798 667565 |
| | 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! | |
| Friday 2 nd May | Dalbeattie Better Together Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG | 10am-12pm 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 | |

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| | <p>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>Gatehouse of Fleet Meet Up, Memories & More Gatehouse of Fleet Community Centre , Gatehouse of Fleet, Castle Douglas DG7 2JX</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 -12pm</p> <p>agordon@alzscot.org 07798 667565</p> <p>1.30pm - 3.30pm</p> <p>pbarber@alzscot.org 07880 790337</p> |
| Monday 5 th May | <p>Carer Drop in. The Carers 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 6 th May | <p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> | <p>10am-12.30pm</p> <p>fbryant@alzscot.org 07748 737278</p> |

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| Wednesday 7 th May | <p>Singing Together With Special Guests</p> <p>Thornhill Community Centre, EASTBACK STREET, Thornhill, DG3 5LH.</p> <p>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!</p> | <p>1pm-3.30pm</p> <p>fbryant@alzscot.org 07748 737278</p> |
| | <p>Sanquhar Dementia Café (formerly coffee and chat group)</p> <p>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>10.30am-12pm</p> <p>lwheatley@alzscot.org 07780 006215</p> |
| | <p>Sanquhar Arts & Souls</p> <p>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>pbarber@alzscot.org 07880 790337</p> |
| | <p>Brydekirk Buddies</p> <p>Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY</p> <p>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, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p> | <p>10am-12pm</p> <p>agordon@alzscot.org 07798 667565</p> |

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| Thursday 8 th May | Kirkconnel & Kelloholm Connecting Creatively Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH 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. | 1.30pm - 3.30pm pbarber@alzscot.org 07880 790337 |
| | 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-12.30pm agordon@alzscot.org 07798 667565 |
| | 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 agordon@alzscot.org 07798 667565 |
| Friday 9 th May | Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! The Johnston, St Mary St, Kirkcudbright DG6 4EG | 10am-12pm pbarber@alzscot.org 07880 790337 |
| | Dalbeattie Better Together Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG | 10am-12pm pbarber@alzscot.org 07880 790337 |
| | 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 |
| Monday 12 th May | Carer Drop in. The Carers 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 |

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| | <p>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> | |
| Tuesday 13 th May | <p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> | <p>10am-3.30pm fbryant@alzscot.org 07748 737278</p> |
| Wednesday 14 th May | <p>Sanquhar Arts & Souls A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p>Kirkconnel & Kelloholm Connecting Creatively Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH</p> <p>Brydekirk Buddies Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY</p> <p>Brydekirk Carers Café Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY</p> <p>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.</p> | <p>10.30am-12.30pm pbarber@alzscot.org 07880 790337</p> <p>1.30pm - 3.30pm pbarber@alzscot.org 07880 790337</p> <p>10am-12pm agordon@alzscot.org 07798 667565</p> <p>10am-11.30am apritchard@alzscot.org 07919 927646</p> |
| Thursday 15 th May | <p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</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>10am-12.30pm agordon@alzscot.org 07798 667565</p> <p>1pm-3.30pm agordon@alzscot.org 07798 667565</p> |
| Friday 16 th May | <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>10am-12pm agordon@alzscot.org 07798 667565</p> |

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| Monday 19 th May | Dalbeattie Better Together Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG | 10am-12pm pbarber@alzscot.org 07880 790337 |
| | 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 |
| | Langholm Dementia Cafe Langholm Day Centre, Charles Street Langholm DG13 0AA | 1.30pm-3.30pm |
| | 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. | lwheatley@alzscot.org 07780 006215 |
| | <i>For this session we have a member of the Community Mental Health Nursing Team talking to us about her role</i> | |
| Tuesday 20 th May | Carer Drop in. The Carers Hub/Ward C4 Dumfries & Galloway Royal Infirmary, Dumfries DG2 8RX | 1.30pm-4.30pm apritchard@alzscot.org 07919 927646 |
| | 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. | |
| Tuesday 20 th May | All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND | 10am-3.30pm fbryant@alzscot.org 07748 737278 |
| Wednesday 21 st May | Sanquhar Arts & Souls A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL | 10.30am-12.30pm pbarber@alzscot.org 07880 790337 |
| | Brydekirk Buddies Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY | 10am-12pm agordon@alzscot.org 07798 667565 |

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| Thursday 22 nd May | Kirkconnel & Kelloholm Connecting Creatively Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH | 1.30pm - 3.30pm pbarber@alzscot.org 07880 790337 |
| | Carers Academy Day 1 – 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 Dumfries & Galloway, University of the West of Scotland and Alzheimer Scotland. Sessions are available throughout the year; we look forward to welcoming you to a day at the Carers Academy. There are other sessions during the year. Choose and book from one of the available dates; 22nd May, 31st July, 21st Oct and 19th Nov. 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) |
| | All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND | 10am-12.30pm agordon@alzscot.org 07798 667565 |
| Friday 23 rd May | 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 agordon@alzscot.org 07798 667565 |
| | 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 |
| | Dalbeattie Better Together Dalbeattie Town Hall, High Street, Dalbeattie, DG5 4AD | 10am-12pm pbarber@alzscot.org 07880 790337 |

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| Monday 26 th May | 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 |
| | 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 from 1030 am to 1130 am we have a member of the Defence Medical Welfare Services talking to us about all the services they offer.</i> | 10.30am-12.30pm lwheatley@alzscot.org 07780 006215 |
| | Carer Drop in. The Carers 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 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. | 1.30pm-4.30pm apritchard@alzscot.org 07919 927646 |
| Tuesday 27 th May | All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND | 10am-3.30pm fbryant@alzscot.org 07748 737278 |
| Wednesday 28 th May | Sanquhar Arts & Souls A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL | 10.30am-12.30pm pbarber@alzscot.org 07880 790337 |
| | Brydekirk Buddies Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY | 10am-12pm agordon@alzscot.org 07798 667565 |
| | Kirkconnel & Kelloholm Connecting Creatively Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH | 1.30pm - 3.30pm pbarber@alzscot.org 07880 790337 |

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| Thursday 29 th May | All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND | 10am-12.30pm agordon@alzscot.org 07798 667565 |
| | 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 agordon@alzscot.org 07798 667565 |
| Friday 30 th May | 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 |
| | Dalbeattie Better Together Dalbeattie Town Hall, High Street, Dalbeattie, DG5 4AD | 10am-12pm pbarber@alzscot.org 07880 790337 |
| | 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 |
| 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>.

