What's on



May 25 - Stirling & Clacks

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 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		
Thurs 1 st May 10.30am-12pm	Brain Gym - Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia.	For more info contact: <u>Dpriestley@alzscot.org</u> or Tel: 07970784950
10.30am-12pm	Booking required & taster session offered. Carers Cuppa- Welcoming & friendly safe space offers carers support.	For more info contact: Dpaterson@alzscot.org
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	or Tel: 07733302772
Thurs 1 st May	Thursday Social Group – a social group offering a relaxed & welcoming space to meet with peers & trained staff.	For more info contact:
1.30pm-3pm	Each monthly programme of activities is based on agreed group interests to allow you to plan for the month ahead.	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Mon 5 th May	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 Tel: 07932120685
10.30am - 12pm 12pm - 1pm 1.30pm - 3.30pm	Drop In Café 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 6 th May	Drop in Café- - an opportunity to meet others in a similar situation, to make connections and develop friendships and	For more info contact:
10.30am-12pm	to support and learn from one another. Information & advice is always available from our trained staff.	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 6 th May	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	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
Wed 7 th May	Stirling/Clacks Cafe – For people with dementia or memory	For more info contact:
10.30am – 12pm	loss and their carers. Join us for a fun filled morning, 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. The last Wednesday of the month is a lunch group at 12-2pm.	Craby@alzscot.org or Tel: 07786406668
- Ab	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Thurs 8 th May	Brain Gym - Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by	For more info contact:
10.30am-12pm	NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered.	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
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, Alloa, FK10 1DT	<u>Dpaterson@alzscot.org</u> or Tel: 07733302772
Thurs 8 th May	Thursday Social Group - a social group offering a relaxed &	For more info contact:
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.	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Friday 9 th May	Café with Art & Craft – an opportunity to meet others in a similar situation, to make connections and develop	For more info contact:
1pm – 3pm	friendships and to support and learn from one another. Art and Craft corner available with materials supplied. Information & advice is always available from our trained staff.	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Mon 12 th May	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.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Tues 13 th May	Drop in Café- - an opportunity to meet others in a similar	For more info contact:
40.00	situation, to make connections and develop friendships and	5 6
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
	Dunin Haalth & Damantia Bassauras Comtus 2.4 Mill Street	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 13 th May	·	For more info contact.
Tues 13" Iviay	Activity Group - Fun & therapeutic activities for people living with dementia and carers.	For more info contact:
1.30pm-3pm	with defileritia and carers.	Dpriestley@alzscot.org or
1.30piii-3piii	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Tel: 07970784950
	Alloa, FK10 1DT	101. 07370704330
Wed 14 th May	Stirling/Clacks Cafe – For people with dementia or memory	For more info contact:
Wed 24 May	loss and their carers. Join us for a fun filled morning,	ror 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. The last Wednesday of the month is a lunch group	
	at 12-2pm.	
	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Thurs 15 th May	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.	
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10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers	For more info contact:
	support.	5
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Dpaterson@alzscot.org
The seath age	Alloa, FK10 1DT	or Tel: 07733302772
Thurs 15 th May	Thursday Social Group - a social group offering a relaxed &	For more info contact:
1 20000 2000	welcoming space to meet with peers & trained staff.	Daviostlav @alsoest aug au
1.30pm-3pm	Each monthly programme of activities is based on agreed	<u>Dpriestley@alzscot.org</u> or
	group interests to allow you to plan for the month ahead.	Tel:07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
Mon 19 th May	Alloa, FK10 1DT	For more info contact:
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Mon 19 th May	Alloa, FK10 1DT Alloa Monday Café & Lunch Club – Start the week catching	Aboyd@alzscot.org or
Mon 19 th May 10.30am – 12pm	Alloa, FK10 1DT Alloa Monday Café & Lunch Club – Start the week catching up over a cuppa, lunch and an afternoon of activities with old	

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 20 th May	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 is always available from our trained staff.	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 20 th May	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	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
Wed 21st May	Stirling/Clacks Cafe – For people with dementia or memory	For more info contact:
10.30am – 12pm	loss and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa. Our community cafes are a relaxed and informal setting for	Craby@alzscot.org 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. The last Wednesday of the month is a lunch group at 12-2pm.	
	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Wed 21st May	Espresso Yourself Café - For people with dementia or memory loss aged 65 years and under and their family or	For more info contact:
2pm – 3.30pm	carers. Join us for a fun and relaxing afternoon, socialising and catching up over a warm cuppa! Advice and support is also available if you want a chat	Craby@alzscot.org or Tel: 07786406668
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Thurs 22 nd May	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 self-management for people living with dementia. Booking required & taster session offered.	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers support.	For more info contact:
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	<u>Dpaterson@alzscot.org</u> or Tel: 07733302772
Friday 23 rd May	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.	
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	Art and Craft corner available with materials supplied.	Dpriestley@alzscot.org or
	Information & advice is always available from our trained staff.	Tel:07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Mon 26 th May	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 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 27 th May	Drop in Café- - an opportunity to meet others in a similar situation, to make connections and develop friendships and	For more info contact:
10.30am-12pm	to support and learn from one another. Information & advice	<u>Dpriestley@alzscot.org</u> or
	is always available from our trained staff.	Tel: 07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 27 th May	Activity Group - Fun & therapeutic activities for people living with dementia and carers.	For more info contact:
1.30pm-3pm	Dunin Haalth & Danaartia Baassuura Cantura 2.4 Mill Chuart	<u>Dpriestley@alzscot.org</u> or
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Tel:07970784950
Wed 28 th May	Stirling/Clacks Lunch – For people with dementia or memory loss and their carers. Join us for a fun filled morning,	For more info contact:
12pm-2pm	socialising and catching up over a warm cuppa.	Craby@alzscot.org or
	Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other	Tel: 07786406668
	people in their area. A member of Alzheimer staff will be	
	available. The last Wednesday of the month is a lunch group	
	at 12-2pm.	
	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Thurs 29 th May	Brain Gym - Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by	For more info contact:
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, Alloa, FK10 1DT	<u>Dpaterson@alzscot.org</u> or Tel: 07733302772

Fri	iday 30 th May	Screen Memories – Reconnecting people with memories and their love for cinema through memorabilia and music.	For more info contact:
10	30am – 12pm		Dpaterson@alzscot.org
		Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	or Tel: 07733302772

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	Contact Cherie Raby, Dementia Advisor on Email: craby@alzscot.org Tel: 07786406668
Carers Awareness Sessions	Every Tuesday in May 2pm – 4pm	Contact Cherie Raby, Dementia Advisor on Email: craby@alzscot.org Tel: 07786406668

