

# What's on

## May 2025 - Angus



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 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.

We are also here for you with a warm drink and company, feel free to pop in. 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.

Arbroath Groups		
Thursday 1 <sup>st</sup> May	<b>Tea &amp; Blether</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 6 <sup>th</sup> May	<b>Football Memories</b> Arbroath Football Club, Gayfield	2pm – 3.30pm
Wednesday 7 <sup>th</sup> May	<b>Tea &amp; Blether</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 7 <sup>th</sup> May	<b>Men's Carers Café</b> Arbroath Dementia Resource Centre	2pm-3.30pm
Thursday 8 <sup>th</sup> May	<b>Tea &amp; Blether</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 13 <sup>th</sup> May	<b>Arts and Crafts</b> Arbroath Dementia Resource Centre	2pm – 3.30pm
Wednesday 14 <sup>th</sup> May	<b>Tea &amp; Blether</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 15 <sup>th</sup> May	<b>Tea &amp; Blether</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 20 <sup>th</sup> May	<b>Music and Movement</b> Arbroath Dementia Resource Centre	2pm – 3.30pm
Wednesday 21 <sup>st</sup> May	<b>Tea &amp; Blether</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 22 <sup>nd</sup> May	<b>Tea &amp; Blether</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 28 <sup>th</sup> May	<b>Tea &amp; Blether</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 29 <sup>th</sup> May	<b>Tea &amp; Blether</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 28 <sup>th</sup> May	<b>Tea &amp; Blether</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 28 <sup>th</sup> May	<b>Carers Café</b> Arbroath Dementia Resource Centre	2pm – 3.30pm
Thursday 29 <sup>th</sup> May	<b>Tea &amp; Blether</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 29 <sup>th</sup> May	<b>Arbroath Boogie</b> Royal British Legion	2pm – 4pm

Angus Groups		
Thursday 1 <sup>st</sup> May	<b>Carnoustie Dementia Café</b> Comrie Hall, Carnoustie	2pm – 3.30pm
Friday 2 <sup>nd</sup> May	<b>Monifieth Dementia Café</b> New Monifieth Activity Centre, (MAC) Monifieth	2pm – 3.30pm
Thursday 15 <sup>th</sup> May	<b>Montrose Dementia Café</b> Philos Hub, Castle Street, Montrose.	2pm - 3.30pm
Friday 16 <sup>th</sup> May	<b>Birkhill Dementia Café</b> Millennium Hall, Birkhill	2pm - 3.30pm
Wednesday 21 <sup>st</sup> May	<b>Brechin Dementia Café</b> JARS Community Hub, Brechin	2pm - 3.30pm

**Contact details for groups:**

Rosemary Moncur - 07585700902 - rmoncur@alzscot.org

Angus Dementia Resource Centre – 01241 431770

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/>

24 HOUR


**Alzheimer  
Scotland**  
Action on Dementia

Dementia

Helpline

Freephone 0808 808 3000  
 Email [helpline@alzscot.org](mailto:helpline@alzscot.org)