What's On June 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		
opportunities or bookable appointments available throughout the month. Contact Lauren about your brain health and explore potential dementia risk factors. Contact Lauren Heap 07769364179 <u>heap@Alzscot.org</u>	 Improve your brain health Never too early, never too late! Start your Brain Health journey today! You can: 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! Start thinking about making small changes to your lifestyle which may improve your brain's wellbeing. 	Drop in by and have an informal conversation about your brain health, explore potential dementia risk factors.

	SPECIAL GUESTS IN JUNE - BOOK IN NOW
	Breathe and Balance Yoga Class with Lee-Anne
	Every Tuesday
	Art Group with Sarah's Art: Creative Connections 3rd & 17th June
	Learn Tech Together – AbilityNet
	5 ^{th,} 12 th & 26 th June
	Live Musical Wellbeing session with Lisa Bond
	6 th & 25 th June
	Drop in session - NHS Physiotherapist
	11 th June Chat. Curren & Community Fire Safety
	Chat, Cuppa & Community Fire Safety 24 th June
	Musical Monday - End-of-Month Party
	Special Guest: Billy Tully Music - 30 th June
2 nd to 8 th June	Dementia awareness week
2 nd to 8 th June	Volunteers week
9 th to 15 th June	Carers week
lain us in calabrating	Demontia Awaranass week & Velunteers week in style through our various
	J - Dementia Awareness week & Volunteers week in style through our various ns tailored to empower and engage the community around us!
Monday 2nd June	Green companions - Grow, Relax and Connect 11am to 12.30pm
NEW NEW NEW	
	A calm, friendly space, reconnecting with others through a variety of gentle gardening and nature-
	based sessions:
	 Using all of your senses, explore natural materials and various resources
	 Sparking memories through seasonal sights,
	scents, and stories in a relaxed friendly space
	Encouraging light movement and hands-on
	activity competing various hand on tasks
	Improve your emotional wellbeing
	No gardening experience needed—just bring
	yourself!
	Music Monday – Tunes & Togetherness – Start Your 2pm to 3.30pm
	Week on a High Note!
	Kickstart your week with music, laughter, and good
	vibes!
	Feel-Good Tunes & Great Company! Sing dance or just relax and enjoy the rhythm
	 Sing, dance, or just relax and enjoy the rhythm Bring a favourite record—or just bring yourself
	 Bring a favourite record—or just bring yourself! Make new friends and share the joy of music
	Everyone welcome—let's make Mondays magical!

Tuesday 3 rd June	Stretch, Strengthen & Socialise (Strength and	11am to 12.30pm
NEW ROUTINES	 Balance) Feel stronger, steadier, and more confident in this friendly, low-impact movement session. Gentle seated or standing exercises for all abilities Improve balance, mobility, and wellbeing Boost your confidence, strength, flexibility, and balance in a friendly, welcoming space Stay independent, socially connected, and energized No pressure, come along and take a positive step toward better strength and balance - move at your own pace and have fun! Everyone's welcome!	
Tuesday 3 rd June NEW NEW NEW	 Lunch & Laughter Social Bring your lunch—leave with a smile! Looking to boost your brain health and enjoy some friendly chatter Eat well, connect with others, and keep your mind action in a spin and set of the set of	12.30pm to 1.30pm
	mind active in a warm, welcoming space. We'll provide the teas, coffees, and conversation— you bring your own lunch and your smile.	
Tuesday 3 rd June With Lee-Anne	 Breathe and Balance Yoga Class with Lee-Anne Ready to stretch, breathe, and feel amazing? Yoga accessible to everyone—if you can breathe, you can do yoga! Gentle movements, breathing practices, and time to relax, Feel better, move better, and breathe better. Open to all abilities—find space to connect with your body, breath, and mind 	1.30pm to 2.30pm
	$\underline{\wedge}$ Please note: The class will be held upstairs.	
New Café & Special Guest	The Connection Corner Café - with Sarah's Art Looking to boost your wellbeing, spark your creativity, and make new social connections? An uplifting art session specially designed for people with memory loss, mild cognitive impairment, or dementia—and their carers.	2.30pm to 3.30pm Get booked in !
	These are friendly and welcoming sessions offer:	
	 Relaxed, supportive space to express yourself creatively 	

	 Activities that stimulate brain health and enhance emotional wellbeing A chance to connect with others in a meaningful and joyful way No art experience needed—just bring your curiosity and a smile! 	
Wednesday 4 th June	 The Music Makers – Let's Jam Together! Whether you're a seasoned musician or just starting out, Music Makers is your space to jam, create, and connect! 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 Join us to play, create, and make some noise with us - everyone's welcome! 	11am to 12.30pm
	 Carers Connection Café - tea and blether Join us for a supportive and friendly space where you can connect, share, and chat with others who understand what you're going through. Share experiences, find support, and build connections with fellow carers A welcoming, safe environment where everyone is encouraged to speak up and be heard Come for a cuppa, blether, stay for the support— you're not alone in this journey! 	11am to 12.30pm
	 Get Creative at our Craft Group Looking for a fun, relaxing way to spend your time? 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! All levels welcome—come craft, connect, and create! 	2.30pm to 3.30pm
NEW NEW NEW	Chatter, Cuppa & Challenge Looking for fun, connection, and a little brain boost? A warm welcoming space where friendly competition meets great conversation.	2.30pm to 3.30pm

	 Sharpen your thinking with games that support memory and problem-solving Stay socially connected with new faces and plenty of chat Relax and have fun in a supportive, inclusive environment Come for the games. Stay for the friendships! 	
Thursday 5 th June NEW NEW NEW	 Film and Friendship Café Take a break and join us for a laid-back morning where we share much-loved films, warm conversation, and plenty of laughs. Relax and enjoy great company with a cuppa and a classic film. Tea, coffee, and a relaxed atmosphere Great for sparking memories & conversation Reducing stress Building friendships Everyone's welcome—bring a friend or come alone 	11am to 12.30pm
NEW NEW NEW WITH HANNA	 Learn Tech Together - AbilityNet Book your space now! Don't let technology leave you behind—learn something new and build your confidence in a relaxed and supportive setting. This friendly session is perfect for anyone who wants to: Get to grips with everyday tech Overcome digital worries or phobia Stay independent and connected in a digital world Whether it's using a smartphone, tablet, laptop, or apps—we'll learn together, step by step. 	11am to 12.30pm
NEW NEW NEW	 Here and now - in partnership with Perth Theatre Come along to the Centre and take part in An exciting new project with Perth theatre With a wide range of different activates each week. There is something for everyone! 	2pm to 3.30pm Book your space now!
Friday 6 th June With Buffet - Let us know if you are coming!	Tea and blether – D'Cafe – with Light Buffet lunch A Warm Welcome Awaits! Looking for a friendly, welcoming space?	DCafe -10.30am to 12.00pm

	 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! 	Buffet lunch 12.15pm to 1.15pm Let us know you if you are coming!
	Whether you're here to relax, chat, or simply enjoy a cuppa, come along and connect with others!	5
Special Guest Live music with Lisa Bond	 Rhythm and musical connection – Live music session Join us in celebrating - Dementia Awareness week & Volunteers week in style through. Step into a joyful and uplifting session from Selkie Music School. 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. Music is more than entertainment—it's a proven way to boost mood, stimulate the brain, and support physical and emotional wellbeing. Come make memories, share smiles, and feel the beat—together. 	1.15pm to 2.15pm
NEW NEW NEW	 Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking Relaxing session to meet new friends 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! 	2.15pm to 3.30pm
	Everyone welcome - come along, take a break,	
	and enjoy the joy of puzzling together	
	me lovely refreshments while joining us to recognise, r the amazing support and devotion they provide to fam	-
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• Sing dance or just relay and onjoy the rhythm	
 Make new friends and share the joy of music 	
Everyone welcome—let's make Mondays magical!	
Strength and Balance - Stretch, Strengthen &	11am to 12.30pm
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Feel stronger, steadier, and more confident in this	
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toward better strength and balance - move at your	
own pace and have fun! Everyone's welcome!	
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you bring your own lunch and your smile.	
	1.30pm to
-	2.30pm
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body, breath, and mind	
$\underline{\Lambda}$ Please note: The class will be held upstairs.	
	2pm to 3.30pm
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Fun and laughter	
	 Strength and Balance - Stretch, Strengthen & Socialise Feel stronger, steadier, and more confident in this friendly, low-impact movement session. Gentle seated or standing exercises for all abilities Improve balance, mobility, and wellbeing Boost your confidence, strength, flexibility, and balance in a friendly, welcoming space Stay independent, socially connected, and energized No pressure, come along and take a positive step toward better strength and balance - move at your own pace and have fun! Everyone's welcome! Lunch & Laughter Social - Bring your lunch—leave with a smile! Looking to boost your brain health and enjoy some friendly chatter Eat well, connect with others, and keep your mind active in a warm, welcoming space. We'll provide the teas, coffees, and conversation—you bring your own lunch and your smile. Breathe and Balance Yoga Class with Lee-Anne Ready to stretch, breathe, and feel amazing? Yoga accessible to everyone—if you can breathe, you can do yoga! Gentle movements, breathing practices, and time to relax, Feel better, move better, and breathe better. Open to all abilities—find space to connect with your body, breath, and mind Please note: The class will be held upstairs. Connection Corner Café – Cuppa and Beach Ball Banter This week's activity is a playful game where we toss around a beach ball covered in conversation prompts. Make new friends

	 Learn more about others Strengthen social bonds and stay mentally active Perfect for all ages and abilities—no pressure, just plenty of fun, chat, and connection. Come for the coffee, stay for the company, and leave with new friends! 	
Wednesday 11th June	 Young Onset Group (PLWD) Peer Support & Connection Looking for a place to connect with others who understand? 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! Come along, relax, and find the support you deserve! 	10.30am to 12.30pm
	 Young Onset Carers Group – Support, Connection & Laughter Are you a carer looking for a space to connect, share, and recharge? 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! All YO carers welcome, come along, relax, and find the support you deserve! 	10.30am to 12.30pm
SPECIAL GUEST NHS Physio NEW NEW NEW	 Drop-In Physio Session – Stay Active, Stay Independent Pop in for expert advice and friendly support! Have a question about movement, strength, or balance? Want to feel more confident getting around? Come along to our drop-in physiotherapist session—no appointment needed! A qualified physio will be on hand to: Offer personalised advice on mobility and physical wellbeing Share simple tips to help you move more safely and comfortably Answer questions and provide guidance on falls prevention, strength and balance 	2pm to 3.30pm

	Whether you have a concern or just want to learn more, this is a great opportunity to look after your body and stay active and independent. Just pop in, have a chat, and take a positive step for your health.	
	 Get Creative at our Craft Group Looking for a fun, relaxing way to spend your time? 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! All levels welcome—come craft, connect, and create! 	2pm to 3.30pm
Wednesday 11 th June NEW NEW NEW	 In the Lounge: Cards, Dominoes & Nostalgia An Afternoon of Fun, Friendship & Fond Memories Step into the lounge and unwind with an afternoon of classic games, warm conversation, and shared memories. Whether you're a seasoned card shark or just enjoy the clink of dominoes, this is your chance to: Relax and play in good company Stir up stories from the past and spark new conversations Enjoy a cosy, welcoming atmosphere filled with laughter and connection No experience needed—just bring your smile and join in the fun. Old favourites, new friends, and timeless memories await! 	2pm to 3.30pm
Thursday 12 th June NEW NEW NEW	 Coffee, Company & Classics Café Kettle's always on and the atmosphere is full of friendly faces and familiar favourites. Enjoy: Fresh coffee and tasty treats Great company and relaxed conversation A nostalgic soundtrack of classic hits to stir happy memories Whether you're catching up with old friends or making new ones, this café is the perfect place to unwind, reconnect, and feel right at home. Pop in, pull up a chair, and soak up the feel-good vibes—everyone's welcome! 	11am to 12.30pm

WITH HANNA	Book your space now!	
	<i>Don't let technology leave you behind—learn something new and build your confidence in a relaxed and supportive setting.</i>	
	<i>This friendly session is perfect for anyone who wants to:</i>	
	• Get to grips with everyday tech	
	Overcome digital worries or phobia	
	 Stay independent and connected in a digital world 	
	Whether it's using a smartphone, tablet, laptop, or apps—we'll learn together, step by step.	
NEW NEW NEW	Here and now – in partnership with Perth Theatre Come along to the Centre and take part in – An exciting new project with Perth theatre	2pm to 3.30pm Get booked in !
	 With a wide range of different activates each week. There is something for everyone 	
Friday	Book your space now! Dementia Café – A Warm Welcome Awaits!	10.30am to
13 th June	 Looking for a friendly, welcoming space? 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! 	12.30pm
	Puzzling together - Jigsaws, wordsearch,	1.30pm to 3pm
NEW NEW NEW	 crosswords and much more to get your brain thinking Relaxing session to meet new friends 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! 	
	Everyone welcome - come along, take a break, and enjoy the joy of puzzling together	
Monday 16 th June NEW NEW NEW	Green companions - Grow, Relax and Connect	11am to 12.30pm

	A calm, friendly space, reconnecting with others through a variety of gentle gardening and nature-based sessions:	
	 Using all of your senses, explore natural materials and various resources Sparking memories through seasonal sights, scents, and stories in a relaxed friendly space Encouraging light movement and hands-on activity competing various hand on tasks Improve your emotional wellbeing 	
	No gardening experience needed—just bring yourself!	
Monday 16 th June	Music Monday – Tunes & Togetherness – Start Your Week on a High Note!	2pm to 3.30pm
	Kickstart your week with music, laughter, and good vibes!	
	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	
	Everyone welcome—let's make Mondays magical!	
Tuesday 17 th June	Stretch, Strengthen & Socialise (Strength and	11am to 12.30pm
NEW ROUTINES	Balance) Feel stronger, steadier, and more confident in this friendly, low-impact movement session	
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NEW NEW NEW	 Feel stronger, steadier, and more confident in this friendly, low-impact movement session. Gentle seated or standing exercises for all abilities Improve balance, mobility, and wellbeing Boost your confidence, strength, flexibility, and balance in a friendly, welcoming space Stay independent, socially connected, and energized No pressure, come along and take a positive step toward better strength and balance - move at your	12.30pm to 1.30pm
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WITH LEE-ANE	 Breathe and Balance Yoga Class with Lee-Anne Ready to stretch, breathe, and feel amazing? Yoga accessible to everyone—if you can breathe, you can do yoga! Gentle movements, breathing practices, and time to relax, Feel better, move better, and breathe better. Open to all abilities—find space to connect with your body, breath, and mind ▲ Please note: The class will be held upstairs. 	1.30pm to 2.30pm
Tuesday 17 th June NEW NEW NEW	The Connection Corner Café - with Sarah's Art Looking to boost your wellbeing, spark your creativity, and make new social connections? An uplifting art session specially designed for people with memory loss, mild cognitive impairment, or dementia—and their carers.	2.30pm to 3.30pm Get booked in !
	These are friendly and welcoming sessions offer:Relaxed, supportive space to express yourself	
	creatively	
	 Activities that stimulate brain health and enhance emotional wellbeing 	
	 A chance to connect with others in a meaningful and joyful way 	
	No art experience needed—just bring your curiosity and a smile!	
Wednesday 18 th June	 The Music Makers - Let's Jam Together! Whether you're a seasoned musician or just starting out, Music Makers is your space to jam, create, and connect! 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 Join us to play, create, and make some noise with us -everyone's welcome! 	11am to 12.30pm
	 Carers Connection Café Join us for a supportive and friendly space where you can connect, share, and chat with others who understand what you're going through. Share experiences, find support, and build connections with fellow carers 	11am to 12.30pm

	• A welcoming, safe environment where everyone is encouraged to speak up and be heard Come for a cuppa, blether, stay for the support—you're not alone in this journey!	
Wednesday 18 th June	 Get Creative at our Craft Group Looking for a fun, relaxing way to spend your time? 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! All levels welcome—come craft, connect, and create! 	2pm to 3.30pm
Wednesday 18 th June NEW NEW NEW	 Chatter, Cuppa & Challenge Looking for fun, connection, and a little brain boost? A warm welcoming space where friendly competition meets great conversation. Sharpen your thinking with games that support memory and problem-solving Stay socially connected with new faces and plenty of chat Relax and have fun in a supportive, inclusive environment Bring your curiosity—and maybe your competitive streak! Come for the games. Stay for the friendships 	2pm to 3.30pm
Thursday 19 th June NEW NEW NEW	 Film and Friendship Café Take a break and join us for a laid-back morning where we share much-loved films, warm conversation, and plenty of laughs. Relax and enjoy great company with a cuppa and a classic film. Tea, coffee, and a relaxed atmosphere Great for sparking memories & conversation Reducing stress Building friendships Everyone's welcome—bring a friend or come alone	11am to 12.30pm
NEW NEW NEW	 Here and now - in partnership with Perth Theatre Come along to the Centre and take part in An exciting new project with Perth theatre With a wide range of different activates each week. There is something for everyone Book your space now! 	2pm to 3.30pm

Friday	Dementia Café– A Warm Welcome Awaits!	10.30am to
20 th June	Looking for a friendly, welcoming space?	12.30pm
	 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!	
	Puzzling together - Jigsaws, wordsearch,	
Friday 20 th June	crosswords and much more to get your brain	1.30pm to
NEW NEW NEW	thinking	2.20pm
	Relaxing session to meet new friends	2.20011
	Choose from a variety of jigsaws, including	
	dementia-friendly options and even ones with up	
	to 500 pieces!	
	5 11	
	take one home to enjoy at your leisure. It's a	
	great way to unwind and connect with others!	
	Everyone welcome - come along, take a break,	
	and enjoy the joy of puzzling together	
Monday	Music Monday – Tunes & Togetherness – Start Your	2pm to 3.30pm
Monday 23 rd June	Music Monday – Tunes & Togetherness – Start Your Week on a High Note!	2pm to 3.30pm
Monday 23 rd June	Week on a High Note!	2pm to 3.30pm
	Week on a High Note! Kickstart your week with music, laughter, and good	2pm to 3.30pm
	Week on a High Note! Kickstart your week with music, laughter, and good vibes!	2pm to 3.30pm
	Week on a High Note!Kickstart your week with music, laughter, and good vibes!Feel-Good Tunes & Great Company!	2pm to 3.30pm
	 Week on a High Note! Kickstart your week with music, laughter, and good vibes! Feel-Good Tunes & Great Company! Sing, dance, or just relax and enjoy the rhythm 	2pm to 3.30pm
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23 rd June	 Week on a High Note! Kickstart your week with music, laughter, and good vibes! 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 Everyone welcome—let's make Mondays magical! 	
23 rd June Tuesday 24 th June	 Week on a High Note! Kickstart your week with music, laughter, and good vibes! 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 Everyone welcome—let's make Mondays magical! Stretch, Strengthen & Socialise (Strength and 	2pm to 3.30pm 11am to 12.30pm
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	No pressure, come along and take a positive step	
	toward better strength and balance - <i>move at your</i> own pace and have fun! Everyone's welcome!	
NEW NEW NEW		12.30pm to 1.30pm
	Lunch & Laughter Social - <i>Bring your lunch—leave</i> with a smile!	1.50pm
	 Looking to boost your brain health and enjoy some friendly chatter Eat well, connect with others, and keep your mind active in a warm, welcoming space. We'll provide the teas, coffees, and conversation— you bring your own lunch and your smile. 	
WITH LEE-ANNE	 Breathe and Balance Yoga Class with Lee-Anne Ready to stretch, breathe, and feel amazing? Yoga accessible to everyone—if you can breathe, you can do yoga! Gentle movements, breathing practices, and time to relax, Feel better, move better, and breathe better. Open to all abilities—find space to connect with your body, breath, and mind 	1.30pm to 2.30pm
	\bigwedge Please note: The class will be held upstairs.	
NEW NEW NEW SPECIAL GUEST COMMUNITY FIRE SAFETY	 The Connection Corner Café: Chat, Cuppa & Community Fire Safety Essential fire safety tips from your local fire and rescue community team. This relaxed and informative session will include: Simple steps to stay safe at home Fire prevention advice tailored for all ages A chance to ask questions and meet your local fire crew Plus, enjoy a warm drink, a biscuit or two, and great conversation with others in your community. Stay connected, stay safe—and feel confident at home. All are welcome—come along, learn something new, and make new connections! 	2pm to 3.30pm

	 Meet new people, and share stories in a supportive, fun atmosphere! 	
	Come along, relax, and find the support you	
	deserve!	
		10.30am to 12pm
	Young Onset Carers Group – Support, Connection & Laughter	
	Are you a carer looking for a space to connect, share, and recharge?	
	 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! 	
	All YO carers welcome, come along, relax, and find	
SPECIAL GUEST -	the support you deserve!	
LIVE MUSIC WITH		1.15pm to
LISA BOND	Rhythm and reconection-Live music session	2.15pm
	from Selkie Music School.	
	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. Music is more than entertainment—it's a proven way to boost mood, stimulate the brain, and support physical and emotional 	
	wellbeing.	
	Come make memories, share smiles, and feel the beat—together.	
	Gat Craative at our Craft Group	2pm to 3.30pm
	 Get Creative at our Craft Group Looking for a fun, relaxing way to spend your time? 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!	
NEW NEW NEW	All levels welcome—come craft, connect, and create!	2pm to 3.30pm
	In the Lounge: Cards, Dominoes & Nostalgia An Afternoon of Fun, Friendship & Fond Memories	

	 Step into the lounge and unwind with an afternoon of classic games, warm conversation, and shared memories. Whether you're a seasoned card shark or just enjoy the clink of dominoes, this is your chance to: Relax and play in good company Stir up stories from the past and spark new conversations Enjoy a cosy, welcoming atmosphere filled with laughter and connection No experience needed—just bring your smile and join in the fun. Old favourites, new friends, and timeless memories await! 	
Thursday 26 th June NEW NEW NEW	 Coffee, Company & Classics Café Kettle's always on and the atmosphere is full of friendly faces and familiar favourites. Enjoy: Fresh coffee and tasty treats Great company and relaxed conversation A nostalgic soundtrack of classic hits to stir happy memories Whether you're catching up with old friends or making new ones, this café is the perfect place to unwind, reconnect, and feel right at home. Pop in, pull up a chair, and soak up the feel-good vibes—everyone's welcome! 	11am to 12.30pm
NEW NEW NEW WITH HANNA	 Learn Tech Together – AbilityNet Don't let technology leave you behind—learn something new and build your confidence in a relaxed and supportive setting. This friendly session is perfect for anyone who wants to: Get to grips with everyday tech Overcome digital worries or phobia Stay independent and connected in a digital world Whether it's using a smartphone, tablet, laptop, or apps—we'll learn together, step by step. Book your space now! 	11am to 12.30pm
NEW NEW NEW	Here and now – in partnership with Perth Theatre Come along to the Centre and take part in – An exciting new project with Perth theatre	2pm to 3.30pm

Friday 27 th June	 With a wide range of different activates each week. There is something for everyone Book your space now! Dementia Café – A Warm Welcome Awaits! Looking for a friendly, welcoming space? 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! 	10.30am to 12.30pm
	 Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking Relaxing session to meet new friends 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! Everyone welcome - come along, take a break, and enjoy the joy of puzzling together 	1.30pm to 3pm
Monday 30 th June NEW NEW NEW	 Green companions - Grow, Relax and Connect A calm, friendly space, reconnecting with others through a variety of gentle gardening and nature-based sessions: Using all of your senses, explore natural materials and various resources Sparking memories through seasonal sights, scents, and stories in a relaxed friendly space Encouraging light movement and hands-on activity competing various hand on tasks Improve your emotional wellbeing No gardening experience needed—just bring yourself!	11am to 12.30pm

Monday 30 th June Special Guest: Billy	Musical Monday - End-of-Month Party – Live Music 2pm to 3.30pm Special Guest: Billy Tully Music!
Tully Music!	 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!

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		
	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.	

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

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

