

# What's on

## June 2025 - Stranraer



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. 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.

**Centre Contact Number: 01776 889181**

In person group		
Monday 2 <sup>nd</sup> June	<b>Your Brain Health – Drop-in Session</b>	10am – 12 noon
	Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	KMcWhirter@alzscot.org 07464 901788
	It's never too early or too late to care for your brain, regardless of your age or condition. Why not drop in and learn about the practical steps you can take to reduce the risks of developing conditions like dementia or how to take steps to boost your brain health.	
	<b>Cromarty Crafters</b>	2pm – 3.30pm
	Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	NCollins@alzscot.org 07767 647062
	An Arts & Crafts session to encourage people living with dementia and their friends and family to show their artistic side by stimulating their senses, while reducing stress and allowing them to reconnect with people in a friendly and safe environment. while enjoying a cuppa and a chat.	
Tuesday 3 <sup>rd</sup> June	<b>Cromarty Garden Rescue</b>	10.30am – 12 noon
	Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	NCollins@alzscot.org 07767 647062
	A relaxed gardening group open to people with all gardening abilities.	

	<b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  It's never too early or too late to care for your brain, regardless of your age or condition. Staff can discuss with you about the practical steps you can take to reduce the risks of developing conditions like dementia or how to take steps to boost your brain health. Contact to book an appointment.	2pm – 4pm  KMcWhirter@alzscot.org 07464 901788
Wednesday 4 <sup>th</sup> June	<b>Tea and Blether – ‘Have Your Say Event’</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  The ‘Have Your Say’ engagement session aims to provide a platform for people living with dementia, and carers (or former carers) of a person living with dementia, to raise any issues, concerns and share good practice. This is your opportunity to voice your personal experiences to help identify gaps in current dementia care and support and help ensure any improvements are truly person-centred. Your views and opinions will also play a vital role in shaping the campaigning priorities and focus areas of Alzheimer Scotland's two campaigning and awareness raising groups, the Scottish Dementia Working Group (SDWG), and the National Dementia Carers Action Network (NDCAN). Only by listening to what people like you are telling us, can we ensure that our campaigning and awareness raising work is driving the change in policy and practice that people affected by dementia need.	10.30am -12.30pm  KMcWhirter@alzscot.org 07464 901788  NCollins@alzscot.org 07767 647062
Thursday 5 <sup>th</sup> June	<b>Long Term Care - Carers Support Group</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  A support group for Carers who support a relative or friend living in a care home or care for someone who is considering moving into a care home. A chance to meet with others, share your thoughts and experiences with information, support and advice always available.	10.30am – 12 noon  NCollins@alzscot.org 07767 647062  KMcWhirter@alzscot.org 07464 901788
	<b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm - 4pm  KMcWhirter@alzscot.org 07464 901788
Friday 6 <sup>th</sup> June	<b>Let's Get Active Class</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  A session of indoor bowling.	10.30am – 12 noon  NCollins@alzscot.org 07767 647062

	<b>Cromarty Café Drop-In</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  Informal drop-in session. Pop in and have a chat with a staff member. Support and refreshments provided.	10.30am – 12pm  KMcWhirter@alzscot.org 07464 901788
Monday 9 <sup>th</sup> June	<b>Stranraer Musical Memories</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  Come along and share your love and interest in music. Which songs hold special memories for you? Reminisce, share stories and play some fun musical games. The group is open to those living with dementia or experiencing memory loss, including friends and family.  <b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon  NCollins@alzscot.org 07767 647062  2pm - 4pm  KMcWhirter@alzscot.org 07464 901788
Tuesday 10 <sup>th</sup> June	<b>Stroll in the Park – in collaboration with DG Active Communities</b>  Come and join us for a low-level walk led by a DG Active Walk Leader. The walk will start at Agnew Park and finish at Alzheimer Scotland Resource Centre, where refreshments will be provided. It will last approximately 25 minutes and is open to all. Contact the person listed for further details.  <b>Food For Thought</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  A cooking-based activity group which encourages and promotes the importances of maintaining a healthy balanced diet.  <b>Your Brain Health – Drop-in Session</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	9.30am – 11am  Carolinecameron@alzscot.org 07810 528046  10.30am – 1pm  NCollins@alzscot.org 07767 647062  2pm - 4pm  KMcWhirter@alzscot.org 07464 901788
Wednesday 11 <sup>th</sup> June	<b>Cromarty Quiz Masters</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  An opportunity to test your general knowledge while working as part of a team competing against your opponents. Fun and light-hearted competition provided, as well as some refreshments and biscuits.	10.30am – 12 noon  NCollins@alzscot.org 07767 647062

	<b>Information Talk on Work and Employability for Carers</b> 10-12 St John Street, Stranraer, DG9 7EL Join us for an <b>in-person</b> information talk on work and employability for carers by Darren at the Stranraer Job Centre. Refreshments provided. Contact the person listed for further details.	10.30am – 12 noon  Carolinecameron@alzscot.org 07810 528046
	<b>Cromarty Café Drop-In</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 3.30pm  KMcWhirter@alzscot.org 07464 901788
Thursday 12 <sup>th</sup> June	<b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10am – 12 noon  KMcWhirter@alzscot.org 07464 901788
	<b>The Memory Box</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  A reminiscence session, looking back over years gone by and our treasured memories. Come share your favourite stories and memories over a cuppa.	2pm – 3.30pm  NCollins@alzscot.org 07767 647062
Friday 13 <sup>th</sup> June	<b>Football Memories</b> Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS  We remember the players and heroes of our childhood. We compare the players of today to the greats of yester year and at halftime we enjoy a pie and bovril. We also have walking football available to those who feel up to a wee bit more physical involvement.	10.30am-12 noon  NCollins@alzscot.org 07767 647062
	<b>Carers Coffee &amp; Chat Drop-In</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  A social coffee (or tea!) group to celebrate carers. An opportunity for carers to make friends and share experiences.	10.30am – 12 noon  Carolinecameron@alzscot.org 07810 528046
	<b>Your Brain Health – Drop-in Session</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm - 4pm  KMcWhirter@alzscot.org 07464 901788

Monday 16 <sup>th</sup> June	<b>Spring Has Sprung</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  A social gathering activity with a chance to enjoy the bloom of the spring months where fun filled spring activities will take place from local outings; bird watching & garden activities will be some of many activities taking place during this session. Come along and enjoy with us.	2pm – 3.30pm  NCollins@alzscot.org 07767 647062
Tuesday 17 <sup>th</sup> June	<b>Therapeutic Tuesdays</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  Therapeutic Tuesday is a relaxation session to help relieve tension and stress, in aim to create a relaxing environment while you can indulge in some Me Time.  <b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am - 12noon  NCollins@alzscot.org 07767 647062  2pm – 4pm  KMcWhirter@alzscot.org 07464 901788
Wednesday 18 <sup>th</sup> June	<b>Your Brain Health – Drop-in Session</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  <b>Stranraer Coffee Catch-Up</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  This session will include an information talk on the study of Owls from an Ornithologist.	10am – 12 noon  KMcWhirter@alzscot.org 07464 901788  10.30am - 12noon  NCollins@alzscot.org 07767 647062
Thursday 19 <sup>th</sup> June	<b>Cromarty Café Drop-In</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  <b>Stranraer Lunch Group</b>  Stranraer Lunch Group is a social group where people are invited to get together at a local lunch venue in Stranraer to taste some lovely food and have a good old chinwag. Please contact Natalie for details about the venue.	10.30am – 12pm  KMcWhirter@alzscot.org 07464 901788  12noon - 2pm  NCollins@alzscot.org 07767 647062
Friday 20 <sup>th</sup> June	<b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  <b>Let's Get Active Class</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A session of indoor bowling.	10am – 12 noon  KMcWhirter@alzscot.org 07464 901788  10.30am - 12noon  NCollins@alzscot.org 07767 647062

Monday 23 <sup>rd</sup> June	<b>Cromarty Café Drop-In</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  <b>Movie Memories</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  Take a journey through the years of cinema from old school classics to individual favourites, with clips and music from various movies, while enjoying some refreshments.	10.30am – 12pm  KMcWhirter@alzscot.org 07464 901788  2pm – 3.30pm  NCollins@alzscot.org 07767 647062
	<b>Sing With Us</b> Stranraer Resource Centre, Cromarty House, Sun St, DG9 7JL  Bring along your singing voices good or bad to our new activity group. Sing With Us. With a selection of instruments available, we can also strike up the band! Whatever your skill set, we can all get therapeutic benefits from music and singing and improve our brain health. We hope you come along for a sing song.  <b>Early Onset Dementia Support Cafe</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  Are you a younger person living with dementia? We would like to invite people living with dementia under the age of 65 with a diagnosis of dementia and their carers to join us for a tea or coffee at our café. The café provides a safe space where you can relax, socialise and get some advice & support.	10.30am - 12noon  NCollins@alzscot.org 07767 647062  2pm – 3.30pm  KMcWhirter@alzscot.org 07464 901788
Wednesday 25 <sup>th</sup> June	<b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  <b>Stranraer Coffee Catch-Up</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  A social, coffee group open to those experiencing memory loss, people living with dementia and carers. Encourages the formation of companionship and sharing of social support. Topical conversations had surrounding life in Stranraer and activities/themes happening that month.	10am – 12 noon  KMcWhirter@alzscot.org 07464 901788  10.30am - 12noon  NCollins@alzscot.org 07767 647062
Thursday 26 <sup>th</sup> June	<b>CENTRE CLOSED DUE TO EXTERNAL TRIP</b>	

Friday 27 <sup>th</sup> June	<b>Football Memories</b> Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS	10.30am – 12 noon  NCollins@alzscot.org 07767 647062
	<b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm  KMcWhirter@alzscot.org 07464 901788
Monday 30 <sup>th</sup> June	<b>Cromarty Café Drop-In</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12pm  KMcWhirter@alzscot.org 07464 901788
	<b>Cromarty Garden Rescue</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am - 12noon  NCollins@alzscot.org 07767 647062
Wednesday 27 <sup>th</sup> of August	<b>Carers Academy – supporting family Carers affected by dementia</b> <b>By Alzheimer Scotland Centre for Policy and Practice</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  Join other family Carers for a day at the Carers Academy in Stranraer this August- <b>please note, this event must be booked in advance and is not a drop-in session.</b> 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. We look forward to welcoming you to a day at the Carers Academy in Stranraer this summer.	09.30am – 3.30pm  <a href="mailto:dg.carersacademy@nhs.scot">dg.carersacademy@nhs.scot</a> 01387 246246 (ext 32907)

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

Online Group		
Tuesday 10 <sup>th</sup> June	<b>Information Talk on Benefits for Carers</b>  Join us for an online information talk on benefits for carers by Anne-Marie from the Financial Wellbeing Team at Dumfries & Galloway Council.	2.30pm – 3.30pm  Carolinecameron@alzscot.org 07810 528046
Wednesday 25 <sup>th</sup> June	<b>Coffee and Connect</b>  This online coffee group provides an opportunity to connect with our centre's support services digitally. Pop the kettle on and join us for a cuppa. Please get in touch to receive the link to join.	2pm – 3pm  NCollins@alzscot.org 07767 647062

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/alzscot>

