What's on



June 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		
Mon 2 nd June	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	101. 07332120003
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 3 rd June	Drop in Café- - an opportunity to meet others in a similar	For more info contact:
10 200 12	situation, to make connections and develop friendships and	Devicetles @elegat ave av
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 3 rd June	Activity Group - Fun & therapeutic activities for people living with dementia and carers.	Cancelled
1.30pm-3pm	With defined and carers.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Wed 4 th June	Stirling/Clacks Cafe – For people with dementia or memory	For more info contact:
40.00	loss and their carers. Join us for a fun filled morning,	
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 people living with dementia and their carers to meet other	Tel: 07786406668
	people in their area. A member of Alzheimer staff will be	

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		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 5 th June	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. Booking required & taster session offered.	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,	Dpaterson@alzscot.org
	Thurs 5 th June	Alloa, FK10 1DT Thursday Social Group - a social group offering a relaxed &	or Tel: 07733302772 For more info contact:
	Thurs 5 Julie	welcoming space to meet with peers & trained staff.	For more into contact.
	1.30pm-3pm	Each monthly programme of activities is based on agreed	Dpriestley@alzscot.org or
		group interests to allow you to plan for the month ahead.	Tel:07970784950
		Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
	Friday 6 th June	Café with Art & Craft – an opportunity to meet others in a	For more info contact:
		similar situation, to make connections and develop	
	1pm – 3pm	friendships and to support and learn from one another.	<u>Dpriestley@alzscot.org</u> or
		Art and Craft corner available with materials supplied.	Tel:07970784950
		Information & advice is always available from our trained staff.	
		Starr.	
		Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
		Alloa, FK10 1DT	
	Mon 9 th June	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 10 th June	Drop in Café an opportunity to meet others in a similar	For more info contact:
	40.00 40	situation, to make connections and develop friendships and	Destruite Out
	10.30am-12pm	to support and learn from one another. Information & advice	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
		is always available from our trained staff.	161.0/3/0/04330
		Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
		Alloa, FK10 1DT	

Tues 10 th June	Activity Group - Fun & therapeutic activities for people living with dementia and carers.	For more info contact:
1.30pm-3pm	With demenda and earers.	Dpriestley@alzscot.org or
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Tel: 07970784950
Wed 11 th June	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.	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 12 th June	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	Dpriestley@alzscot.org or
10.30am-12pm	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	Cancelled
	support.	Caricerea
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Thurs 12 th June	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	<u>Dpriestley@alzscot.org</u> or
1.30pm-3pm	group interests to allow you to plan for the month ahead.	Tel:07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Mon 16 th June	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
40.00	Durate Call	Tel: 07932120685
10.30am – 12pm 12pm – 1pm	Drop In Café 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 17 th June	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	situation, to make connections and develop friendships and to support and learn from one another. Information & advice	Dpriestley@alzscot.org or
	is always available from our trained staff.	Tel: 07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	

Tues 17 th June	Activity Group - Fun & therapeutic activities for people living with dementia and carers.	For more info contact:
1.30pm-3pm	with definentia and carers.	Dpriestley@alzscot.org or
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Tel: 07970784950
Wed 18 th June	Stirling/Clacks Cafe – For people with dementia or memory	For more info contact:
	loss and their carers. Join us for a fun filled morning,	
10.30am – 12pm	socialising and catching up over a warm cuppa.	Craby@alzscot.org or Tel: 07786406668
	Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other	Tel: 07780400008
	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 18 th June	Espresso Yourself Café - For people with dementia or	For more info contact:
2	memory loss aged 65 years and under and their family or	Cook Colorest and an
2pm – 3.30pm	carers. Join us for a fun and relaxing afternoon, socialising and catching up over a warm cuppa! Advice and support is	Craby@alzscot.org or Tel: 07786406668
	also available if you want a chat	1011 077 00 100000
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Thurs 19 th June	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 self-management for people living with dementia.	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
	Booking required & taster session offered.	Tel.07570764530
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,	Dpaterson@alzscot.org
Friday 20 th June	Alloa, FK10 1DT Café with Art & Craft – an opportunity to meet others in a	or Tel: 07733302772 For more info contact:
Triday 20 June	similar situation, to make connections and develop	Tor more imo contact.
1pm – 3pm	friendships and to support and learn from one another.	<u>Dpriestley@alzscot.org</u> or
	Art and Craft corner available with materials supplied.	Tel:07970784950
	Information & advice is always available from our trained staff.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Mon 23 rd June	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	Alta do la
	friends and new.	Aboyd@alzscot.org or Tel: 07932120685
10.30am – 12pm	Drop In Café	10 07552120005
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 24 th June	Drop in Café- - an opportunity to meet others in a similar	For more info contact:
rues 24 June	situation, to make connections and develop friendships and	Tot more into contact.
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
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	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Tues 24 th June	Activity Group- Fun & therapeutic activities for people living	For more info contact:
	with dementia and carers.	
1.30pm-3pm		<u>Dpriestley@alzscot.org</u> or
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Tel:07970784950
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Wed 25 th June	Stirling/Clacks Lunch – For people with dementia or memory	For more info contact:
12pm-2pm	loss and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa.	Crahy@alzccot ozg oz
12pm-2pm	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	161. 0778040000
	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.	
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	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Thurs 26 th June	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	<u>Dpriestley@alzscot.org</u> 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:
10.00um 12pm	support.	Tot more and contact.
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Dpaterson@alzscot.org
	Alloa, FK10 1DT	or Tel: 07733302772
Friday 27 th June	Screen Memories – Reconnecting people with memories and	For more info contact:
	their love for cinema through memorabilia and music.	
1030am – 12pm		Dpaterson@alzscot.org
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	or Tel: 07733302772
	Alloa, FK10 1DT	
Mon 30 th June	Alloa Monday Café & Lunch Club – Start the week catching	Cancelled
	up over a cuppa, lunch and an afternoon of activities with old friends and new.	
	inchus and new.	
10.30am – 12pm	Drop In Café	
12pm – 1pm	Lunch Break – bring your own lunch	
1.30pm – 3.30pm	Activities	
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	You are welcome to attend all sessions or please feel free to	
	attend which session is more suitable to you. Please note	
	attend which session is more suitable to you. Please note these sessions are for both the person living with dementia and their carer.	

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

