

What's On

July 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		
<p><i>Various drop in opportunities or bookable appointments available throughout the month.</i></p> <p>Contact Lauren about your brain health and explore potential dementia risk factors.</p> <p>Contact Lauren Heap 07769364179 lheap@Alzscot.org</p>	<p>Improve your brain health Never too early, never too late! Start your Brain Health journey today!</p> <p>You can:</p> <ul style="list-style-type: none"> ✓ 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! <p>Start thinking about making small changes to your lifestyle which may improve your brain's wellbeing.</p>	<p>Drop in by and have an informal conversation about your brain health, explore potential dementia risk factors.</p>
<p>SPECIAL GUESTS IN JULY -</p> <p>Musical Monday - End-of-Month Party Special Guest: Billy Tully Music – 28th July</p>		

Monday 30th June	Green companions - Grow, Relax and Connect <i>A calm, friendly space, reconnecting with others through a variety of gentle gardening and nature-based sessions:</i> <i>Using all of your senses, explore natural materials and various resources, sparking memories through seasonal sights, scents, and stories in a relaxed friendly space while improving your emotional wellbeing</i> No gardening experience needed—just bring yourself!	10.30am to 12.00pm
Monday 30th June Special Guest: Billy Tully Music!	Musical Monday - End-of-Month Party – Live Music Special Guest: Billy Tully Music! Wrap up the month with live music, great company, and tasty refreshments! Dance, relax, or just soak in the tunes Everyone's welcome - let's end the month on a high note!	2pm to 3.30pm
Tuesday 1st July	Stretch, Strengthen & Socialise (Strength and Balance) <i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session. Gentle seated or standing exercises for all abilities. Improve your balance, mobility, and wellbeing. Stay independent, socially connected, and confident. No pressure, move at your own pace and have fun</i> - Everyone's welcome!	10.30am to 12.00pm
Tuesday 1st July	Lunch & Laughter Social - Bring your own lunch. 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!	12.30pm to 1.30pm
Tuesday 1st July New Community Drop-in Café	The Connection Corner Café Join us at our friendly and welcoming drop-in café, boost your wellbeing, making new friendships over a cuppa, chat, and the chance to meet others in a warm, supportive environment. - All welcome!	2.30pm to 3.30pm
Wednesday 2nd July	The Dementia Café - First Wednesday of the month North Church Hall, 209 High Street, Perth, PH1 5PB, between Join us at - North Church Hall, 209 High Street, Perth, PH1 5PB Suitable for people living with dementia and their carers. Providing an opportunity to spend quality time together or with catch up with other people in similar circumstances to their own. All Welcome	10am to 12.30pm

Wednesday 2nd July	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
Wednesday 2nd July 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 staying socially connected with new faces in a relaxed fun environment Come for the games, stay for the friendships!	2.30pm to 3.30pm
Thursday 3rd July 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. Everyone's welcome—bring a friend or come alone	10.30am to 12.00pm
Thursday 3rd July Last Session	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 activities each week. There is something for everyone!	2pm to 3.30pm
Friday 4th July	Tea and blether – Dementia Cafe 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, building new friendships in a warm, supportive environment! Pop along on your own or with others	10.30am to 12.00pm
Friday 4th July	Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking Relaxing session to meet new friends, choosing 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!	1.30pm to 3pm
Monday 7th July	Music Monday – Tunes & Togetherness – Start Your Week on a High Note! Kickstart your week with music, laughter, and good vibes!	2pm to 3.30pm

	Feel-Good Tunes & Great Company. Sing, dance, or just relax and enjoy the rhythm. Bring a favourite record—or just bring yourself. Everyone welcome!	
Tuesday 8th July	Stretch, Strengthen & Socialise (Strength and Balance) <i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session. Gentle seated or standing exercises for all abilities. Improve your balance, mobility, and wellbeing. Stay independent, socially connected, and confident. No pressure, move at your own pace and have fun</i> Everyone's welcome!	11.30am to 12.00pm
Tuesday 8th July	Lunch & Laughter Social - Bring your own lunch. 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!	12.30pm to 1.30pm
Tuesday 8th July NEW NEW NEW	The Connection Corner Café Join us at our friendly and welcoming drop-in café, boost your wellbeing, making new friendships over a cuppa, chat, and the chance to meet others in a warm, supportive environment. - All welcome!	2pm to 3.30pm
Wednesday 9th July	Young Onset Group (PLWD) & Young Onset Carers Group 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, meet new people, and share stories in a supportive, fun atmosphere! Come along, relax, and find the support you the support you deserve!	10.30am to 12.30pm
Wednesday 9th July	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 9th July 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, pop in to relax and play with some good company Old favourites, new friends, and timeless memories await!	2pm to 3.30pm

Thursday 10th July NEW NEW NEW	Coffee, Company & Classics Café Kettle's always on and the atmosphere is full of friendly faces enjoying a cuppa, great company and conversations over some classic nostalgic themed discussions. 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!	2pm to 3.30pm
Friday 11th July	Tea and blether – Dementia Cafe 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, building new friendships in a warm, supportive environment! Pop along on your own or with others	10.30am to 12.30pm
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Monday 14th July	Green companions - Grow, Relax and Connect <i>A calm, friendly space, reconnecting with others through a variety of gentle gardening and nature-based sessions:</i> <i>Using all of your senses, explore natural materials and various resources, sparking memories through seasonal sights, scents, and stories in a relaxed friendly space while improving your emotional wellbeing. No gardening experience needed—just bring yourself!</i>	10.30am to 12.30pm
Monday 14th July	Music Monday – Tunes & Togetherness – Start Your 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. Everyone welcome!	2pm to 3.30pm
Tuesday 15th July	Stretch, Strengthen & Socialise (Strength and Balance) <i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session. Gentle seated or standing exercises for all abilities. Improve your balance, mobility, and wellbeing. Stay independent, socially connected, and confident. No pressure, move at your own pace and have fun</i> Everyone's welcome!	10.30am to 12.30pm

Tuesday 15TH July	Lunch & Laughter Social - <i>Bring your own lunch.</i> 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!	12.30pm to 1.30pm
Tuesday 15TH July NEW NEW NEW	The Connection Corner Café Join us at our friendly and welcoming drop-in café, boost your wellbeing, making new friendships over a cuppa, chat, and the chance to meet others in a warm, supportive environment. - All welcome!	2pm to 3.30pm
Wednesday 16th July	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. Everyone's welcome!	10.30am to 12.30pm
Wednesday 16th July	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. Come for a cuppa, blether, stay for the support—you're not alone in this journey. All welcome!	10.30am to 12.30pm
Wednesday 16th July	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
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Thursday 17th July 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. Everyone's welcome—bring a friend or come alone	10.30am to 12.30pm

Friday 18th July	Tea and blether – Dementia Cafe 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, building new friendships in a warm, supportive environment! Pop along on your own or with others	10.30am to 12.30pm
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Monday 21st July	Music Monday – Tunes & Togetherness – Start Your 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. Everyone welcome!	2pm to 3.30pm
Tuesday 22nd July	Stretch, Strengthen & Socialise (Strength and Balance) <i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session. Gentle seated or standing exercises for all abilities. Improve your balance, mobility, and wellbeing. Stay independent, socially connected, and confident. No pressure, move at your own pace and have fun - Everyone's welcome!</i>	10.30am to 12.30pm
Tuesday 22nd July	Lunch & Laughter Social - Bring your own lunch. 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!	12.30pm to 1.30pm
Tuesday 22nd July NEW NEW NEW	The Connection Corner Café Join us at our friendly and welcoming drop-in café, boost your wellbeing, making new friendships over a cuppa, chat, and the chance to meet others in a warm, supportive environment. - All welcome!	2pm to 3.30pm
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	<p>Enjoy a cuppa, meet new people, and share stories in a supportive, fun atmosphere!</p> <p>Come along, relax, and find the support you the support you deserve!</p>	
<p>Wednesday 23rd July</p>	<p>Get Creative at our Craft Group</p> <p>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!</p> <p>All levels welcome—come craft, connect, and create!</p>	<p>2pm to 3.30pm</p>
<p>Wednesday 23rd July NEW NEW NEW</p>	<p>In the Lounge: Cards, Dominoes & Nostalgia</p> <p>An Afternoon of Fun, Friendship & Fond Memories</p> <p>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, pop in to relax and play with some good company</p> <p>Old favourites, new friends, and timeless memories await!</p>	<p>2pm to 3.30pm</p>
<p>Thursday 24th July NEW NEW NEW</p>	<p>Coffee, Company & Classics Café</p> <p>Kettle's always on and the atmosphere is full of friendly faces enjoying a cuppa, great company and conversations over some classic nostalgic themed discussions. 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!</p>	<p>2pm to 3.30pm</p>
<p>Friday 25th July</p>	<p>Tea and blether – Dementia Cafe</p> <p>A Warm Welcome Awaits!</p> <p>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, building new friendships in a warm, supportive environment!</p> <p>Pop along on your own or with others</p>	<p>10.30am to 12.30pm</p>
<p>Friday 25th July</p>	<p>Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking</p> <p>Relaxing session to meet new friends, choosing 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!</p> <p>Everyone welcome!</p>	<p>1.30pm to 3pm</p>
<p>Monday 28th July</p>	<p>Green companions - Grow, Relax and Connect</p>	<p>10.30am to 12.30pm</p>

<p>Special Guest: Billy Tully Music!</p>	<p><i>A calm, friendly space, reconnecting with others through a variety of gentle gardening and nature-based sessions:</i></p> <p><i>Using all of your senses, explore natural materials and various resources, sparking memories through seasonal sights, scents, and stories in a relaxed friendly space while improving your emotional wellbeing</i></p> <p>No gardening experience needed—just bring yourself!</p> <p>Musical Monday - End-of-Month Party – Live Music Special Guest: Billy Tully Music! Wrap up the month with live music, great company, and tasty refreshments! Dance, relax, or just soak in the tunes Everyone's welcome - let's end the month on a high note!</p>	<p>2pm to 3.30pm</p>
<p>Tuesday 29th July</p>	<p>Stretch, Strengthen & Socialise (Strength and Balance) <i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session. Gentle seated or standing exercises for all abilities. Improve your balance, mobility, and wellbeing. Stay independent, socially connected, and confident. No pressure, move at your own pace and have fun</i> - Everyone's welcome!</p>	<p>10.30am to 12.30pm</p>
<p>Tuesday 29th July</p>	<p>Lunch & Laughter Social - Bring your own lunch. 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!</p>	<p>12.30pm to 1.30pm</p>
<p>Tuesday 29th July</p>	<p>The Connection Corner Café Join us at our friendly and welcoming drop-in café, boost your wellbeing, making new friendships over a cuppa, chat, and the chance to meet others in a warm, supportive environment. - All welcome!</p>	<p>2pm to 3.30pm</p>
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Friday 1st August	Tea and blether – Dementia Cafe 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, building new friendships in a warm, supportive environment! Pop along on your own or with others	10.30am to 12.00pm
Friday 1st August	Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking Relaxing session to meet new friends, choosing 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!	1.30 to 3pm

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>

