

What's On

July 2025



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.

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.

***Dumfries Resource Centre: 01387 261303**

In person group		
Tuesday 1 st July	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.	10am -12.30pm fbryant@alzscot.org 07748 737278
	Singing Together With Special Guests Thornhill Community Centre, EASTBACK STREET, Thornhill, DG3 5LH. Bring your voices good or bad to our activity group – Singing Together . A mix of music genres, with guest vocalists, local musicians and sometimes just us singing along to familiar tunes that we all enjoy. We hope to see you there!	1pm-3.30pm fbryant@alzscot.org 07748 737278
	Sanquhar Dementia Café A' the Airts Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL A friendly, supportive Dementia Advisor lead meeting for carers to socialise and share stories and enjoy a cuppa with others on a similar journey.	10.30am-12pm lwheatley@alzscot.org 07780 006215
Wednesday 2 nd July		

	<p>Sanquhar Arts & Souls A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p>Come and join a community group where creative activity enables expression and achievement and generates stimulating conversation. Weekly sessions are sociable and enjoyable. Over time, we will explore a range of themes inspired by the talents and interests of participants and use a wide variety of visual media to express ideas. You don't need to be an artist to join us – just a curiosity and willingness to have a go. The sessions are inclusive and accessible – giving everyone an opportunity to make their mark on the world, share poetry and stories and break into song!</p>	<p>10.30am-12.30pm</p> <p>pbarber@alzscot.org 07880 790337</p>
	<p>Brydekirk Buddies Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY</p> <p>Come and join our new community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p>	<p>10am -12pm</p> <p>agordon@alzscot.org 07798 667565</p>
	<p>Brydekirk Carers Café Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY</p> <p>Come and join us over a cuppa at a friendly and supportive Carer Liaison Advisor lead gathering. Gain peer support and find out more information to help with your caring journey.</p>	<p>10am-11.30am</p> <p>carolinecameron@alzscot.org 07810 528046</p>
	<p>Kirkconnel & Kelloholm Connecting Creatively Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH</p> <p>Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p>	<p>1.30pm - 3.30pm</p> <p>pbarber@alzscot.org 07880 790337</p>
	<p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am -12.30pm</p> <p>jbastein@alzscot.org 07557 860838</p>

Thursday 3 rd July	<p>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</p> <p>Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p>Come and join a community group where creative activity enables expression and achievement and generates stimulating conversation. Weekly sessions are sociable and enjoyable. Over time, we will explore a range of themes inspired by the talents and interests of participants and use a wide variety of visual media to express ideas. You don't need to be an artist to join us – just a curiosity and willingness to have a go. The sessions are inclusive and accessible – giving everyone an opportunity to make their mark on the world, share poetry and stories and break into song!</p>	<p>1pm-3.30pm</p> <p>jbastein@alzscot.org 07557 860838</p>
Friday 4 th July	<p>Dalbeattie Better Together</p> <p>Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG</p> <p>Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p> <p>Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</p> <p>The Johnston, St Mary St, Kirkcudbright DG6 4EG</p> <p>Come and join a community group where creative activity enables expression and achievement and generates stimulating conversation. Weekly sessions are sociable and enjoyable. Over time, we will explore a range of themes inspired by the talents and interests of participants and use a wide variety of visual media to express ideas. You don't need to be an artist to join us – just a curiosity and willingness to have a go. The sessions are inclusive and accessible – giving everyone an opportunity to make their mark on the world, share poetry and stories and break into song!</p>	<p>10am-12pm</p> <p>pbarber@alzscot.org 07880 790337</p> <p>10am-12pm</p> <p>jbastein@alzscot.org 07557 860838</p>
Tuesday 8 th July	<p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-3.30pm</p> <p>fbryant@alzscot.org 07748 737278</p>
Wednesday 9 th July	<p>Brydekirk Buddies</p> <p>Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY</p>	<p>10am-12pm</p> <p>agordon@alzscot.org 07798 667565</p>

Thursday 10 th July	Sanquhar Arts & Souls A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL	10.30am-12.30pm pbarber@alzscot.org 07880 790337
	Kirkconnel & Kelloholm Connecting Creatively Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH	1.30pm - 3.30pm pbarber@alzscot.org 07880 790337
	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-12.30pm jbastein@alzscot.org 07557 860838
Friday 11 th July	Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	1pm-3.30pm jbastein@alzscot.org 07557 860838
	Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! The Johnston, St Mary St, Kirkcudbright DG6 4EG	10am-12pm jbastein@alzscot.org 07557 860838
	Dalbeattie Better Together Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG	10am-12pm pbarber@alzscot.org 07880 790337
Monday 14 th July	Carer Drop in. The Carers Hub/Ward C4 Dumfries & Galloway Royal Infirmary, Dumfries DG2 8RX	1.30pm-4.30pm apritchard@alzscot.org 07919 927646
	Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.	
Tuesday 15 th July	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-3.30pm fbryant@alzscot.org 07748 737278
Wednesday 16 th July	Sanquhar Arts & Souls A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL	10.30am-12.30pm pbarber@alzscot.org 07880 790337

Thursday 17 th July	Kirkconnel & Kelloholm Connecting Creatively Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH	1.30pm - 3.30pm pbarber@alzscot.org 07880 790337
	Brydekirk Buddies Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY	10am-12pm agordon@alzscot.org 07798 667565
	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-12.30pm jbastein@alzscot.org 07557 860838
	Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	1pm-3.30pm jbastein@alzscot.org 07557 860838
Friday 18 th July	Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! The Johnston, St Mary St, Kirkcudbright DG6 4EG	10am-12pm jbastein@alzscot.org 07557 860838
	Dalbeattie Better Together Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG	10am-12pm pbarber@alzscot.org 07880 790337
Monday 21 st July	Carer Drop in. The Carers Hub/Ward C4 Dumfries & Galloway Royal Infirmary, Dumfries DG2 8RX	1.30pm-4.30pm apritchard@alzscot.org 07919 927646
	Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.	
Tuesday 22 nd July	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-3.30pm fbryant@alzscot.org 07748 737278

Wednesday 23 rd July	Langholm Dementia Cafe Langholm Day Centre, Charles Street Langholm DG13 0AA <p>Come and join us at Langholm Day Centre for a friendly, supportive Dementia Advisor lead meeting. Meet friends, gain peer support, and find out more information to help with any cognitive disabilities and your dementia journey. All with people experiencing similar issues, and in the lovely relaxing atmosphere of the day centre.</p> <p><i>For this session we have a member of Annan Community Transport Service to talk about the service they offer</i></p>	1.30-3.30pm lwheatley@alzscot.org 07780 006215
	Sanquhar Arts & Souls A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL	10.30am-12.30pm pbarber@alzscot.org 07880 790337
	Brydekirk Buddies Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY	10am-12pm agordon@alzscot.org 07798 667565
Thursday 24 th July	Kirkconnel & Kelloholm Connecting Creatively Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH	1.30pm - 3.30pm pbarber@alzscot.org 07880 790337
	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-12.30pm jbastein@alzscot.org 07557 860838
	Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	1pm-3.30pm jbastein@alzscot.org 07557 860838
Friday 25 th July	Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! The Johnston, St Mary St, Kirkcudbright DG6 4EG	10am-12 noon jbastein@alzscot.org 07557 860838
	Dalbeattie Better Together Dalbeattie Town Hall, High Street, Dalbeattie, DG5 4AD	10am-12pm pbarber@alzscot.org 07880 790337

Monday 28 th July	Dumfries Dementia Cafe The Usual Place, Academy Street, Dumfries, DG11BZ A friendly, supportive Dementia Advisor lead meeting for people living with dementia and their carers to socialise and share stories and enjoy a cuppa with others on a similar journey.	10.30am-12.30pm lwheatley@alzscot.org 07780 006215
	Carer Drop in. The Carers Hub/Ward C4 Dumfries & Galloway Royal Infirmary, Dumfries DG2 8RX Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30 . If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.	1.30pm-4.30pm apritchard@alzscot.org 07919 927646
Tuesday 29 th July	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-3.30pm fbryant@alzscot.org 07748 737278
Wednesday 30 th July	Sanquhar Arts & Souls A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL	10.30am-12.30pm pbarber@alzscot.org 07880 790337
	Brydekirk Buddies Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY	10am-12pm agordon@alzscot.org 07798 667565
	Kirkconnel & Kelloholm Connecting Creatively Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH	1.30pm - 3.30pm pbarber@alzscot.org 07880 790337
Thursday 31 st July	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-12.30pm jbastein@alzscot.org 07557 860838
	Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	1pm-3.30pm jbastein@alzscot.org 07557 860838

	<p>Carers Academy Day 1 – supporting family Carers affected by dementia by Alzheimer Scotland Centre for Policy and Practice At University of West of Scotland campus, Bankend Road Dumfries DG1 4FD</p> <p>Join other family Carers for a day at the Carers Academy – please phone or email to book a space either this month or a suitable date later this year. 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 Dumfries & Galloway, University of the West of Scotland and Alzheimer Scotland. Sessions are available throughout the year; we look forward to welcoming you to a day at the Carers Academy. There are other sessions during the year. Choose and book from one of the available dates; 31st July, 21st Oct and 19th Nov. Please note, this event must be booked in advance and is not a drop-in session.</p>	<p>9:30-3:30pm</p> <p>dg.carersacademy@nhs.scot 01387 246246 (ext 32907)</p>
Tuesdays	<p>Online Carers Awareness Sessions</p> <p>Session 1: Dementia the basics An overview of the causes and symptoms of dementia and approaches to help.</p> <p>Session 2: Focus on Caring Carer rights and benefits, adult carer support plans and eligibility, and looking after yourself.</p> <p>Session 3: Strategies for the future Understanding powers of attorney, the principles and responsibilities. Getting help when you need it.</p> <p>Session 4: Technology Enabled Care plus open questions Tried and tested products that can help support independence or safety- including GPS, followed by a chance to ask any questions.</p> <p>Dates available:</p> <p>August 5th,12th,19th,26th November 4th,11th,18th,25th</p> <p>To book a place please email us at advice@alzscot.org or call 0300 373 5774 or click this link</p>	<p>2pm-4pm on Teams Virtual Resource Centre (VRC)</p>

Online Group

Virtual Resource Centre group sessions

Our Virtual Resource Centre (VRC) is an online space where people will be able to access groups, activities, and information sessions all from the comfort of their own homes.

<https://www.alzscot.org/virtual-resource-centre-0>

You can access a range of free live and 'on demand' activities including live music sing-alongs, arts and crafts, quizzes, seated exercises and relaxation techniques. The VRC also runs a program of information sessions on topics such as financial advice, using technology, and support and services. These sessions can be booked and viewed using our what's on guides, there is a short video found at the bottom of the page explaining how to book and access them.

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 donate, please consider donating to our local Just Giving page <https://www.justgiving.com/alzscot>.



Would you like to know what we get up to each month? If so, please email dumfriesservices@alzscot.org or call us on 01387 261303 to be added to our monthly distribution list.