

What's On

August 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 - Musical Monday - End-of-Month Party Special Guest: Billy Tully Music – 28th July</p>		

Friday 1st of August	<p>Tea and blether – D’Cafe A Warm Welcome Awaits! Looking for a friendly, welcoming space?</p> <ul style="list-style-type: none"> • 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! <p>Whether you’re here to relax, chat, or simply enjoy a cuppa, come along and connect with others!</p> <p>Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking Relaxing session to meet new friends</p> <ul style="list-style-type: none"> • 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! <p>Everyone welcome - come along, take a break, and enjoy the joy of puzzling together</p>	<p>10.30am to 12.00pm</p> <p>1.30pm to 3pm</p>
Monday 4th August	<p>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></p> <ul style="list-style-type: none"> • <i>Using all of your senses, explore natural materials and various resources</i> • <i>Sparkling memories through seasonal sights, scents, and stories in a relaxed friendly space</i> • <i>Encouraging light movement and hands-on activity competing various hand on tasks</i> • <i>Improve your emotional wellbeing</i> <p><i>No gardening experience needed—just bring yourself!</i></p>	<p>10.30am to 12.00pm</p>
Monday 4th August	<p>Music Monday – Tunes & Togetherness – Start Your Week on a High Note! Kickstart your week with music, laughter, and good vibes!</p> <ul style="list-style-type: none"> • Feel-Good Tunes & Great Company! 	<p>2pm to 3.30pm</p>

	<ul style="list-style-type: none"> • 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 <p>Everyone welcome—let's make Mondays magical!</p>	
Tuesday 5th August	<p>Stretch, Strengthen & Socialise (Strength and Balance)</p> <p><i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session.</i></p> <ul style="list-style-type: none"> • 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 <p>No pressure, move at your own pace and have fun!</p> <p>Everyone's welcome!</p>	10.30am to 12.00pm
Tuesday 5th August	<p>Lunch & Laughter Social - Bring your lunch, leave with a smile!</p> <ul style="list-style-type: none"> • 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. <p>We'll provide the teas, coffees, and conversation!</p>	12.30pm to 1.30pm
Tuesday 5th August New Community Drop-in Café	<p>The Connection Corner Café - pop in and meet our new Centre Manager Paula 😊</p> <p>Looking to boost your wellbeing, sparking new conversations, and making new social connections?</p> <p>Join us at our friendly and welcoming drop-in café – a relaxed space where you can enjoy a cuppa, a chat, and the chance to meet others in a warm, supportive environment.</p> <ul style="list-style-type: none"> • These sessions offer: <ul style="list-style-type: none"> • A relaxed café atmosphere that supports social connection and enhances emotional wellbeing. making new friends in a safe, welcoming environment • Opportunity to take part in fun, informal activities that stimulate brain health or just chat the afternoon away <p>All welcome!</p>	2.30pm to 3.30pm

Wednesday 6th August	<p>The Dementia Café - First Wednesday of the month North Church Hall, 209 High Street, Perth, PH1 5PB, between</p> <p>Join us at - North Church Hall, 209 High Street, Perth, PH1 5PB</p> <p>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.</p> <p>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!</p> <ul style="list-style-type: none"> • 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 <p>Join us to play, create, and make some noise with us - everyone's welcome!</p>	<p>10am to 12.30pm</p> <p>10.30 – 12noon</p>
Wednesday 6th August	<p>Get Creative at our Craft Group Looking for a fun, relaxing way to spend your time?</p> <ul style="list-style-type: none"> • 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>All levels welcome—come craft, connect, and create!</p> <p>Chatter, Cuppa & Challenge Looking for fun, connection, and a little brain boost? A warm welcoming space where friendly competition meets great conversation.</p> <ul style="list-style-type: none"> • 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 <p>Come for the games, stay for the friendships!</p>	<p>2.30pm to 3.30pm</p> <p>2.30pm to 3.30pm</p>

Thursday 7th August	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. <ul style="list-style-type: none"> • Tea, coffee, and a relaxed atmosphere • Great for sparking memories & conversation • Reducing stress • Building friendships Everyone's welcome—bring a friend or come alone	10.30am to 12.00pm
Friday 8th August	Tea and blether – D'Cafe A Warm Welcome Awaits! Looking for a friendly, welcoming space? <ul style="list-style-type: none"> - 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 12.00pm
Friday 8th August	Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking Relaxing session to meet new friends <ul style="list-style-type: none"> • 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 11th August	Music Monday – Tunes & Togetherness – Start Your Week on a High Note! Kickstart your week with music, laughter, and good vibes! <ul style="list-style-type: none"> • 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!	2pm to 3.30pm

<p>Tuesday 12th August</p>	<p>Strength and Balance - Stretch, Strengthen & Socialise <i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session.</i></p> <ul style="list-style-type: none"> • 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 <p><i>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!</i></p>	<p>10.30am to 12.00pm</p>
<p>Tuesday 12th August</p>	<p>Lunch & Laughter Social - <i>Bring your lunch—leave with a smile!</i></p> <ul style="list-style-type: none"> • 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. <p>We'll provide the teas, coffees, and conversation—you bring your own lunch and your smile.</p>	<p>12.30pm to 1.30pm</p>
<p>Tuesday 12th August</p>	<p>The Connection Corner Café Looking to boost your wellbeing, sparking new conversations, and making new social connections?</p> <p>Join us at our friendly and welcoming drop-in café – a relaxed space where you can enjoy a cuppa, a chat, and the chance to meet others in a warm, supportive environment.</p> <p>These sessions offer:</p> <ul style="list-style-type: none"> • A relaxed café atmosphere that supports social connection and enhances emotional wellbeing. making new friends in a safe, welcoming environment • Opportunity to take part in fun, informal activities that stimulate brain health or just chat the afternoon away <p>All welcome!</p>	<p>2pm to 3.30pm</p>
<p>Wednesday 13th August</p>	<p>Young Onset Group (PLWD) & Young Onset Carers Group Peer Support & Connection Looking for a place to connect with others who understand?</p> <ul style="list-style-type: none"> – Join us at the centre for a friendly and relaxed session with the Young Onset Group. 	<p>10.30am to 12.30pm</p>

<p>Wednesday 13th August</p>	<ul style="list-style-type: none"> - Enjoy a cuppa, uplifting conversation, and lots of laughter with people who truly understand. - Meet new people, and share stories in a supportive, fun atmosphere! <p>Come along, relax, and find the support you deserve!</p> <p>Get Creative at our Arts & Craft Group</p> <p>Looking for a fun, relaxing way to spend your time?</p> <ul style="list-style-type: none"> - 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>All levels welcome—come craft, connect, and create!</p>	<p>2pm to 3.30pm</p>
<p>Wednesday 13th August</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, this is your chance to:</p> <ul style="list-style-type: none"> - 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 <p>No experience needed—just bring your smile and join in the fun.</p> <p>Old favourites, new friends, and timeless memories await!</p>	<p>2pm to 3.30pm</p>
<p>Thursday 14th August NEW NEW NEW</p>	<p>Coffee, Company & Classics Café</p> <p>Kettle's always on and the atmosphere is full of friendly faces and familiar favourites.</p> <p>Enjoy:</p> <ul style="list-style-type: none"> • Fresh coffee and tasty treats • Great company and relaxed conversation • A nostalgic soundtrack of classic hits to stir happy memories <p>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.</p> <p>Pop in, pull up a chair, and soak up the feel-good vibes—everyone's welcome!</p>	<p>2pm to 3.30pm</p>

Friday 15th August	Dementia Café – A Warm Welcome Awaits! Looking for a friendly, welcoming space? <ul style="list-style-type: none"> • 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
Friday 15th August	Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking Relaxing session to meet new friends <ul style="list-style-type: none"> • 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 18th August	<i>No gardening experience needed—just bring yourself!</i> Music Monday – Tunes & Togetherness – Start Your Week on a High Note! Kickstart your week with music, laughter, and good vibes! <ul style="list-style-type: none"> • 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!	2pm to 3.30pm
Tuesday 19th August	Stretch, Strengthen & Socialise (Strength and Balance) <i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session.</i> <ul style="list-style-type: none"> • <i>Gentle seated or standing exercises for all abilities</i> • <i>Improve balance, mobility, and wellbeing</i> • <i>Boost your confidence, strength, flexibility, and balance in a friendly, welcoming space</i> 	10.30am to 12.30pm

<p>Tuesday 19th August</p>	<ul style="list-style-type: none"> • Stay independent, socially connected, and energized <p><i>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!</i></p> <p>Lunch & Laughter Social - <i>Bring your lunch—leave with a smile!</i></p> <ul style="list-style-type: none"> • 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. <p>We'll provide the teas, coffees, and conversation— you bring your own lunch and your smile.</p>	<p>12.30pm to 1.30pm</p>
<p>Wednesday 20th August</p>	<p>Get Creative at our Craft Group</p> <p>Looking for a fun, relaxing way to spend your time?</p> <ul style="list-style-type: none"> • 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>All levels welcome—come craft, connect, and create!</p>	<p>2pm to 3.30pm</p>
<p>Wednesday 20th August</p>	<p>Chatter, Cuppa & Challenge</p> <p>Looking for fun, connection, and a little brain boost? A warm welcoming space where friendly competition meets great conversation.</p> <ul style="list-style-type: none"> • 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! <p>Come for the games. Stay for the friendships</p>	<p>2pm to 3.30pm</p>
<p>Thursday 21st August</p>	<p>Film and Friendship Café</p> <p>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.</p>	<p>10.30am to 12.30pm</p>

	<ul style="list-style-type: none"> • Tea, coffee, and a relaxed atmosphere • Great for sparking memories & conversation • Reducing stress • Building friendships <p>Everyone's welcome—bring a friend or come alone</p>	
Friday 22nd August	<p>Dementia Café– A Warm Welcome Awaits!</p> <p>Looking for a friendly, welcoming space?</p> <ul style="list-style-type: none"> • 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! <p>Whether you're here to relax, chat, or simply enjoy a cuppa, come along and connect with others!</p>	10.30am to 12.30pm
Friday 22nd August	<p>Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking</p> <p>Relaxing session to meet new friends</p> <ul style="list-style-type: none"> • 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! <p>Everyone welcome - come along, take a break, and enjoy the joy of puzzling together</p>	1.30pm to 3pm
Monday 25th August Special Guest: Billy Tully Music!	<p>Musical Monday - End-of-Month Party – Live Music</p> <p>Special Guest: Billy Tully Music!</p> <ul style="list-style-type: none"> - 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 <p>Everyone's welcome - let's end the month on a high note!</p>	2pm to 3.30pm
Tuesday 26th August	<p>Stretch, Strengthen & Socialise (Strength and Balance)</p> <p><i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session.</i></p> <ul style="list-style-type: none"> • <i>Gentle seated or standing exercises for all abilities</i> • <i>Improve balance, mobility, and wellbeing</i> 	10.30am to 12.30pm

	<ul style="list-style-type: none"> • <i>Boost your confidence, strength, flexibility, and balance in a friendly, welcoming space</i> • <i>Stay independent, socially connected, and energized</i> <p><i>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!</i></p>	
Tuesday 26th August	<p>Lunch & Laughter Social - <i>Bring your lunch—leave with a smile!</i></p> <ul style="list-style-type: none"> • 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. <p>We'll provide the teas, coffees, and conversation— you bring your own lunch and your smile.</p>	12.30pm to 1.30pm
Tuesday 26th August	<p>The Connection Corner Café</p> <p>Looking to boost your wellbeing, sparking new conversations, and making new social connections?</p> <p>Join us at our friendly and welcoming drop-in café – a relaxed space where you can enjoy a cuppa, a chat, and the chance to meet others in a warm, supportive environment.</p> <p>These sessions offer:</p> <ul style="list-style-type: none"> • A relaxed café atmosphere that supports social connection and enhances emotional wellbeing. making new friends in a safe, welcoming environment • Opportunity to take part in fun, informal activities that stimulate brain health or just chat the afternoon away <p>All welcome!</p>	2pm to 3.30pm
Wednesday 27th August	<p>Young Onset Group (PLWD) & Young Onset Carers Group</p> <p>Peer Support & Connection Looking for a place to connect with others who understand?</p> <ul style="list-style-type: none"> - Join us at the centre for a friendly and relaxed session with the Young Onset Group. - Enjoy a cuppa, uplifting conversation, and lots of laughter with people who truly understand. - Meet new people, and share stories in a supportive, fun atmosphere! <p>Come along, relax, and find the support you the support you deserve!</p>	10.30am to 12pm

<p>Wednesday 27th August</p>	<p>Get Creative at our Craft Group 2pm to 3.30pm</p> <p>Looking for a fun, relaxing way to spend your time?</p> <ul style="list-style-type: none"> • 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>All levels welcome—come craft, connect, and create!</p> <p>In the Lounge: Cards, Dominoes & Nostalgia 2pm to 3.30pm</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, this is your chance to:</p> <ul style="list-style-type: none"> • 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 <p>No experience needed—just bring your smile and join in the fun.</p> <p>Old favourites, new friends, and timeless memories await!</p>
<p>Thursday 28th August</p>	<p>Coffee, Company & Classics Café 2pm to 3.30pm</p> <p>Kettle's always on and the atmosphere is full of friendly faces and familiar favourites.</p> <p>Enjoy:</p> <ul style="list-style-type: none"> • Fresh coffee and tasty treats • Great company and relaxed conversation • A nostalgic soundtrack of classic hits to stir happy memories <p>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.</p> <p>Pop in, pull up a chair, and soak up the feel-good vibes—everyone's welcome!</p>

Friday 29th August	Dementia Café– A Warm Welcome Awaits! Looking for a friendly, welcoming space? <ul style="list-style-type: none"> • 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
Friday 29th August	Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking Relaxing session to meet new friends <ul style="list-style-type: none"> • 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

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.

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 **Tel;** **0173821510**

Hello everyone, I'm delighted to introduce myself as the new Centre Manager here at Alzheimer Scotland in Perth. I've spent many years working in the health and social care sector, and I'm truly passionate about supporting people living with dementia and their families within Perthshire. It's a real privilege to be joining such a dedicated team, and I'm looking forward to getting to know everyone—staff, families, and most importantly, the people we support. Thank you for the warm welcome I've already received. I'm excited for the journey ahead and to work together to make a positive difference every day.





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>