What's on



July 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		
Tues 1 st July	Drop in Café- - an opportunity to meet others in a similar	For more info contact:
10 20am 12am	situation, to make connections and develop friendships and to support and learn from one another. Information & advice	Dariostlov@alzseet erg er
10.30am-12pm	is always available from our trained staff.	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
	is always available from our trained start.	101. 07 37 07 0 4330
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Tues 1 st July	Activity Group- Fun & therapeutic activities for people living	For more info contact:
	with dementia and carers.	
1.30pm-3pm		Dpriestley@alzscot.org or
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Tel: 07970784950
Wed 2 nd July	Alloa, FK10 1DT Stirling/Clacks Cafe – For people with dementia or memory	For more info contact:
vved 2 * July	loss and their carers. Join us for a fun filled morning,	FOI IIIOTE IIIIO COIILACL.
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	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 3 rd July	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:
•	support.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Dpaterson@alzscot.org
	Alloa, FK10 1DT	or Tel: 07733302772
Thurs 3 rd July	Thursday Social Group - a social group offering a relaxed &	For more info contact:
	welcoming space to meet with peers & trained staff.	

1.30pm-3pm	Each monthly programme of activities is based on agreed group interests to allow you to plan for the month ahead.	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Friday 4 th July	Café with Art & Craft – an opportunity to meet others in a similar situation, to make connections and develop	For more info contact:
1pm – 3pm	friendships and to support and learn from one another. Art and Craft corner available with materials supplied. 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	
Mon 7 th July	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 friends and new.	Aboyd@alzscot.org or Tel: 07932120685
10.30am – 12pm	Drop In Café	
12pm – 1pm 1.30pm – 3.30pm	Lunch Break – bring your own lunch 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 8 th July	Drop in Café an opportunity to meet others in a similar	For more info contact:
10.30am-12pm	situation, to make connections and develop friendships and 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 8 th July	Activity Group - Fun & therapeutic activities for people living with dementia and carers.	For more info contact:
1.30pm-3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
Wed 9 th July	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. Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other	Craby@alzscot.org or Tel: 07786406668
	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 10 th July	Brain Gym - Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by	For more info contact:

10.30am-12pm	NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered.	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Cancelled
Thurs 10 th July	Thursday Social Group - a social group offering a relaxed & welcoming space to meet with peers & trained staff.	For more info contact:
1.30pm-3pm	Each monthly programme of activities is based on agreed group interests to allow you to plan for the month ahead.	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Mon 14 th July	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 1.30pm – 3.30pm	Lunch Break – bring your own lunch 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 15 th July	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	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 15 th July	Activity Group - Fun & therapeutic activities for people living with dementia and carers.	For more info contact:
1.30pm-3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
Wed 16 th July	Stirling/Clacks Cafe – For people with dementia or memory	For more info contact:
10 20cm 12mm	loss and their carers. Join us for a fun filled morning,	Crahu@alassat ara ar
10.30am – 12pm	socialising and catching up over a warm cuppa. Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other	Craby@alzscot.org or Tel: 07786406668
	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 16 th July	Espresso Yourself Café - For people with dementia or	For more info contact:
20 20 7319	memory loss aged 65 years and under and their family or	. se.e and contact

carers. Join us for a fun and relaxing afternoon, socialising and catching up over a warm cuppa! Advice and support is also available if you want a chat	Craby@alzscot.org or Tel: 07786406668
Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Brain Gym - Based on the principles of Cognitive Stimulation	For more info contact:
NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered.	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
Carers Cuppa- Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Cancelled
Café with Art & Craft – an opportunity to meet others in a similar situation, to make connections and develop	For more info contact:
friendships and to support and learn from one another. Art and Craft corner available with materials supplied. 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	
Alloa Monday Café & Lunch Club – Start the week catching up over a cuppa, lunch and an afternoon of activities with old friends and new.	For more info contact: Aboyd@alzscot.org or Tel: 07932120685
Drop In Café Lunch Break – bring your own lunch Activities	101. 07332120003
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	
Drop in Café- - an opportunity to meet others in a similar situation, to make connections and develop friendships and	For more info contact:
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	
Activity Group- Fun & therapeutic activities for people living	For more info contact:
with dementia and carers.	
	and catching up over a warm cuppa! Advice and support is also available if you want a chat Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT Brain Gym- Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered. Carers Cuppa- Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT Café with Art & Craft – an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Art and Craft corner available with materials supplied. Information & advice is always available from our trained staff. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT Alloa Monday Café & Lunch Club – Start the week catching up over a cuppa, lunch and an afternoon of activities with old friends and new. Drop In Café Lunch Break – bring your own lunch 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 Drop in Café an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT

Wed 23 rd July	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. Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. A member of Alzheimer staff will be	Craby@alzscot.org or Tel: 07786406668
	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 24 th July	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 self-management for people living with dementia. Booking required & taster session offered.	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers support.	For more info contact:
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	<u>Dpaterson@alzscot.org</u> or Tel: 07733302772
Friday 25 th July	Screen Memories – Reconnecting people with memories and their love for cinema through memorabilia and music.	For more info contact:
1030am – 12pm		Dpaterson@alzscot.org
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	or Tel: 07733302772
Mon 28 th July	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 1.30pm – 3.30pm	Lunch Break – bring your own lunch Activities	Cancelled
	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 29 th July	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	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 29 th July	Activity Group - Fun & therapeutic activities for people living with dementia and carers.	For more info contact:
1.30pm-3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	<u>Dpriestley@alzscot.org</u> or Tel:07970784950

Wed 30 th July	Stirling/Clacks Lunch For popula with demontic or momory	For more info contact:
wed 50 July	,	For more into contact.
	loss and their carers. Join us for a fun filled morning,	
12pm-2pm	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 31st Jul		For more info contact:
IIIuis SI Jui		For more into contact.
	Therapy which is an evidence-based programme supported by	
10.30am-12p	m 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.	
	booking required a taster session offered.	
10 20 12	Course Course Welcouring & friendly reference officer course	Formation to the countries.
10.30am-12p	m 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
	Alloa, FK10 1DT	or Tel: 07733302772
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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

