

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 1st July 10.30am-12pm	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	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 1st July 1.30pm-3pm	Activity Group- Fun & therapeutic activities for people living with dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Wed 2nd July 10.30am – 12pm	Stirling/Clacks Cafe – For people with dementia or memory 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 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	For more info contact: Craby@alzscot.org or Tel: 07786406668
Thurs 3rd July 10.30am-12pm	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.	For more info contact: Dprietley@alzscot.org 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	For more info contact: Dpaterson@alzscot.org or Tel: 07733302772
Thurs 3rd 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. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Dp Priestley@alzscot.org or Tel:07970784950
Friday 4th July 1pm – 3pm	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	For more info contact: Dp Priestley@alzscot.org or Tel:07970784950
Mon 7th July 10.30am – 12pm 12pm – 1pm 1.30pm – 3.30pm	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	For more info contact: Aboyd@alzscot.org or Tel: 07932120685
Tues 8th July 10.30am-12pm	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	For more info contact: Dp Priestley@alzscot.org or Tel: 07970784950
Tues 8th July 1.30pm-3pm	Activity Group - Fun & therapeutic activities for people living with dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dp Priestley@alzscot.org or Tel: 07970784950
Wed 9th July 10.30am – 12pm	Stirling/Clacks Cafe – For people with dementia or memory 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 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	For more info contact: Craby@alzscot.org or Tel: 07786406668
Thurs 10th 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.	Dpriestley@alzscot.org 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 10th July 1.30pm-3pm	Thursday Social Group - a social group offering a relaxed & welcoming space to meet with peers & trained staff. Each monthly programme of activities is based on agreed group interests to allow you to plan for the month ahead. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dpriestley@alzscot.org or Tel:07970784950
Mon 14th July 10.30am – 12pm 12pm – 1pm 1.30pm – 3.30pm	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	For more info contact: Aboyd@alzscot.org or Tel: 07932120685
Tues 15th July 10.30am-12pm	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	For more info contact: Dpriestley@alzscot.org or Tel: 07970784950
Tues 15th July 1.30pm-3pm	Activity Group- Fun & therapeutic activities for people living with dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dpriestley@alzscot.org or Tel: 07970784950
Wed 16th July 10.30am – 12pm	Stirling/Clacks Cafe – For people with dementia or memory 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 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	For more info contact: Craby@alzscot.org or Tel: 07786406668
Wed 16th July	Espresso Yourself Café - For people with dementia or memory loss aged 65 years and under and their family or	For more info contact:

2pm – 3.30pm	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 Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Craby@alzscot.org or Tel: 07786406668
Thurs 17th July 10.30am-12pm	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.	For more info contact: Dprietley@alzscot.org 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
Friday 18th July 1pm – 3pm	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	For more info contact: Dprietley@alzscot.org or Tel:07970784950
Mon 21st July 10.30am – 12pm 12pm – 1pm 1.30pm – 3.30pm	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	For more info contact: Aboyd@alzscot.org or Tel: 07932120685
Tues 22nd July 10.30am-12pm	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	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 22nd July 1.30pm-3pm	Activity Group- Fun & therapeutic activities for people living with dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel:07970784950

Wed 23rd July 12pm-2pm	<p>Stirling/Clacks Lunch – For people with dementia or memory 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 available. The last Wednesday of the month is a lunch group at 12-2pm.</p> <p>The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB</p>	<p>For more info contact: Craby@alzscot.org or Tel: 07786406668</p>
Thurs 24th July 10.30am-12pm	<p>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.</p>	<p>For more info contact: Dprietley@alzscot.org or Tel:07970784950</p>
10.30am-12pm	<p>Carers Cuppa- Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact: Dpaterson@alzscot.org or Tel: 07733302772</p>
Friday 25th July 1030am – 12pm	<p>Screen Memories – Reconnecting people with memories and their love for cinema through memorabilia and music.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact: Dpaterson@alzscot.org or Tel: 07733302772</p>
Mon 28th July 10.30am – 12pm 12pm – 1pm 1.30pm – 3.30pm	<p>Alloa Monday Café & Lunch Club – Start the week catching up over a cuppa, lunch and an afternoon of activities with old friends and new.</p> <p>Drop In Café Lunch Break – bring your own lunch Activities</p> <p>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.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact: Aboyd@alzscot.org or Tel: 07932120685</p>
Tues 29th July 10.30am-12pm	<p>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.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact: Dprietley@alzscot.org or Tel: 07970784950</p>
Tues 29th July 1.30pm-3pm	<p>Activity Group- Fun & therapeutic activities for people living with dementia and carers.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact: Dprietley@alzscot.org or Tel:07970784950</p>

Cancelled

Wed 30th July 12pm-2pm	Stirling/Clacks Lunch – For people with dementia or memory 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 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	For more info contact: Craby@alzscot.org or Tel: 07786406668
Thurs 31st July 10.30am-12pm 10.30am-12pm	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	For more info contact: Dprieistley@alzscot.org or Tel:07970784950 For more info contact: Dpaterson@alzscot.org or Tel: 07733302772

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 Dprieistley@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

